



2026-2027 UNITED SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Inverted below prep level Inverted at prep level Downward inversion from below prep level 	<ul style="list-style-type: none"> Release to prep level or below Tic toc below prep level to below prep level (lib to lib) Tic toc below prep level to prep level (lib to lib) 	<ul style="list-style-type: none"> ¾ twisting transition to prep level 1 leg stunt Full twisting transition below prep level Full twisting transition to prep level Full twisting transition to / at prep level lib ¼ twisting transition to extended 1 leg stunt 	<ul style="list-style-type: none"> Suspended forward roll Full twisting transition from prep level to prone Extended lib 	Assisted or Unassisted: <ul style="list-style-type: none"> Walk in / toss hands Walk in / toss hands press extension Walk in extension 	<ul style="list-style-type: none"> Straight cradle from extended 1 leg stunt ¼ twisting dismount from extended 1 leg stunt
ADVANCED SKILLS					
<ul style="list-style-type: none"> Inversion from waist / prep level to extended 1 leg stunt Inversion from ground level to extended lib 	<ul style="list-style-type: none"> Release from ground level (switch up) to prep level lib Release from waist level (ball up, straddle up, etc.) to prep level lib Tic toc from prep level lib to extended body position 	<ul style="list-style-type: none"> Full twisting transition to prep level body position Full twisting transition at prep level (lib to lib) Full twisting transition at prep level to prep level body position ½ twisting transition to extended lib 	<ul style="list-style-type: none"> Full twisting tic toc at prep level (lib to lib) Full twisting inversion to prep stunt Kick full twisting transition from waist level to cradle position ½ twisting suspended forward roll ½ twisting inversion to extended lib 	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 	<ul style="list-style-type: none"> 1 - 1 ¼ twisting dismount from prep stunt to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> Inversion from ground level to extended body position 	<ul style="list-style-type: none"> Release from ground level (switch up) to prep level body position Release from waist level (ball up, straddle up, etc.) to prep level body position 	<ul style="list-style-type: none"> Full twisting transition at prep level (body position to body position) Full twisting transition to extension ½ twisting transition to extended body position 	<ul style="list-style-type: none"> Full twisting suspended forward roll Full twisting tic toc at prep level (lib to body position) Full twisting inversion from prep level or below to prep level 1 leg stunt Kick full twisting transition from prep level or above to cradle position ½ twisting inversion from ground level to extended body position 	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 	<ul style="list-style-type: none"> 1 - 1 ¼ twisting dismount from extension to cradle

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

TOSESSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> Ball Arch Pike Kick Ball-X Toe touch 	<ul style="list-style-type: none"> Full twist

TOSESSES: Only the skills listed will receive Toss Difficulty credit.



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STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • BHS / BHS STEP OUT - BHS / BHS STEP OUT • ADVANCED JUMP - BHS / BHS STEP OUT • BHS / BHS SERIES - ADVANCED JUMP 	<ul style="list-style-type: none"> • BWO - BHS SERIES • BHS - BHS - BHS OR MORE • BHS - BHS STEP OUT - BHS • ADVANCED JUMP - BHS SERIES 	<ul style="list-style-type: none"> • BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • RO - TUCK • AERIAL 	<ul style="list-style-type: none"> • PUNCH FRONT (PF) • RO - BHS SERIES - TUCK 	<ul style="list-style-type: none"> • FWO - AERIAL • BOUNDER / FLYSPRING - AERIAL • RO - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER / FLYSPRING - RO - TO - TUCK • FHS - PF