



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 1

## STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS			
<ul style="list-style-type: none"><li>• Release style from ground level (switch up) to lib below prep level</li><li>• Tic toc below prep level (lib to lib)</li></ul>	<ul style="list-style-type: none"><li>• 1/4 twisting transition to below prep level</li><li>• 1/4 twisting transition to ground level</li><li>• 1/4 twisting transition from prep level</li></ul>	<ul style="list-style-type: none"><li>• Back stand</li><li>• Prep level show &amp; go</li><li>• Straddle sit</li><li>• Flat back</li><li>• Extended straddle sit</li><li>• Below prep level 1 leg stunt</li></ul> <ul style="list-style-type: none"><li>• Extended flat back</li><li>• Prep level 1 leg stunt with bracer</li><li>• Shoulder sit</li><li>• Chair</li><li>• Shoulder stand</li><li>• Prone</li></ul>	<ul style="list-style-type: none"><li>• Step down</li></ul>
ADVANCED SKILLS			
<ul style="list-style-type: none"><li>• Release style from ground level (switch up) to body position below prep level</li><li>• Tic toc below prep level (lib to body position)</li><li>• Tic toc at prep level (lib to body position) with bracer</li><li>• Release style from waist level to prep level lib with bracer</li><li>• Release style from ground level (switch up) to prep level lib with bracer.</li></ul>	<ul style="list-style-type: none"><li>• 1/4 twisting transition at prep level to prep stunt</li><li>• 1/4 twisting transition from below prep to prep level lib with bracer</li></ul>	<ul style="list-style-type: none"><li>• 1/4 twisting tic toc at prep level (lib to lib) with bracer</li><li>• 1/4 twisting tic toc below prep level (lib to body position)</li><li>• Transition from below prep level to prep level body position with bracer</li></ul>	
ELITE SKILLS			
<ul style="list-style-type: none"><li>• Release style from ground level (switch up) to prep level body position with bracer</li><li>• Tic toc below prep level (body position to body position)</li><li>• Tic toc at prep level (body position to body position) with bracer</li><li>• Release style from waist level to prep level body position with bracer</li></ul>	<ul style="list-style-type: none"><li>• 1/4 twisting transition to prep stunt from below prep level</li><li>• 1/4 twisting transition from below prep level to prep level body position with bracer</li></ul>	<ul style="list-style-type: none"><li>• 1/4 twisting tic toc at prep level (body position to body position) with bracer</li><li>• 1/4 twisting release from ground level (switch up) to prep level lib with bracer</li><li>• 1/4 twisting release from waist level to prep level lib with bracer</li><li>• 1/4 twisting tic toc below prep level (body position to body position)</li></ul>	<ul style="list-style-type: none"><li>• Straight cradle from prep stunt</li></ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• FORWARD ROLL</li><li>• STRADDLE ROLL</li><li>• PUSHUP TO BACKBEND</li><li>• BACKWARD ROLL</li><li>• HANDSTAND</li><li>• BACKBEND KICK OVER</li><li>• STANDING BACKBEND</li><li>• FRONT LIMBER / BACK LIMBER</li></ul>	<ul style="list-style-type: none"><li>• BACK WALKOVER (BWO)</li><li>• BWO - BACKWARD ROLL - BWO</li><li>• BACK EXTENSION ROLL</li></ul>	<ul style="list-style-type: none"><li>• BWO SERIES</li><li>• BWO SWITCH LEG</li><li>• BACK EXTENSION ROLL - BWO/BWO SERIES</li><li>• VALDEZ</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• CARTWHEEL (CW)</li><li>• CARTWHEEL - BACKWARD ROLL</li><li>• HANDSTAND - FORWARD ROLL</li></ul>	<ul style="list-style-type: none"><li>• CARTWHEEL - BWO/BWO SWITCH LEG</li><li>• ROUND OFF (RO)</li><li>• FRONT WALKOVER (FWO) / FWO SERIES</li><li>• HANDSTAND - FORWARD ROLL - CARTWHEEL</li></ul>	<ul style="list-style-type: none"><li>• CARTWHEEL - BWO SERIES</li><li>• FWO - CARTWHEEL / ROUND OFF</li><li>• FWO - CW - BWO/BWO SERIES</li><li>• FWO - CW - BWO SWITCH LEG</li><li>• HANDSTAND - FORWARD ROLL - CARTWHEEL BWO/BWO SERIES</li></ul>



