



# 2025 - 2026 UNITED SCORING SYSTEM - LEVEL 2

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
<b>LEVEL SKILLS</b>				
<ul style="list-style-type: none"> <li>Inversion from ground level to below prep level</li> <li>Inversion from ground level to prep level</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc at prep level (lib to lib)</li> </ul>	<ul style="list-style-type: none"> <li>1/2 twisting transition to below prep level</li> <li>1/2 twisting transition to prep level</li> <li>1/4 twisting transition to prep level 1 leg stunt</li> <li>1/4 twisting transition to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Prep level 1 leg stunt</li> <li>Extension</li> <li>Barrel Roll</li> <li>Leap frog variations</li> <li>Walk in prep level press extension</li> <li>1/2 twisting transition to prone</li> </ul>	<ul style="list-style-type: none"> <li>Straight cradle from prep level body position</li> </ul>
<b>ADVANCED SKILLS</b>				
<ul style="list-style-type: none"> <li>Inversion from ground level to prep stunt</li> <li>Inversion from ground level to prep level 1 leg stunt</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc at prep level (lib to body position)</li> <li>Release style from ground level (switch up) to prep level lib</li> <li>Release style from waist level to prep level lib</li> </ul>	<ul style="list-style-type: none"> <li>1/2 twisting transition at prep level to prep level body position</li> <li>1/2 twisting transition to prep level 1 leg stunt</li> </ul>	<ul style="list-style-type: none"> <li>1/2 twisting tic toc to prep level 1 leg stunt</li> <li>1/2 twisting inversion from ground level to prep level 1 leg stunt</li> <li>1/2 twisting transition from extension to cradle position</li> </ul>	<ul style="list-style-type: none"> <li>Straight cradle from extension</li> </ul>
<b>ELITE SKILLS</b>				
<ul style="list-style-type: none"> <li>Inversion from ground level to extension</li> <li>Inversion from ground level to prep level body position</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc at prep level (body position to body position)</li> <li>Release style from ground level (switch up) to prep level body position</li> <li>Release style from waist level to prep level body position</li> </ul>	<ul style="list-style-type: none"> <li>1/2 twisting transition to extension</li> <li>1/2 twisting transition to prep level body position</li> </ul>	<ul style="list-style-type: none"> <li>1/2 twisting inversion from ground level to extension</li> <li>1/2 twisting inversion from ground level to prep level body position</li> <li>1/2 twisting tic toc at prep level 1 leg stunt to body position</li> </ul>	<ul style="list-style-type: none"> <li>1/4 twisting dismount from prep stunt or extension to cradle</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> <li>Straight ride toss</li> </ul>	

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>BACK HANDSPRING (BHS)</li> <li>BHS STEP OUT</li> </ul>	<ul style="list-style-type: none"> <li>BACK WALKOVER (BWO) - BHS</li> <li>BWO - BHS STEP OUT</li> <li>BHS STEP OUT - BWO</li> <li>VALDEZ - BWO - BHS</li> </ul>	<ul style="list-style-type: none"> <li>BWO - BHS STEP OUT - BWO</li> <li>BWO SWITCH LEG - BHS</li> <li>BHS STEP OUT - BWO - BHS</li> <li>VALDEZ - BHS / BHS STEP OUT</li> <li>BACK EXTENSION ROLL - BHS / BHS STEP OUT</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>CARTWHEEL (CW) - BHS</li> <li>ROUND OFF (RO) - BHS</li> </ul>	<ul style="list-style-type: none"> <li>RO - BHS STEP OUT</li> <li>CW - BHS STEP OUT</li> <li>FRONT HANDSPRING (FHS)</li> <li>FRONT WALKOVER (FWO) - FHS</li> </ul>	<ul style="list-style-type: none"> <li>FHS SERIES</li> <li>BOUNDER / FLYSPRING</li> <li>CW - BHS SERIES</li> <li>RO - BHS SERIES</li> <li>FWO - RO - BHS / BHS SERIES</li> <li>CW - BHS STEP OUT - BWO - BHS / BHS SERIES</li> </ul>