

<b>JUMPS Progression Sheet</b>			
<p><b>Required: Majority team performing jumps. Full team performing variety synchronized jumps will be rewarded higher within the point range.</b></p> <p><b>Criteria: Jumps within same skill range will be rewarded higher within the point range.</b>  <b>To increase the difficulty score within the same skill range by including jumps with variety</b></p>			
Jump Difficulty	BASIC	INTERMEDIATE	ADVANCED
	0-1.5	1.6-2	3.1-4
	<p><b>.5 • Single</b> Basic Jump</p> <p><b>1.0 • Single</b> Advanced Jump</p> <p>• Failure to perform any jumps will result in a score of "0".</p>	<p><b>1.6 • Double</b> Basic consecutive jump combination</p>	<p><b>3.2 • Triple</b> Advanced consecutive jump combination</p> <p><b>3.6 • Triple</b> Advanced consecutive jump combination + additional single Advanced jump</p>
		2.1-3	4.1-5
		<p><b>2.2 • Double</b> Advanced consecutive jump combination</p> <p><b>2.7 • Double</b> consecutive jump combination + additional single or double <b>Advanced</b> jump</p>	<p><b>4.1 • Quad</b> Advanced consecutive jump combination</p> <p><b>4.6 • Quad</b> Advanced consecutive jump combination (4 different advanced jumps)</p>
Skill Ranges	<p><b>Basic Jumps</b> - Tuck, Eagle, Double Hook, Herkie</p> <p><b>Advanced Jumps</b> - Right Hurdler, Left Hurdler, Front Hurdler, Toe Touch, Pike, Double Nine</p> <p><i>(Jumps listed above are examples only and are not an all-inclusive listing)</i></p>		

**NYSPHSAA**

**COACHES PROGRESSION SHEET PYRAMIDS**

**2017-18**

\* 75% must be involved in the pyramid section

\* Then add 0.2 (Some), 0.4 (Most) or 0.6 (All) stunts that **do not have front bases before averaging skill values**

