



# 2023 - 2024 UNITED SCORING SYSTEM - LEVEL 3

VERSION: 10.15.2023

## STUNTS

| INVERSION STYLE  | RELEASE STYLE   | TWISTING   | COMBINATION/OTHER SKILLS   | COED STYLE  | DISMOUNT   |
|--|---|--|--|---|--|
| <b>LEVEL APPROPRIATE</b>   |   |  |  |   |  |
| <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 FORWARD ROLL</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> |
| <b>ADVANCED LEVEL APPROPRIATE</b>  |   |  |  |   |  |
| <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 LIB</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 TWISTING TRANSITION 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 STUNT</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>   |  |
| <b>ELITE LEVEL APPROPRIATE</b>   |   |  |  |   |  |
| <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>  |

## TOSES

| 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>• ADVANCED JUMP - BHS/BHS STEP OUT</li> <li>• BHS/BHS SERIES - ADVANCED JUMP</li> </ul> | <ul style="list-style-type: none"> <li>• BWO - BHS SERIES</li> <li>• BHS - BHS - BHS OR MORE</li> <li>• ADVANCED JUMP - BHS SERIES</li> </ul> | <ul style="list-style-type: none"> <li>• BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES</li> <li>• ADVANCED JUMP - BHS - ADVANCED JUMP - BHS</li> <li>• BHS STEP OUT - BHS SERIES</li> <li>• BHS STEP OUT - BWO - BHS SERIES</li> <li>• BWO - BHS - ADVANCED 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 (PF)</li> <li>• ROUND OFF - BHS SERIES - TUCK</li> </ul> | <ul style="list-style-type: none"> <li>• FWO - AERIAL</li> <li>• BOUNDER/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 FRONT</li> <li>• HANDSPRING (FHS) - PUNCH FRONT</li> </ul> |