



2025 - 2026 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 stuntDownward 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 stuntTwisting helicopter release moves1 ½ - 2 twist to prone1/2 twisting release from ground level (switch up) to extended lib	Assisted or Unassisted: <ul style="list-style-type: none">Walk in / toss handsWalk in / toss hands press extensionWalk 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 stuntBack 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 lib1 ½ twisting transition to extensionDouble twisting transition to / at prep level stunt	<ul style="list-style-type: none">1/4 - 3/4 twisting tic toc to extended lib1/2 twisting release from ground level (switch up) to extended body position1/2 twisting release from waist level (ball up) to extended libFull twisting release from ground level (switch up) to extended libFull twisting release from waist level (ball up) to extended lib	Assisted: <ul style="list-style-type: none">Walk in hands press extended 1 leg stuntToss hands press extended 1 leg stuntWalk in extended 1 leg / 1 arm stuntToss 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 libBack handspring up to extended libReleased inversion from extended hand in hand to extension	<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 position1 ½ twisting transition to extended 1 leg stuntDouble twisting transition to extension1 ¾ - Double twisting transition to / at prep level 1 leg stunt (LS Youth Only)	<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 positionFull twisting release from ground level (switch up) to extended body positionFull twisting release from waist level (ball up) to extended body positionFull 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 stuntToss hands press extended 1 leg stuntWalk in extended 1 leg / 1 arm stuntToss 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 kickPike kick libPike switch kickHitch kick kick	<ul style="list-style-type: none">Hitch kick fullSwitch kick fullKick kick fullPike kick fullKick full kick

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">TUCK - BHS - TUCKTUCK - BHS SERIES - TUCKBHS / BHS SERIES - TUCK - TUCK	<ul style="list-style-type: none">ADVANCED JUMP - FRONT / BACK TUCKBHS SERIES - WHIP / TUCK - BHS - TUCKBHS - WHIP / TUCK - BHS - TUCKADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCKADVANCED JUMP - BHS SERIES - WHIP - TUCKBHS SERIES - LAYOUTBHS SERIES - WHIP - TUCK	<ul style="list-style-type: none">BHS - WHIP - TUCKBHS - LAYOUTADVANCED JUMP - BHS / BHS SERIES - LAYOUTADVANCED JUMP - BHS - WHIP - TUCKBHS - WHIP / TUCK - LAYOUTBHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUTADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">BARANIRO - HALFRO - FULL	<ul style="list-style-type: none">FHS - BARANIRO - BHS SERIES - FULLROUND OFF - ARABIANSIDE AERIAL - TO - FULLBARANI - TO - LAYOUT	<ul style="list-style-type: none">FRONT FULLRO - BHS - FULLFWO - RO - TO - FULLBARANI - TO - FULLFRONT AERIAL - TO - FULLPF STEP OUT - RO - TO - FULLFRONT HANDSPRING - PF STEP OUT - RO - TO - FULLRO - TO - WHIP - TO - FULLFHS - FRONT FULLPF STEP OUT - RO - TO - WHIP - TO - FULLFHS - PF STEP OUT - RO - TO - WHIP - TO - FULLRO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

VERSION 09.15.25