



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 5

VERSION: 5.23.2023

STUNTS

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

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"> TUCK - BHS - TUCK TUCK - BHS SERIES - TUCK BHS/BHS SERIES - TUCK - TUCK 	<ul style="list-style-type: none"> JUMP - BACK TUCK BHS SERIES - WHIP/TUCK - BHS - TUCK BHS - WHIP/TUCK - BHS - TUCK JUMP - BHS SERIES - WHIP - BHS - TUCK JUMP - BHS SERIES - WHIP - TUCK BHS SERIES - LAYOUT BHS SERIES - WHIP - TUCK 	<ul style="list-style-type: none"> BHS - WHIP - TUCK BHS - LAYOUT JUMP - BHS/BHS SERIES - LAYOUT JUMP - BHS - WHIP - TUCK BHS - WHIP/TUCK - TO - LAYOUT BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

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