



2026 - 2027 UNITED SCORING SYSTEM - WORLDS LEVEL 7

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Released inversion from prep level or above to extension - Released inversion from prep level or above to extended lib - Rewind to prep stunt Free flipping from ground level to cradle (L7) Free flipping from ground level to prep level (L7) (excluding rewind) 1 ¼ flipping rewind (L7)	Tic toc lib to lib (high to high)	1 ¾ twisting transition to / at extension 1 ¼-1 ½ twisting transition to / at extended lib	- Twisting helicopter release moves ¼ - ¾ twisting tic toc to extended 1 leg stunt ½ twisting front handspring up to extension ½ twisting release from ground level (switch up) to extended 1 leg stunt ½ twisting release from waist level (ball up) to extended 1 leg stunt 1 ¾ - 2 twists to prone - Full twisting release from ground level (switch up) to extended lib ¼ twisting back handspring up to extended stunt ¼ - ½ twisting released inversion from prep level or above to extended stunt Free flipping with twisting from ground level to cradle (L7)	Assisted or Unassisted: - Walk in / toss extension - Walk in / toss hands press extended 1 leg stunt - Walk in extended 1 leg stunt	- Double twisting dismount from extended 1 leg stunt to cradle Front free flipping dismount to ground level (L7) Free flipping dismount to cradle (L7)
ADVANCED SKILLS					
- Rewind to extension - Released prep level hand in hand to extended body position - Released inversion from extended hand in hand to extension Back handspring rewind to prep stunt (L7) Cartwheel / round off rewind to prep stunt (L7) Free flipping from ground level to extension (L7) (excluding rewind)	Tic toc lib to body position (high to high)	1 ¾ twisting transition to / at extended lib 2 - 2 ¼ twisting transition to / at extension	- Full twisting tic toc to extended lib (low to high) - Full twisting release from ground level (switch up) to extended body position ¼ - ½ twisting back handspring up to extended body position ¼ - ½ twisting released inversion from prep level or above to extended 1 leg stunt 1 ½ twisting release from ground level (switch up) to extended 1 leg stunt ½ twisting front handspring up to extended 1 leg stunt Full twisting back handspring up to prep level stunt (L7) Free flipping with twisting from ground level to prep level (L7) ¼ - 1 ¼ twisting rewind to prep level stunt (L7)	Assisted or Unassisted: - Toss extended 1 leg stunt - Toss extended 1 arm stunt - Toss full up to extended stunt - Rewind to prep stunt or above - Extended hand in hand to prep stunt ½ twisting released inversion from ground level (FHS Up) to prep stunt Back handspring full up to prep stunt (L7)	
ELITE SKILLS					
- Rewind to extended 1 leg stunt - Released inversion from extended hand in hand to extended 1 leg stunt Back handspring rewind to extended stunt (L7) Cartwheel / round off rewind to extended stunt (L7) Free flipping from ground level to extended 1 leg stunt (L7) (excluding rewind)	Tic toc body position to body position (high to high)	1 ½ twisting transition to / at extended body position 1 ¾ twisting transition to / at extended body position 2 - 2 ¼ twisting transition to / at extended 1 leg stunt	- Full twisting tic toc to extended lib (high to high) - Full twisting release from waist level (ball up) to extended body position - Full twisting tic toc to extended body position (low to high) ½ twisting released inversion from prep level or above to extended body position ¼ - ½ twisting released inversion from extended hand in hand to extended stunt ¼ - ¾ twisting tic toc extended body position to body position (high to high) 1 ½ twisting release ground level (switch up) to extended body position Full twisting back handspring up to extended stunt (L7) Free flipping with twisting from ground level to extended stunt (L7) ¼ - 1 ¼ twisting rewind to extended stunt (L7) 1 ½ twisting front handspring up to extended stunt (L7)	Unassisted: - Toss full up to extended stunt The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position Unassisted: - Extended hand in hand to extended stunt - Rewind to extended stunt ½ twisting released inversion from ground level (FHS Up) to extended stunt Back handspring full up to extended stunt (L7)	- Full kick full twisting dismount to cradle - Kick double twisting dismount to cradle Free flipping with ½ twist dismount to cradle (L7)

STUNTS: Only the skills listed as Advanced/Elite will receive Degree of Difficulty credit.

TOSSES

NON - TWISTING			TWISTING		
- Tuck - X-out	- Pike - Layout	Kick Triple Full (Non-Flipping)	- Layout full - Layout double full	- X-out full - Split full	- Arabian 1 ½ - Pike open double full

TOSSES: Only the skills listed will receive Toss Difficulty credit.

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 03.17.26



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STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• ADVANCED JUMP - BACK TUCK	• BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL	• BHS - FULL • ADVANCED JUMP - BHS - FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP - FULL • BHS SERIES - DOUBLE FULL • ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• CW - FULL • RO - FULL • RO - BHS / BHS SERIES - FULL • FWO - TO - FULL • SIDE AERIAL / FRONT AERIAL - FULL • RO - TO - ONODI - TO - FULL • FRONT FULL	• RO - BHS - KICK FULL/FULL STEP OUT • PUNCH FRONT STEP OUT - TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT	• RO - ARABIAN / HALF STEP OUT - RO - TO - FULL • FHS - FRONT FULL • FHS - PF - RO - TO - FULL • RO - BHS - FULL - TO - FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - FULL • 1.5 TWISTING FRONT LAYOUT - TO - FULL / DOUBLE FULL • RO - DOUBLE FULL • RO - TO - DOUBLE FULL • FWO - TO - DOUBLE FULL • PF STEP OUT - TO - DOUBLE FULL • RO - TO - WHIP - TO - DOUBLE FULL • RO - WHIP - DOUBLE FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL