



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 3

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
<b>LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• FULL TWISTING TRANSITION BELOW PREP LEVEL</li> <li>• FULL TWISTING TRANSITION TO PREP LEVEL</li> <li>• FULL TWISTING TRANSITION TO/AT PREP LEVEL TO 1 LEG STUNT</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• SUSPENDED FRONT FLIP</li> <li>• FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE</li> <li>• EXTENDED LIB</li> </ul>	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING SUSPENDED FORWARD ROLL</li> <li>• FULL DOWN FROM PREP</li> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> </ul>
<b>ADVANCED LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED LIB</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB</li> <li>• RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB</li> <li>• TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB)</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED LIB</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING INVERSION TO PREP</li> <li>• 1/2 TWISTING INVERSION TO EXTENDED LIB</li> </ul>	ASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL DOWN FROM EXTENSION</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION</li> <li>• RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> <li>• FULL TWISTING INVERSION TO PREP LEVEL LIB</li> <li>• 1/2 TWISTING INVERSION TO EXTENDED BODY POSITION</li> </ul>	UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING SUSPENDED FORWARD ROLL</li> </ul>

## TOSES

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• BHS/BHS Step Out - BHS/BHS Step Out</li> <li>• Jump - BHS/BHS Step Out</li> <li>• BHS/BHS Series - Jump</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS Series</li> <li>• BHS - BHS - BHS or more</li> <li>• Jump - BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• BHS/BHS Series - Jump - BHS/BHS Series</li> <li>• Jump - BHS - Jump - BHS</li> <li>• BHS Step Out - BHS Series</li> <li>• BHS Step Out - BWO - BHS Series</li> <li>• BWO - BHS - Jump - BHS/BHS Series</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Round Off - Tuck</li> <li>• Aerial</li> </ul>	<ul style="list-style-type: none"> <li>• Punch Front</li> <li>• Round Off - BHS - Tuck</li> <li>• Round Off - BHS Series - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• FWO - Aerial</li> <li>• RO - BHS Step Out - 1/2 Turn - RO - to - Tuck</li> <li>• FWO - RO - to - Tuck</li> <li>• Bounder/Flyspring - RO - to - Tuck</li> </ul>