



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 5

## 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> </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> </ul>	<ul style="list-style-type: none"> <li>1 ¼ twisting transition to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>¼ twisting release from ground level (switch up) to extended 1 leg stunt</li> <li>Twisting helicopter release moves</li> <li>1 ½ - 2 twist to prone</li> <li>1/2 twisting release from ground level (switch up) to extended lib</li> </ul>	Assisted or Unassisted: <ul style="list-style-type: none"> <li>Walk in / toss hands</li> <li>Walk in / toss hands press extension</li> <li>Walk in / toss extension</li> </ul>	<ul style="list-style-type: none"> <li>Double twisting dismount from prep level 1 leg stunt to cradle</li> </ul>
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion from prep level or prep level hand in hand to extended stunt</li> <li>Back handspring up to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc lib to body position (low to high)</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting transition to extended lib</li> <li>1 ½ twisting transition to extension</li> <li>Double twisting transition to / at prep level stunt</li> </ul>	<ul style="list-style-type: none"> <li>1/4 - 3/4 twisting tic toc to extended lib</li> <li>1/2 twisting release from ground level (switch up) to extended body position</li> <li>1/2 twisting release from waist level (ball up) to extended lib</li> <li>Full twisting release from ground level (switch up) to extended lib</li> <li>Full twisting release from waist level (ball up) to extended lib</li> </ul>	Assisted: <ul style="list-style-type: none"> <li>Walk in hands press extended 1 leg stunt</li> <li>Toss hands press extended 1 leg stunt</li> <li>Walk in extended 1 leg / 1 arm stunt</li> <li>Toss extended 1 leg / 1 arm stunt</li> </ul>	<ul style="list-style-type: none"> <li>Double twisting dismount from extended lib to cradle</li> </ul>
<b>ELITE SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion from prep level or prep level hand in hand to extended lib</li> <li>Back handspring up to extended lib</li> <li>Released inversion from extended hand in hand to extension</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc lib to body position (high to high)</li> <li>Tic toc body position to body position (high to high)</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting transition to extended body position</li> <li>1 ½ twisting transition to extended 1 leg stunt</li> <li>Double twisting transition to extension</li> <li>1 ¾ - Double twisting transition to / at prep level 1 leg stunt (L5 Youth Only)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 - 3/4 twisting tic toc lib to body position (high to high)</li> <li>1/2 twisting release from waist level (ball up) to extended body position</li> <li>Full twisting release from ground level (switch up) to extended body position</li> <li>Full twisting release from waist level (ball up) to extended body position</li> <li>Full twisting tic toc to extended lib (low to high)</li> <li>Full twisting tic toc to extended lib (high to high)</li> </ul>	Unassisted: <ul style="list-style-type: none"> <li>Walk in hands press extended 1 leg stunt</li> <li>Toss hands press extended 1 leg stunt</li> <li>Walk in extended 1 leg / 1 arm stunt</li> <li>Toss extended 1 leg / 1 arm stunt</li> </ul>	<ul style="list-style-type: none"> <li>Double twisting dismount from extended body position to cradle</li> </ul>

## TOSSES

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

## STANDING TUMBLING

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

## RUNNING TUMBLING

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