



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 1

Version: 6.8.2022

STUNTS

| INVERSION STYLE | RELEASE STYLE | TWISTING | COMBINATION SKILLS | DISMOUNT STYLE |
|---|--|--|---|--|
| LEVEL APPROPRIATE | | | | |
| | <ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) | <ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 DOWN TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL | <ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND | <ul style="list-style-type: none"> STEP DOWN |
| ADVANCED LEVEL APPROPRIATE | | | | |
| <ul style="list-style-type: none"> INVERSION TO GROUND LEVEL | <ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) TIC TOC LIB TO BODY POSITION WITH BRACER | <ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL | <ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (LIB TO LIB) | <ul style="list-style-type: none"> STRAIGHT CRADLE PRONE |
| ELITE LEVEL APPROPRIATE | | | | |
| | <ul style="list-style-type: none"> PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER | <ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION WITH BRACER FROM BELOW PREP LEVEL | <ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION) 1/4 TWISTING SWITCH UP, RELEASE FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT WITH BRACER | |

STANDING TUMBLING

| LEVEL APPROPRIATE | ADVANCED LEVEL APPROPRIATE | ELITE LEVEL APPROPRIATE |
|--|---|--|
| <ul style="list-style-type: none"> Forward Roll Straddle Roll Pushup to Backbend Backward Roll (BWR) Handstand Backbend Kick Over Standing Backbend Front Limber/Back Limber Cartwheel (CW) | <ul style="list-style-type: none"> Handstand Forward Roll Back Extension Roll Front Walkover (FWO) Back Walkover (BWO) BWO - BWR - BWO | <ul style="list-style-type: none"> Back Walkover Series Back Walkover Switch Leg Back Extension Roll - BWO/BWO Series Valdez |

RUNNING TUMBLING

| LEVEL APPROPRIATE | ADVANCED LEVEL APPROPRIATE | ELITE LEVEL APPROPRIATE |
|---|---|---|
| <ul style="list-style-type: none"> Cartwheel (CW) Cartwheel - Backward Roll | <ul style="list-style-type: none"> Round Off (RO) Front Walkover (FWO)/ FWO Series Cartwheel - BWO | <ul style="list-style-type: none"> Cartwheel - BWO Series FWO - Cartwheel/Round Off FWO - CW - BWO/BWO Series FWO - CW - BWO Switch Leg |