



UNITED SCORING SYSTEM –LEVEL 1

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHERSKILLS	DISMOUNT
LEVEL SKILLS			
•Release style from ground level (switch up) to lib below prep level •Tic toc below prep level (lib to lib)	•1/4 twisting transition to below prep level •1/4 twisting transition to ground level •1/4 twisting transition from prep level	•Back stand •Prep level show & go •Straddle sit •Flat back •Extended straddle sit •Below prep level 1leg stunt •Extended flat back •Prep level 1leg stunt with bracer •Shoulder sit •Chair •Shoulder stand •Prone	•Step down
ADVANCEDSKILLS			
•Release style from ground level (switch up) to body position below prep level •Tic toc below prep level (lib to body position) •Tic toc at prep level (lib to body position) with bracer •Release style from waist level to prep level lib with bracer •Release style from ground level (switch up) to prep level lib with bracer.	•1/4 twisting transition at prep level to prep stunt •1/4 twisting transition from below prep to prep level lib with bracer	•1/4 twisting tic toc at prep level (lib to lib) with bracer •1/4 twisting tic toc below prep level (lib to body position) •Transition from below prep level to prep level body position stunt with bracer	
ELITE SKILLS			
•Release style from ground level (switch up) to prep level body position with bracer •Tic toc below prep level (body position to body position) •Tic toc at prep level (body position to body position) with bracer •Release style from waist level to prep level body position with bracer	•1/4 twisting transition to prep stunt from below prep level •1/4 twisting transition from below prep level to prep level body position with bracer	•1/4 twisting tic toc at prep level (body position to body position) with bracer •1/4 twisting release from ground level (switch up) to prep level lib with bracer •1/4 twisting release from waist level to prep level lib with bracer •1/4 twisting tic toc below prep level (body position to body position)	•Straight cradle from prep stunt

STANDING TUMBLING

LEVEL SKILLS	ADVANCEDSKILLS	ELITE SKILLS
•FORWARD ROLL •STRADDLE ROLL •PUSHUP TO BACKBEND •BACKWARD ROLL (BWR) •HANDSTAND •BACKBEND KICK OVER •STANDING BACKBEND •FRONT LIMBER /BACK LIMBER	•BACK WALKOVER (BWO) •BWO –BWR –BWO •BACK EXTENSION ROLL	•BWO SERIES •BWO SWITCH LEG •BACK EXTENSION ROLL –BWO/BWO SERIES •VALDEZ

RUNNING TUMBLING

LEVEL SKILLS	ADVANCEDSKILLS	ELITE SKILLS
•CARTWHEEL (CW) •CARTWHEEL –BWR •HANDSTAND FORWARD ROLL	•CARTWHEEL –BWO/BWO SWITCH LEG •ROUND OFF (RO) •FRONTWALKOVER (FWO) /FWO SERIES •HANDSTAND FORWARD ROLL CARTWHEEL	•CARTWHEEL –BWO SERIES •FWO –CARTWHEEL /ROUND OFF •FWO –CW –BWO/BWO SERIES •FWO –CW –BWO SWITCH LEG •HANDSTAND FORWARD ROLL CARTWHEEL BWO/BWO SERIES