



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 1

## STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
<b>LEVEL SKILLS</b>			
<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>
<b>ADVANCED SKILLS</b>			
<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>	
<b>ELITE SKILLS</b>			
<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
<b>LEVEL SKILLS</b>				
<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>
<b>ADVANCED SKILLS</b>				
<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>
<b>ELITE SKILLS</b>				
<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
<b>LEVEL SKILLS</b>					
<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>	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 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>
<b>ADVANCED SKILLS</b>					
<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>	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> </ul>	
<b>ELITE SKILLS</b>					
<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>	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> </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.



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<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>	
<b>ADVANCED SKILLS</b>					
<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>
<b>ELITE SKILLS</b>					
<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>BWO - TUCK</li> <li>BACK 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 - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - TUCK</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>CARTWHEEL - TUCK</li> <li>FWO - 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>FWO - AERIAL - TUCK</li> <li>RO - TO - WHIP / TUCK - TO - TUCK</li> <li>FRONT AERIAL - RO - TO - WHIP - TO - TUCK</li> <li>FWO - 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>FWO - 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>FWO - 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>



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4.2

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<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>	
<b>ADVANCED SKILLS</b>					
<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>
<b>ELITE SKILLS</b>					
<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
<b>LEVEL SKILLS</b>					
<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>
<b>ADVANCED SKILLS</b>					
<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>
<b>ELITE SKILLS</b>					
<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>



# 2025 - 2026 UNITED SCORING SYSTEM - JUNIOR LEVEL 6

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
<b>LEVEL SKILLS</b>				
<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>	
<b>ADVANCED SKILLS</b>				
<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>
<b>ELITE SKILLS</b>				
<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>FWO - 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
<b>LEVEL SKILLS</b>					
<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>
<b>ADVANCED SKILLS</b>					
<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>
<b>ELITE SKILLS</b>					
<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> Unassisted: <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
<b>LEVEL SKILLS</b>					
<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>Rewind to prep 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> <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>	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>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>
<b>ADVANCED SKILLS</b>					
<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>Rewind to extension</li> <li>Free flipping from ground level to extension (L7) (excluding rewind)</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>	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> </ul> Unassisted: <ul style="list-style-type: none"> <li>Toss extended 1 arm stunt</li> </ul>	
<b>ELITE SKILLS</b>					
<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 1 leg stunt</li> <li>Back handspring rewind to extended stunt (L7)</li> <li>Cartwheel / round off rewind to extended stunt (L7)</li> <li>Free flipping from ground level to extended 1 leg stunt (L7) (excluding rewind)</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>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> <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>	Unassisted: <ul style="list-style-type: none"> <li>Toss full up to extended stunt</li> </ul> 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 Unassisted: <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>Extended hand in hand to extended stunt</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>