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 2

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS				
<ul style="list-style-type: none"><li>• Inversion from ground level to below prep level</li><li>• Inversion from ground level to prep level</li></ul>	<ul style="list-style-type: none"><li>• Tic toc at prep level (lib to lib)</li></ul>	<ul style="list-style-type: none"><li>• 1/2 twisting transition to below prep level</li><li>• 1/2 twisting transition to prep level</li><li>• 1/4 twisting transition to prep level 1 leg stunt</li><li>• 1/4 twisting transition to extended stunt</li></ul>	<ul style="list-style-type: none"><li>• Prep level 1 leg stunt</li><li>• Extension</li><li>• Barrel Roll</li><li>• Leap frog variations</li><li>• Walk in prep level press extension</li><li>• 1/2 twisting transition to prone</li></ul>	<ul style="list-style-type: none"><li>• Straight cradle from prep level body position</li></ul>
ADVANCED SKILLS				
<ul style="list-style-type: none"><li>• Inversion from ground level to prep stunt</li><li>• Inversion from ground level to prep level 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>• Tic toc at prep level (lib to body position)</li><li>• Release style from ground level (switch up) to prep level lib</li><li>• Release style from waist level to prep level lib</li></ul>	<ul style="list-style-type: none"><li>• 1/2 twisting transition at prep level to prep level body position</li><li>• 1/2 twisting transition to prep level 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>• 1/2 twisting tic toc to prep level 1 leg stunt</li><li>• 1/2 twisting inversion from ground level to prep level 1 leg stunt</li><li>• 1/2 twisting transition from extension to cradle position</li></ul>	<ul style="list-style-type: none"><li>• Straight cradle from extension</li></ul>
ELITE SKILLS				
<ul style="list-style-type: none"><li>• Inversion from ground level to extension</li><li>• Inversion from ground level to prep level body position</li></ul>	<ul style="list-style-type: none"><li>• Tic toc at prep level (body position to body position)</li><li>• Release style from ground level (switch up) to prep level body position</li><li>• Release style from waist level to prep level body position</li></ul>	<ul style="list-style-type: none"><li>• 1/2 twisting transition to extension</li><li>• 1/2 twisting transition to prep level body position</li></ul>	<ul style="list-style-type: none"><li>• 1/2 twisting inversion from ground level to extension</li><li>• 1/2 twisting inversion from ground level to prep level body position</li><li>• 1/2 twisting tic toc at prep level 1 leg stunt to body position</li></ul>	<ul style="list-style-type: none"><li>• 1/4 twisting dismount from prep stunt or extension to cradle</li></ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>• Straight ride toss</li></ul>	

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• BACK HANDSPRING (BHS)</li><li>• BHS STEP OUT</li></ul>	<ul style="list-style-type: none"><li>• BACK WALKOVER (BWO) - BHS</li><li>• BWO - BHS STEP OUT</li><li>• BHS STEP OUT - BWO</li><li>• VALDEZ - BWO - BHS</li></ul>	<ul style="list-style-type: none"><li>• BWO - BHS STEP OUT - BWO</li><li>• BWO SWITCH LEG - BHS</li><li>• BHS STEP OUT - BWO - BHS</li><li>• VALDEZ - BHS / BHS STEP OUT</li><li>• BACK EXTENSION ROLL - BHS / BHS STEP OUT</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• CARTWHEEL (CW) - BHS</li><li>• ROUND OFF (RO) - BHS</li></ul>	<ul style="list-style-type: none"><li>• RO - BHS STEP OUT</li><li>• CW - BHS STEP OUT</li><li>• FRONT HANDSPRING (FHS)</li><li>• FRONT WALKOVER (FWO) - FHS</li></ul>	<ul style="list-style-type: none"><li>• FHS SERIES</li><li>• BOUNDER / FLYSPRING</li><li>• CW - BHS SERIES</li><li>• RO - BHS SERIES</li><li>• FWO - RO - BHS / BHS SERIES</li><li>• CW - BHS STEP OUT - BWO - BHS / BHS SERIES</li></ul>



