



# 2023 - 2024 UNITED SCORING SYSTEM - WORLDS LEVEL 6

VERSION 5.23.2023

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

## TOSSES

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



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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> </ul>
		<ul style="list-style-type: none"> <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 - FULL</li> <li>ROUND OFF (RO) - TO - 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> <li>RO - ARABIAN/HALF STEP OUT - RO - TO - FULL</li> <li>1.5 TWISTING FRONT LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT HANDSPRING - FRONT FULL</li> <li>FRONT HANDSPRING - PF - RO - TO - FULL</li> <li>RO - BHS - FULL - TO - FULL</li> <li>RO - TO - FULL - FULL</li> <li>RO - TO - 1.5 STEP OUT - TO - FULL</li> <li>1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL</li> <li>RO - DOUBLE FULL</li> <li>RO - TO - DOUBLE FULL</li> <li>FRONT WALKOVER - TO - DOUBLE FULL</li> </ul>
		<ul style="list-style-type: none"> <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>