



2025 - 2026 UNITED SCORING SYSTEM - WORLDS LEVEL 7

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Free flipping from ground level to cradle (L7) Free Flipping from ground level to prep level (L7) (excluding rewind) Free Flipping from ground level to extension (L7) (excluding rewind) Released inversion from prep level or above to extension Released inversion from prep level or above to lib 1/4 flipping rewind (L7) Rewind to prep stunt 	<ul style="list-style-type: none"> Tic toc lib to lib (high to high) Tic toc lib to lib (low to high) Tic toc lib to body position (low to high) 	<ul style="list-style-type: none"> 1/4 - 1 3/4 twisting transition to extension Double twisting transition to extension 	<ul style="list-style-type: none"> 1/2 - 2 twist to prone Twisting helicopter release moves 1/2 twisting front handspring up to extension 1/4 - 3/4 twisting tic toc to extended 1 leg stunt 1/2 twisting release from ground level (switch up) to extended 1 leg stunt Free flipping with twisting from ground level to cradle (L7) 1/2 twisting release from waist level (ball up) to extended 1 leg stunt 	Assisted or Unassisted: <ul style="list-style-type: none"> Walk in / toss extension Walk in / toss hands press extended 1 leg stunt Walk in / toss extended 1 leg stunt 	<ul style="list-style-type: none"> Front free flipping dismount to ground level (L7) Free flipping dismount from prep level or below to cradle (L7) Double twisting dismount from extended 1 leg stunt to cradle
ADVANCED SKILLS					
<ul style="list-style-type: none"> Back handspring rewind to prep stunt (L7) Cartwheel / round off rewind to prep stunt (L7) Rewind to extension Free flipping from ground level to extension (L7) (excluding rewind) 	<ul style="list-style-type: none"> Tic toc lib to body position (high to high) 	<ul style="list-style-type: none"> 1/2 twisting transition to / at extended lib 1 3/4 twisting transition to / at extended lib Double twisting transition to / at extension 2 1/4 twisting transition to / at extension 	<ul style="list-style-type: none"> Full twisting tic toc to extended lib (low to high) Full twisting release from ground level (switch up) to extended lib 1/4 twisting back handspring up to body position 1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt 1/2 twisting release from ground level (switch up) to extended 1 leg stunt Free flipping with twisting from ground level to prep level (L7) 1/4 - 1/4 twisting rewind to prep level stunt (L7) Full twisting back handspring up to prep level stunt (L7) 1/4 - 1/2 twisting released inversion from extended hand in hand to extended stunt 	Assisted: <ul style="list-style-type: none"> Toss extended 1 leg stunt Toss extended 1 arm stunt Toss full up to extended stunt Unassisted: <ul style="list-style-type: none"> Toss extended 1 arm stunt 	
ELITE SKILLS					
<ul style="list-style-type: none"> Released prep level hand in hand to extended body position Released inversion from extended hand in hand to extension Released to extended 1 leg stunt Back handspring rewind to extended stunt (L7) Cartwheel / round off rewind to extended stunt (L7) Free flipping from ground level to extended 1 leg stunt (L7) (excluding rewind) 	<ul style="list-style-type: none"> Tic toc body position to body position (high to high) 	<ul style="list-style-type: none"> 1/2 twisting transition to / at extended body position 1 3/4 twisting transition to / at extended body position Double twisting transition to / at extended 1 leg stunt 	<ul style="list-style-type: none"> Full twisting tic toc to extended lib (high to high) Full twisting back handspring up to extended stunt (L7) 1/2 twisting released inversion from prep level or above to extended body position 1 1/2 twisting front handspring up to extended stunt (L7) 1 - 1 1/2 twisting release ground level (switch up) to extended body position 1/4 - 3/4 twisting tic toc extended body position to body position (high to high) Full twisting release from waist level (ball up) to extended body position Full twisting tic toc to extended body position (low to high) Free flipping with twisting from ground level to extended stunt (L7) 1/4 - 1 1/4 twisting rewind to extended stunt (L7) 	Unassisted: <ul style="list-style-type: none"> Toss full up to extended stunt 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 Unassisted: <ul style="list-style-type: none"> Rewind to extended stunt 1/2 twisting released inversion from ground level (FHS Up) to extended stunt Back handspring full up to extended stunt (L7) Extended hand in hand to extended stunt 	<ul style="list-style-type: none"> Full kick full twisting dismount to cradle Kick double twisting dismount to cradle Free flipping with 1/2 twist dismount from prep level to cradle (L7)

TOSSES

NON - TWISTING			TWISTING		
<ul style="list-style-type: none"> Tuck X-out 	<ul style="list-style-type: none"> Pike Layout 	<ul style="list-style-type: none"> Kick Triple Full (Non-Flipping) 	<ul style="list-style-type: none"> Layout full Layout double full 	<ul style="list-style-type: none"> X-out full Split full 	<ul style="list-style-type: none"> Arabian 1 1/2 Pike open double full



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STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • ADVANCED JUMP BACK TUCK 	<ul style="list-style-type: none"> • BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL 	<ul style="list-style-type: none"> • ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • CARTWHEEL - FULL • RO - FULL • RO - BHS / BHS SERIES - FULL • FWO - TO - FULL • SIDE AERIAL / FRONT AERIAL - FULL • RO - TO - ONODI - TO - FULL • FRONT FULL 	<ul style="list-style-type: none"> • RO - BHS - KICK FULL/FULL STEP OUT • PUNCH FRONT STEP OUT - TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT 	<ul style="list-style-type: none"> • RO - TO - WHIP - TO - DOUBLE FULL • RO - WHIP - DOUBLE FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL