



# 2024 - 2025 UNITED SCORING SYSTEM - WORLDS LEVEL 7

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<ul style="list-style-type: none"> <li>FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7)</li> <li>FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7) (EXCLUDING REWIND)</li> <li>FLIPPING FROM GROUND LEVEL TO EXTENSION (L7)</li> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION</li> <li>RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB</li> <li>1 1/4 FLIPPING REWIND (L7)</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> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>1 1/4 - 1 3/4 TWISTING TRANSITION TO EXTENSION</li> <li>DOUBLE TWISTING TRANSITION TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 - 2 TWIST TO PRONE</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> <li>1/2 TWISTING FRONT HANDSPRING UP TO EXTENSION</li> <li>1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT</li> <li>1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT</li> <li>FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7)</li> <li>1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT</li> </ul>	ASSISTED OR UNASSISTED:: <ul style="list-style-type: none"> <li>WALK IN/TOSS EXTENDED EXTENSION</li> <li>WALK IN/TOSS HANDS PRESS EXTENDED 1 LEG STUNT</li> <li>WALK IN/TOSS EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FREE FLIPPING DISMOUNT TO GROUND LEVEL (L7)</li> <li>FREE FLIPPING DISMOUNT FROM PREP LEVEL OR BELOW TO CRADLE (L7)</li> <li>DOUBLE TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT TO CRADLE</li> </ul>
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>REWIND TO PREP</li> <li>BHS REWIND TO PREP LEVEL STUNT (L7)</li> <li>CW/RO REWIND TO PREP LEVEL STUNT (L7)</li> <li>RELEASE FROM WAIST LEVEL TO PREP LEVEL INVERTED STUNT (L7)</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 - TWISTING TRANSITION TO/AT EXTENDED LIB</li> <li>1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB</li> <li>DOUBLE TWISTING TRANSITION TO/AT EXTENSION</li> <li>2 1/4 TWISTING TRANSITION TO/AT EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH)</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</li> <li>1/4 TWISTING BACK HANDSPRING UP TO BODY POSITION</li> <li>1/4 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED SINGLE LEG STUNT</li> <li>1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7)</li> <li>1/4 - 1 1/4 TWISTING REWIND TO PREP LEVEL STUNT (L7)</li> <li>FULL TWISTING BACKHANDSPRING UP TO PREP LEVEL STUNT (L7)</li> </ul>	ASSISTED:: <ul style="list-style-type: none"> <li>TOSS EXTENDED 1 LEG STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FULL UP TO EXTENDED STUNT</li> </ul>	
<b>ELITE SKILLS</b>					
<ul style="list-style-type: none"> <li>RELEASED PREP LEVEL HAND IN HAND TO EXTENDED BODY POSITION</li> <li>RELEASED TO EXTENDED STUNT</li> <li>REWIND TO EXTENDED STUNT</li> <li>BHS REWIND TO EXTENDED STUNT (L7)</li> <li>CW/RO REWIND TO EXTENDED STUNT (L7)</li> <li>RELEASE AT PREP LEVEL TO PREP LEVEL INVERTED STUNT (L7)</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION</li> <li>1 3/4 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION</li> <li>DOUBLE TWISTING TRANSITION TO/AT EXTENDED SINGLE LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH)</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>FULL TWISTING BACK HANDSPRING UP TO EXTENDED STUNT (L7)</li> <li>1/2 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION</li> <li>1 1/2 TWISTING FRONT HANDSPRING UP TO EXTENSION (L7)</li> <li>1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> <li>FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> <li>FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)</li> <li>FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED STUNT (L7)</li> <li>1/4 - 1 1/4 TWISTING REWIND TO EXTENDED STUNT (L7)</li> </ul>	UNASSISTED:: <ul style="list-style-type: none"> <li>TOSS EXTENDED 1 LEG STUNT</li> <li>TOSS EXTENDED 1 ARM STUNT</li> <li>TOSS FULL UP TO EXTENDED STUNT</li> </ul> ASSISTED OR UNASSISTED:: <ul style="list-style-type: none"> <li>TOSS REWIND TO EXTENDED STUNT</li> <li>TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT</li> <li>TOSS BACKHANDSPRING FULL UP TO EXTENDED STUNT (L7)</li> </ul>	<ul style="list-style-type: none"> <li>FULL KICK FULL TWISTING DISMOUNT TO CRADLE</li> <li>KICK DOUBLE TWISTING DISMOUNT TO CRADLE</li> <li>FREE FLIPPING WITH 1/2 TWIST DISMOUNT FROM PREP LEVEL TO CRADLE (L7)</li> </ul>

## TOSES

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN 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.



# 2024 - 2025 UNITED SCORING SYSTEM - WORLDS LEVEL 6 & 7

## STANDING TUMBLING

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

## RUNNING TUMBLING

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

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