



# 2026-2027 UNITED SCORING SYSTEM - LEVEL 4.2

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion to prep level or below</li> <li>Released inversion at prep level to prep level</li> <li>Downward inversion from prep level</li> <li>Extended inverted stunt</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc extended lib to prep level or below (high to low)</li> <li>Helicopter release moves</li> <li>Release from prep level to prep level</li> <li>Release to extension</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to below prep level</li> <li>1 ½ twisting transition to prep level</li> <li>¾ twisting transition to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release to prep level or below</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>	
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion from waist level to extended stunt</li> <li>Released inversion from extended hand in hand to prep stunt</li> <li>Back handspring up to prep stunt</li> </ul>	<ul style="list-style-type: none"> <li>Release from waist or prep level to extended lib</li> <li>Tic toc extended body position to prep level or below lib (high to low)</li> <li>Release from ground level (switch up) to extended body position</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to / at prep level lib</li> <li>1 ½ twisting transition at prep level (lib to body position)</li> <li>Full twisting transition to extension</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib</li> <li>Full twisting release at prep level (tic toc) to prep level lib</li> <li>1 - 1½ twisting release from ground level (switch up) to prep level 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>1 - 1¼ twisting dismount from extended 1 leg stunt 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 stunt</li> <li>Back handspring up to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Release from waist level to extended body position</li> <li>Tic toc extended body position to prep level body position (high to low)</li> <li>Release from prep level to extended body position</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to / at prep level body position</li> <li>1 ½ twisting transition at prep level (body position to body position)</li> <li>1 ½ twisting transition to extension</li> <li>Full twisting transition to extended 1 leg stunt</li> <li>Full twisting transition at extended level</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position</li> <li>Full twisting release at prep level (tic toc) to prep level body position</li> <li>Full twisting inversion to extended 1 leg stunt</li> <li>1 - 1½ twisting release from ground level (switch up) to prep level body position</li> <li>1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib</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>Kick full twisting dismount</li> <li>2 - 2¼ twisting dismount from prep stunt / extension to cradle</li> </ul>

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

## TOSESSES

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

**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"> <li>• BACK HANDSPRING (BHS)</li> <li>• BHS STEP OUT</li> </ul>	<ul style="list-style-type: none"> <li>• BACK WALKOVER (BWO) - BHS</li> <li>• BWO - BHS STEP OUT</li> <li>• BHS STEP OUT - BWO</li> <li>• VALDEZ - BWO - BHS</li> </ul>	<ul style="list-style-type: none"> <li>• BWO - BHS STEP OUT - BWO</li> <li>• BWO SWITCH LEG - BHS</li> <li>• BHS STEP OUT - BWO - BHS</li> <li>• VALDEZ - BHS / BHS STEP OUT</li> <li>• BACK EXTENSION ROLL - BHS / BHS STEP OUT</li> </ul>

## RUNNING TUMBLING

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