



2024 - 2025 UNITED SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Released inversion to prep level or below Released inversion at prep level to prep level Downward inversion from prep level 	<ul style="list-style-type: none"> Tic toc extended lib to lib (high to low) Helicopter release moves Release from prep level to prep level Release to extension 	<ul style="list-style-type: none"> 1 ½ twisting transition to below prep level 1 ½ twisting transition to prep level ¾ twisting transition to extended stunt 	<ul style="list-style-type: none"> Full twisting release to prep level or below 	Assisted or Unassisted: <ul style="list-style-type: none"> Walk in / toss hands Walk in / toss hands press extension Walk in / toss extension 	
ADVANCED SKILLS					
<ul style="list-style-type: none"> Extended inverted stunt Released inversion from waist level to extended stunt 	<ul style="list-style-type: none"> Release from waist or prep level to extended lib Tic toc extended body position to prep level or below lib (high to low) Release from ground level (switch up) to extended body position 	<ul style="list-style-type: none"> 1 ½ twisting transition to / at prep level lib 1 ½ twisting transition at prep level (lib to body position) Full twisting transition to extension 	<ul style="list-style-type: none"> Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib Full twisting release from ground level (switch up) to prep level lib Full twisting release from prep level (tic toc) to prep level lib 1 ½ twisting release from ground level (switch up) to prep level lib 	Assisted: <ul style="list-style-type: none"> Walk in hands press extended 1 leg stunt Toss hands press extended 1 leg stunt Walk in extended 1 leg / 1 arm stunt Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Full twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or hand in hand to extended stunt Back handspring up to extended stunt 	<ul style="list-style-type: none"> Release from waist or prep level to extended body position Tic toc extended body position to prep level body position (high to low) 	<ul style="list-style-type: none"> 1 ½ twisting transition to / at prep level body position 1 ½ twisting transition at prep level (body position to body position) 1 ½ twisting transition to extension Full twisting transition to extended 1 leg stunt Full twisting transition at extended level 	<ul style="list-style-type: none"> Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position Full twisting release from ground level (switch up) to prep level body position Full twisting release from prep level (tic toc) to prep level body position full 1 ½ twisting release from ground level (switch up) to prep level body position 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib Full twisting inversion to extended 1 leg stunt 	Unassisted: <ul style="list-style-type: none"> Walk in hands press extended 1 leg stunt Toss hands press extended 1 leg stunt Walk in extended 1 leg / 1 arm stunt Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Double twisting dismount from prep stunt / extension to cradle Kick full twisting dismount

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> Ball kick Pike X Hitch kick Switch kick Double toe touch 	<ul style="list-style-type: none"> Ball full Lib full Pike full Kick full Toe touch full Full up toe touch Double full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> Onodi Backward roll - TUCK 	<ul style="list-style-type: none"> BHS series - TUCK Back tuck BWO - TUCK Back extension roll - TUCK Valdez - TUCK 	<ul style="list-style-type: none"> BHS / BHS step out - TUCK Advanced jump - BHS series - TUCK Advanced jump - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> Cartwheel - TUCK FWO - CW - TUCK RO - LAYOUT RO - Onodi Front aerial Front aerial - RO - TO - TUCK Front handspring - PF 	<ul style="list-style-type: none"> PF - PF PF step out - AERIAL ROUND OFF - BHS SERIES - LAYOUT ROUND OFF - ONODI - TO - TUCK PF step out - RO - TO - TUCK AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT FWO - AERIAL - TUCK RO - TO - WHIP / TUCK - TO - TUCK FRONT AERIAL - RO - TO - WHIP - TO - TUCK FWO - RO - TO - WHIP / TUCK - TO - TUCK PF step out - RO - TO - WHIP / TUCK - TO - TUCK Front handspring - PF step out - RO - TO - TUCK 	<ul style="list-style-type: none"> Front handspring - PF step out - RO - TO - WHIP / TUCK - TUCK RO - BHS - LAYOUT / LAYOUT step out / X-OUT / switch leg RO - ONODI - TO - LAYOUT FWO - RO - TO - LAYOUT Front aerial - RO - TO - WHIP - LAYOUT PF STEP OUT - RO - TO - LAYOUT RO - TO - WHIP / TUCK - TO - LAYOUT FWO - RO - TO - WHIP / TUCK - TO - LAYOUT PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT Front handspring - PF step out - RO - TO - LAYOUT Front handspring - PF step out - RO - TO - WHIP / TUCK - TO - LAYOUT