



# 2024 - 2025 UNITED SCORING SYSTEM - LEVEL 1

## STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS			
<ul style="list-style-type: none"> <li>RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO LIB BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>1/4 TWISTING TRANSITION TO GROUND LEVEL</li> <li>1/4 TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW &amp; GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>BELOW PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> <li>PRONE</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> </ul>
ADVANCED SKILLS			
<ul style="list-style-type: none"> <li>RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> <li>TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) WITH BRACER</li> <li>RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION AT PREP LEVEL TO PREP STUNT</li> <li>1/4 TWISTING TRANSITION FROM BELOW PREP TO PREP LEVEL LIB WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TIC TOC AT PREP LEVEL (LIB TO LIB) WITH BRACER</li> <li>1/4 TWISTING TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> </ul>	
ELITE SKILLS			
<ul style="list-style-type: none"> <li>RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION WITH BRACER</li> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER</li> <li>RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO PREP STUNT FROM BELOW PREP LEVEL</li> <li>1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER</li> <li>1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER</li> <li>1/4 TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER</li> <li>1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM PREP STUNT</li> </ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>FORWARD ROLL</li> <li>STRADDLE ROLL</li> <li>PUSHUP TO BACKBEND</li> <li>BACKWARD ROLL (BWR)</li> <li>HANDSTAND</li> <li>BACKBEND KICK OVER</li> <li>STANDING BACKBEND</li> <li>FRONT LIMBER/BACK LIMBER</li> </ul>	<ul style="list-style-type: none"> <li>BACKWALKOVER (BWO)</li> <li>BWO - BWR - BWO</li> <li>BACK EXTENSION ROLL</li> </ul>	<ul style="list-style-type: none"> <li>BACK WALKOVER SERIES</li> <li>BACK WALKOVER SWITCH LEG</li> <li>BACK EXTENSION ROLL - BWO/BWO SERIES</li> <li>VALDEZ</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>CARTWHEEL (CW)</li> <li>CARTWHEEL - BACKWARD ROLL</li> <li>HANDSTAND FORWARD ROLL</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL - BWO/BWO SWITCH LEG</li> <li>ROUND OFF (RO)</li> <li>FRONT WALKOVER (FWO)/FWO SERIES</li> <li>HANDSTAND FORWARD ROLL CARTWHEEL</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL - BWO SERIES</li> <li>FWO - CARTWHEEL/ROUND OFF</li> <li>FWO - CW - BWO/BWO SERIES</li> <li>FWO - CW - BWO SWITCH LEG</li> <li>HANDSTAND FORWARD ROLL CARTWHEEL BWO/BWO SERIES</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.