



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 2

Version: 9.14.2022

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
LEVEL APPROPRIATE				
<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 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> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING TRANSITION TO PRONE</li> <li>• STRAIGHT CRADLE FROM EXTENSION</li> <li>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> </ul>
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC 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 TO PREP LEVEL BODY POSITION</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 TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION</li> <li>• 1/2 TWISTING TRANSITION FROM EXTENDED STUNT TO CRADLE POSITION</li> </ul>
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> <li>• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC 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 EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING INVERSION TO EXTENDED STUNT</li> <li>• 1/2 TWISTING INVERSION TO PREP LEVEL BODY POSITION</li> <li>• 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION</li> </ul>	

## TOSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> <li>• STRAIGHT RIDE TOSS</li> </ul>	

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Back Handspring (BHS)</li> <li>• Back Handspring Step Out</li> </ul>	<ul style="list-style-type: none"> <li>• Back Extension Roll - BHS</li> <li>• Back Walkover - BHS</li> <li>• Back Walkover - BHS Step Out</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</li> <li>• Valdez - BHS Step Out</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>• Cartwheel - BHS/BHS Step Out</li> <li>• Round Off (RO) - BHS</li> </ul>	<ul style="list-style-type: none"> <li>• Round Off (RO) - BHS Step Out</li> <li>• CW - BHS Series</li> <li>• RO - BHS Series</li> <li>• Front Handspring (FHS)</li> <li>• FWO - FHS</li> </ul>	<ul style="list-style-type: none"> <li>• Series Front Handsprings</li> <li>• Bounder/Flyspring</li> <li>• FWO - RO - BHS/BHS Series</li> <li>• CW - BHS Step Out - BWO - BHS/BHS Series</li> <li>• RO - BHS Step Out - BWO - BHS/BHS Series</li> </ul>