



# 2024 - 2025 UNITED SCORING SYSTEM - JUNIOR LEVEL 6

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
<b>LEVEL SKILLS</b>				
<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>Tic toc lib to lib (high to high)</li> <li>Tic toc lib to lib (low to high)</li> <li>Tic toc lib to body position (low to high)</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting transition to extended body position</li> <li>1 ¼ - 1 ¾ up to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 2 twist to prone</li> <li>Twisting helicopter release moves</li> <li>1/4 - 3/4 twisting tic toc to extended 1 leg stunt</li> <li>1/2 twisting release from ground level (switch up) to extended 1 leg stunt</li> <li>1/2 twisting release from waist level (ball up) to extended 1 leg stunt</li> </ul>	
<b>ADVANCED SKILLS</b>				
<ul style="list-style-type: none"> <li>Released inversion from prep level hand in hand to extended stunt</li> <li>Released inversion from prep level or above to extended lib</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc lib to body position (high to high)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ - 1 ¾ twisting transition to / at extended lib</li> </ul>	<ul style="list-style-type: none"> <li>1/4 twisting back handspring up to extension</li> <li>Full twisting tic toc to extended lib (low to high)</li> <li>Full twisting release from ground level (switch up) to extended lib</li> <li>1/4 twisting released inversion from prep level or above to extended 1 leg stunt</li> <li>1 ½ twisting release from ground level (switch up) to extended lib</li> </ul>	<ul style="list-style-type: none"> <li>Double twisting dismount from extended lib to cradle</li> </ul>
<b>ELITE SKILLS</b>				
<ul style="list-style-type: none"> <li>Released inversion from prep level hand in hand to extended lib</li> <li>Released inversion from prep level or above to extended body position</li> <li>Released inversion from extended hand in hand to extension</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc body position to body position (high to high)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to / at extended body position</li> <li>1 ¾ twisting transition to / at extended lib</li> <li>Double twisting transition to / at extension</li> </ul>	<ul style="list-style-type: none"> <li>1/4 twisting back handspring up to extended lib</li> <li>1/4 - 3/4 twisting tic toc extended body position to body position (high to high)</li> <li>1/2 twisting released inversion to extended stunt</li> <li>1/2 twisting front handspring up to extended stunt</li> <li>Full twisting tic toc to extended body position (low to high)</li> <li>Full twisting tic toc to extended lib (high to high)</li> <li>Full twisting release from ground level (switch up) to extended body position</li> <li>Full twisting release from waist level (ball up) to extended body position</li> <li>1 ½ twisting release from ground level (switch up) to extended body position</li> </ul>	<ul style="list-style-type: none"> <li>Kick double twisting dismount to cradle</li> <li>Double twisting dismount from extended body position to cradle</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> <li>Pike hitch kick</li> <li>Pike kick pretty girl</li> <li>Pike switch kick</li> <li>Hitch kick kick</li> </ul>	<ul style="list-style-type: none"> <li>Ball double full</li> <li>Pike double full</li> <li>Kick double full</li> <li>Toe touch double full</li> <li>Double up toe touch</li> <li>Hitch kick double full</li> <li>Switch kick double full</li> <li>Kick full kick full</li> </ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>TUCK - TUCK</li> <li>ADVANCED JUMP - BACK TUCK</li> <li>ADVANCED JUMP - FRONT TUCK</li> <li>BHS / BHS SERIES - WHIP - LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - FULL</li> <li>BHS - WHIP - BHS SERIES - FULL</li> <li>BHS SERIES - WHIP - FULL</li> </ul>	<ul style="list-style-type: none"> <li>BHS - FULL</li> <li>ADVANCED JUMP - BHS / BHS SERIES - FULL</li> <li>STANDING FULL</li> <li>ADVANCED JUMP - FULL</li> <li>BHS - WHIP - FULL</li> <li>ADVANCED JUMP - BHS - WHIP - FULL</li> <li>BHS SERIES - DOUBLE FULL</li> <li>BHS/BHS SERIES - WHIP - TO - FULL</li> <li>ADVANCED JUMP - BHS SERIES - DOUBLE FULL</li> <li>BHS - WHIP - BHS SERIES - DOUBLE FULL</li> <li>BHS SERIES - WHIP - DOUBLE FULL</li> <li>BHS - WHIP - DOUBLE FULL</li> <li>ADVANCED JUMP - BHS / BHS SERIES - WHIP - DOUBLE FULL</li> <li>BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>CARTWHEEL - FULL</li> <li>RO - FULL</li> <li>RO - BHS / BHS SERIES - FULL</li> <li>SIDE AERIAL / FRONT AERIAL - FULL</li> <li>RO - TO - ONODI - TO - FULL</li> </ul>	<ul style="list-style-type: none"> <li>FRONT FULL</li> <li>FWO - TO - FULL</li> <li>RO - WHIP - FULL</li> <li>RO - TO - WHIP - TO - FULL</li> <li>1.5 TWISTING FRONT LAYOUT</li> </ul>	<ul style="list-style-type: none"> <li>RO - BHS - KICK FULL / FULL STEP OUT</li> <li>PF STEP OUT - TO - FULL</li> <li>FHS - FRONT FULL</li> <li>FHS - PF - RO - TO - FULL</li> <li>RO - ARABIAN / HALF STEP OUT - RO - TO - FULL</li> <li>RO - BHS - FULL - TO - FULL</li> <li>RO - TO - FULL - FULL</li> <li>RO - TO - 1.5 STEP OUT - TO - FULL</li> <li>RO - DOUBLE FULL</li> <li>RO - TO - DOUBLE FULL</li> <li>FRONT WALKOVER - TO - DOUBLE FULL</li> <li>PF STEP OUT - TO - DOUBLE FULL</li> <li>RO - TO - WHIP - TO - DOUBLE FULL</li> <li>RO - WHIP - DOUBLE FULL</li> <li>RO - ARABIAN - TO - DOUBLE FULL</li> <li>RO - TO - FULL - TO - DOUBLE FULL</li> <li>RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL</li> <li>RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL</li> <li>RO - TO - FULL - TO - WHIP - DOUBLE FULL</li> <li>PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL</li> <li>RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL</li> <li>PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL</li> </ul>