



2024 - 2025 UNITED SCORING SYSTEM - LEVEL 1

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT	
LEVEL SKILLS				
<ul style="list-style-type: none"> • Release style from ground level (switch up) to lib below prep level • Tic toc below prep level (lib to lib) 	<ul style="list-style-type: none"> • 1/4 twisting transition to below prep level • 1/4 twisting transition to ground level • 1/4 twisting transition from prep level 	<ul style="list-style-type: none"> • Back stand • Prep level show & go • Straddle sit • Flat back • Extended straddle sit • Below prep level 1 leg stunt 	<ul style="list-style-type: none"> • Extended flat back • Prep level 1 leg stunt with bracer • Shoulder sit • Chair • Shoulder stand • Prone 	<ul style="list-style-type: none"> • Step down
ADVANCED SKILLS				
<ul style="list-style-type: none"> • Release style from ground level (switch up) to body position below prep level • Tic toc below prep level (lib to body position) • Tic toc at prep level (lib to body position) with bracer • Release style from waist level to prep level lib with bracer 	<ul style="list-style-type: none"> • 1/4 twisting transition at prep level to prep stunt • 1/4 twisting transition from below prep to prep level lib with bracer 	<ul style="list-style-type: none"> • 1/4 twisting tic toc at prep level (lib to lib) with bracer • 1/4 twisting tic toc below prep level (lib to body position) • Transition from below prep level to prep level body position stunt with bracer 		
ELITE SKILLS				
<ul style="list-style-type: none"> • Release style from ground level (switch up) to prep level body position with bracer • Tic toc below prep level (body position to body position) • Tic toc at prep level (body position to body position) with bracer • Release style from waist level to prep level body position with bracer 	<ul style="list-style-type: none"> • 1/4 twisting transition to prep stunt from below prep level • 1/4 twisting transition from below prep level to prep level body position with bracer 	<ul style="list-style-type: none"> • 1/4 twisting tic toc at prep level (body position to body position) with bracer • 1/4 twisting release from ground level (switch up) to prep level lib with bracer • 1/4 twisting release from waist level to prep level lib with bracer • 1/4 twisting tic toc below prep level (body position to body position) 	<ul style="list-style-type: none"> • Straight cradle from prep stunt 	

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Forward roll • Straddle roll • Pushup to backbend • Backward roll (BWR) • Handstand • Backbend kick over • Standing backbend • Front limber / back limber 	<ul style="list-style-type: none"> • Back walkover (BWO) • BWO - BWR - BWO • Back extension roll 	<ul style="list-style-type: none"> • BWO series • BWO switch legs • Back extension roll - BWO/BWO series • Valdez

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Cartwheel (CW) • Cartwheel - BWR • Handstand forward roll 	<ul style="list-style-type: none"> • Cartwheel - BWO/BWO switch legs • Round off (RO) • Front walkover (FWO) / FWO series • Handstand forward roll cartwheel 	<ul style="list-style-type: none"> • Cartwheel - BWO series • FWO - cartwheel / round off • FWO - CW - BWO/BWO series • FWO - CW - BWO switch legs • Handstand forward roll cartwheel BWO/BWO series

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.

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