



UNITED SCORING SYSTEM –LEVEL 2

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHERSKILLS	DISMOUNT
LEVEL SKILLS				
•Inversion from ground level to below prep level •Inversion from ground level to prep level	•Tic toc at prep level (lib to lib)	•1/2 twisting transition to below prep level •1/2 twisting transition to prep level •1/4 twisting transition to prep level 1leg stunt •1/4twisting transition to extended stunt	•Prep level 1leg stunt •Extension •Barrel Roll •Leap frog variations •Walk in prep level press extension •1/2twisting transition to prone	•Straight cradle from prep level body position
ADVANCEDSKILLS				
•Inversion from ground level to prep stunt •Inversion from ground level to prep level 1leg stunt	•Tic toc at prep level (lib to body position) •Release style from ground level (switch up) to prep level lib •Release style from waist level to prep level lib	•1/2 twisting transition at prep level to prep level body position •1/2twisting transition to prep level 1leg stunt	•1/2twisting tic toc to prep level 1leg stunt •1/2twisting inversion from ground level to prep level 1leg stunt •1/2twisting transition from extension to cradle position	•Straight cradle from extension
ELITE SKILLS				
•Inversion from ground level to extension •Inversion from ground level to prep level body position	•Tic toc at prep level (body position to body position) •Release style from ground level (switch up) to prep level body position •Release style from waist level to prep level body position	•1/2 twisting transition to extension •1/2 twisting transition to prep level body position	•1/2twisting inversion from ground level to extension •1/2twisting inversion from ground level to prep level body position •1/2twisting tic toc at prep level 1leg stunt to body position	•1/4twisting dismount from prep stunt or extension to cradle

TOSSES

NON –TWISTING	TWISTING
• Straight ride toss	

STANDING TUMBLING

LEVEL SKILLS	ADVANCEDSKILLS	ELITE SKILLS
•BACK HANDSPRING (BHS) •BHS STEP OUT	•BACK WALKOVER (BWO) –BHS •BWO –BHS STEP OUT •BHS STEP OUT –BWO •VALDEZ –BWO –BHS	•BWO –BHS STEP OUT –BWO •BWO SWITCH LEG –BHS •BHS STEP OUT –BWO –BHS •VALDEZ –BHS /BHS STEP OUT •BACK EXTENSION ROLL –BHS /BHS STEP OUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCEDSKILLS	ELITE SKILLS
•CARTWHEEL (CW) –BHS •ROUND OFF (RO) –BHS	•RO –BHS STEP OUT •CW –BHS STEP OUT •FRONT HANDSPRING (FHS) •FRONTWALKOVER (FWO) –FHS	•FHS SERIES •BOUNDER /FLYSPRING •CW –BHS SERIES •RO –BHS SERIES •FWO –RO –BHS /BHS SERIES •CW –BHS STEP OUT –BWO –BHS /BHS SERIES