



2025 - 2026 UNITED SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none">Released inversion to prep level or belowReleased inversion at prep level to prep levelDownward inversion from prep level	<ul style="list-style-type: none">Tic toc extended lib to prep level or below (high to low)Helicopter release movesRelease from prep level to prep levelRelease to extension	<ul style="list-style-type: none">1 ½ twisting transition to below prep level1 ½ twisting transition to prep level¾ twisting transition to extended stunt	<ul style="list-style-type: none">Full twisting release to prep level or below	Assisted or Unassisted: <ul style="list-style-type: none">Walk in / toss handsWalk in / toss hands press extensionWalk in / toss extension	
ADVANCED SKILLS					
<ul style="list-style-type: none">Extended inverted stuntReleased inversion from waist level to extended stunt	<ul style="list-style-type: none">Release from waist or prep level to extended libTic toc extended body position to prep level or below lib (high to low)Release from ground level (switch up) to extended body positionBack handspring up to Prep Stunt	<ul style="list-style-type: none">1 ½ twisting transition to / at prep level lib1 ½ twisting transition at prep level (lib to body position)Full twisting transition to extension	<ul style="list-style-type: none">Full twisting release from waist level (tic toc, ball up or straddle up) to prep level libFull twisting release from ground level (switch up) to prep level libFull twisting release at prep level (tic toc) to prep level lib1 ½ twisting release from ground level (switch up) to prep level lib	Assisted: <ul style="list-style-type: none">Walk in hands press extended 1 leg stuntToss hands press extended 1 leg stuntWalk in extended 1 leg / 1 arm stuntToss extended 1 leg / 1 arm stunt	<ul style="list-style-type: none">Full twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
<ul style="list-style-type: none">Released inversion from prep level or prep level hand in hand to extended stuntBack handspring up to extended stunt	<ul style="list-style-type: none">Release from waist level to extended body positionTic toc extended body position to prep level body position (high to low)Release from prep level to extended body position	<ul style="list-style-type: none">1 ½ twisting transition to / at prep level body position1 ½ twisting transition at prep level (body position to body position)1 ½ twisting transition to extensionFull twisting transition to extended 1 leg stuntFull twisting transition at extended level	<ul style="list-style-type: none">Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body positionFull twisting release from ground level (switch up) to prep level body positionFull twisting release at prep level (tic toc) to prep level body position1 ½ twisting release from ground level (switch up) to prep level body position1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level libFull twisting inversion to extended 1 leg stunt	Unassisted: <ul style="list-style-type: none">Walk in hands press extended 1 leg stuntToss hands press extended 1 leg stuntWalk in extended 1 leg / 1 arm stuntToss extended 1 leg / 1 arm stunt	<ul style="list-style-type: none">Double twisting dismount from prep stunt / extension to cradleKick full twisting dismount

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none">Ball kickPike XHitch kickSwitch kickDouble toe touch	<ul style="list-style-type: none">Ball fullLib fullPike fullKick fullToe touch fullFull up toe touchDouble full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">ONODIBACKWARD ROLL - TUCK	<ul style="list-style-type: none">BHS SERIES - TUCKBACK TUCKBWO - TUCKBACK EXTENSION ROLL - TUCKVALDEZ - TUCK	<ul style="list-style-type: none">BHS / BHS STEP OUT - TUCKADVANCED JUMP - BHS SERIES - TUCKADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none">CARTWHEEL - TUCKFWO - CW - TUCKRO - LAYOUTRO - ONODIFRONT AERIALFRONT AERIAL - RO - TO - TUCKFRONT HANDSPRING - PF	<ul style="list-style-type: none">PF - PFPF STEP OUT - AERIALROUND OFF - BHS SERIES - LAYOUTROUND OFF - ONODI - TO - TUCKPF STEP OUT - RO - TO - TUCKAERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUTFWO - AERIAL - TUCKRO - TO - WHIP / TUCK - TO - TUCKFRONT AERIAL - RO - TO - WHIP - TO - TUCKFWO - RO - TO - WHIP / TUCK - TO - TUCKPF STEP OUT - RO - TO - WHIP / TUCK - TO - TUCKFRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK	<ul style="list-style-type: none">FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TUCKRO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEGRO - ONODI - TO - LAYOUTFWO - RO - TO - LAYOUTFRONT AERIAL - RO - TO - WHIP - LAYOUTPF STEP OUT - RO - TO - LAYOUTRO - TO - WHIP / TUCK - TO - LAYOUTFWO - RO - TO - WHIP / TUCK - TO - LAYOUTPF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUTFRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUTFRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT

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