



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 2

Version: 9.14.2022

United Kingdom

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 	

TOSSES

NON - TWISTING	TWISTING
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