



2024 - 2025 UNITED SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TRANSITION BELOW PREP LEVEL • FULL TWISTING TRANSITION TO PREP LEVEL • FULL TWISTING TRANSITION TO/AT PREP LEVEL LIB • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • SUSPENDED FORWARD ROLL • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT
ADVANCED SKILLS					
<ul style="list-style-type: none"> • INVERSION FROM WAIST/PREP LEVEL TO EXTENDED 1 LEG STUNT • INVERSION FROM GROUND LEVEL TO EXTENDED LIB 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB • TIC TOC FROM PREP LEVEL LIB TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO EXTENDED LIB • FULL TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO LIB) • FULL TWISTING INVERSION TO PREP STUNT • 1/2 TWISTING INVERSION TO EXTENDED LIB • 1/2 TWISTING SUSPENDED FORWARD ROLL 	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 	
ELITE SKILLS					
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERSION FROM PREP LEVEL OR BELOW TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION • FULL TWISTING SUSPENDED FORWARD ROLL 	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 	<ul style="list-style-type: none"> • FULL TWISTING DISMOUNT FROM PREP TO CRADLE • FULL TWISTING DISMOUNT FROM EXTENSION TO CRADLE

TOSESSES

NON - TWISTING	TWISTING
BALL ARCH • LIB ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • BHS/BHS STEP OUT - BHS/BHS STEP OUT • ADVANCED JUMP - BHS/BHS STEP OUT • BHS/BHS SERIES - ADVANCED JUMP 	<ul style="list-style-type: none"> • BWO - BHS SERIES • BHS - BHS - BHS OR MORE • ADVANCED JUMP - BHS SERIES 	<ul style="list-style-type: none"> • BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • ROUND OFF - TUCK • AERIAL 	<ul style="list-style-type: none"> • PUNCH FRONT (PF) • ROUND OFF - BHS SERIES - TUCK 	<ul style="list-style-type: none"> • FWO - AERIAL • BOUNDER/FLYSPRING - AERIAL • ROUND OFF - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER/FLYSPRING - RO - TO - TUCK • FRONT HANDSPRING (FHS) - PUNCH FRONT

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.