



# 2023 - 2024 UNITED SCORING SYSTEM - LEVEL 3

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>• INVERTED BELOW PREP LEVEL</li> <li>• <b>INVERTED AT PREP LEVEL</b></li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• FULL TWISTING TRANSITION BELOW PREP LEVEL</li> <li>• FULL TWISTING TRANSITION TO PREP LEVEL</li> <li>• FULL TWISTING TRANSITION TO/AT PREP LEVEL LIB</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• SUSPENDED FRONT FLIP</li> <li>• FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE</li> <li>• EXTENDED LIB</li> <li>• 1/2 TWISTING SUSPENDED FORWARD ROLL</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 EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT</li> </ul>
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>• INVERSION FROM WAIST/PREP LEVEL TO EXTENDED 1 LEG STUNT</li> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB</li> <li>• RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB</li> <li>• TIC TOC FROM PREP LEVEL LIB TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB)</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED LIB</li> <li>• FULL TWISTING TRANSITION TO/AT PREP LEVEL TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING INVERSION TO PREP</li> <li>• 1/2 TWISTING INVERSION 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> </ul>	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION</li> <li>• RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• FULL TWISTING TRANSITION TO EXTENSION</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> <li>• FULL TWISTING INVERSION FROM PREP LEVEL OR BELOW TO PREP LEVEL 1 LEG STUNT</li> <li>• 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING SUSPENDED FORWARD ROLL</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> </ul>	<ul style="list-style-type: none"> <li>• FULL DOWN FROM PREP STUNT/EXTENSION</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
BALL ARCH • LIB ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• BHS/BHS STEP OUT - BHS/BHS STEP OUT</li> <li>• JUMP - BHS/BHS STEP OUT</li> <li>• BHS/BHS SERIES - JUMP</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS SERIES</li> <li>• BHS - BHS - BHS OR MORE</li> <li>• JUMP - BHS SERIES</li> </ul>	<ul style="list-style-type: none"> <li>• BHS/BHS SERIES - JUMP - BHS/BHS SERIES</li> <li>• JUMP - BHS - JUMP - BHS</li> <li>• BHS STEP OUT - BHS SERIES</li> <li>• BHS STEP OUT - BWO - BHS SERIES</li> <li>• BWO - BHS - JUMP - BHS/BHS SERIES</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• ROUND OFF - TUCK</li> <li>• AERIAL</li> </ul>	<ul style="list-style-type: none"> <li>• PUNCH FRONT</li> <li>• ROUND OFF - BHS SERIES - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• FWO - AERIAL</li> <li>• FLYSPRING - AERIAL</li> <li>• ROUND OFF - BHS - TUCK</li> <li>• RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK</li> <li>• FWO - RO - TO - TUCK</li> <li>• BOUNDER/FLYSPRING - RO - TO - TUCK</li> <li>• FRONT HANDSPRING (FHS) - FRONT TUCK</li> </ul>