



# 2023 - 2024 UNITED SCORING SYSTEM - LEVEL 5

VERSION: 4.18.2023

## STUNTS

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

## TOSSES

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK	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"> <li>TUCK - BHS/BHS SERIES - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>JUMP - BACK TUCK</li> <li>BHS SERIES - WHIP/TUCK - BHS - TUCK</li> <li>BHS - WHIP/TUCK - BHS - TUCK</li> <li>JUMP - BHS SERIES - WHIP - BHS - TUCK</li> <li>JUMP - BHS SERIES - WHIP - TUCK</li> <li>BHS SERIES - LAYOUT</li> <li>BHS SERIES - WHIP - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS - WHIP - TUCK</li> <li>BHS - LAYOUT</li> <li>JUMP - BHS/BHS SERIES - LAYOUT</li> <li>JUMP - BHS - WHIP - TUCK</li> <li>BHS - WHIP/TUCK - TO - LAYOUT</li> <li>BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT</li> <li>JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>BARANI</li> <li>RO - FULL</li> <li>RO - BHS SERIES - FULL</li> </ul>	<ul style="list-style-type: none"> <li>FHS - BARANI</li> <li>RO - BHS - FULL</li> <li>ROUND OFF - ARABIAN</li> <li>SIDE AERIAL/FRONT AERIAL - TO - FULL</li> <li>BARANI - TO - LAYOUT/FULL</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FULL</li> <li>FRONT WALKOVER - RO - TO - FULL</li> <li>PF STEP OUT - RO - TO - FULL</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL</li> <li>RO - TO - WHIP - TO - FULL</li> <li>FRONT HANDSPRING - FRONT FULL</li> <li>PF STEP OUT - RO - TO - WHIP - TO - FULL</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL</li> <li>ARABIAN STEP OUT - TO - LAYOUT/FULL</li> </ul>