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 3

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"><li>• Inverted below prep level</li><li>• Inverted at prep level</li><li>• Downward inversion from below prep level</li></ul>	<ul style="list-style-type: none"><li>• Release to prep level or below</li><li>• Tic toc below prep level to below prep level (lib to lib)</li><li>• Tic toc below prep level to prep level (lib to lib)</li></ul>	<ul style="list-style-type: none"><li>• 3/4 twisting transition to prep level 1 leg stunt</li><li>• Full twisting transition below prep level</li><li>• Full twisting transition to prep level</li><li>• Full twisting transition to / at prep level lib</li><li>• 1/4 twisting transition to extended 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>• Suspended forward roll</li><li>• Full twisting transition from prep level to prone</li><li>• Extended lib</li></ul>	<p>Assisted or Unassisted:</p> <ul style="list-style-type: none"><li>• Walk in / toss hands</li><li>• Walk in / toss hands press extension</li><li>• Walk in extension</li></ul>	<ul style="list-style-type: none"><li>• Straight cradle from extended 1 leg stunt</li><li>• 1/4 twisting dismount from extended 1 leg stunt</li></ul>
ADVANCED SKILLS					
<ul style="list-style-type: none"><li>• Inversion from waist / prep level to extended 1 leg stunt</li><li>• Inversion from ground level to extended lib</li></ul>	<ul style="list-style-type: none"><li>• Release from ground level (switch up) to prep level lib</li><li>• Release from waist level (ball up, straddle up, etc.) to prep level lib</li><li>• Tic toc from prep level lib to extended body position</li></ul>	<ul style="list-style-type: none"><li>• Full twisting transition to prep level body position</li><li>• Full twisting transition at prep level (lib to lib)</li><li>• 1/2 twisting transition to extended lib</li><li>• Full twisting transition at prep level to prep level body position</li></ul>	<ul style="list-style-type: none"><li>• Full twisting tic toc at prep level (lib to lib)</li><li>• Full twisting inversion to prep stunt</li><li>• 1/2 twisting inversion to extended lib</li><li>• 1/2 twisting suspended forward roll</li></ul>	<p>Assisted:</p> <ul style="list-style-type: none"><li>• Walk in hands press extended 1 leg stunt</li><li>• Toss hands press extended 1 leg stunt</li><li>• Walk in extended 1 leg / 1 arm stunt</li></ul>	
ELITE SKILLS					
<ul style="list-style-type: none"><li>• Inversion from ground level to extended body position</li></ul>	<ul style="list-style-type: none"><li>• Release from ground level (switch up) to prep level body position</li><li>• Release from waist level (ball up, straddle up, etc.) to prep level body position</li></ul>	<ul style="list-style-type: none"><li>• Full twisting transition at prep level (body position to body position)</li><li>• Full twisting transition to extension</li><li>• 1/2 twisting transition to extended body position</li></ul>	<ul style="list-style-type: none"><li>• Full twisting tic toc at prep level (lib to body position)</li><li>• Full twisting inversion from prep level or below to prep level 1 leg stunt</li><li>• 1/2 twisting inversion from ground level to extended body position</li><li>• Full twisting suspended forward roll</li></ul>	<p>Unassisted:</p> <ul style="list-style-type: none"><li>• Walk in hands press extended 1 leg stunt</li><li>• Toss hands press extended 1 leg stunt</li><li>• Walk in extended 1 leg / 1 arm stunt</li></ul>	<ul style="list-style-type: none"><li>• Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle</li></ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>• Ball arch</li><li>• Lib</li><li>• Pike</li><li>• Kick</li><li>• Ball-X</li><li>• Toe touch</li></ul>	<ul style="list-style-type: none"><li>• Full twist</li></ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• BHS / BHS STEP OUT - BHS / BHS STEP OUT</li><li>• ADVANCED JUMP - BHS / BHS STEP OUT</li><li>• BHS / BHS SERIES - ADVANCED JUMP</li></ul>	<ul style="list-style-type: none"><li>• BWO - BHS SERIES</li><li>• BHS - BHS STEP OUT - BHS</li><li>• BHS - BHS - BHS OR MORE</li><li>• ADVANCED JUMP - BHS SERIES</li></ul>	<ul style="list-style-type: none"><li>• BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES</li><li>• ADVANCED JUMP - BHS - ADVANCED JUMP - BHS</li><li>• BHS STEP OUT - BHS SERIES</li><li>• BHS STEP OUT - BWO - BHS SERIES</li><li>• BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• RO - TUCK</li><li>• AERIAL</li></ul>	<ul style="list-style-type: none"><li>• PUNCH FRONT (PF)</li><li>• RO - BHS SERIES - TUCK</li></ul>	<ul style="list-style-type: none"><li>• FWO - AERIAL</li><li>• BOUNDER / FLYSPRING - AERIAL</li><li>• RO - BHS - TUCK</li><li>• RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK</li><li>• FWO - RO - TO - TUCK</li><li>• BOUNDER / FLYSPRING - RO - TO - TUCK</li><li>• FHS - PF</li></ul>

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.

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# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4

## STUNTS

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

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>Ball kick</li><li>Pike X</li><li>Hitch kick</li><li>Switch kick</li><li>Double toe touch</li></ul>	<ul style="list-style-type: none"><li>Ball full</li><li>Lib full</li><li>Pike full</li><li>Kick full</li><li>Toe touch full</li><li>Full up toe touch</li><li>Double full</li></ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>ONODI</li><li>BACKWARD ROLL - TUCK</li></ul>	<ul style="list-style-type: none"><li>BHS SERIES - TUCK</li><li>BACK TUCK</li><li>BWO - TUCK</li><li>BACK EXTENSION ROLL - TUCK</li><li>VALDEZ - TUCK</li></ul>	<ul style="list-style-type: none"><li>BHS / BHS STEP OUT - TUCK</li><li>ADVANCED JUMP - BHS SERIES - TUCK</li><li>ADVANCED JUMP - BHS - TUCK</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>CARTWHEEL - TUCK</li><li>FOW - CW - TUCK</li><li>RO - LAYOUT</li><li>RO - ONODI</li><li>FRONT AERIAL</li><li>FRONT AERIAL - RO - TO - TUCK</li><li>FRONT HANDSPRING - PF</li></ul>	<ul style="list-style-type: none"><li>PF - PF</li><li>PF STEP OUT - AERIAL</li><li>ROUND OFF - BHS SERIES - LAYOUT</li><li>ROUND OFF - ONODI - TO - TUCK</li><li>PF STEP OUT - RO - TO - TUCK</li><li>AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT</li><li>FOW - AERIAL - TUCK</li><li>RO - TO - WHIP / TUCK - TO - TUCK</li><li>FRONT AERIAL - RO - TO - WHIP - TO - TUCK</li><li>FOW - RO - TO - WHIP / TUCK - TO - TUCK</li><li>PF STEP OUT - RO - TO - WHIP / TUCK - TO - TUCK</li><li>FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK</li></ul>	<ul style="list-style-type: none"><li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TUCK</li><li>RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEG</li><li>RO - ONODI - TO - LAYOUT</li><li>FOW - RO - TO - LAYOUT</li><li>FRONT AERIAL - RO - TO - WHIP - LAYOUT</li><li>PF STEP OUT - RO - TO - LAYOUT</li><li>RO - TO - WHIP / TUCK - TO - LAYOUT</li><li>FOW - RO - TO - WHIP / TUCK - TO - LAYOUT</li><li>PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT</li><li>FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT</li><li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT</li></ul>

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.

