



2024 - 2025 UNITED SCORING SYSTEM - WORLDS LEVEL 7

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> • Free flipping from ground level to cradle (L7) • Flipping from ground level to prep level (L7) (excluding rewind) • Flipping from ground level to extension (L7) • Downward inversion from extended stunt • Downward inversion from extended 1 leg stunt • Released inversion from prep level or above to extension • Released inversion from prep level or above to lib • 1 ¼ flipping rewind (L7) 	<ul style="list-style-type: none"> • Tic toc lib to lib (high to high) • Tic toc lib to lib (low to high) • Tic toc lib to body position (low to high) 	<ul style="list-style-type: none"> • 1 ¼ - 1 ¾ twisting transition to extension • Double twisting transition to extension 	<ul style="list-style-type: none"> • 1 ½ - 2 twist to prone • Twisting helicopter release moves • 1/2 twisting front handspring up to extension • 1/4 - 3/4 twisting tic toc to extended 1 leg stunt • 1/2 twisting release from ground level (switch up) to extended 1 leg stunt • Free flipping with twisting from ground level to cradle (L7) • 1/2 twisting release from waist level (ball up) to extended 1 leg stunt 	Assisted or Unassisted: <ul style="list-style-type: none"> • Walk in / toss extension • Walk in / toss hands press extended 1 leg stunt • Walk in / toss extended 1 leg stunt 	<ul style="list-style-type: none"> • Front free flipping dismount to ground level (L7) • Free flipping dismount from prep level or below to cradle (L7) • Double twisting dismount from extended 1 leg stunt to cradle
ADVANCED SKILLS					
<ul style="list-style-type: none"> • Rewind to prep • Back handspring rewind to prep level stunt (L7) • Cartwheel / round off rewind to prep level stunt (L7) • Release from waist level to prep level inverted stunt (L7) 	<ul style="list-style-type: none"> • Tic toc lib to body position (high to high) 	<ul style="list-style-type: none"> • 1 ½ twisting transition to / at extended lib • 1 ¾ twisting transition to / at extended lib • Double twisting transition to / at extension • 2 ¼ twisting transition to / at extension 	<ul style="list-style-type: none"> • Full twisting tic toc to extended lib (low to high) • Full twisting release from ground level (switch up) to extended lib • 1/4 twisting back handspring up to body position • 1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt • 1 ½ twisting release from ground level (switch up) to extended 1 leg stunt • Flipping with twisting from ground level to prep level (L7) • 1/4 - 1 ¼ twisting rewind to prep level stunt (L7) • Full twisting back handspring up to prep level stunt (L7) 	Assisted: <ul style="list-style-type: none"> • Toss extended 1 leg stunt • Toss extended 1 arm stunt • Toss full up to extended stunt 	
ELITE SKILLS					
<ul style="list-style-type: none"> • Released prep level hand in hand to extended body position • Released to extended stunt • Rewind to extended stunt • Back handspring rewind to extended stunt (L7) • Cartwheel / round off rewind to extended stunt (L7) • Release at prep level to prep level inverted stunt (L7) 	<ul style="list-style-type: none"> • Tic toc body position to body position (high to high) 	<ul style="list-style-type: none"> • 1 ½ twisting transition to / at extended body position • 1 ¾ twisting transition to / at extended body position • Double twisting transition to / at extended 1 leg stunt 	<ul style="list-style-type: none"> • Full twisting tic toc to extended lib (high to high) • Full twisting release from ground level (switch up) to extended body position • Full twisting back handspring up to extended stunt (L7) • 1/2 twisting released inversion from prep level or above to extended body position • 1 ½ twisting front handspring up to extended stunt (L7) • 1 ½ twisting release from ground level (switch up) to extended body position • 1/4 - 3/4 twisting tic toc extended body position to body position (high to high) • Full twisting release from waist level (ball up) to extended body position • Full twisting tic toc to extended body position (low to high) • Flipping with twisting from ground level to extended stunt (L7) • 1/4 - 1 ¼ twisting rewind to extended stunt (L7) 	Unassisted: <ul style="list-style-type: none"> • Toss extended 1 leg stunt • Toss extended 1 arm stunt • Toss full up to extended stunt Assisted or Unassisted: <ul style="list-style-type: none"> • Rewind to extended stunt • Front handspring 1/2 up to extended stunt (L7) • Back handspring full up to extended stunt (L7) 	<ul style="list-style-type: none"> • Full kick full twisting dismount to cradle • Kick double twisting dismount to cradle • Free flipping with 1/2 twist dismount from prep level to cradle (L7)

TOSSES

NON - TWISTING		TWISTING	
<ul style="list-style-type: none"> • Tuck • X-out 	<ul style="list-style-type: none"> • Pike • Layout 	<ul style="list-style-type: none"> • Layout full • Layout double full • X-out full 	<ul style="list-style-type: none"> • Split full • Arabian 1 ½ • Pike open double full



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STANDING TUMBLING

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

RUNNING TUMBLING

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