

2022 - 2023 UNITED SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE FROM PREP LEVEL TO PREP LEVEL RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> FULL TWISTING RELEASE TO PREP LEVEL OR BELOW 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP LEVEL FULL DOWN FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO PREP LEVEL LIB FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT 	<ul style="list-style-type: none"> FULL TWISTING TIC TOC RELEASED FROM WAIST LEVEL TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL 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 TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) FULL TWISTING TRANSITION TO EXTENDED LIB FULL TWISTING TRANSITION AT EXTENDED LEVEL 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING INVERSION TO EXTENDED STUNT 	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 TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT

TOSSES

NON - TWISTING

BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH

TWISTING

BALL FULL • PIKE FULL • KICK FULL
TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

STANDING TUMBLING

LEVEL APPROPRIATE

• Back Tuck

ADVANCED LEVEL APPROPRIATE

• BHS Series - Back Tuck
• Onodi
• BWO - Tuck

ELITE LEVEL APPROPRIATE

• BHS/BHS step out - Back Tuck
• Jump - BHS Series - Back Tuck
• Jump - BHS - Back Tuck

RUNNING TUMBLING

LEVEL APPROPRIATE

• Cartwheel - Back Tuck
• Round off - Layout
• Round off - Onodi
• Front Aerial

ADVANCED LEVEL APPROPRIATE

• Round off - BHS - Layout/Layout step out/X-Out/Switch Leg
• Round off - Onodi - to - Whip/Layout
• PF step out - RO - to - Tuck
• Front Walkover - RO - to - Whip/Layout
• Aerial - Back Tuck
• FWO - Aerial - Back Tuck

ELITE LEVEL APPROPRIATE

• Front Aerial - RO - to - Whip - Tuck/Layout
• Front Handspring - Punch Front
• PF step out - RO - to - Layout
• Round off - Whip - to - Tuck
• Round off - to - Whip - to - Tuck/Whip/Layout
• FWO - Round off - to - Whip - to - Tuck/Whip/Layout
• PF step out - RO - to - Whip - to - Tuck/Whip/Layout
• Front Handspring - PF step out - RO - to - Tuck/Whip/Layout
• Front Handspring - PF step out - RO - to - Whip - to - Tuck/Whip/Layout