VERSION 03.18.25



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4.2

## STUNTS

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

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>Ball kick</li><li>Pike X</li><li>Hitch kick</li><li>Switch kick</li><li>Double toe touch</li></ul>	<ul style="list-style-type: none"><li>Ball full</li><li>Lib full</li><li>Pike full</li><li>Kick full</li><li>Toe touch full</li><li>Full up toe touch</li><li>Double full</li></ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>BACK HANDSPRING (BHS)</li><li>BHS STEP OUT</li></ul>	<ul style="list-style-type: none"><li>BACK WALKOVER (BWO) - BHS</li><li>BWO - BHS STEP OUT</li><li>BHS STEP OUT - BWO</li><li>VALDEZ - BWO - BHS</li></ul>	<ul style="list-style-type: none"><li>BWO - BHS STEP OUT - BWO</li><li>BWO SWITCH LEG - BHS</li><li>BHS STEP OUT - BWO - BHS</li><li>VALDEZ - BHS / BHS STEP OUT</li><li>BACK EXTENSION ROLL - BHS / BHS STEP OUT</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>CARTWHEEL (CW) - BHS</li><li>ROUND OFF (RO) - BHS</li></ul>	<ul style="list-style-type: none"><li>RO - BHS STEP OUT</li><li>CW - BHS STEP OUT</li><li>FRONT HANDSPRING (FHS)</li><li>FRONT WALKOVER (FWO) - FHS</li></ul>	<ul style="list-style-type: none"><li>FHS SERIES</li><li>BOUNDER / FLYSPRING</li><li>CW - BHS SERIES</li><li>RO - BHS SERIES</li><li>FWO - RO - BHS / BHS SERIES</li><li>CW - BHS STEP OUT - BWO - BHS / BHS SERIES</li></ul>



# 2025 - 2026 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"><li>Downward inversion from extended stunt</li><li>Downward inversion from extended 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to lib (high to high)</li><li>Tic toc lib to lib (low to high)</li></ul>	<ul style="list-style-type: none"><li>1 ¼ twisting transition to extended stunt</li></ul>	<ul style="list-style-type: none"><li>¼ twisting release from ground level (switch up) to extended 1 leg stunt</li><li>Twisting helicopter release moves</li><li>1 ½ - 2 twist to prone</li><li>1/2 twisting release from ground level (switch up) to extended lib</li></ul>	Assisted or Unassisted: <ul style="list-style-type: none"><li>Walk in / toss hands</li><li>Walk in / toss hands press extension</li><li>Walk in / toss extension</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from prep level 1 leg stunt to cradle</li></ul>
ADVANCED SKILLS					
<ul style="list-style-type: none"><li>Released inversion from prep level or prep level hand in hand to extended stunt</li><li>Back handspring up to extended stunt</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to body position (low to high)</li></ul>	<ul style="list-style-type: none"><li>Full twisting transition to extended lib</li><li>1 ½ twisting transition to extension</li><li>Double twisting transition to / at prep level stunt</li></ul>	<ul style="list-style-type: none"><li>1/4 - 3/4 twisting tic toc to extended lib</li><li>1/2 twisting release from ground level (switch up) to extended body position</li><li>1/2 twisting release from waist level (ball up) to extended lib</li><li>Full twisting release from ground level (switch up) to extended lib</li></ul>	Assisted: <ul style="list-style-type: none"><li>Walk in hands press extended 1 leg stunt</li><li>Toss hands press extended 1 leg stunt</li><li>Walk in extended 1 leg / 1 arm stunt</li><li>Toss extended 1 leg / 1 arm stunt</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from extended lib to cradle</li></ul>
ELITE SKILLS					
<ul style="list-style-type: none"><li>Released inversion from prep level or prep level hand in hand to extended lib</li><li>Back handspring up to extended lib</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to body position (high to high)</li><li>Tic toc body position to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>Full twisting transition to extended body position</li><li>1 ½ twisting transition to extended 1 leg stunt</li><li>Double twisting transition to extension</li></ul>	<ul style="list-style-type: none"><li>1/4 - 3/4 twisting tic toc lib to body position (high to high)</li><li>1/2 twisting release from waist level (ball up) to extended body position</li><li>Full twisting release from ground level (switch up) to extended body position</li><li>Full twisting tic toc to extended lib (low to high)</li><li>Full twisting tic toc to extended lib (high to high)</li></ul>	Unassisted: <ul style="list-style-type: none"><li>Walk in hands press extended 1 leg stunt</li><li>Toss hands press extended 1 leg stunt</li><li>Walk in extended 1 leg / 1 arm stunt</li><li>Toss extended 1 leg / 1 arm stunt</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from extended body position to cradle</li></ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>Pike hitch kick</li><li>Pike kick lib</li><li>Pike switch kick</li><li>Hitch kick kick</li></ul>	<ul style="list-style-type: none"><li>Hitch kick full</li><li>Switch kick full</li><li>Kick kick full</li><li>Pike kick full</li><li>Kick full kick</li></ul>

## STANDING TUMBLING

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

## RUNNING TUMBLING

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

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.

