



2023 - 2024 UNITED SCORING SYSTEM - JUNIOR LEVEL 6

STUNTS

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

TOSSES

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL • TOE TOUCH DOUBLE FULL DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL • SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

STANDING TUMBLING

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

RUNNING TUMBLING

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

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.