



# 2025 - 2026 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 <b>extended lib</b></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</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 <b>stunt</b> (L6)</li> <li>1/4 - 1/2 twisting released inversion from prep level or above to extension (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 <b>stunt</b> (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 to extended lib</li> <li>1/4 twisting back handspring up to extended single leg stunt</li> <li>1/4 - 1/2 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> <li>Full twisting release from waist level 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 <b>stunt</b> (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>1/2 twisting back handspring up to extended stunt (L6)</li> <li>1/4 - 1/2 twisting released inversion from prep level or above to extended body position (L6)</li> <li>½ twisting released inversion from ground level (FHS Up) to extended stunt (L6)</li> <li>1 - 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> <li>1/4 - 1/2 twisting released inversion from extended hand in hand to extended stunt</li> <li>1/4 twisting back handspring up to extended body position (L6)</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> <p>The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position</p> Unassisted: <ul style="list-style-type: none"> <li>Rewind to extended stunt (L6)</li> <li>½ twisting released inversion from ground level (FHS Up) to extended stunt (L6)</li> <li>Extended hand in hand to extended stunt</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>

## TOSESSES

### NON - TWISTING

- Pike hitch kick
- Pike kick lib
- Pike switch kick
- Hitch kick kick

### TWISTING

- Ball double full (L6)
- Pike double full (L6)
- Kick double full (L6)
- Toe touch double full (L6)
- Double up toe touch (L6)
- Hitch kick double full (L6)
- Switch kick double full (L6)
- Kick full kick full (L6)



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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>• ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li> <li>• BHS - WHIP - BHS SERIES - DOUBLE FULL</li> <li>• BHS SERIES - WHIP - DOUBLE FULL</li> <li>• BHS - WHIP - DOUBLE FULL</li> <li>• ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL</li> <li>• BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / 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 - TO - WHIP - TO - DOUBLE FULL</li> <li>• RO - WHIP - DOUBLE FULL</li> <li>• RO - ARABIAN - TO - DOUBLE FULL</li> <li>• RO - TO - FULL - TO - DOUBLE FULL</li> <li>• RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL</li> <li>• RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL</li> <li>• RO - TO - FULL - TO - WHIP - DOUBLE FULL</li> <li>• PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL</li> <li>• RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL</li> <li>• PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL</li> </ul>