



2024 - 2025 UNITED SCORING SYSTEM - LEVEL 2

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS				
<ul style="list-style-type: none"> Inversion from ground level to below prep level Inversion from ground level to prep level 	<ul style="list-style-type: none"> Tic toc at prep level (lib to lib) 	<ul style="list-style-type: none"> 1/2 twisting transition to below prep level 1/2 twisting transition to prep level 1/4 twisting transition to prep level 1 leg stunt 1/4 twisting transition to extended stunt 	<ul style="list-style-type: none"> Prep level 1 leg stunt Extension Barrel Roll Leap frog variations Walk in prep level press extension 1/2 twisting transition to prone 	<ul style="list-style-type: none"> Straight cradle from prep level body position
ADVANCED SKILLS				
<ul style="list-style-type: none"> Inversion from ground level to prep Inversion from ground level to prep level 1 leg stunt 	<ul style="list-style-type: none"> Tic toc at prep level (lib to body position) Release style from ground level (switch up) to prep level lib Release style from waist level to prep level lib 	<ul style="list-style-type: none"> 1/2 twisting transition at prep level to prep level body position 1/2 twisting transition to prep level 1 leg stunt 	<ul style="list-style-type: none"> 1/2 twisting tic toc to prep level 1 leg stunt 1/2 twisting inversion from ground level to prep level 1 leg stunt 1/2 twisting transition from extension to cradle position 	<ul style="list-style-type: none"> Straight cradle from extension
ELITE SKILLS				
<ul style="list-style-type: none"> Inversion from ground level to extension Inversion from ground level to prep level body position 	<ul style="list-style-type: none"> Tic toc at prep level (body position to body position) Release style from ground level (switch up) to prep level body position Release style from waist level to prep level body position 	<ul style="list-style-type: none"> 1/2 twisting transition to extension 1/2 twisting transition to prep level body position 	<ul style="list-style-type: none"> 1/2 twisting inversion from ground level to extension 1/2 twisting inversion from ground level to prep level body position 1/2 twisting tic toc at prep level 1 leg stunt to body position 	<ul style="list-style-type: none"> 1/4 twisting dismount from prep stunt or extension to cradle

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> Straight ride toss 	

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> Back handspring (BHS) BHS step out 	<ul style="list-style-type: none"> Back walkover (BWO) - BHS BWO - BHS step out BHS step out - BWO Valdez - BWO - BHS 	<ul style="list-style-type: none"> BWO - BHS step out - BWO BWO switch leg - BHS BHS step out - BWO - BHS Valdez - BHS / BHS step out Back extension roll - BHS / BHS step out

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> Cartwheel (CW) - BHS Round off (RO) - BHS 	<ul style="list-style-type: none"> RO - BHS step out CW - BHS step out Front handspring (FHS) Front walkover (FWO) - FHS 	<ul style="list-style-type: none"> FHS series Bounder / flyers CW - BHS series RO - BHS series FWO - RO - BHS / BHS series CW - BHS step out - BWO - BHS / BHS series