



# 2024 - 2025 UNITED SCORING SYSTEM - WORLDS LEVEL 7

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<ul style="list-style-type: none"> <li>Free flipping from ground level to cradle (L7)</li> <li>Free Flipping from ground level to prep level (L7) (excluding rewind)</li> <li>Free Flipping from ground level to extension (L7) (excluding rewind)</li> <li>Downward inversion from extended stunt</li> <li>Downward inversion from extended 1 leg stunt</li> <li>Released inversion from prep level or above to extension</li> <li>Released inversion from prep level or above to lib</li> <li>1/4 flipping rewind (L7)</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>1 1/4 - 1 3/4 twisting transition to extension</li> <li>Double twisting transition to extension</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 - 2 twist to prone</li> <li>Twisting helicopter release moves</li> <li>1/2 twisting front handspring up to extension</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>Free flipping with twisting from ground level to cradle (L7)</li> <li>1/2 twisting release from waist level (ball up) to extended 1 leg stunt</li> </ul>	Assisted or Unassisted: <ul style="list-style-type: none"> <li>Walk in / toss extension</li> <li>Walk in / toss hands press extended 1 leg stunt</li> <li>Walk in / toss extended 1 leg stunt</li> </ul>	<ul style="list-style-type: none"> <li>Front free flipping dismount to ground level (L7)</li> <li>Free flipping dismount from prep level or below to cradle (L7)</li> <li>Double twisting dismount from extended 1 leg stunt to cradle</li> </ul>
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>Rewind to prep</li> <li>Back handspring rewind to prep level stunt (L7)</li> <li>Cartwheel / round off rewind to prep level stunt (L7)</li> <li>Release from waist level to prep level inverted stunt (L7)</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 1/2 twisting transition to / at extended lib</li> <li>1 3/4 twisting transition to / at extended lib</li> <li>Double twisting transition to / at extension</li> <li>2 1/4 twisting transition to / at extension</li> </ul>	<ul style="list-style-type: none"> <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 back handspring up to body position</li> <li>1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt</li> <li>1 1/2 twisting release from ground level (switch up) to extended 1 leg stunt</li> <li>Free flipping with twisting from ground level to prep level (L7)</li> <li>1/4 - 1 1/4 twisting rewind to prep level stunt (L7)</li> <li>Full twisting back handspring up to prep level stunt (L7)</li> </ul>	Assisted: <ul style="list-style-type: none"> <li>Toss extended 1 leg stunt</li> <li>Toss extended 1 arm stunt</li> <li>Toss full up to extended stunt</li> </ul>	
<b>ELITE SKILLS</b>					
<ul style="list-style-type: none"> <li>Released prep level hand in hand to extended body position</li> <li>Released inversion from extended hand in hand to extension</li> <li>Rewind to extended stunt</li> <li>Back handspring rewind to extended stunt (L7)</li> <li>Cartwheel / round off rewind to extended stunt (L7)</li> <li>Release at prep level to prep level inverted stunt (L7)</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 1/2 twisting transition to / at extended body position</li> <li>1 3/4 twisting transition to / at extended body position</li> <li>Double twisting transition to / at extended 1 leg stunt</li> </ul>	<ul style="list-style-type: none"> <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 back handspring up to extended stunt (L7)</li> <li>1/2 twisting released inversion from prep level or above to extended body position</li> <li>1 1/2 twisting front handspring up to extended stunt (L7)</li> <li>1 1/2 twisting release from ground level (switch up) to extended body position</li> <li>1/4 - 3/4 twisting tic toc extended body position to body position (high to high)</li> <li>Full twisting release from waist level (ball up) to extended body position</li> <li>Full twisting tic toc to extended body position (low to high)</li> <li>Free flipping with twisting from ground level to extended stunt (L7)</li> <li>1/4 - 1 1/4 twisting rewind to extended stunt (L7)</li> </ul>	Unassisted: <ul style="list-style-type: none"> <li>Toss extended 1 leg stunt</li> <li>Toss extended 1 arm stunt</li> <li>Toss full up to extended stunt</li> </ul> Assisted or Unassisted: <ul style="list-style-type: none"> <li>Rewind to extended stunt</li> <li>Front handspring 1/2 up to extended stunt</li> <li>Back handspring full up to extended stunt (L7)</li> </ul>	<ul style="list-style-type: none"> <li>Full kick full twisting dismount to cradle</li> <li>Kick double twisting dismount to cradle</li> <li>Free flipping with 1/2 twist dismount from prep level to cradle (L7)</li> </ul>

## TOSSES

NON - TWISTING			TWISTING		
<ul style="list-style-type: none"> <li>Tuck</li> <li>X-out</li> </ul>	<ul style="list-style-type: none"> <li>Pike</li> <li>Layout</li> </ul>	<ul style="list-style-type: none"> <li>Kick Triple Full (Non-Flipping)</li> </ul>	<ul style="list-style-type: none"> <li>Layout full</li> <li>Layout double full</li> <li>X-out full</li> </ul>	<ul style="list-style-type: none"> <li>Split full</li> <li>Arabian 1 1/2</li> <li>Pike open double full</li> </ul>	



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## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>• ADVANCED JUMP BACK TUCK</li> </ul>	<ul style="list-style-type: none"> <li>• BHS SERIES - FULL</li> <li>• ADVANCED JUMP - BHS SERIES - FULL</li> <li>• BHS - WHIP - BHS SERIES - FULL</li> <li>• BHS SERIES - WHIP - FULL</li> <li>• BHS - WHIP - TO - FULL</li> </ul>	<ul style="list-style-type: none"> <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>• FWO - TO - FULL</li> <li>• SIDE AERIAL / FRONT AERIAL - FULL</li> <li>• RO - TO - ONODI - TO - FULL</li> <li>• FRONT FULL</li> </ul>	<ul style="list-style-type: none"> <li>• RO - BHS - KICK FULL/FULL STEP OUT</li> <li>• PUNCH FRONT STEP OUT - 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 - 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>