



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 2

VERSION: 5.23.2023

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • WALK IN PREP LEVEL PRESS EXTENSION • 1/2 TWISTING TRANSITION TO PRONE 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION FROM EXTENSION TO CRADLE POSITION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENSION • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENSION • 1/2 TWISTING INVERSION TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	<ul style="list-style-type: none"> • 1/4 TWISTING DISMOUNT FROM PREP STUNT OR EXTENSION TO CRADLE POSITION

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • STRAIGHT RIDE TOSS 	

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BACK HANDSPRING (BHS) • BACK HANDSPRING STEP OUT 	<ul style="list-style-type: none"> • BACK WALKOVER - BHS • BACK WALKOVER - BHS STEP OUT • BHS STEP-OUT - BACK WALKOVER 	<ul style="list-style-type: none"> • BWO - BHS STEP OUT - BWO • BWO SWITCH LEG - BHS • BHS STEP OUT - BWO - BHS • VALDEZ - BHS/BHS STEP OUT • BACK EXTENSION ROLL - BHS/BHS STEP OUT

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - BHS • ROUND OFF (RO) - BHS 	<ul style="list-style-type: none"> • ROUND OFF (RO) - BHS STEP OUT • CW - BHS STEP OUT • FRONT HANDSPRING (FHS) • FWO - FHS 	<ul style="list-style-type: none"> • SERIES FRONT HANDSPRINGS • BOUNDER/FLYSPRING • CW - BHS SERIES • RO - BHS SERIES • FWO - RO - BHS/BHS SERIES • CW - BHS STEP OUT - BWO - BHS/BHS SERIES • RO - BHS STEP OUT - BWO - BHS/BHS SERIES