



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 4

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"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE FROM PREP LEVEL TO PREP LEVEL RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> FULL TWISTING RELEASE TO PREP LEVEL OR BELOW 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP LEVEL FULL DOWN FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> RELEASE FROM PREP LEVEL OR BELOW (TIC TOC, BALL UP OR STRADDLE UP) TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO PREP LEVEL LIB 1 1/2 TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT 	<ul style="list-style-type: none"> FULL TWISTING TIC TOC RELEASED FROM WAIST LEVEL TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL 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 TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> RELEASE FROM PREP LEVEL OR BELOW (TIC TOC, BALL UP OR STRADDLE UP) TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) FULL TWISTING TRANSITION TO EXTENDED LIB FULL TWISTING TRANSITION AT EXTENDED LEVEL 1 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION FULL TWISTING INVERSION TO EXTENDED STUNT 	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 TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT

TOSSES

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

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Back Tuck BWR - Tuck 	<ul style="list-style-type: none"> BHS Series - Tuck Onodi BWO - Tuck Back Extension Roll - Tuck 	<ul style="list-style-type: none"> BHS/BHS step out - Tuck/Layout Jump - BHS Series - Tuck/Layout Jump - BHS - Tuck/Layout

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel - Tuck FWO - CW - Tuck Round off - Layout Round off - Onodi Front Aerial Front Aerial - RO - to - Tuck 	<ul style="list-style-type: none"> PF step out - Aerial Round off - BHS - Layout/Layout step out/X-Out/Switch Leg Round off - Onodi - to - Whip/Layout PF step out - RO - to - Tuck Front Walkover - RO - to - Whip/Layout Aerial - Back Tuck/Layout/Layout step out FWO - Aerial - Tuck 	<ul style="list-style-type: none"> Front Aerial - RO - to - Whip - Tuck/Layout Front Handspring/Punch Front - Punch Front PF step out - RO - to - Layout Round off - to - Whip/Tuck - to - Tuck/Whip/Layout FWO - Round off - to - Whip/Tuck - to - Tuck/Whip/Layout PF step out - RO - to - Whip/Tuck - to - Tuck/Whip/Layout Front Handspring - PF step out - RO - to - Tuck/Whip/Layout Front Handspring - PF step out - RO - to - Whip/Tuck - to - Tuck/Whip/Layout