



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 7

Version: 9.14.2022

United Kingdom

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
<b>LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• FREE FLIPPING FROM GROUND LEVEL TO CRADLE</li> <li>• FLIPPING FROM GROUND LEVEL TO PREP LEVEL</li> <li>• FLIPPING FROM GROUND LEVEL TO EXTENSION</li> <li>• DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>• DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>• TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>• 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>• TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> <li>• TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>• FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE</li> <li>• FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL</li> <li>• FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION</li> <li>• FULL UP TO EXTENDED 1 LEG STUNT</li> <li>• 1 1/4 - 1 3/4 UP TO EXTENDED STUNT</li> <li>• 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT</li> <li>• DOUBLE UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/2 - 2 TWIST TO PRONE</li> <li>• 1/2 TWISTING FRONT HANDSPRING TO EXTENDED STUNT</li> <li>• 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH)</li> <li>• 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> </ul>	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> <li>• WALK IN/TOSS EXTENDED DOUBLE LEG STUNT</li> <li>• WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK IN/TOSS EXTENDED SINGLE LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FRONT FREE FLIPPING TO GROUND LEVEL</li> <li>• FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE</li> <li>• DOUBLE DOWN FROM 1 LEG STUNT</li> </ul>
<b>ADVANCED LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• PREP LEVEL HAND IN HAND TO EXTENSION</li> <li>• RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>• REWIND TO PREP</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>• DOUBLE TWISTING TRANSITION TO EXTENDED STUNT</li> <li>• 1 1/2 - 1 3/4 TWISTING TRANSITION TO EXTENDED LIB</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING FRONT HANDSPRING TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH)</li> <li>• FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</li> <li>• 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> <li>• 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB OR BODY POSITION</li> <li>• 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</li> </ul>	<p>ASSISTED:</p> <ul style="list-style-type: none"> <li>• TOSS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS EXTENDED SINGLE ARM STUNT</li> <li>• TOSS FULL UP TO EXTENDED STUNT</li> <li>• TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>• REWIND TO EXTENDED STUNT</li> </ul>	
<b>ELITE LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• PREP LEVEL HAND IN HAND TO EXTENDED LIB</li> <li>• EXTENDED HAND IN HAND TO EXTENSION</li> <li>• REWIND TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>• FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG</li> <li>• 1 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> <li>• 1 3/4 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> <li>• DOUBLE TWISTING TRANSITION TO EXTENDED LIB OR BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING BACK HANDSPRING TO EXTENDED STUNT</li> <li>• 1 1/2 TWISTING FRONT HANDSPRING TO EXTENDED STUNT</li> <li>• 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION</li> <li>• FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH)</li> <li>• 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT</li> <li>• FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> <li>• 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> </ul>	<p>UNASSISTED:</p> <ul style="list-style-type: none"> <li>• TOSS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS EXTENDED SINGLE ARM STUNT</li> <li>• TOSS FULL UP TO EXTENDED STUNT</li> <li>• TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>• REWIND TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL KICK FULL DISMOUNT</li> <li>• KICK DOUBLE TWISTING DISMOUNT</li> <li>• FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN DOUBLE FULL



# 2022 - 2023 UNITED SCORING SYSTEM - TUMBLING 6 & 7

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## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Jump Back Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• BHS Series - Full</li> <li>• Jump - BHS Series - Full</li> <li>• BHS - Whip - BHS Series - Full</li> <li>• BHS Series - Whip - Full</li> <li>• BHS - Whip - to - Full</li> </ul>	<ul style="list-style-type: none"> <li>• BHS - Full</li> <li>• Jump - BHS - Full</li> <li>• Standing Full</li> <li>• Jump - Full</li> <li>• BHS - Whip - Full</li> <li>• Jump - BHS - Whip - Full</li> <li>• BHS Series - Double Full</li> <li>• Jump - BHS Series - Double Full</li> <li>• BHS - Whip - BHS Series - Double Full</li> <li>• BHS Series - Whip - Double Full</li> <li>• BHS - Whip - Double Full</li> <li>• Jump - BHS/BHS Series - Whip - Double Full</li> <li>• BHS Series - Full/Double Full - Whip - Full/Double Full</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Cartwheel - Full</li> <li>• Round Off (RO) - Full</li> <li>• RO - BHS/BHS Series - Full</li> <li>• FWO - to - Full</li> <li>• Side Aerial/Front Aerial/Onodi - to - Full</li> <li>• Front Full</li> </ul>	<ul style="list-style-type: none"> <li>• RO - BHS - Kick Full/Full step out</li> <li>• Punch Front step out - to - Full</li> <li>• RO - Whip - Full</li> <li>• RO - to - Whip - to - Full</li> </ul>	<ul style="list-style-type: none"> <li>• Front Handspring - Front Full</li> <li>• Front Handspring - PF - RO - to - Full</li> <li>• RO - Arabian/Half Full step out - RO - to - Full</li> <li>• RO - BHS - Full - to - Full</li> <li>• RO - to - Full - Full</li> <li>• RO - to - 1.5 Full step out - to - Full</li> <li>• RO - Double Full</li> <li>• RO - to - Double Full</li> <li>• Front Walkover - to - Double Full</li> <li>• PF step out - to - Double Full</li> <li>• RO - to - Whip - to - Double Full</li> <li>• RO - Whip - Double Full</li> <li>• RO - Arabian - to - Double Full</li> <li>• RO - to - Full - to - Double Full</li> <li>• RO - to - 1.5 step out - to - Double Full</li> <li>• RO - to - Double - BHS series - to - Double Full</li> <li>• RO - to - Full - to - Whip - Double Full</li> <li>• PF step out - RO - to - Whip - to - Double Full</li> <li>• RO - to - Double Full - Whip - Double Full</li> <li>• PF step out - RO - Arabian - RO - to - Whip - Double Full</li> </ul>