



# 2024 - 2025 UNITED SCORING SYSTEM - WORLDS LEVEL 6

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<ul style="list-style-type: none"> <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>Rewind to waist level stunt (L6)</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>Full twisting transition to extended body position</li> <li>1 ¼ - 1 ¾ twisting transition to extension</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 twist to prone</li> <li>Twisting helicopter release moves (L6)</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>1/2 twisting release from waist level (ball up) to extended 1 leg stunt</li> <li>1/4 - 1/2 twisting back handspring up to prep (L6)</li> </ul>	Assisted or Unassisted: <ul style="list-style-type: none"> <li>Walk in / toss 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>Double twisting dismount from extended lib to cradle</li> </ul>
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>Rewind to prep (L6)</li> <li>Released inversion from prep level hand in hand to extended 1 leg stunt</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 ½ twisting transition to / at extended lib</li> <li>1 ¾ twisting transition to / at extended lib (L6)</li> <li>Double twisting transition to / at extension</li> <li>2 ¼ twisting transition to / at extension (L6)</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 (L6)</li> <li>1/4 twisting released inversion from prep level or above to extended 1 leg stunt (L6)</li> <li>1 ½ twisting release from ground level (switch up) to extended lib</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> <li>Rewind to prep (L6)</li> </ul>	<ul style="list-style-type: none"> <li>Double twisting dismount from extended body position to cradle</li> </ul>
<b>ELITE SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion from prep level hand in hand to extended body position</li> <li>Released inversion from extended hand in hand to extension</li> <li>Rewind to extended stunt (L6)</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 ½ twisting transition to / at extended body position</li> <li>1 ¾ twisting transition to / at extended body position (L6)</li> <li>Double twisting transition to / at extended 1 leg stunt (L6)</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>1/2 twisting back handspring up to extended stunt (L6)</li> <li>1/2 twisting released inversion from prep level or above to extended body position (L6)</li> <li>1/2 twisting front handspring up to extended stunt (L6)</li> <li>1 ½ 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> </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: <ul style="list-style-type: none"> <li>Rewind to extended stunt (L6)</li> <li>Front handspring 1/2 up to extended stunt (L6)</li> </ul>	<ul style="list-style-type: none"> <li>Full kick full twisting dismount to cradle (L6)</li> <li>Kick double twisting dismount to cradle (L6)</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> <li>Pike hitch kick</li> <li>Pike kick pretty girl</li> <li>Pike switch kick</li> <li>Hitch kick kick</li> </ul>	<ul style="list-style-type: none"> <li>Ball double full (L6)</li> <li>Pike double full (L6)</li> <li>Kick double full (L6)</li> <li>Toe touch double full (L6)</li> <li>Double up toe touch (L6)</li> <li>Hitch kick double full (L6)</li> <li>Switch kick double full (L6)</li> <li>Kick full kick full (L6)</li> </ul>



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## 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 - FULL</li> <li>Advanced jump - BHS - FULL</li> <li>STANDING FULL</li> <li>Advanced jump - FULL</li> <li>BHS - WHIP - FULL</li> <li>Advanced jump - BHS - WHIP - FULL</li> <li>BHS series - 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>PF 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>FWO - TO - DOUBLE FULL</li> </ul>