



2026-2027 UNITED SCORING SYSTEM - LEVEL 1

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS			
<ul style="list-style-type: none"> • Release style from ground level (switch up) to lib below prep level • Tic toc below prep level (lib to lib) 	<ul style="list-style-type: none"> • ¼ twisting transition to below prep level • ¼ twisting transition to ground level • ¼ twisting transition from prep level 	<ul style="list-style-type: none"> • Back stand • Shoulder sit • Shoulder stand • Prep level show & go • Chair • Prone • Straddle sit • Extended straddle sit • Flat back • Extended flat back • Below prep level 1 leg stunt • Prep stunt • Prep level 1 leg stunt with bracer 	<ul style="list-style-type: none"> • Step down
ADVANCED SKILLS			
<ul style="list-style-type: none"> • Release style from ground level (switch up) to body position below prep level • Tic toc below prep level (lib to body position) • Tic toc at prep level (lib to body position) with bracer • Release style from waist level to prep level lib with bracer • Release style from ground level (switch up) to prep level lib with bracer. 	<ul style="list-style-type: none"> • ¼ twisting transition at prep level to prep stunt • ¼ twisting transition from below prep to prep level lib with bracer 	<ul style="list-style-type: none"> • ¼ twisting tic toc at prep level (lib to lib) with bracer • ¼ twisting tic toc below prep level (lib to body position) • Transition from below prep level to prep level body position with bracer 	
ELITE SKILLS			
<ul style="list-style-type: none"> • Release style from ground level (switch up) to prep level body position with bracer • Tic toc below prep level (body position to body position) • Tic toc at prep level (body position to body position) with bracer • Release style from waist level to prep level body position with bracer 	<ul style="list-style-type: none"> • ¼ twisting transition to prep stunt from below prep level • ¼ twisting transition from below prep level to prep level body position with bracer 	<ul style="list-style-type: none"> • ¼ twisting tic toc at prep level (body position to body position) with bracer • ¼ twisting release from ground level (switch up) to prep level lib with bracer • ¼ twisting release from waist level to prep level lib with bracer • ¼ twisting tic toc at prep level (lib to body position) with bracer • ¼ twisting tic toc below prep level (body position to body position) 	<ul style="list-style-type: none"> • Straight cradle from prep stunt

STUNTS: Only the skills listed as Advanced/Elite will receive Degree of Difficulty credit.



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STANDING TUMBLING

LEVEL SKILLS		ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">• FORWARD ROLL• STRADDLE ROLL• PUSHUP TO BACKBEND• BACKWARD ROLL	<ul style="list-style-type: none">• HANDSTAND• BACKBEND KICK OVER• STANDING BACKBEND• FRONT LIMBER / BACK LIMBER	<ul style="list-style-type: none">• BACK WALKOVER (BWO)• BWO - BACKWARD ROLL - BWO• BACK EXTENSION ROLL	<ul style="list-style-type: none">• BWO SERIES• BWO SWITCH LEG• BACK EXTENSION ROLL - BWO/BWO SERIES• VALDEZ

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">• CARTWHEEL (CW)• CW - BACKWARD ROLL• HANDSTAND FORWARD ROLL	<ul style="list-style-type: none">• CW - BWO/BWO SWITCH LEG• ROUND OFF (RO)• FRONT WALKOVER (FWO) / FWO SERIES• HANDSTAND - FORWARD ROLL - CW	<ul style="list-style-type: none">• CW - BWO SERIES• FWO - CW / RO• FWO - CW - BWO/BWO SERIES• FWO - CW - BWO SWITCH LEG• HANDSTAND - FORWARD ROLL - CW - BWO/BWO SERIES