



2024 - 2025 UNITED SCORING SYSTEM - LEVEL 1

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT	
LEVEL SKILLS				
<ul style="list-style-type: none"> • Release style from ground level (switch up) to lib 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 twisting transition 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 	<ul style="list-style-type: none"> • Extended flat back • Prep level 1 leg stunt with bracer • Shoulder sit • Chair • Shoulder stand • Prone 	<ul style="list-style-type: none"> • Step down
ADVANCED SKILLS				
<ul style="list-style-type: none"> • Release style from ground level (switch up) to body position below prep level • Tic toc below prep level (lib to body position) • Tic toc at prep level (lib to body position) with bracer • Release style from waist level to prep level lib with bracer • Release style from ground level (switch up) to prep level lib with bracer. 	<ul style="list-style-type: none"> • 1/4 twisting transition at prep level to prep stunt • 1/4 twisting transition from below prep to prep level lib with bracer 	<ul style="list-style-type: none"> • 1/4 twisting tic toc at prep level (lib to lib) with bracer • 1/4 twisting tic toc below prep level (lib to body position) • Transition from below prep level to prep level body position stunt with bracer 		
ELITE SKILLS				
<ul style="list-style-type: none"> • Release style from ground level (switch up) to prep level body position with bracer • Tic toc below prep level (body position to body position) • Tic toc at prep level (body position to body position) with bracer • Release style from waist level to prep level body position with bracer 	<ul style="list-style-type: none"> • 1/4 twisting transition to prep stunt from below prep level • 1/4 twisting transition from below prep level to prep level body position with bracer 	<ul style="list-style-type: none"> • 1/4 twisting tic toc at prep level (body position to body position) with bracer • 1/4 twisting release from ground level (switch up) to prep level lib with bracer • 1/4 twisting release from waist level to prep level lib with bracer • 1/4 twisting tic toc below prep level (body position to body position) 	<ul style="list-style-type: none"> • Straight cradle from prep stunt 	

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<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 	<ul style="list-style-type: none"> • BACK WALKOVER (BWO) • BWO - BWR - BWO • BACK EXTENSION ROLL 	<ul style="list-style-type: none"> • BWO SERIES • BWO SWITCH LEG • BACK EXTENSION ROLL - BWO/BWO SERIES • VALDEZ

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • CARTWHEEL (CW) • CARTWHEEL - BWR • HANDSTAND FORWARD ROLL 	<ul style="list-style-type: none"> • CARTWHEEL - BWO/BWO SWITCH LEG • ROUND OFF (RO) • FRONT WALKOVER (FWO) / FWO SERIES • HANDSTAND FORWARD ROLL CARTWHEEL 	<ul style="list-style-type: none"> • CARTWHEEL - BWO SERIES • FWO - CARTWHEEL / ROUND OFF • FWO - CW - BWO/BWO SERIES • FWO - CW - BWO SWITCH LEG • HANDSTAND FORWARD ROLL CARTWHEEL BWO/BWO SERIES