



# 2022 - 2023 UNITED SCORING SYSTEM - WORLDS | LEVEL 7

VERSION 01.17.2024

## STUNTS

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

## TOSSES

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN DOUBLE FULL

**2023 - 2024 UNITED SCORING SYSTEM - WORLDS LEVEL 6 & 7**

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>ADVANCED JUMP BACK TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - FULL</li> <li>ADVANCED JUMP - BHS SERIES - FULL</li> <li>BHS - WHIP - BHS SERIES - FULL</li> <li>BHS SERIES - WHIP - FULL</li> <li>BHS - WHIP - TO - FULL</li> </ul>	<ul style="list-style-type: none"> <li>BHS - FULL</li> <li>ADVANCED JUMP - BHS - FULL</li> <li>STANDING FULL</li> <li>ADVANCED JUMP - FULL</li> <li>BHS - WHIP - FULL</li> <li>ADVANCED JUMP - BHS - WHIP - FULL</li> </ul>
		<ul style="list-style-type: none"> <li>BHS SERIES - DOUBLE FULL</li> <li>ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li> <li>BHS - WHIP - BHS SERIES - DOUBLE FULL</li> <li>BHS SERIES - WHIP - DOUBLE FULL</li> <li>BHS - WHIP - DOUBLE FULL</li> <li>ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL</li> <li>BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>CARTWHEEL - FULL</li> <li>RO - FULL</li> <li>RO - BHS/BHS SERIES - FULL</li> <li>FWO - TO - FULL</li> <li>SIDE AERIAL/FRONT AERIAL - FULL</li> <li>RO - TO - ONODI - TO - FULL</li> <li>FRONT FULL</li> </ul>	<ul style="list-style-type: none"> <li>RO - BHS - KICK FULL/FULL STEP OUT</li> <li>PUNCH FRONT STEP OUT - TO - FULL</li> <li>RO - WHIP - FULL</li> <li>RO - TO - WHIP - TO - FULL</li> <li>1.5 TWISTING FRONT LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>RO - ARABIAN/HALF STEP OUT - RO - TO - FULL</li> <li>FRONT HANDSPRING - FRONT FULL</li> <li>FRONT HANDSPRING - PF - RO - TO - FULL</li> <li>RO - BHS - FULL - TO - FULL</li> <li>RO - TO - FULL - FULL</li> <li>RO - TO - 1.5 STEP OUT - TO - FULL</li> <li>1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL</li> <li>RO - DOUBLE FULL</li> <li>RO - TO - DOUBLE FULL</li> <li>FRONT WALKOVER - TO - DOUBLE FULL</li> </ul>
		<ul style="list-style-type: none"> <li>PF STEP OUT - TO - DOUBLE FULL</li> <li>RO - TO - WHIP - TO - DOUBLE FULL</li> <li>RO - WHIP - DOUBLE FULL</li> <li>RO - ARABIAN - TO - DOUBLE FULL</li> <li>RO - TO - FULL - TO - DOUBLE FULL</li> <li>RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL</li> <li>RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL</li> <li>RO - TO - FULL - TO - WHIP - DOUBLE FULL</li> <li>PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL</li> <li>RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL</li> <li>PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL</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.**