



# 2023 - 2024 UNITED SCORING SYSTEM - LEVEL 4

VERSION: 01.17.2024

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> <li>RELEASE TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>1 1/2 TWISTING TRANSITION TO PREP LEVEL</li> <li>3/4 TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</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/TOSS EXTENSION</li> </ul>	
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED LIB</li> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW)</li> <li>RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL LIB</li> <li>FULL TWISTING TRANSITION TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB</li> <li>FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB</li> <li>1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL 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> <li>TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> </ul>
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT</li> <li>BACK HANDSPRING UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED BODY POSITION</li> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW)</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL BODY POSITION</li> <li>1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>1 1/2 TWISTING TRANSITION TO EXTENSION</li> <li>FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TRANSITION AT EXTENDED LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION</li> <li>1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION</li> <li>FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION</li> <li>1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB</li> <li>FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION</li> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</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> <li>TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM PREP STUNT/EXTENSION</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • LIB FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>BACK TUCK</li> <li>BACKWARD ROLL - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - TUCK</li> <li>ONODI</li> <li>BWO - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BACK EXTENSION ROLL - TUCK</li> <li>VALDEZ - TUCK</li> </ul>
		<ul style="list-style-type: none"> <li>BHS/BHS STEP OUT - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - TUCK</li> <li>ADVANCED JUMP - BHS - TUCK</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>CARTWHEEL - TUCK</li> <li>FWO - CW - TUCK</li> <li>ROUND OFF - LAYOUT</li> <li>ROUND OFF - ONODI</li> <li>FRONT AERIAL</li> <li>FRONT AERIAL - RO - TO - TUCK</li> <li>FRONT HANDSPRING - PF</li> </ul>	<ul style="list-style-type: none"> <li>PF - PF</li> <li>PF STEP OUT - AERIAL</li> <li>ROUND OFF - BHS SERIES - LAYOUT</li> <li>PF STEP OUT - RO - TO - TUCK</li> <li>AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT</li> <li>FWO - AERIAL - TUCK</li> <li>ROUND OFF - TO - WHIP/TUCK - TO - TUCK</li> <li>FRONT AERIAL - RO - TO - WHIP - TO - TUCK</li> <li>FWO - RO - TO - WHIP/TUCK - TO - TUCK</li> <li>PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG</li> <li>ROUND OFF - ONODI - TO - LAYOUT</li> <li>FRONT WALKOVER - RO - TO - LAYOUT</li> <li>FRONT AERIAL - RO - TO - WHIP - LAYOUT</li> <li>PF STEP OUT - RO - TO - LAYOUT</li> <li>ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT</li> <li>FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT</li> <li>PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT</li> </ul>

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.