



# 2024 - 2025 UNITED SCORING SYSTEM - LEVEL 2

STUNTS				
INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC AT PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 1/2 TWISTING TRANSITION TO PREP LEVEL</li> <li>• 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• PREP LEVEL 1 LEG STUNT</li> <li>• EXTENSION</li> <li>• BARREL ROLL</li> <li>• LEAP FROG VARIATIONS</li> <li>• WALK IN PREP LEVEL PRESS EXTENSION</li> <li>• 1/2 TWISTING TRANSITION TO PRONE</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> </ul>
ADVANCED SKILLS				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO PREP</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> <li>• RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB</li> <li>• RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL BODY POSITION</li> <li>• 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>• 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT</li> <li>• 1/2 TWISTING TRANSITION FROM EXTENSION TO CRADLE POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENSION</li> </ul>
ELITE SKILLS				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENSION</li> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION</li> <li>• RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING TRANSITION TO EXTENSION</li> <li>• 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENSION</li> <li>• 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION</li> <li>• 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 TWISTING DISMOUNT FROM PREP STUNT OR EXTENSION TO CRADLE</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>• BACK HANDSPRING (BHS)</li> <li>• BACK HANDSPRING STEP OUT</li> </ul>	<ul style="list-style-type: none"> <li>• BACK WALKOVER - BHS</li> <li>• BACK WALKOVER - BHS STEP OUT</li> <li>• BHS STEP-OUT - BACK WALKOVER</li> <li>• VALDEZ BWO - BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS STEP OUT - BWO</li> <li>• BWO SWITCH LEG - BHS</li> <li>• BHS STEP OUT - BWO - BHS</li> <li>• VALDEZ - BHS/BHS STEP OUT</li> <li>• BACK EXTENSION ROLL - BHS/BHS STEP OUT</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>• CARTWHEEL - BHS</li> <li>• ROUND OFF (RO) - BHS</li> </ul>	<ul style="list-style-type: none"> <li>• ROUND OFF (RO) - BHS STEP OUT</li> <li>• CW - BHS STEP OUT</li> <li>• FRONT HANDSPRING (FHS)</li> <li>• FWO - FHS</li> </ul>	<ul style="list-style-type: none"> <li>• SERIES FRONT HANDSPRINGS</li> <li>• BOUNDER/FLYSPRING</li> <li>• CW - BHS SERIES</li> <li>• RO - BHS SERIES</li> <li>• FWO - RO - BHS/BHS SERIES</li> <li>• CW - BHS STEP OUT - BWO - BHS/BHS 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.