



2026-2027 UNITED SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
• Inverted below prep level • Inverted at prep level • Downward inversion from below prep level	• 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)	• 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	• Suspended forward roll • Full twisting transition from prep level to prone • Extended lib	Assisted or Unassisted: • Walk in / toss hands • Walk in / toss hands press extension • Walk in extension	• Straight cradle from extended 1-leg stunt • ¼ twisting dismount from extended 1-leg stunt
ADVANCED SKILLS					
• Inversion from waist / prep level to extended 1-leg stunt • Inversion from ground level to extended lib	• Release from ground level (switch up) to prep level lib • Tic toc below prep level to prep level (lib to body position) • Release from waist level (ball up, straddle up, etc.) to prep level lib • Tic toc from prep level lib to extended body position	• 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	• 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: • Walk in hands press extended 1-leg stunt • Toss hands press extended 1-leg stunt • Walk in extended 1-leg / 1-arm stunt	• 1 - 1 ¼ twisting dismount from 2-leg prep stunt to cradle
ELITE SKILLS					
• Inversion from ground level to extended body position	• Release from ground level (switch up) to prep level body position • Tic toc below prep level to prep level (body position to body position) • Release from waist level (ball up, straddle up, etc.) to prep level body position	• Full twisting transition at prep level (body position to body position) • Full twisting transition to extension • ½ twisting transition to extended body position	• Full twisting suspended forward roll • Full twisting tic toc at prep level (lib to body position) • Full twisting inversion to prep level 1-leg stunt • Kick full twisting transition from prep level or above to cradle position • ½ twisting inversion to extended body position	Unassisted: • Walk in hands press extended 1-leg stunt • Toss hands press extended 1-leg stunt • Walk in extended 1-leg / 1-arm stunt	• 1 - 1 ¼ twisting dismount from extension to cradle

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

TOSSES

NON - TWISTING	TWISTING
• Ball Arch • Pike • Kick • Ball-X • Toe touch	• Full twist

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



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STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• BHS / BHS STEP OUT - BHS / BHS STEP OUT • BHS - ADVANCED JUMP • BHS - BHS - ADVANCED JUMP • ADVANCED JUMP - BHS / BHS STEP OUT	• BWO - BHS SERIES • BHS - BHS - BHS OR MORE • BHS - BHS STEP OUT - BHS • BHS - BHS - BHS - ADVANCED JUMP • ADVANCED JUMP - BHS SERIES	• BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• RO - TUCK • AERIAL	• RO - BHS SERIES - TUCK • PUNCH FRONT (PF)	• RO - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • FWO - AERIAL • BOUNDER / FLYSPRING - AERIAL • BOUNDER / FLYSPRING - RO - TO - TUCK • FHS - PF

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.