VERSION 03.18.25



# 2025 - 2026 UNITED SCORING SYSTEM - JUNIOR LEVEL 6

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS				
<ul style="list-style-type: none"><li>Downward inversion from extended stunt</li><li>Downward inversion from extended 1 leg stunt</li><li>Released inversion from prep level to extension</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to lib (high to high)</li><li>Tic toc lib to lib (low to high)</li><li>Tic toc lib to body position (low to high)</li></ul>	<ul style="list-style-type: none"><li>Full twisting transition to extended body position</li><li>1 ¼ - 1 ¾ up to extended stunt</li></ul>	<ul style="list-style-type: none"><li>1 ½ - 2 twist to prone</li><li>Twisting helicopter release moves</li><li>1/4 - 3/4 twisting tic toc to extended 1 leg stunt</li><li>1/2 twisting release from ground level (switch up) to extended 1 leg stunt</li><li>1/2 twisting release from waist level (ball up) to extended 1 leg stunt</li></ul>	
ADVANCED SKILLS				
<ul style="list-style-type: none"><li>Released inversion from prep level hand in hand to extended stunt</li><li>Released inversion from prep level or above to extended lib</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>1 ½ - 1 ¾ twisting transition to / at extended lib</li></ul>	<ul style="list-style-type: none"><li>1/4 twisting back handspring up to extension</li><li>Full twisting tic toc to extended lib (low to high)</li><li>Full twisting release from ground level (switch up) to extended lib</li><li>1/4 twisting released inversion from prep level or above to extended 1 leg stunt</li><li>1 ½ twisting release from ground level (switch up) to extended lib</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from extended lib to cradle</li></ul>
ELITE SKILLS				
<ul style="list-style-type: none"><li>Released inversion from prep level hand in hand to extended lib</li><li>Released inversion from prep level or above to extended body position</li><li>Released inversion from extended hand in hand to extension</li></ul>	<ul style="list-style-type: none"><li>Tic toc body position to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>1 ½ twisting transition to / at extended body position</li><li>1 ¾ twisting transition to / at extended lib</li><li>Double twisting transition to / at extension</li></ul>	<ul style="list-style-type: none"><li>1/4 twisting back handspring up to extended lib</li><li>1/4 - 3/4 twisting tic toc extended body position to body position (high to high)</li><li>1/2 twisting released inversion to extended stunt</li><li>1/2 twisting front handspring up to extended stunt</li><li>Full twisting tic toc to extended body position (low to high)</li><li>Full twisting tic toc to extended lib (high to high)</li><li>Full twisting release from waist level (ball up) to extended body position</li><li>1 - 1 ½ twisting release ground level (switch up) to extended body position</li></ul>	<ul style="list-style-type: none"><li>Kick double twisting dismount to cradle</li><li>Double twisting dismount from extended body position to cradle</li></ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>Pike hitch kick</li><li>Pike kick lib</li><li>Pike switch kick</li><li>Hitch kick kick</li></ul>	<ul style="list-style-type: none"><li>Ball double full</li><li>Pike double full</li><li>Kick double full</li><li>Toe touch double full</li><li>Double up toe touch</li><li>Hitch kick double full</li><li>Switch kick double full</li><li>Kick full kick full</li></ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>TUCK - TUCK</li><li>ADVANCED JUMP - BACK TUCK</li><li>ADVANCED JUMP - FRONT TUCK</li><li>BHS / BHS SERIES - WHIP - LAYOUT</li></ul>	<ul style="list-style-type: none"><li>BHS SERIES - FULL</li><li>BHS - WHIP - BHS SERIES - FULL</li><li>BHS SERIES - WHIP - FULL</li></ul>	<ul style="list-style-type: none"><li>BHS - FULL</li><li>ADVANCED JUMP - BHS / BHS SERIES - FULL</li><li>STANDING FULL</li><li>ADVANCED JUMP - FULL</li><li>BHS - WHIP - FULL</li><li>ADVANCED JUMP - BHS - WHIP - FULL</li><li>BHS SERIES - DOUBLE FULL</li><li>BHS/BHS SERIES - WHIP - TO - FULL</li><li>ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li><li>BHS - WHIP - BHS SERIES - DOUBLE FULL</li><li>BHS SERIES - WHIP - DOUBLE FULL</li><li>BHS - WHIP - DOUBLE FULL</li><li>ADVANCED JUMP - BHS / BHS SERIES - WHIP - DOUBLE FULL</li><li>BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>CARTWHEEL - FULL</li><li>RO - FULL</li><li>RO - BHS / BHS SERIES - FULL</li><li>SIDE AERIAL - FULL</li></ul>	<ul style="list-style-type: none"><li>FRONT FULL</li><li>FOW - TO - FULL</li><li>BARANI - TO - FULL</li><li>FRONT AERIAL - FULL</li><li>RO - TO - ONODI - TO - FULL</li></ul>	<ul style="list-style-type: none"><li>BOUNDER/FLYSPRING - TO - FULL</li><li>1.5 TWISTING FRONT LAYOUT</li><li>ROUND OFF - TO - WHIP - TO - FULL</li><li>RO - WHIP - FULL</li><li>RO - BHS - KICK FULL / FULL STEP OUT</li><li>PF STEP OUT - TO - FULL</li><li>FHS - FRONT FULL</li><li>FHS - PF - RO - TO - FULL</li><li>RO - ARABIAN / HALF STEP OUT - RO - TO - FULL</li><li>RO - BHS - FULL - TO - FULL</li><li>RO - TO - FULL - FULL</li><li>RO - TO - 1.5 STEP OUT - TO - FULL</li><li>RO - DOUBLE FULL</li><li>RO - TO - DOUBLE FULL</li><li>FRONT WALKOVER - TO - DOUBLE FULL</li><li>PF STEP OUT - TO - DOUBLE FULL</li><li>RO - TO - WHIP - TO - DOUBLE FULL</li><li>RO - WHIP - DOUBLE FULL</li><li>RO - ARABIAN - TO - DOUBLE FULL</li><li>RO - TO - FULL - TO - DOUBLE FULL</li><li>RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL</li><li>RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL</li><li>RO - TO - FULL - TO - WHIP - DOUBLE FULL</li><li>PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL</li><li>RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL</li><li>PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL</li></ul>



