



2026-2027 UNITED SCORING SYSTEM - LEVEL 5

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Forward Rotating released inversion (Front Pop) from prep level or above to below prep level stunt - Downward inversion from extended stunt (L5) - Downward inversion from extended 1-leg stunt (L5)	- Tic toc lib to lib (low to high) - Tic toc lib to lib (high to high) (L5)	1 ¼ twisting transition to extended 1-leg stunt (L5)	¼ twisting release from ground level (switch up) to extended 1-leg stunt (L5) - Twisting helicopter release moves (L5) 1 ¾ - 2 twists to prone (L5) ½ twisting release from ground level (switch up) to extended lib (L5)	Assisted or Unassisted: - Walk in / toss hands - Walk in / toss hands press extension - Walk in / toss extension	- Kick Full twisting dismount to cradle - Double twisting dismount from prep level 1-leg stunt to cradle (L5)
ADVANCED SKILLS					
- 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 - Forward Rotating released inversion (Front Pop) from prep level or above to prep level stunt	Tic toc lib to body position (low to high)	- Full twisting transition to extended lib 1 ½ twisting transition to extension - Double twisting transition to / at prep stunt (L5)	- Full twisting release from ground level (switch up) to extended lib (L5) - Full twisting release from waist level (ball up) to extended lib (L5) ¼ - ¾ twisting tic toc to extended lib (L5) ½ twisting release from ground level (switch up) to extended body position (L5) ½ twisting release from waist level (ball up) to extended lib (L5)	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	Double twisting dismount from extended lib to cradle (L5)
ELITE SKILLS					
- Released inversion from prep level or prep level hand in hand to extended 1-leg stunt - Back handspring up to extended 1-leg stunt - Forward Rotating released inversion (Front Pop) from prep level to extended stunt - Forward Rotating released inversion (Front Pop) from extended hand in hand to extended stunt (L5) - Released inversion from extended hand in hand to extended stunt (L5)	- Tic toc lib to body position (high to high) (L5) - Tic toc body position to body position (high to high) (L5)	- Full twisting transition to extended body position - Double twisting transition to extension (L5) 1 ½ twisting transition to extended 1-leg stunt (L5) 1 ¾ - Double twisting transition to / at prep level 1-leg stunt (L5 YOUTH ONLY)	- Full twisting tic toc to extended 1-leg stunt (low to high) (L5) - Full twisting tic toc to extended 1-leg stunt (high to high) (L5) - Full twisting release from ground level (switch up) to extended body position (L5) - Full twisting release from waist level (ball up) to extended body position (L5) ¼ - ¾ twisting tic toc to extended body position (high to high) (L5) ½ twisting release from waist level (ball up) to extended body position (L5)	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	- Hitch Kick Full or Kick Kick Full twisting dismount to cradle (L5) - Double twisting dismount from extended body position to cradle (L5)

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
• TUCK - BHS SERIES - TUCK • TUCK - BHS - TUCK • BHS / BHS SERIES - TUCK - TUCK	• BHS SERIES - LAYOUT • BHS SERIES - WHIP - TUCK • BHS SERIES - WHIP / TUCK - BHS - TUCK • BHS - WHIP / TUCK - BHS - TUCK • ADVANCED JUMP - FRONT / BACK TUCK • ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK • ADVANCED JUMP - BHS SERIES - WHIP - TUCK	• BHS - LAYOUT • BHS - WHIP - TUCK • BHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUT • BHS - WHIP / TUCK - LAYOUT • ADVANCED JUMP - BHS / BHS SERIES - LAYOUT • ADVANCED JUMP - BHS - WHIP - TUCK • ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• BARANI • RO - HALF • RO - FULL • FHS - FRONT LAYOUT	• RO - BHS SERIES - FULL • RO - ARABIAN • SIDE AERIAL - TO - FULL • FHS - BARANI • BARANI - TO - LAYOUT	• CW/RO - BHS - FULL • BARANI - TO - FULL • RO - TO - WHIP - TO - FULL • RO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL • FWO - RO - TO - FULL • FRONT AERIAL - TO - FULL • PF STEP OUT - RO - TO - FULL • FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL • PF STEP OUT - RO - TO - WHIP - TO - FULL • FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL • FRONT FULL • FHS - FRONT FULL