



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 3

Version: 9.14.2022

United Kingdom

STUNTS

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

TOSSES

| 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"> • BHS/BHS Step Out - BHS/BHS Step Out • Jump - BHS/BHS Step Out • BHS/BHS Series - Jump | <ul style="list-style-type: none"> • BWO - BHS Series • BHS - BHS - BHS or more • Jump - BHS Series | <ul style="list-style-type: none"> • BHS/BHS Series - Jump - BHS/BHS Series • Jump - BHS - Jump - BHS • BHS Step Out - BHS Series • BHS Step Out - BWO - BHS Series • BWO - BHS - Jump - BHS/BHS Series |

RUNNING TUMBLING

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