# 2025 - 2026 UNITED SCORING SYSTEM - WORLDS LEVEL 6

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"><li>Downward inversion from extended stunt</li><li>Downward inversion from extended 1 leg stunt</li><li>Released inversion from prep level or above to extension</li><li>Released inversion from prep level or above to <b>extended lib</b></li><li>Rewind to waist level stunt (L6)</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to lib (high to high)</li><li>Tic toc lib to lib (low to high)</li><li>Tic toc lib to body position (low to high)</li></ul>	<ul style="list-style-type: none"><li>Full twisting transition to extended body position</li><li>1 ¼ - 1 ¾ twisting transition to extension</li></ul>	<ul style="list-style-type: none"><li>1 ½ - 2 twist to prone</li><li>Twisting helicopter release moves</li><li>1/4 - 3/4 twisting tic toc to extended 1 leg stunt</li><li>1/2 twisting release from ground level (switch up) to extended 1 leg stunt</li><li>1/2 twisting release from waist level (ball up) to extended 1 leg stunt</li><li>1/4 - 1/2 twisting back handspring up to prep <b>stunt</b> (L6)</li></ul>	Assisted or Unassisted: <ul style="list-style-type: none"><li>Walk in / toss extension</li><li>Walk in / toss hands press extended 1 leg stunt</li><li>Walk in / toss extended 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from extended lib to cradle</li></ul>
ADVANCED SKILLS					
<ul style="list-style-type: none"><li>Rewind to prep <b>stunt</b> (L6)</li><li>Released inversion from prep level hand in hand to extended 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>Tic toc lib to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>1 ½ twisting transition to / at extended lib</li><li>1 ¾ twisting transition to / at extended lib (L6)</li><li>Double twisting transition to / at extension</li><li>2 ¼ twisting transition to / at extension (L6)</li></ul>	<ul style="list-style-type: none"><li>Full twisting tic toc to extended lib (low to high)</li><li>Full twisting release from ground level (switch up) to extended lib</li><li>1/4 twisting back handspring up to body position (L6)</li><li>1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt (L6)</li><li>1 ½ twisting release from ground level (switch up) to extended lib</li></ul>	Assisted: <ul style="list-style-type: none"><li>Toss extended 1 leg stunt</li><li>Toss extended 1 arm stunt</li><li>Toss full up to extended stunt</li><li>Rewind to prep <b>stunt</b> (L6)</li></ul>	<ul style="list-style-type: none"><li>Double twisting dismount from extended body position to cradle</li></ul>
ELITE SKILLS					
<ul style="list-style-type: none"><li>Released inversion from prep level hand in hand to extended body position</li><li>Released inversion from extended hand in hand to extension</li><li>Rewind to extended stunt (L6)</li></ul>	<ul style="list-style-type: none"><li>Tic toc body position to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>1 ½ twisting transition to / at extended body position</li><li>1 ¾ twisting transition to / at extended body position (L6)</li><li>Double twisting transition to / at extended 1 leg stunt (L6)</li></ul>	<ul style="list-style-type: none"><li>Full twisting tic toc to extended lib (high to high)</li><li>1/2 twisting back handspring up to extended stunt (L6)</li><li>1/2 twisting released inversion from prep level or above to extended body position (L6)</li><li>1/2 twisting front handspring up to extended stunt (L6)</li><li>1 - 1 ½ twisting release from ground level (switch up) to extended body position</li><li>1/4 - 3/4 twisting tic toc extended body position to body position (high to high)</li><li>Full twisting release from waist level (ball up) to extended body position</li><li>Full twisting tic toc to extended body position (low to high)</li></ul>	Unassisted: <ul style="list-style-type: none"><li>Toss extended 1 leg stunt</li><li>Toss extended 1 arm stunt</li><li>Toss full up to extended stunt</li></ul> <p>The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position</p> <p>Unassisted:</p> <ul style="list-style-type: none"><li>Rewind to extended stunt (L6)</li><li>Front handspring 1/2 up to extended stunt (L6)</li><li>Extended hand in hand to extended stunt</li></ul>	<ul style="list-style-type: none"><li>Full kick full twisting dismount to cradle (L6)</li><li>Kick double twisting dismount to cradle (L6)</li></ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"><li>Pike hitch kick</li><li>Pike kick lib</li><li>Pike switch kick</li><li>Hitch kick kick</li></ul>	<ul style="list-style-type: none"><li>Ball double full (L6)</li><li>Pike double full (L6)</li><li>Kick double full (L6)</li><li>Toe touch double full (L6)</li><li>Double up toe touch (L6)</li><li>Hitch kick double full (L6)</li><li>Switch kick double full (L6)</li><li>Kick full kick full (L6)</li></ul>



