

**2022 - 2023 UNITED SCORING SYSTEM - LEVEL 5**

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>DOWNWARD INVERSION FROM EXTENDED STUNT</li> <li>DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT</li> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWIST SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO HIGH)</li> <li>TIC TOC LIB TO LIB (LOW TO HIGH)</li> <li>1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>TWISTING HELICOPTER RELEASE MOVES</li> </ul>	<ul style="list-style-type: none"> <li>1 1/4 UP TO EXTENDED STUNT</li> <li>DOUBLE UP TO PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 - 2 TWIST TO PRONE</li> <li>1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LEVEL LIB</li> </ul>	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>WALK IN/TOSS HANDS</li> <li>WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>WALK IN/TOSS EXTENSION</li> </ul>	
ADVANCED LEVEL APPROPRIATE					
	<ul style="list-style-type: none"> <li>TIC TOC LIB TO BODY POSITION (LOW TO HIGH)</li> </ul>		<ul style="list-style-type: none"> <li>1/4 - 3/4 TWISTING TIC TOC TO EXTENDED LIB</li> <li>1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED LIB</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB</li> </ul>	ASSISTED: <ul style="list-style-type: none"> <li>WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> <li>TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> </ul>	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM PREP LEVEL TO EXTENDED LIB</li> <li>BACK HANDSPRING UP TO EXTENDED LIB</li> <li>PREP LEVEL HAND IN HAND TO EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC LIB TO BODY POSITION (HIGH TO HIGH)</li> <li>TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWISTING TRANSITION TO EXTENDED BODY POSITION</li> <li>1 1/2 TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION</li> <li>FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH)</li> <li>FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION</li> <li>1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION</li> </ul>	UNASSISTED: <ul style="list-style-type: none"> <li>WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> <li>TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>DOUBLE DOWN FROM EXTENDED 1 LEG STUNT</li> </ul>

## TOSSES

## NON - TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

## TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>Jump - Back Tuck</li> <li>BHS Series - Whip</li> <li>BHS - Whip</li> </ul>	<ul style="list-style-type: none"> <li>Tuck - BHS/BHS Series - Tuck</li> <li>BHS - Whip/Tuck - BHS - Tuck</li> <li>BHS Series - Whip/Tuck - BHS - Tuck</li> <li>Jump - BHS Series - Whip - BHS - Tuck</li> <li>BHS Series - Layout</li> <li>BHS Series - Whip - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>BHS - Whip - Tuck</li> <li>BHS - Layout</li> <li>Jump - BHS/BHS Series - Layout</li> <li>Jump - BHS - Whip - Tuck</li> <li>BHS - Whip/Tuck - to - Layout</li> <li>BHS/BHS Series - Whip - to - Layout</li> <li>Jump - BHS/BHS Series - Whip - to - Layout</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>RO - Full</li> <li>RO - BHS Series - Full</li> </ul>	<ul style="list-style-type: none"> <li>Barani</li> <li>RO - BHS - Full</li> <li>Front Walkover - RO - to - Full</li> <li>Round off - Arabian</li> <li>Side Aerial/Front Aerial - to - Full</li> </ul>	<ul style="list-style-type: none"> <li>Front Full</li> <li>PF step out - RO - to - Full</li> <li>Front Handspring - PF step out - RO - to - Full</li> <li>RO - to - Whip - to - Full</li> <li>Front Handspring - Front Full</li> <li>PF step out - RO - to - Whip - to - Full</li> <li>Front Handspring - PF step out - RO - to - Whip - to - Full</li> </ul>