

UK SCORING SYSTEM

2025 - 2026



Table of Contents

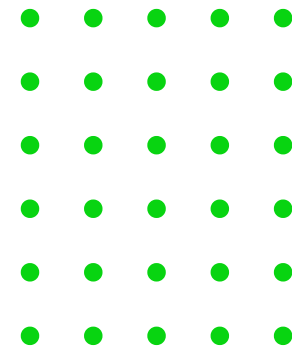
INTRODUCTION	03	LEVEL 3 SKILLS	08	LEVEL 5 SKILLS	14
LEVEL 1 SKILLS	04	LEVEL 4 SKILLS	10	LEVEL 6 SKILLS	16
LEVEL 2 SKILLS	06	LEVEL 4.2 SKILLS	12	LEVEL 7 SKILLS	20





Revision Information

Version	Date	Changes
2	30/7/2025	a. Addition of further participating EP logo
3	08/08/2025	a. Addition of further participating EP logo





Introduction

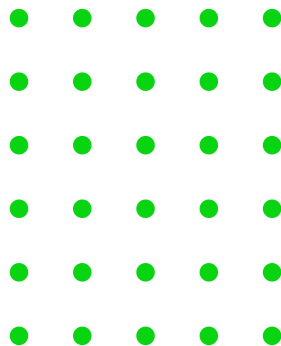
Purpose of this document

This Document has been created to present all the information needed for the adapted United Scoring System Rubrics in the UK.

The information contained in this document is taken directly for the United Scoring System UK rubrics, and only slight alterations have been made to the required rubric numbers in order to improve accessibility and competitive achievement for smaller UK teams.

The ethos behind the United Scoring System is unchanged in this document, and coaches are encouraged to review updates from the USS periodically throughout the year.

Judges using this scoring are encouraged to attend the United Scoring system in person or online training programmes to improve application and judgement of the skills being demonstrated in a competition environment.



Level 1 Appropriate Skills

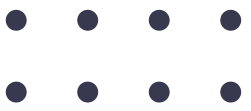
STUNTS



RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS		DISMOUNT
LEVEL SKILLS				
• Release style from ground level (switch up) to lib below prep level • Tic toc below prep level (lib to lib)	• ¼ twisting transition to below prep level • ¼ twisting transition to ground level • ¼ twisting transition from prep level	• 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	• Step down
ADVANCED SKILLS				
• 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.	• ¼ twisting transition at prep level to prep stunt • ¼ 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 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	• ¼ 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

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 1 Appropriate Skills



STANDING TUMBLING

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

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
•CARTWHEEL (CW) •CARTWHEEL - BACKWARD ROLL •HANDSTAND - FORWARD ROLL	•CARTWHEEL - BWO/BWO SWITCH LEG •ROUND OFF (RO) •FRONT WALKOVER (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

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 2 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	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)	• ½ twisting transition to below prep level • ½ twisting transition to prep level • ¼ twisting transition to prep level 1 leg stunt • 1/4 twisting transition to extended stunt	• Prep level 1 leg stunt • Extension • Barrel Roll • Leap frog variations • Walk in prep level press extension 1/2 twisting transition to prone	• Straight cradle from prep level body position
ADVANCED SKILLS				
• Inversion from ground level to prep stunt • Inversion from ground level to prep level 1 leg 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	• ½ twisting transition at prep level to prep level body position • 1/2 twisting transition to prep level 1 leg stunt	• 1/2 twisting tic toc to prep level 1 leg stunt • 1/2 twisting inversion from ground level to prep level 1 leg stunt • 1/2 twisting 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	• ½ twisting transition to extension • ½ twisting transition to prep level body position	• 1/2 twisting inversion from ground level to extension • 1/2 twisting inversion from ground level to prep level body position • 1/2 twisting tic toc at prep level 1 leg stunt to body position	• 1/4 twisting dismount from prep stunt or extension to cradle

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 2 Appropriate Skills



TOSSES

NON TWISTING	TWISTING
•Straight ride toss	

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• BACK HANDSPRING (BHS) • BHS STEP OUT	• BACK WALKOVER (BWO) - BHS • BHS STEP OUT - BWO • BWO - BHS STEP OUT • 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	ADVANCED SKILLS		ELITE SKILLS	
•CARTWHEEL (CW) - BHS ROUND OFF (RO) - BHS	• RO - BHS STEP OUT • CW - BHS STEP OUT	• FRONT HANDSPRING (FHS) • FRONT WALKOVER (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