## 2025 - 2026 UNITED SCORING SYSTEM - WORLDS LEVEL 6

### STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• ADVANCED JUMP BACK TUCK</li></ul>	<ul style="list-style-type: none"><li>• BHS SERIES - FULL</li><li>• ADVANCED JUMP - BHS SERIES - FULL</li><li>• BHS - WHIP - BHS SERIES - FULL</li><li>• BHS SERIES - WHIP - FULL</li><li>• BHS - WHIP - TO - FULL</li></ul>	<ul style="list-style-type: none"><li>• ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li><li>• BHS - WHIP - BHS SERIES - DOUBLE FULL</li><li>• BHS SERIES - WHIP - DOUBLE FULL</li><li>• BHS - WHIP - DOUBLE FULL</li><li>• ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL</li><li>• BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL</li></ul>

### RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• CARTWHEEL - FULL</li><li>• RO - FULL</li><li>• RO - BHS / BHS SERIES - FULL</li><li>• FWO - TO - FULL</li><li>• SIDE AERIAL / FRONT AERIAL - FULL</li><li>• RO - TO - ONODI - TO - FULL</li><li>• FRONT FULL</li></ul>	<ul style="list-style-type: none"><li>• RO - BHS - KICK FULL / FULL STEP OUT</li><li>• PF STEP OUT - TO - FULL</li><li>• RO - WHIP - FULL</li><li>• RO - TO - WHIP - TO - FULL</li><li>• 1.5 TWISTING FRONT LAYOUT</li></ul>	<ul style="list-style-type: none"><li>• RO - TO - WHIP - TO - DOUBLE FULL</li><li>• RO - WHIP - DOUBLE FULL</li><li>• RO - ARABIAN - TO - DOUBLE FULL</li><li>• RO - TO - FULL - TO - DOUBLE FULL</li><li>• RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL</li><li>• RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL</li><li>• RO - TO - FULL - TO - WHIP - DOUBLE FULL</li><li>• PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL</li><li>• RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL</li><li>• PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL</li></ul>



# 2025 - 2026 UNITED SCORING SYSTEM - WORLDS LEVEL 7

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"><li>• Free flipping from ground level to cradle (L7)</li><li>• Free Flipping from ground level to prep level (L7) (excluding rewind)</li><li>• Free Flipping from ground level to extension (L7) (excluding rewind)</li><li>• Released inversion from prep level or above to extension</li><li>• Released inversion from prep level or above to lib</li><li>• 1 ¼ flipping rewind (L7)</li><li>• <b>Rewind to prep stunt</b></li></ul>	<ul style="list-style-type: none"><li>• Tic toc lib to lib (high to high)</li><li>• Tic toc lib to lib (low to high)</li><li>• Tic toc lib to body position (low to high)</li></ul>	<ul style="list-style-type: none"><li>• 1 ¼ - 1 ¾ twisting transition to extension</li><li>• Double twisting transition to extension</li></ul>	<ul style="list-style-type: none"><li>• 1 ½ - 2 twist to prone</li><li>• Twisting helicopter release moves</li><li>• 1/2 twisting front handspring up to extension</li><li>• 1/4 - 3/4 twisting tic toc to extended 1 leg stunt</li><li>• 1/2 twisting release from ground level (switch up) to extended 1 leg stunt</li><li>• Free flipping with twisting from ground level to cradle (L7)</li><li>• 1/2 twisting release from waist level (ball up) to extended 1 leg stunt</li></ul>	<p>Assisted or Unassisted:</p> <ul style="list-style-type: none"><li>• Walk in / toss extension</li><li>• Walk in / toss hands press extended 1 leg stunt</li><li>• Walk in / toss extended 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>• Front free flipping dismount to ground level (L7)</li><li>• Free flipping dismount from prep level or below to cradle (L7)</li><li>• Double twisting dismount from extended 1 leg stunt to cradle</li></ul>
ADVANCED SKILLS					
<ul style="list-style-type: none"><li>• Back handspring rewind to prep stunt (L7)</li><li>• Cartwheel / round off rewind to prep stunt (L7)</li><li>• <b>Rewind to extension</b></li><li>• <b>Free flipping from ground level to extension (L7) (excluding rewind)</b></li></ul>	<ul style="list-style-type: none"><li>• Tic toc lib to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>• 1 ½ twisting transition to / at extended lib</li><li>• 1 ¾ twisting transition to / at extended lib</li><li>• Double twisting transition to / at extension</li><li>• 2 ¼ twisting transition to / at extension</li></ul>	<ul style="list-style-type: none"><li>• Full twisting tic toc to extended lib (low to high)</li><li>• Full twisting release from ground level (switch up) to extended lib</li><li>• 1/4 twisting back handspring up to body position</li><li>• 1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt</li><li>• 1 ½ twisting release from ground level (switch up) to extended 1 leg stunt</li><li>• Free flipping with twisting from ground level to prep level (L7)</li><li>• 1/4 - 1 ¼ twisting rewind to prep level stunt (L7)</li><li>• Full twisting back handspring up to prep level stunt (L7)</li></ul>	<p>Assisted:</p> <ul style="list-style-type: none"><li>• Toss extended 1 leg stunt</li><li>• Toss extended 1 arm stunt</li><li>• Toss full up to extended stunt</li></ul> <p>Unassisted:</p> <ul style="list-style-type: none"><li>• Toss extended 1 arm stunt</li></ul>	
ELITE SKILLS					
<ul style="list-style-type: none"><li>• Released prep level hand in hand to extended body position</li><li>• Released inversion from extended hand in hand to extension</li><li>• Rewind to extended <b>1 leg stunt</b></li><li>• Back handspring rewind to extended stunt (L7)</li><li>• Cartwheel / round off rewind to extended stunt (L7)</li><li>• <b>Free flipping from ground level to extended 1 leg stunt (L7) (excluding rewind)</b></li></ul>	<ul style="list-style-type: none"><li>• Tic toc body position to body position (high to high)</li></ul>	<ul style="list-style-type: none"><li>• 1 ½ twisting transition to / at extended body position</li><li>• 1 ¾ twisting transition to / at extended body position</li><li>• Double twisting transition to / at extended 1 leg stunt</li></ul>	<ul style="list-style-type: none"><li>• Full twisting tic toc to extended lib (high to high)</li><li>• Full twisting back handspring up to extended stunt (L7)</li><li>• 1/2 twisting released inversion from prep level or above to extended body position</li><li>• 1 ½ twisting front handspring up to extended stunt (L7)</li><li>• <b>1 - 1 ½ twisting release from ground level (switch up) to extended body position</b></li><li>• 1/4 - 3/4 twisting tic toc extended body position to body position (high to high)</li><li>• Full twisting release from waist level (ball up) to extended body position</li><li>• Full twisting tic toc to extended body position (low to high)</li><li>• Free flipping with twisting from ground level to extended stunt (L7)</li><li>• 1/4 - 1 ¼ twisting rewind to extended stunt (L7)</li></ul>	<p>Unassisted:</p> <ul style="list-style-type: none"><li>• Toss full up to extended stunt</li></ul> <p><b>The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position</b></p> <p><b>Unassisted:</b></p> <ul style="list-style-type: none"><li>• Rewind to extended stunt</li><li>• Front handspring 1/2 up to extended stunt</li><li>• Back handspring full up to extended stunt (L7)</li><li>• <b>Extended hand in hand to extended stunt</b></li></ul>	<ul style="list-style-type: none"><li>• Full kick full twisting dismount to cradle</li><li>• Kick double twisting dismount to cradle</li><li>• Free flipping with 1/2 twist dismount from prep level to cradle (L7)</li></ul>