\* Divide scores by three (3) to get the total Difficulty Score

	BASIC	INTERMEDIATE	ADVANCED
	0.1-3.0	3.1-7.0	7.1-10.0
Variations	0.5 • 1 Leg at or below prep level	4.1 • Paper Dolls Pyramid at Extension	8.0 • Single base (assisted load) to extended Single Leg
	2.0 • Extended single leg hitch (1 structure)	4.2 • Use of single base stunts at prep level	8.1 • Single base full around (assisted load) to extended Single Leg
	2.1 • Double Base extensions/Cupies	4.5 • Paper Dolls Pyramid Single Leg	8.9 • Single base (unassisted load) to Two Leg extended
		5.5 • Single base (assisted load) to extended Single leg (load braced)	9.0 • Toss to hands extended
		5.8 • Single base full around (assisted load) to extended Single leg (load braced)	9.1 • Single Base (unassisted load) to extended Single Leg
		5.9 • Single base (unassisted load) to Two Leg extended (load braced)	9.2/9.4/9.6 • Unassisted single base 1 leg
		6.0 • Toss to hands extended (load braced)	
	6.1 • Single base (unassisted load) to extended Single leg (load braced)		
Transitions	1.0 • Prep Level Connection, only 1 transition	3.0 • (3 structures Extended)	7.3 • Multiple Advanced Transitional Sequences passing through 2 1/2 high
	1.5 • Log Rolls	3.5 • (4 or more Structures Extended)	7.5 • Multiple Release Moves
	2.1 • (Minimum of 2 structures Double Base Extension)	4.1 • Multiple transitional sequences to & from extended level	7.5 • 180° 1/2 Ups to 1 Leg Extended
	2.2 • 1/2 (180°) turn transitions	4.1 • (2 Structures Extended Single Leg)	8.1 • (4 Structures Extended Single Leg)
	2.3 • Prep Level to Prone	4.1 • Extended to Superman Prone	8.3 • Multiple Advanced/Elite Transitional Sequences Passing Through 2 1/2 High
	2.5 • Multiple Transitions at or Below Prep Level	4.4 • Modified Full Up (crossed feet, creative grip)	8.5 • 360° to and from 1 Leg Extended
		4.5 • 360° to and from Extended Level	8.5 • 1 1/4 (450°) twist to Prone from 1-Leg Extended
		4.5 • 180° twist to Prone from 1-Leg Extended	8.5 • (Minimum of 5 Structures Extended Single Leg)
		4.7 • Modified Full Up to single leg (crossed feet, creative grip)	8.6 • High to high 360 unbraced
		5.5 • 1/2 (180°) Up to 1-leg Extended	9.1 • MULTIPLE TOP PEOPLE (Inside and outside) with Multiple Release Moves - more than one flyer doing more than one release
		5.5 • Release Move to and From Extended Level): Ball-Up, Split, Tick-Tock) Single release move done by one flyer	9.3 • Multiple Elite Transitional Sequences Passing Through 2 1/2 High
		6.0 • Suspended Front Flip (180° half twist)	9.5 • 1 1/2 (540°) twist to Prone from 1-Leg Extended
		6.0 • Full Up to Single Leg	9.7 • Multiple Release Moves with <b>ALL TOP PEOPLE (Inside and outside)</b> All Top People must be involved in more than one release. <b>They must all do two or more releases.</b> Releases are cumulative.
		6.1 • (3 Structures Extended Single Leg)	
		6.2 • Leg Switches at Extended	
	6.5 • 360° to Prone from 1-Leg Extended		
Inversions	1.0 • Handstand Double Base thigh from ground	3.6 • Yo-Yo	7.4 • Handstand at shoulder inversion to prep
	1.5 • Handstand Double base thigh from thigh level	4.2 • Cartwheel to load or prep	7.6 • Handstand at prep level to prep
	3.0 • Handstand to shoulder straddle sit	4.5 • Suspended forward roll prep to ground	7.6 • Back Handspring to prep
	3.0 • Arm bar to load (T similar to Front Walkover load)	5.0 • Back Handspring to load	7.7 • Front Handspring to prep
		5.3 • Front Handspring to load	7.7 • Single base suspended roll loaded to cradle
		6.1 • Cartwheel out/Front Walkout	8.3 • Handstand at prep level on the shoulder/release to sponge/prep
		6.5 • Back walk out from cradle	8.3 • Handstand to Extended
		6.8 • Back suspended roll	8.5 • Invert to Prep to Extension
		6.8 • Foldover/Pancake	8.7 • Handstand at prep level on the shoulder/prep/release to prep/press to single leg extended
		6.8 • Waterfall out	9.0 • Handstand directly to Single Leg
		7.0 • Back Suspended Flip	9.3 • Back Handspring to Extended
		7.5 • Baja, Arabian, Whirly Bird	9.5 • Front Handspring to Extended
			9.5 • Handstand at sponge level to prep to extended single leg
Dismounts	0.8 • Step/Pop downs/Bear Hug	3.2 • Single Twist Cradle from 2 Legs	7.5 • Suspended Front Flip (360° full twist) Baja/Arabian
	1.0 • Straight Cradle from 2-leg stunts	3.6 • Up to Single Twist Cradle from Prep Level Single Leg	7.7 • Double Skills to Cradle (twisting)
	1.5 • Up to 180° twist from Prep Level Single Leg	4.8 • Single Twist Cradle from 1-Leg Extended	
		5.2 • Double Skills to Cradle (non-twisting)	
		6.0 • Suspended Front Flip (non-twisting)	
	6.5 • 1 1/4 (450°) from extended Arabesque to cradle		

\* The start value will be determined for the skill based upon the Majority Grid (Majority, More than Majority, Full Team)

\* Scores below are start values. Additional decimal points added for 75%, full team, no front spots on some or full team.

