



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 1

Version: 9.14.2022

United Kingdom

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
LEVEL APPROPRIATE				
	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>1/4 DOWN TO GROUND LEVEL</li> <li>1/4 TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW &amp; GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>BELOW PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> </ul>
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> <li>INVERSION AT GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> <li>TIC TOC LIB TO BODY POSITION WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> <li>1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE</li> <li>PRONE</li> </ul>
ELITE LEVEL APPROPRIATE				
	<ul style="list-style-type: none"> <li>PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER</li> <li>0-1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL</li> <li>1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION WITH BRACER FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION)</li> <li>1/4 TWISTING SWITCH UP, RELEASE FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>	

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>Forward Roll</li> <li>Straddle Roll</li> <li>Pushup to Backbend</li> <li>Backward Roll (BWR)</li> <li>Handstand</li> <li>Backbend Kick Over</li> <li>Standing Backbend</li> <li>Front Limber/Back Limber</li> <li>Cartwheel (CW)</li> </ul>	<ul style="list-style-type: none"> <li>Handstand Forward Roll</li> <li>Back Extension Roll</li> <li>Front Walkover (FWO)</li> <li>Back Walkover (BWO)</li> <li>BWO - BWR - BWO</li> </ul>	<ul style="list-style-type: none"> <li>Back Walkover Series</li> <li>Back Walkover Switch Leg</li> <li>Back Extension Roll - BWO/BWO Series</li> <li>Valdez</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>Cartwheel (CW)</li> <li>Cartwheel - Backward Roll</li> </ul>	<ul style="list-style-type: none"> <li>Round Off (RO)</li> <li>Front Walkover (FWO)/ FWO Series</li> <li>Cartwheel - BWO</li> </ul>	<ul style="list-style-type: none"> <li>Cartwheel - BWO Series</li> <li>FWO - Cartwheel/Round Off</li> <li>FWO - CW - BWO/BWO Series</li> <li>FWO - CW - BWO Switch Leg</li> </ul>