



# 2024 - 2025 UNITED SCORING SYSTEM - LEVEL 5

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</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> </ul>	<ul style="list-style-type: none"> <li>1 1/4 TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>1 1/2 - 2 TWIST TO PRONE</li> <li>1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</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>	<ul style="list-style-type: none"> <li>DOUBLE TWISTING DISMOUNT FROM PREP LEVEL 1 LEG STUNT TO CRADLE</li> </ul>
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR HAND IN HAND TO EXTENDED STUNT</li> <li>BACK HANDSPRING UP TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING TRANSITION TO EXTENDED LIB</li> <li>1 1/2 TWISTING TRANSITION TO EXTENSION</li> <li>DOUBLE TWISTING TRANSITION TO/AT PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>1/4 - 3/4 TWISTING TIC TOC TO EXTENDED LIB</li> <li>1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED LIB</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 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>DOUBLE TWISTING DISMOUNT FROM EXTENDED LIB TO CRADLE</li> </ul>
<b>ELITE SKILLS</b>					
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL OR HAND IN HAND TO EXTENDED LIB</li> <li>BACK HANDSPRING UP TO EXTENDED LIB</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING TRANSITION TO EXTENDED BODY POSITION</li> <li>1 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>DOUBLE TWISTING TRANSITION TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>1/4 - 3/4 TWISTING TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH)</li> <li>FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH)</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 TWISTING DISMOUNT FROM EXTENDED BODY POSITION TO CRADLE</li> </ul>

## TOSSES

### NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

### TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>TUCK - BHS - TUCK</li> <li>TUCK - BHS SERIES - TUCK</li> <li>BHS/BHS SERIES - TUCK - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>ADVANCED JUMP - FRONT/BACK TUCK</li> <li>BHS SERIES - WHIP/TUCK - BHS - TUCK</li> <li>BHS - WHIP/TUCK - BHS - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - WHIP - TUCK</li> <li>BHS SERIES - LAYOUT</li> <li>BHS SERIES - WHIP - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS - WHIP - TUCK</li> <li>BHS - LAYOUT</li> <li>ADVANCED JUMP - BHS/BHS SERIES - LAYOUT</li> <li>ADVANCED JUMP - BHS - WHIP - TUCK</li> <li>BHS - WHIP/TUCK - TO - LAYOUT</li> <li>BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT</li> <li>ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>BARANI</li> <li>RO - HALF</li> <li>RO - FULL</li> </ul>	<ul style="list-style-type: none"> <li>FHS - BARANI</li> <li>RO - BHS SERIES - FULL</li> <li>ROUND OFF - ARABIAN</li> <li>SIDE AERIAL/FRONT AERIAL - TO - FULL</li> <li>BARANI - TO - LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FULL</li> <li>RO - BHS - FULL</li> <li>FRONT WALKOVER - RO - TO - FULL</li> <li>BARANI - TO - FULL</li> <li>PF STEP OUT - RO - TO - FULL</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL</li> <li>RO - TO - WHIP - TO - FULL</li> <li>FRONT HANDSPRING - FRONT FULL</li> <li>PF STEP OUT - RO - TO - WHIP - TO - FULL</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL</li> <li>RO - ARABIAN/HALF STEP OUT - TO - LAYOUT/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.