



# 2024 - 2025 UNITED SCORING SYSTEM - LEVEL 4

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
<b>LEVEL SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion to prep level or below</li> <li>Released inversion at prep level to prep level</li> <li>Downward inversion from prep level</li> </ul>	<ul style="list-style-type: none"> <li>Tic toc extended lib to prep level or below (high to low)</li> <li>Helicopter release moves</li> <li>Release from prep level to prep level</li> <li>Release to extension</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to below prep level</li> <li>1 ½ twisting transition to prep level</li> <li>¾ twisting transition to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release to prep level or below</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>	
<b>ADVANCED SKILLS</b>					
<ul style="list-style-type: none"> <li>Extended inverted stunt</li> <li>Released inversion from waist level to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Release from waist or prep level to extended lib</li> <li>Tic toc extended body position to prep level or below lib (high to low)</li> <li>Release from ground level (switch up) to extended body position</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to / at prep level lib</li> <li>1 ½ twisting transition at prep level (lib to body position)</li> <li>Full twisting transition to extension</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib</li> <li>Full twisting release from ground level (switch up) to prep level lib</li> <li>Full twisting release at prep level (tic toc) to prep level lib</li> <li>1 ½ twisting release from ground level (switch up) to prep level lib</li> </ul>	Assisted: <ul style="list-style-type: none"> <li>Walk in hands press extended 1 leg stunt</li> <li>Toss hands press extended 1 leg stunt</li> <li>Walk in extended 1 leg / 1 arm stunt</li> <li>Toss extended 1 leg / 1 arm stunt</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting dismount from extended 1 leg stunt to cradle</li> </ul>
<b>ELITE SKILLS</b>					
<ul style="list-style-type: none"> <li>Released inversion from prep level or prep level hand in hand to extended stunt</li> <li>Back handspring up to extended stunt</li> </ul>	<ul style="list-style-type: none"> <li>Release from waist or prep level to extended body position</li> <li>Tic toc extended body position to prep level body position (high to low)</li> </ul>	<ul style="list-style-type: none"> <li>1 ½ twisting transition to / at prep level body position</li> <li>1 ½ twisting transition at prep level (body position to body position)</li> <li>1 ½ twisting transition to extension</li> <li>Full twisting transition to extended 1 leg stunt</li> <li>Full twisting transition at extended level</li> </ul>	<ul style="list-style-type: none"> <li>Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position</li> <li>Full twisting release from ground level (switch up) to prep level body position</li> <li>Full twisting release at prep level (tic toc) to prep level body position</li> <li>1 ½ twisting release from ground level (switch up) to prep level body position</li> <li>1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib</li> <li>Full twisting inversion to extended 1 leg stunt</li> </ul>	Unassisted: <ul style="list-style-type: none"> <li>Walk in hands press extended 1 leg stunt</li> <li>Toss hands press extended 1 leg stunt</li> <li>Walk in extended 1 leg / 1 arm stunt</li> <li>Toss extended 1 leg / 1 arm stunt</li> </ul>	<ul style="list-style-type: none"> <li>Double twisting dismount from prep stunt / extension to cradle</li> <li>Kick full twisting dismount</li> </ul>

## TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> <li>Ball kick</li> <li>Pike X</li> <li>Hitch kick</li> <li>Switch kick</li> <li>Double toe touch</li> </ul>	<ul style="list-style-type: none"> <li>Ball full</li> <li>Lib full</li> <li>Pike full</li> <li>Kick full</li> <li>Toe touch full</li> <li>Full up toe touch</li> <li>Double full</li> </ul>

## STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>ONODI</li> <li>BACKWARD ROLL - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS SERIES - TUCK</li> <li>BWO - TUCK</li> <li>BACK TUCK</li> <li>BACK EXTENSION ROLL - TUCK</li> <li>VALDEZ - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>BHS / BHS STEP OUT - TUCK</li> <li>ADVANCED JUMP - BHS - TUCK</li> <li>ADVANCED JUMP - BHS SERIES - TUCK</li> </ul>

## RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> <li>CARTWHEEL - TUCK</li> <li>FWO - CW - TUCK</li> <li>RO - LAYOUT</li> <li>RO - ONODI</li> <li>FRONT AERIAL</li> <li>FRONT AERIAL - RO - TO - TUCK</li> <li>FRONT HANDSPRING - PF</li> </ul>	<ul style="list-style-type: none"> <li>PF - PF</li> <li>PF STEP OUT - AERIAL</li> <li>ROUND OFF - BHS SERIES - LAYOUT</li> <li>ROUND OFF - ONODI - TO - TUCK</li> <li>PF STEP OUT - RO - TO - TUCK</li> <li>AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT</li> <li>FWO - AERIAL - TUCK</li> <li>RO - TO - WHIP / TUCK - TO - TUCK</li> <li>FRONT AERIAL - RO - TO - WHIP - TO - TUCK</li> <li>FWO - RO - TO - WHIP / TUCK - TO - TUCK</li> <li>PF STEP OUT - RO - TO - WHIP / TUCK - TO - TUCK</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK</li> </ul>	<ul style="list-style-type: none"> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TUCK</li> <li>RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEG</li> <li>RO - ONODI - TO - LAYOUT</li> <li>FWO - RO - TO - LAYOUT</li> <li>FRONT AERIAL - RO - TO - WHIP - LAYOUT</li> <li>PF STEP OUT - RO - TO - LAYOUT</li> <li>RO - TO - WHIP / TUCK - TO - LAYOUT</li> <li>FWO - RO - TO - WHIP / TUCK - TO - LAYOUT</li> <li>PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT</li> <li>FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT</li> </ul>