	BASIC	INTERMEDIATE	ADVANCED
	0.1-3.0	3.1-7.0	7.1-10.0
Variations	0.2 • Sho-n-Go	4.1 • Extended Single Leg Sequence (2 skill variations)	8.0 • Single base (assisted load) to extended Single Leg
	0.6 • Straddle Sit Prep/Extended (Teddy Bear)	4.5 • Assisted one-man prep	8.1 • Single base full around (assisted load) to extended Single Leg
	1.0 • Extended Flat Back	5.0 • Toss to hands at prep level	8.9 • Single base (unassisted load) to Two Leg extended
	1.5 • Single Leg variations at prep level	6.0 • Toss to hands at prep level (unassisted)	9.0 • Toss to hands extended
	2.1 • Double Base Extension	6.4 • Extended Single Leg Sequence (3-4 skill variations)	9.1 • Single Base (unassisted load) to extended Single Leg
	2.5 • Extended Single Leg Sequence (1 skill)	6.5 • Single base (assisted load) to extension	9.2 • Unassisted single base 1 leg
		7.0 • Extended Single Leg Sequence (5 or more skill variations)	
Transitions	1.0 • 180° Prep	4.1 • Extended to Superman Prone	7.3 • 450° to extension
	1.0 • Prep Level to Prone	4.4 • Modified Full Up (crossed feet or creative grip)	7.4 • 540° to extension
	2.5 • Prep to Prep Tick Tock	4.5 • 180° Twist to Prone from 1-Leg Extended	8.0 • High to high 360° unbraced
		4.7 • Modified Full Up to Single Leg (crossed feet or creative grip)	8.0 • 450° single leg
		4.8 • 360° rewind from extension	8.7 1 1/2 Up (540°) to 1-Leg Extended
		5.4 • Full Up 360° to extension	8.8 • Double Up 720° to extension
		5.5 • 180° half up to single leg	8.8 • 1 1/4 (450°) twist to Prone from 1-Leg Extended
		6.0 • Suspended Front Flip (180° half twist)	8.9 • 1 1/2 (540°) twist to Prone from 1-Leg Extended
		6.5 • 360° to Prone from 1-Leg Extended	9.1 • Double Up 720° to single leg
		6.8 • Low (prep) to High (extended) Tick-Tock	
		6.8 • Switch-up Single Leg	
	6.8 • Quick Toss to Single Leg		
	6.8 • 360° Quick Toss to Extension		
Tosses	1.0 • Straight Ride	3.4 • Kick Arch	7.9 • Double Skill with Single Twist
	1.0 • Non-Twisting Single Skill Tosses	3.6 • Pike Arch	7.9 1 1/4 (450°) twist to Prone from 1-Leg Extended
	1.2 • Toe Touch	3.8 • Tuck X	8.0 • Ball Open Full
	1.5 • Kick	4.5 • Twisting Tosses	8.4 • Full Toe Touch
	1.5 • Pike	5.0 • Pike X	8.4 • Full Kick Hitch
	3.0 • Non Twisting Double Skill Tosses	5.2 • Switch Kicks	
		7.0 • Toe Touch Full	
	7.0 • Kick Full		
Inversions	1.0 • Handstand Double Base thigh from ground	3.6 • Yo-Yo	7.4 • Handstand at shoulder inversion to prep
	1.5 • Handstand Double base thigh from thigh level	4.2 • Cartwheel to load or prep	7.6 • Handstand at prep level to prep
	3.0 • Handstand to shoulder straddle sit	4.5 • Suspended forward roll prep to ground	7.6 • Back Handspring to prep
	3.0 • Arm bar to load (T similar to Front Walkover load)	5.0 • Back Handspring to load	7.7 • Front Handspring to prep
		5.3 • Front Handspring to load	7.7 • Single base suspended roll loaded to cradle
		5.5 • Baja, Arabian, Whirly Bird to mat	8.3 • Handstand at prep level on the shoulder/sponge/prep
		6.1 • Cartwheel out/Front Walkout	8.3 • Handstand to Extended
		6.5 • Back walk out from cradle	8.5 • Invert to Prep to Extension
		6.8 • Back suspended roll	8.7 • Handstand at prep level on the shoulder/prep/press to single leg extended
		6.8 • Foldover/Pancake	9.0 • Handstand directly to Single Leg
		6.8 • Waterfall out	9.3 • Back Handspring to Extended
		9.5 • Front Handspring to Extended	
		9.5 • Handstand at sponge level to prep to extended single leg	
Dismounts	0.8 • Step/Pop downs/Bear Hug	3.2 • Single Twist Cradle from 2 Legs	7.5 • Suspended Front Flip (360° full twist) Baja/Arabian
	1.0 • Straight Cradle from 2-leg stunts	3.6 • Up to Single Twist Cradle from Prep Level Single Leg	7.7 • Double Skills to Cradle (twisting)
	1.5 • Up to 180° twist from Prep Level Single Leg	4.8 • Single Twist Cradle from 1-Leg Extended	
		5.2 • Double Skills to Cradle (non-twisting)	
		6.0 • Suspended Front Flip (non-twisting)	
	6.5 • 1 1/4 ( (450°) from extended Arabesque to cradle		

