



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 5

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

TOSSES

NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Jump - Back Tuck BHS Series - Whip BHS - Whip 	<ul style="list-style-type: none"> Tuck - BHS/BHS Series - Tuck BHS - Whip/Tuck - BHS - Tuck BHS Series - Whip/Tuck - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck BHS Series - Layout BHS Series - Whip - Tuck 	<ul style="list-style-type: none"> BHS - Whip - Tuck BHS - Layout Jump - BHS/BHS Series - Layout Jump - BHS - Whip - Tuck BHS - Whip/Tuck - to - Layout BHS/BHS Series - Whip - to - Layout Jump - BHS/BHS Series - Whip - to - Layout

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> RO - Full RO - BHS Series - Full 	<ul style="list-style-type: none"> Barani RO - BHS - Full Front Walkover - RO - to - Full Round off - Arabian Side Aerial/Front Aerial - to - Full 	<ul style="list-style-type: none"> Front Full PF step out - RO - to - Full Front Handspring - PF step out - RO - to - Full RO - to - Whip - to - Full Front Handspring - Front Full PF step out - RO - to - Whip - to - Full Front Handspring - PF step out - RO - to - Whip - to - Full