



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 6

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 1/4 - 1 3/4 UP TO EXTENDED STUNT 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1 1/2 - 2 TWIST TO PRONE 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS EXTENDED DOUBLE LEG STUNT WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK IN/TOSS EXTENDED SINGLE LEG STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> PREP LEVEL HAND IN HAND TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION REWIND TO PREP (INT 6 ONLY) 	<ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> DOUBLE TWISTING TRANSITION TO EXTENDED STUNT 1 1/2 - 1 3/4 TWISTING TRANSITION TO EXTENDED LIB 	<ul style="list-style-type: none"> FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> TOSS EXTENDED SINGLE LEG STUNT TOSS EXTENDED SINGLE ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT (INT 6 ONLY) REWIND TO PREP (INT 6 ONLY) 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> PREP LEVEL HAND IN HAND TO EXTENDED LIB EXTENDED HAND IN HAND TO EXTENSION REWIND TO EXTENDED STUNT (INT 6 ONLY) 	<ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION 1 3/4 TWISTING TRANSITION TO EXTENDED BODY POSITION DOUBLE TWISTING TRANSITION TO EXTENDED LIB OR BODY POSITION 	<ul style="list-style-type: none"> 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT 1/2 TWISTING FRONT HANDSPRING TO EXTENDED STUNT FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> TOSS EXTENDED SINGLE LEG STUNT TOSS EXTENDED SINGLE ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT (INT 6 ONLY) REWIND TO PREP (INT 6 ONLY) 	<ul style="list-style-type: none"> FULL KICK FULL DISMOUNT KICK DOUBLE TWISTING DISMOUNT

TOSSES

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL • SWITCH KICK DOUBLE FULL KICK FULL KICK FULL



2022 - 2023 UNITED SCORING SYSTEM - TUMBLING 6 & 7

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none">• Jump Back Tuck	<ul style="list-style-type: none">• BHS Series - Full• Jump - BHS Series - Full• BHS - Whip - BHS Series - Full• BHS Series - Whip - Full• BHS - Whip - to - Full	<ul style="list-style-type: none">• BHS - Full• Jump - BHS - Full• Standing Full• Jump - Full• BHS - Whip - Full• Jump - BHS - Whip - Full• BHS Series - Double Full• Jump - BHS Series - Double Full• BHS - Whip - BHS Series - Double Full• BHS Series - Whip - Double Full• BHS - Whip - Double Full• Jump - BHS/BHS Series - Whip - Double Full• BHS Series - Full/Double Full - Whip - Full/Double Full

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none">• Cartwheel - Full• Round Off (RO) - Full• RO - BHS/BHS Series - Full• FWO - to - Full• Side Aerial/Front Aerial/Onodi - to - Full• Front Full	<ul style="list-style-type: none">• RO - BHS - Kick Full/Full step out• Punch Front step out - to - Full• RO - Whip - Full• RO - to - Whip - to - Full	<ul style="list-style-type: none">• Front Handspring - Front Full• Front Handspring - PF - RO - to - Full• RO - Arabian/Half Full step out - RO - to - Full• RO - BHS - Full - to - Full• RO - to - Full - Full• RO - to - 1.5 Full step out - to - Full• RO - Double Full• RO - to - Double Full• Front Walkover - to - Double Full• PF step out - to - Double Full• RO - to - Whip - to - Double Full• RO - Whip - Double Full• RO - Arabian - to - Double Full• RO - to - Full - to - Double Full• RO - to - 1.5 step out - to - Double Full• RO - to - Double - BHS series - to - Double Full• RO - to - Full - to - Whip - Double Full• PF step out - RO - to - Whip - to - Double Full• RO - to - Double Full - Whip - Double Full• PF step out - RO - Arabian - RO - to - Whip - Double Full