



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 2

Version: 7.27.2022

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • WALK IN PREP LEVEL PRESS EXTENSION 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO PRONE • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL (LIB TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION • 1/2 TWISTING TRANSITION FROM EXTENDED STUNT TO CRADLE POSITION
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENDED STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	

TOSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • STRAIGHT RIDE TOSS 	

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Back Handspring (BHS) • Back Handspring Step Out 	<ul style="list-style-type: none"> • Back Extension Roll - BHS • Back Walkover - BHS • Back Walkover - BHS Step Out 	<ul style="list-style-type: none"> • BWO - BHS Step Out - BWO • BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Cartwheel - BHS/BHS Step Out • Round Off (RO) - BHS 	<ul style="list-style-type: none"> • Round Off (RO) - BHS Step Out • CW - BHS Series • RO - BHS Series • Front Handspring (FHS) • FWO - FHS 	<ul style="list-style-type: none"> • Series Front Handsprings • Bounder/Flyspring • FWO - RO - BHS/BHS Series • CW - BHS Step Out - BWO - BHS/BHS Series • RO - BHS Step Out - BWO - BHS/BHS Series