



2026-2027 UNITED SCORING SYSTEM - LEVEL 5

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Downward inversion from extended stunt Downward inversion from extended 1 leg stunt 	<ul style="list-style-type: none"> Tic toc lib to lib (high to high) Tic toc lib to lib (low to high) 	<ul style="list-style-type: none"> 1 ¼ twisting transition to extended stunt 	<ul style="list-style-type: none"> ¼ twisting release from ground level (switch up) to extended 1 leg stunt Twisting helicopter release moves 1 ½ - 2 twist to prone 1/2 twisting release from ground level (switch up) to extended lib 	Assisted or Unassisted: <ul style="list-style-type: none"> Walk in / toss hands Walk in / toss hands press extension Walk in / toss extension 	<ul style="list-style-type: none"> Double twisting dismount from prep level 1 leg stunt to cradle Kick Full twisting dismount to cradle
ADVANCED SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or prep level hand in hand to extension Released inversion from extended hand in hand to prep stunt Back handspring up to extended stunt 	<ul style="list-style-type: none"> Tic toc lib to body position (low to high) 	<ul style="list-style-type: none"> Full twisting transition to extended lib Double twisting transition to / at prep level stunt 1 ½ twisting transition to extension 	<ul style="list-style-type: none"> Full twisting release from ground level (switch up) to extended lib Full twisting release from waist level (ball up) to extended lib ¼ - ¾ twisting tic toc to extended lib ½ twisting release from ground level (switch up) to extended body position ½ twisting release from waist level (ball up) 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 Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Double twisting dismount from extended lib to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or prep level hand in hand to extended lib Released inversion from extended hand in hand to extension Back handspring up to extended lib 	<ul style="list-style-type: none"> Tic toc lib to body position (high to high) Tic toc body position to body position (high to high) 	<ul style="list-style-type: none"> Full twisting transition to extended body position Double twisting transition to extension 1 ½ twisting transition to extended 1 leg stunt 1 ¾ - Double twisting transition to / at prep level 1 leg stunt (L5 Youth Only) 	<ul style="list-style-type: none"> Full twisting tic toc to extended lib (low to high) Full twisting tic toc to extended lib (high to high) Full twisting release from ground level (switch up) to extended body position Full twisting release from waist level (ball up) to extended body position ¼ - ¾ twisting tic toc lib to body position (high to high) ½ twisting release from waist level (ball up) 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 Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Hitch Kick Full twisting dismount to cradle Double twisting dismount from extended body position to cradle

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

TOSSES

- Hitch kick full
- Switch kick full
- Kick kick full
- Pike kick full
- Kick full kick
- 3 trick toss (must include a single full twist)

TOSSES: 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"> • TUCK - BHS - TUCK • TUCK - BHS SERIES - TUCK • BHS / BHS SERIES - TUCK - TUCK 	<ul style="list-style-type: none"> • ADVANCED JUMP - FRONT / BACK TUCK • BHS SERIES - WHIP / TUCK - BHS - TUCK • BHS - WHIP / TUCK - BHS - TUCK • ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK • ADVANCED JUMP - BHS SERIES - WHIP - TUCK • BHS SERIES - LAYOUT • BHS SERIES - WHIP - TUCK 	<ul style="list-style-type: none"> • BHS - WHIP - TUCK • BHS - LAYOUT • ADVANCED JUMP - BHS / BHS SERIES - LAYOUT • ADVANCED JUMP - BHS - WHIP - TUCK • BHS - WHIP / TUCK - LAYOUT • BHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUT • ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • BARANI • RO - HALF • RO - FULL • FHS - FRONT LAYOUT 	<ul style="list-style-type: none"> • FHS - BARANI • RO - BHS SERIES - FULL • RO - ARABIAN • SIDE AERIAL - TO - FULL • BARANI - TO - LAYOUT 	<ul style="list-style-type: none"> • FRONT FULL • RO - BHS - FULL • FWO - RO - TO - FULL • BARANI - TO - FULL • FRONT AERIAL - TO - FULL • PF STEP OUT - RO - TO - FULL • FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL • RO - TO - WHIP - TO - FULL • FHS - FRONT FULL • PF STEP OUT - RO - TO - WHIP - TO - FULL • FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL • RO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL