



2026-2027 UNITED SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Released inversion to prep level or below Released inversion at prep level to prep level Downward inversion from prep level Extended inverted stunt 	<ul style="list-style-type: none"> Tic toc extended lib to prep level or below (high to low) Helicopter release moves Release from prep level to prep level Release to extension 	<ul style="list-style-type: none"> 1 ½ twisting transition to below prep level 1 ½ twisting transition to prep level ¾ twisting transition to extended stunt 	<ul style="list-style-type: none"> Full twisting release to prep level or below 	Assisted or Unassisted: <ul style="list-style-type: none"> Walk in / toss hands Walk in / toss hands press extension Walk in / toss extension 	
ADVANCED SKILLS					
<ul style="list-style-type: none"> Released inversion from waist level to extended stunt Released inversion from extended hand in hand to prep stunt Back handspring up to prep stunt 	<ul style="list-style-type: none"> Release from waist or prep level to extended lib Tic toc extended body position to prep level or below lib (high to low) Release from ground level (switch up) to extended body position 	<ul style="list-style-type: none"> 1 ½ twisting transition to / at prep level lib 1 ½ twisting transition at prep level (lib to body position) Full twisting transition to extension 	<ul style="list-style-type: none"> Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib Full twisting release at prep level (tic toc) to prep level lib 1 - 1½ twisting release from ground level (switch up) to prep level 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 Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> 1 - 1¼ twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or prep level hand in hand to extended stunt Back handspring up to extended stunt 	<ul style="list-style-type: none"> Release from waist level to extended body position Tic toc extended body position to prep level body position (high to low) Release from prep level to extended body position 	<ul style="list-style-type: none"> 1 ½ twisting transition to / at prep level body position 1 ½ twisting transition at prep level (body position to body position) 1 ½ twisting transition to extension Full twisting transition to extended 1 leg stunt Full twisting transition at extended level 	<ul style="list-style-type: none"> Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position Full twisting release at prep level (tic toc) to prep level body position Full twisting inversion to extended 1 leg stunt 1 - 1½ twisting release from ground level (switch up) to prep level body position 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib 	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 Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Kick full twisting dismount 2 - 2¼ twisting dismount from prep stunt / 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 kick Pike X Hitch kick Switch kick Double toe touch 	<ul style="list-style-type: none"> Ball full Pike full Kick full Toe touch full Full up toe touch Double full

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"> • ONODI • BACKWARD ROLL - TUCK 	<ul style="list-style-type: none"> • BHS SERIES - TUCK • BACK TUCK • BWO - TUCK • BACK EXTENSION ROLL - TUCK • VALDEZ - TUCK 	<ul style="list-style-type: none"> • BHS / BHS STEP OUT - TUCK • ADVANCED JUMP - BHS SERIES - TUCK • ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • CW - TUCK • FWO - CW - TUCK • RO - LAYOUT • RO - ONODI • FRONT AERIAL • FRONT AERIAL - RO - TO - TUCK • FHS - PF 	<ul style="list-style-type: none"> • PF - PF • PF STEP OUT - AERIAL • RO - BHS SERIES - LAYOUT • RO - ONODI - TO - TUCK • PF STEP OUT - RO - TO - TUCK • AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT • FWO - AERIAL - TUCK • RO - TO - WHIP / TUCK - TO - TUCK • FRONT AERIAL - RO - TO - WHIP - TO - TUCK • FWO - RO - TO - WHIP / TUCK - TO - TUCK • PF STEP OUT - RO - TO - WHIP / TUCK - TO - TUCK • FHS - PF STEP OUT - RO - TO - TUCK 	<ul style="list-style-type: none"> • FHS - PF STEP OUT - RO - TO - WHIP / TUCK - TUCK • RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEG • RO - ONODI - TO - LAYOUT • FWO - RO - TO - LAYOUT • FRONT AERIAL - RO - TO - WHIP - LAYOUT • PF STEP OUT - RO - TO - LAYOUT • RO - TO - WHIP / TUCK - TO - LAYOUT • FWO - RO - TO - WHIP / TUCK - TO - LAYOUT • PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT • FHS - PF STEP OUT - RO - TO - LAYOUT • FHS - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT • FHS - FRONT LAYOUT