



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 5

VERSION: 10.15.2023

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"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 	<ul style="list-style-type: none"> 1 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT TWISTING HELICOPTER RELEASE MOVES 1 1/2 - 2 TWIST TO PRONE 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 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"> DOUBLE DOWN FROM PREP LEVEL 1 LEG STUNT
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"> DOUBLE DOWN FROM EXTENDED LIB
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 LIB TO BODY POSITION (HIGH TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH 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 BODY POSITION

TOSSES

NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

STANDING TUMBLING

LEVEL APPROPRIATE

- TUCK - BHS - TUCK
- TUCK - BHS SERIES - TUCK
- BHS/BHS SERIES - TUCK - TUCK

ADVANCED LEVEL APPROPRIATE

- ADVANCED JUMP - FRONT/BACK TUCK
- BHS SERIES - WHIP/TUCK - BHS - TUCK
- BHS - WHIP/TUCK - BHS - TUCK
- ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK
- ADVANCED JUMP - BHS SERIES - WHIP - TUCK
- BHS SERIES - LAYOUT
- BHS SERIES - WHIP - TUCK

ELITE LEVEL APPROPRIATE

- BHS - WHIP - TUCK
- BHS - LAYOUT
- ADVANCED JUMP - BHS/BHS SERIES - LAYOUT
- ADVANCED JUMP - BHS - WHIP - TUCK
- BHS - WHIP/TUCK - TO - LAYOUT
- BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT
- ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL APPROPRIATE

- BARANI
- RO - HALF
- RO - FULL

ADVANCED LEVEL APPROPRIATE

- FHS - BARANI
- RO - BHS SERIES - FULL
- ROUND OFF - ARABIAN
- SIDE AERIAL/FRONT AERIAL - TO - FULL
- BARANI - TO - LAYOUT

ELITE LEVEL APPROPRIATE

- 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