



2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4.2

STUNTS

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

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> Ball kick Pike X Hitch kick Switch kick Double toe touch 	<ul style="list-style-type: none"> Ball full Lib full Pike full Kick full Toe touch full Full up toe touch Double full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> BACK HANDSPRING (BHS) BHS STEP OUT 	<ul style="list-style-type: none"> BACK WALKOVER (BWO) - BHS BWO - BHS STEP OUT 	<ul style="list-style-type: none"> BHS STEP OUT - BWO VALDEZ - BWO - BHS

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> CARTWHEEL (CW) - BHS ROUND OFF (RO) - BHS 	<ul style="list-style-type: none"> RO - BHS STEP OUT CW - BHS STEP OUT 	<ul style="list-style-type: none"> FRONT HANDSPRING (FHS) FRONT WALKOVER (FWO) - FHS

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 10.15.25