## TOSSES

NON - TWISTING			TWISTING	
<ul style="list-style-type: none"><li>• Tuck</li><li>• X-out</li></ul>	<ul style="list-style-type: none"><li>• Pike</li><li>• Layout</li></ul>	<ul style="list-style-type: none"><li>• Kick Triple Full (Non-Flipping)</li></ul>	<ul style="list-style-type: none"><li>• Layout full</li><li>• Layout double full</li><li>• X-out full</li></ul>	<ul style="list-style-type: none"><li>• Split full</li><li>• Arabian 1 ½</li><li>• Pike open double full</li></ul>

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.



# 2025 - 2026 UNITED SCORING SYSTEM - WORLDS LEVEL 7

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• ADVANCED JUMP BACK TUCK</li></ul>	<ul style="list-style-type: none"><li>• BHS SERIES - FULL</li><li>• ADVANCED JUMP - BHS SERIES - FULL</li><li>• BHS - WHIP - BHS SERIES - FULL</li><li>• BHS SERIES - WHIP - FULL</li><li>• BHS - WHIP - TO - FULL</li></ul>	<ul style="list-style-type: none"><li>• ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li><li>• BHS - WHIP - BHS SERIES - DOUBLE FULL</li><li>• BHS SERIES - WHIP - DOUBLE FULL</li><li>• BHS - WHIP - DOUBLE FULL</li><li>• ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL</li><li>• BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL</li></ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• CARTWHEEL - FULL</li><li>• RO - FULL</li><li>• RO - BHS / BHS SERIES - FULL</li><li>• FWO - TO - FULL</li><li>• SIDE AERIAL / FRONT AERIAL - FULL</li><li>• RO - TO - ONODI - TO - FULL</li><li>• FRONT FULL</li></ul>	<ul style="list-style-type: none"><li>• RO - BHS - KICK FULL/FULL STEP OUT</li><li>• PUNCH FRONT STEP OUT - TO - FULL</li><li>• RO - WHIP - FULL</li><li>• RO - TO - WHIP - TO - FULL</li><li>• 1.5 TWISTING FRONT LAYOUT</li></ul>	<ul style="list-style-type: none"><li>• RO - TO - WHIP - TO - DOUBLE FULL</li><li>• RO - WHIP - DOUBLE FULL</li><li>• RO - ARABIAN - TO - DOUBLE FULL</li><li>• RO - TO - FULL - TO - DOUBLE FULL</li><li>• RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL</li><li>• RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL</li><li>• RO - TO - FULL - TO - WHIP - DOUBLE FULL</li><li>• PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL</li><li>• RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL</li><li>• PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL</li></ul>