



2022 - 2023 UNITED SCORING SYSTEM - LEVEL 7

STUNTS

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

TOSSES

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN DOUBLE FULL



2022 - 2023 UNITED SCORING SYSTEM - TUMBLING 6 & 7

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Jump Back Tuck 	<ul style="list-style-type: none"> • BHS Series - Full • Jump - BHS Series - Full • BHS - Whip - BHS Series - Full • BHS Series - Whip - Full • BHS - Whip - to - Full 	<ul style="list-style-type: none"> • BHS - Full • Jump - BHS - Full • Standing Full • Jump - Full • BHS - Whip - Full • Jump - BHS - Whip - Full • BHS Series - Double Full • Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full • BHS - Whip - Double Full • Jump - BHS/BHS Series - Whip - Double Full • BHS Series - Full/Double Full - Whip - Full/Double Full

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Cartwheel - Full • Round Off (RO) - Full • RO - BHS/BHS Series - Full • FWO - to - Full • Side Aerial/Front Aerial/Onodi - to - Full • Front Full 	<ul style="list-style-type: none"> • RO - BHS - Kick Full/Full step out • Punch Front step out - to - Full • RO - Whip - Full • RO - to - Whip - to - Full • RO - BHS - Full - to - Full 	<ul style="list-style-type: none"> • Front Handspring - Front Full • Front Handspring - PF - RO - to - Full • RO - Arabian/Half Full step out - RO - to - Full • RO - to - Full - Full • RO - to - 1.5 Full step out - to - Full • RO - Double Full • RO - to - Double Full • Front Walkover - 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