



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 1

## STUNTS

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

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"><li>• FORWARD ROLL</li><li>• STRADDLE ROLL</li><li>• PUSHUP TO BACKBEND</li><li>• BACKWARD ROLL (BWR)</li><li>• HANDSTAND</li><li>• BACKBEND KICK OVER</li><li>• STANDING BACKBEND</li><li>• FRONT LIMBER / BACK LIMBER</li></ul>	<ul style="list-style-type: none"><li>• BACK WALKOVER (BWO)</li><li>• BWO - BWR - BWO</li><li>• BACK EXTENSION ROLL</li></ul>	<ul style="list-style-type: none"><li>• BWO SERIES</li><li>• BWO SWITCH LEG</li><li>• BACK EXTENSION ROLL - BWO/BWO SERIES</li><li>• VALDEZ</li></ul>

## RUNNING TUMBLING

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