



2025 - 2026 UNITED SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none">• Inverted below prep level• Inverted at prep level• Downward inversion from below prep level	<ul style="list-style-type: none">• Release to prep level or below• Tic toc below prep level to below prep level (lib to lib)• Tic toc below prep level to prep level (lib to lib)	<ul style="list-style-type: none">• 3/4 twisting transition to prep level 1 leg stunt• Full twisting transition below prep level• Full twisting transition to prep level• Full twisting transition to / at prep level lib• 1/4 twisting transition to extended 1 leg stunt	<ul style="list-style-type: none">• Suspended forward roll• Full twisting transition from prep level to prone• Extended lib	<p>Assisted or Unassisted:</p> <ul style="list-style-type: none">• Walk in / toss hands• Walk in / toss hands press extension• Walk in extension	<ul style="list-style-type: none">• Straight cradle from extended 1 leg stunt• 1/4 twisting dismount from extended 1 leg stunt
ADVANCED SKILLS					
<ul style="list-style-type: none">• Inversion from waist / prep level to extended 1 leg stunt• Inversion from ground level to extended lib	<ul style="list-style-type: none">• Release from ground level (switch up) to prep level lib• Release from waist level (ball up, straddle up, etc.) to prep level lib• Tic toc from prep level lib to extended body position	<ul style="list-style-type: none">• Full twisting transition to prep level body position• Full twisting transition at prep level (lib to lib)• 1/2 twisting transition to extended lib• Full twisting transition at prep level to prep level body position	<ul style="list-style-type: none">• Full twisting tic toc at prep level (lib to lib)• Full twisting inversion to prep stunt• 1/2 twisting inversion to extended lib• 1/2 twisting suspended forward roll	<p>Assisted:</p> <ul style="list-style-type: none">• Walk in hands press extended 1 leg stunt• Toss hands press extended 1 leg stunt• Walk in extended 1 leg / 1 arm stunt	
ELITE SKILLS					
<ul style="list-style-type: none">• Inversion from ground level to extended body position	<ul style="list-style-type: none">• Release from ground level (switch up) to prep level body position• Release from waist level (ball up, straddle up, etc.) to prep level body position	<ul style="list-style-type: none">• Full twisting transition at prep level (body position to body position)• Full twisting transition to extension• 1/2 twisting transition to extended body position	<ul style="list-style-type: none">• Full twisting tic toc at prep level (lib to body position)• Full twisting inversion from prep level or below to prep level 1 leg stunt• 1/2 twisting inversion from ground level to extended body position• Full twisting suspended forward roll	<p>Unassisted:</p> <ul style="list-style-type: none">• Walk in hands press extended 1 leg stunt• Toss hands press extended 1 leg stunt• Walk in extended 1 leg / 1 arm stunt	<ul style="list-style-type: none">• Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none">• Ball arch• Lib arch• Pike arch• Kick arch• Ball-X• Toe touch	<ul style="list-style-type: none">• Full twist

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">• BHS / BHS STEP OUT - BHS / BHS STEP OUT• ADVANCED JUMP - BHS / BHS STEP OUT• BHS / BHS SERIES - ADVANCED JUMP	<ul style="list-style-type: none">• BWO - BHS SERIES• BHS - BHS STEP OUT - BHS• BHS - BHS - BHS OR MORE• ADVANCED JUMP - BHS SERIES	<ul style="list-style-type: none">• BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES• ADVANCED JUMP - BHS - ADVANCED JUMP - BHS• BHS STEP OUT - BHS SERIES• BHS STEP OUT - BWO - BHS SERIES• BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">• RO - TUCK• AERIAL	<ul style="list-style-type: none">• PUNCH FRONT (PF)• RO - BHS SERIES - TUCK	<ul style="list-style-type: none">• FWO - AERIAL• BOUNDER / FLYSPRING - AERIAL• RO - BHS - TUCK• RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK• FWO - RO - TO - TUCK• BOUNDER / FLYSPRING - RO - TO - TUCK• FHS - PF

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

VERSION 03.18.25