



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 7

Version: 7.27.2022

STUNTS

| INVERSION STYLE | RELEASE STYLE | TWISTING | COMBINATION SKILLS | COED STYLE | DISMOUNT STYLE |
|--|---|--|---|---|---|
| LEVEL APPROPRIATE | | | | | |
| <ul style="list-style-type: none"> FREE FLIPPING FROM GROUND LEVEL TO CRADLE FLIPPING FROM GROUND LEVEL TO PREP LEVEL FLIPPING FROM GROUND LEVEL TO EXTENSION DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT | <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 (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION | <ul style="list-style-type: none"> FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION 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 | <p>ASSISTED OR UNASSISTED:</p> <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"> FRONT FREE FLIPPING TO GROUND LEVEL FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE DOUBLE DOWN FROM 1 LEG STUNT |
| ADVANCED LEVEL APPROPRIATE | | | | | |
| | <ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) | <ul style="list-style-type: none"> DOUBLE TWISTING TRANSITION TO EXTENDED STUNT 1 1/2 TWISTING TRANSITION TO EXTENDED LIB 1 3/4 TWISTING TRANSITION TO EXTENDED LIB | <ul style="list-style-type: none"> 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION 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 | <p>ASSISTED:</p> <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 | <ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT |
| ELITE LEVEL APPROPRIATE | | | | | |
| <ul style="list-style-type: none"> FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT | <ul style="list-style-type: none"> REWIND TO EXTENDED STUNT ROUND OFF REWIND TO EXTENDED STUNT | <ul style="list-style-type: none"> FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG 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"> BACK HANDSPRING FULL UP TO EXTENDED STUNT FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT 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 | <p>UNASSISTED:</p> <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 | <ul style="list-style-type: none"> FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE |

TOSSES

| NON - TWISTING | TWISTING |
|------------------------------|---|
| TUCK • X-OUT • PIKE • LAYOUT | LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN DOUBLE 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 • RO - Half Full step out - to - Full • RO - BHS - Full - to - Full | <ul style="list-style-type: none"> • Front Handspring - Front Full • Front Handspring - PF - RO - to - Full • RO - Arabian - RO - 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 |