**STANDING TUMBLING DIFFICULTY COACHES PROGRESSION SHEET**  
 Required: Multiple standing and running skills and variety performed in routine.  
 Criteria: Recycled tumbling does not count towards majority  
 30% = SOME, 51% = MAJORITY

Placement within range is determined by difficulty skills being performed by majority, more than majority, full team Check the Majority Grid for 30% (less than majority)	0-1.5 <b>BASIC</b>	1.6-3 <b>INTERMEDIATE</b>	3.1-5 <b>ADVANCED</b>
	.1/.2 • Forward/Backward Rolls .2/.4 • Back Extension Roll .4/.6 • Cartwheels .6/1.0 • Front/Back Walkovers 1.2-1.5 • Combinations of <b>Connected</b> Tumbling Skills within this range. Must be a fluid connection without a pause. • Failure to do any tumbling may result in a score of "0" (no score).	1.7/2.1 • Standing Back Handspring 2.0/2.5 • Back Walkover, BHS 2.2/2.5 • Two Standing BHS 2.4/2.6 • 3 Standing BHS 2.1-3.0 • Combinations of <b>Connected</b> Tumbling Skills within this range. Must be a fluid connection without a pause.	3.3/3.7 • Standing BHS Back Tuck 3.5/3.9 • Standing BHS Series Back Tuck 3.6/4.0 • Cartwheel Back Tuck 3.7/4.1 • Standing Back Tuck

**RUNNING TUMBLING DIFFICULTY PROGRESSION SHEET**  
 Required: Multiple standing and running skills and variety performed in routine.  
 Criteria: Recycled tumbling does not count towards majority  
 30% = SOME, 51% = MAJORITY

Placement within range is determined by difficulty skills being performed by majority, more than majority, full team Check the Majority Grid for 30% (less than majority)	0-1.5 <b>BASIC</b>	1.6-3 <b>INTERMEDIATE</b>	3.1-5 <b>ADVANCED</b>
	.4/.6 • Cartwheels .6/.8 • <b>Round-Offs</b> 1.2-1.5 • Combinations of <b>Connected</b> Tumbling Skills within this range. Must be a fluid connection without a pause.	1.7/1.9 • Aerials 1.9/2.1 • Front Handspring 2.1/2.3 • Round-Off BHS 2.2/2.5 • Bounder 2.4/2.6 • Round-Off, 2 BHS 2.6/2.8 • Round-Off, 3 BHS 2.1-3.0 • Combinations of <b>Connected</b> Tumbling Skills within this range. Must be a fluid connection without a pause.	3.3/3.6 • Round-Off Back Tuck 3.4/3.7 • Round-Off BHS Back Tuck 3.5/3.8 • Punch Front 3.5/3.8 • Round-Off BHS Series Back Tuck 3.6/3.9 • Round-Off Layout 3.7/4.1 • Round-Off BHS Layout 3.8/4.1 • Round-Off Series BHS Layout 3.9/4.2 • Round-Off Series BHS to Full 4.0/4.3 • Round-Off Full 4.1/4.4 • Round-Off BHS Full 4.2/4.5 • Round-Off Series BHS to Full 4.3/4.6 • Specialty Passes within this range to Full 4.0-5.0 • Combinations of <b>Connected</b> Tumbling Skills within this range. Must be a fluid connection without a pause.

Cartwheels can be used for running or standing tumbling, but not both.