



2026-2027 UNITED SCORING SYSTEM - LEVEL 1

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS			
• Release style from ground level (switch up) to lib below prep level • Tic toc below prep level (lib to lib)	• ¼ twisting transition to below prep level • ¼ twisting transition to ground level • ¼ twisting transition from prep level	• 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	• Step down
ADVANCED SKILLS			
• 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.	• ¼ twisting transition at prep level to prep stunt • ¼ twisting transition from below prep level to prep level lib with bracer	• 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			
• 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	• ¼ twisting transition to 2-leg prep stunt from below prep level • ¼ twisting transition from below prep level to prep level body position with bracer	• 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 1-leg stunt with bracer • ¼ twisting release from waist level to prep level 1-leg stunt 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)	• 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
• FORWARD ROLL • STRADDLE ROLL • PUSHUP TO BACKBEND • BACKWARD ROLL		• BACK WALKOVER (BWO) • BWO - BACKWARD ROLL - BWO • BACK EXTENSION ROLL	• BWO SERIES • BWO SWITCH LEG • VALDEZ • BACK EXTENSION ROLL - BWO/BWO SERIES

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• CARTWHEEL (CW) • CW - BACKWARD ROLL • HANDSTAND FORWARD ROLL	• CW - BWO/BWO SWITCH LEG • ROUND OFF (RO) • FRONT WALKOVER (FWO) / FWO SERIES • HANDSTAND - FORWARD ROLL - CW	• CW - BWO SERIES • FWO - CW / RO • FWO - CW - BWO/BWO SERIES • FWO - CW - BWO SWITCH LEG • HANDSTAND - FORWARD ROLL - CW - BWO/BWO SERIES

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.