

2022 - 2023 UNITED SCORING SYSTEM - LEVEL 7

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • FREE FLIPPING FROM GROUND LEVEL TO CRADLE • FLIPPING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING FROM GROUND LEVEL TO EXTENSION • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION • FULL UP TO EXTENDED 1 LEG STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> • 1 1/2 - 2 TWIST TO PRONE • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS EXTENDED DOUBLE LEG STUNT • WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK IN/TOSS EXTENDED SINGLE LEG STUNT 	<ul style="list-style-type: none"> • FRONT FREE FLIPPING TO GROUND LEVEL • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE • DOUBLE DOWN FROM 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
	<ul style="list-style-type: none"> • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • DOUBLE TWISTING TRANSITION TO EXTENDED STUNT • 1 1/2 TWISTING TRANSITION TO EXTENDED LIB • 1 3/4 TWISTING TRANSITION TO EXTENDED LIB 	<ul style="list-style-type: none"> • 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> • TOSS EXTENDED SINGLE LEG STUNT • TOSS EXTENDED SINGLE ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • KICK DOUBLE TWISTING DISMOUNT
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT 	<ul style="list-style-type: none"> • REWIND TO EXTENDED STUNT • ROUND OFF REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG • 1 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION • 1 3/4 TWISTING TRANSITION TO EXTENDED BODY POSITION • DOUBLE TWISTING TRANSITION TO EXTENDED LIB OR BODY POSITION 	<ul style="list-style-type: none"> • BACK HANDSPRING FULL UP TO EXTENDED STUNT • FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) • FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> • TOSS EXTENDED SINGLE LEG STUNT • TOSS EXTENDED SINGLE ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE

TOSSES

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN DOUBLE FULL

2022 - 2023 UNITED SCORING SYSTEM - TUMBLING 6 & 7

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Jump Back Tuck • BHS Series - Full 	<ul style="list-style-type: none"> • Jump - BHS Series - Full • BHS - Whip - BHS Series - Full • BHS Series - Whip - Full • BHS - Whip - to - Full 	<ul style="list-style-type: none"> • BHS Series - Double Full • Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full • BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full • BHS Series - Full/Double Full - Whip - Full/Double Full

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Cartwheel - Full • Round Off (RO) - Full • RO - BHS - Full • FWO - to - Full • Side Aerial/Front Aerial/Onodi - to - Full • Front Full 	<ul style="list-style-type: none"> • Punch Front step out - to - Full • RO - Whip - Full • RO - BHS - Whip - to - Full • RO - Half Full step out - to - Full • RO - BHS - Full - to - Full 	<ul style="list-style-type: none"> • RO - Double Full • RO - to - Double Full • Front Walkover - to - Double Full • PF step out - to - Double Full • RO - to - Whip - to - Double Full • RO - Whip - Double Full • RO - Arabian - to - Double Full • RO - BHS - Full - to - Double Full • RO - BHS - 1.5 step out - to - Double Full • RO - BHS - Double - BHS series - to - Double Full • RO - BHS - Full - to - Whip - Double Full • PF step out - RO - to - Whip - to - Double Full • RO - BHS - Double Full - Whip - Double Full • PF step out - RO - Arabian - RO - to - Whip - Double Full