



2024 - 2025 UNITED SCORING SYSTEM - LEVEL 5

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Downward inversion from extended stunt Downward inversion from extended 1 leg stunt 	<ul style="list-style-type: none"> Tic toc lib to lib (high to high) Tic toc lib to lib (low to high) 	<ul style="list-style-type: none"> 1 ¼ twisting transition to extended stunt 	<ul style="list-style-type: none"> ¼ twisting release from ground level (switch up) to extended 1 leg stunt Twisting helicopter release moves 1 ½ - 2 twist to prone 1/2 twisting release from ground level (switch up) to extended lib 	Assisted or Unassisted: <ul style="list-style-type: none"> Walk in / toss hands Walk in / toss hands press extension Walk in / toss extension 	<ul style="list-style-type: none"> Double twisting dismount from prep level 1 leg stunt to cradle
ADVANCED SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or prep level hand in hand to extended stunt Back handspring up to extended stunt 	<ul style="list-style-type: none"> Tic toc lib to body position (low to high) 	<ul style="list-style-type: none"> Full twisting transition to extended lib 1 ½ twisting transition to extension Double twisting transition to / at prep level stunt 	<ul style="list-style-type: none"> 1/4 - 3/4 twisting tic toc to extended lib 1/2 twisting release from ground level (switch up) to extended body position 1/2 twisting release from waist level (ball up) to extended lib Full twisting release from ground level (switch up) to extended 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"> Double twisting dismount from extended lib to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or prep level hand in hand to extended lib Back handspring up to extended lib 	<ul style="list-style-type: none"> Tic toc lib to body position (high to high) Tic toc body position to body position (high to high) 	<ul style="list-style-type: none"> Full twisting transition to extended body position 1 ½ twisting transition to extended 1 leg stunt Double twisting transition to extension 	<ul style="list-style-type: none"> 1/4 - 3/4 twisting tic toc lib to body position (high to high) 1/2 twisting release from waist level (ball up) to extended body position Full twisting release from ground level (switch up) to extended body position Full twisting tic toc to extended lib (low to high) Full twisting tic toc to extended lib (high to high) 	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 extended body position to cradle

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> Pike hitch kick Pike kick pretty girl Pike switch kick Hitch kick kick 	<ul style="list-style-type: none"> Hitch kick full Switch kick full Kick kick full Pike kick full Kick full kick

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> TUCK - BHS - TUCK TUCK - BHS SERIES - TUCK BHS / BHS SERIES - TUCK - TUCK 	<ul style="list-style-type: none"> ADVANCED JUMP - FRONT / BACK TUCK BHS SERIES - WHIP / TUCK - BHS - TUCK BHS - WHIP / TUCK - BHS - TUCK ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK ADVANCED JUMP - BHS SERIES - WHIP - TUCK BHS SERIES - LAYOUT BHS SERIES - WHIP - TUCK 	<ul style="list-style-type: none"> BHS - WHIP - TUCK BHS - LAYOUT ADVANCED JUMP - BHS / BHS SERIES - LAYOUT ADVANCED JUMP - BHS - WHIP - TUCK BHS - WHIP / TUCK - TO - LAYOUT BHS / BHS SERIES - WHIP - TO - LAYOUT / LAYOUT STEP OUT ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> BARANI RO - HALF RO - FULL 	<ul style="list-style-type: none"> FHS - BARANI RO - BHS SERIES - FULL ROUND OFF - ARABIAN SIDE AERIAL / FRONT AERIAL - TO - FULL BARANI - TO - LAYOUT 	<ul style="list-style-type: none"> FRONT FULL RO - BHS - FULL FWO - RO - TO - FULL BARANI - TO - FULL PF STEP OUT - RO - TO - FULL FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL RO - TO - WHIP - TO - FULL FHS - FRONT FULL PF STEP OUT - RO - TO - WHIP - TO - FULL FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL RO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL