



2026-2027 UNITED SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Released inversion to prep level or below - Released inversion at prep level to prep level - Downward inversion from prep level - Extended inverted stunt - Forward Rotating released inversion (Front Pop) from prep level or above to below prep level stunt	- 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 - Release from ground level (switch up) to extended lib	1 ½ twisting transition to below prep level 1 ½ twisting transition to / at prep level ¾ twisting transition to extended stunt	Twisting release to prep level or below	Assisted or Unassisted: - Walk in / toss hands - Walk in / toss hands press extension - Walk in / toss extension	
ADVANCED SKILLS					
- Released inversion from waist level to extended stunt - Released inversion from extended hand in hand to prep stunt - Back handspring up to prep stunt - Forward Rotating released inversion (Front Pop) from prep level or above to prep level stunt	- 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	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	- 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 - 1 ½ twisting release from ground level (switch up) to prep level 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 - Toss extended 1-leg / 1-arm stunt	1 - 1 ¼ twisting dismount from extended 1-leg stunt to cradle
ELITE SKILLS					
- Released inversion from prep level or prep level hand in hand to extended stunt - Back handspring up to extended stunt - Forward Rotating released inversion (Front Pop) from prep level to extended stunt	- 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	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	- 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 - 1 ½ twisting release from ground level (switch up) to prep level body position 1 ¼ - 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level	Unassisted: - 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	- Kick full twisting dismount 2 - 2 ¼ twisting dismount from prep stunt / extension to cradle

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

TOSSES

NON - TWISTING	TWISTING
- Ball kick - Pike X - Pike split - Hitch kick - Switch kick - Double toe touch	- Ball full - Pike full - Kick full - Toe touch full - Full up toe touch - Double full

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



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STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• ONODI • BACKWARD ROLL - TUCK	• BHS SERIES - TUCK • BACK TUCK • BWO - TUCK • VALDEZ - TUCK • BACK EXTENSION ROLL - TUCK	• BHS / BHS STEP OUT - TUCK • ADVANCED JUMP - BHS SERIES - TUCK • ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• CW - TUCK • RO - ONODI • RO - TO - PIKE • RO - LAYOUT • FWO - CW - TUCK • FRONT AERIAL • FRONT AERIAL - RO - TO - TUCK • FHS - PF • BOUNDER / FLYSPRING - PF	• RO - BHS SERIES - LAYOUT • RO - ONODI - TO - TUCK • RO - TO - WHIP / TUCK - TO - TUCK • AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT • FWO - AERIAL - TUCK • FWO - RO - TO - WHIP / TUCK - TO - TUCK • FRONT AERIAL - RO - TO - WHIP - TO - TUCK • PF STEP OUT - AERIAL • PF - PF • FRONT LAYOUT • PF STEP OUT - RO - TO - TUCK • PF STEP OUT - RO - TO - WHIP / TUCK - TO - TUCK • FHS - PF STEP OUT - RO - TO - TUCK	• CW/RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEG • RO - ONODI - TO - LAYOUT • RO - TO - WHIP - TUCK • RO - TO - WHIP / TUCK - TO - LAYOUT • FWO - RO - TO - LAYOUT • FWO - RO - TO - WHIP / TUCK - TO - LAYOUT • FRONT AERIAL - RO - TO - WHIP - LAYOUT • PF STEP OUT - RO - TO - LAYOUT • PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT • FHS - PF STEP OUT - RO - TO - WHIP / TUCK - TUCK • FHS - PF STEP OUT - RO - TO - LAYOUT • FHS - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT • FHS - FRONT LAYOUT