



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 1

VERSION: 10.15.2023

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE			
<ul style="list-style-type: none"> RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO LIB BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER SHOULDER SIT CHAIR SHOULDER STAND PRONE 	<ul style="list-style-type: none"> STEP DOWN
ADVANCED LEVEL APPROPRIATE			
<ul style="list-style-type: none"> 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 GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (LIB TO LIB) 	
ELITE LEVEL APPROPRIATE			
<ul style="list-style-type: none"> TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION WITH BRACER RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION) 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 1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM PREP STUNT

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> FORWARD ROLL STRADDLE ROLL PUSHUP TO BACKBEND BACKWARD ROLL (BWR) HANDSTAND BACKBEND KICK OVER STANDING BACKBEND FRONT LIMBER/BACK LIMBER 	<ul style="list-style-type: none"> HANDSTAND FORWARD ROLL BACK WALKOVER (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> BACK WALKOVER SERIES BACK WALKOVER SWITCH LEG BACK EXTENSION ROLL BACK EXTENSION ROLL - BWO/BWO SERIES VALDEZ

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> CARTWHEEL (CW) CARTWHEEL - BACKWARD ROLL 	<ul style="list-style-type: none"> ROUND OFF (RO) FRONT WALKOVER (FWO)/FWO SERIES CARTWHEEL - BWO 	<ul style="list-style-type: none"> CARTWHEEL - BWO SERIES FWO - CARTWHEEL/ROUND OFF FWO - CW - BWO/BWO SERIES FWO - CW - BWO SWITCH LEG