

2022 - 2023 UNITED SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TRANSITION BELOW PREP LEVEL • FULL TWISTING TRANSITION TO PREP LEVEL • FULL TWISTING TRANSITION TO/AT PREP LEVEL TO 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • SUSPENDED FRONT FLIP • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION 	<ul style="list-style-type: none"> • 1/2 TWISTING SUSPENDED FORWARD ROLL • FULL DOWN FROM PREP • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION TO EXTENDED LIB 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO EXTENDED LIB 	<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO PREP • 1/2 TWISTING INVERSION TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • FULL DOWN FROM EXTENSION
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING INVERSION TO PREP LEVEL LIB • 1/2 TWISTING INVERSION TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • FULL TWISTING SUSPENDED FORWARD ROLL

TOSSES

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BHS - BHS/BHS step out • Jump - BHS/BHS step out • BHS/BHS Series - Jump 	<ul style="list-style-type: none"> • BWO - BHS Series • BHS - BHS - BHS or more • Jump - BHS Series 	<ul style="list-style-type: none"> • BHS/BHS Series - Jump - BHS/BHS Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series • BHS Step out - BWO - BHS Series • BWO - BHS - Jump - BHS/BHS Series

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Round Off - Tuck • Aerial 	<ul style="list-style-type: none"> • Punch Front • Round Off - BHS - Tuck • Round Off - BHS Series - Tuck 	<ul style="list-style-type: none"> • FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - to - Tuck • Bounder/Flyspring - RO - to - Tuck