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 3 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
• Inverted below prep level • Inverted at prep level • Downward inversion from below prep level	• Release to prep level or below • Tic toc below prep level to below prep level (lib to lib) • Tic toc below prep level to prep level (lib to lib)	• 3/4 twisting transition to prep level 1 leg stunt • Full twisting transition below prep level • Full twisting transition to prep level • Full twisting transition to / at prep level lib • 1/4 twisting transition to extended 1 leg stunt	• Suspended forward roll • Full twisting transition from prep level to prone • Extended lib	Assisted or Unassisted: • Walk in / toss hands • Walk in / toss hands press extension • Walk in extension	• Straight cradle from extended 1 leg stunt • 1/4 twisting dismount from extended 1 leg stunt
ADVANCED SKILLS					
• Inversion from waist / prep level to extended 1 leg stunt • Inversion from ground level to extended lib	• Release from ground level (switch up) to prep level lib • Release from waist level (ball up, straddle up, etc.) to prep level lib • Tic toc from prep level lib to extended body position	• Full twisting transition to prep level body position • Full twisting transition at prep level (lib to lib) • 1/2 twisting transition to extended lib • Full twisting transition at prep level to prep level body position	• Full twisting tic toc at prep level (lib to lib) • Full twisting inversion to prep stunt • 1/2 twisting inversion to extended lib • 1/2 twisting suspended forward roll	Assisted: • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in extended 1 leg / 1 arm stunt	
ELITE SKILLS					
• Inversion from ground level to extended body position	• Release from ground level (switch up) to prep level body position • Release from waist level (ball up, straddle up, etc.) to prep level body position	• Full twisting transition at prep level (body position to body position) • Full twisting transition to extension • 1/2 twisting transition to extended body position	• Full twisting tic toc at prep level (lib to body position) • Full twisting inversion from prep level or below to prep level 1 leg stunt • 1/2 twisting inversion from ground level to extended body position • Full twisting suspended forward roll	Unassisted: • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in extended 1 leg / 1 arm stunt	• Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 3 Appropriate Skills



Tosses

NON TWISTING	TWISTING
•Ball arch • Lib• Pike •Kick • Ball-X• Toe touch	• Full twist

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• BHS / BHS STEP OUT - BHS / BHS STEP OUT • ADVANCED JUMP - BHS / BHS STEP OUT BHS / BHS SERIES - ADVANCED JUMP	• BWO - BHS SERIES BHS - BHS STEP OUT - BHS • BHS - BHS - BHS OR MORE • ADVANCED JUMP - BHS SERIES	• BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS	• BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES BHS STEP OUT - BWO - BHS SERIES

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
•RO - TUCK •AERIAL	•PUNCH FRONT (PF) RO - BHS SERIES - TUCK	•FWO - AERIAL •BOUNDER / FLYSPRING - AERIAL •RO - BHS - TUCK	•RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK •FWO - RO - TO - TUCK •BOUNDER / FLYSPRING - RO - TO - TUCK •TUCK• FHS - PF

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 4 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Released inversion to prep level or below - Released inversion at prep level to prep level - Downward inversion from prep level	- Tic toc extended lib to prep level or below (high to low) - Helicopter release moves - Release from prep level to prep level - Release to extension	1 ½ twisting transition to below prep level 1 ½ twisting transition to prep level ¾ twisting transition to extended stunt	Full twisting release to prep level or below	Assisted or Unassisted: - Walk in / toss hands - Walk in / toss hands press extension - Walk in / toss extension	
ADVANCED SKILLS					
- Extended inverted stunt - Released inversion from waist level to extended stunt	- Release from waist or prep level to extended lib - Tic toc extended body position to prep level or below lib (high to low) - Release from ground level (switch up) to extended body position	1 ½ twisting transition to / at prep level lib 1 ½ twisting transition at prep level (lib to body position) - Full twisting transition to extension	- Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib - Full twisting release from ground level (switch up) to prep level lib - Full twisting release at prep level (tic toc) to prep level lib 1 ½ twisting release from ground level (switch up) to prep level lib	Assisted: - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in extended 1 leg / 1 arm stunt - Toss extended 1 leg / 1 arm stunt	Full twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
- Released inversion from prep level or prep level hand in hand to extended stunt - Back handspring up to extended stunt	- Release from waist level to extended body position - Tic toc extended body position to prep level body position (high to low) - Release from prep level to extended body position	1 ½ twisting transition to / at prep level body position 1 ½ twisting transition at prep level (body position to body position) 1 ½ twisting transition to extension - Full twisting transition to extended 1 leg stunt - Full twisting transition at extended level	- Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position - Full twisting release from ground level (switch up) to prep level body position - Full twisting release at prep level (tic toc) to prep level body position 1 ½ twisting release from ground level (switch up) to prep level body position 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib - Full twisting inversion to extended 1 leg stunt	Unassisted: - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in extended 1 leg / 1 arm stunt - Toss extended 1 leg / 1 arm stunt	- Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle - Double twisting dismount from prep stunt / extension to cradle - Kick full twisting dismount

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 4 Appropriate Skills



TOSSES

NON TWISTING	TWISTING
• Ball kick • Pike X • Hitch kick • Switch kick • Double toe touch	• Ball full • Lib full • Pike full • Kick full • Toe touch full • Full up toe touch • Double full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
•ONODI •BACKWARD ROLL - TUCK	•BHS SERIES – TUCK •BACK TUCK •BWO - TUCK •BACK EXTENSION ROLL – TUCK • VALDEZ - TUCK	• BHS / BHS STEP OUT - TUCK • ADVANCED JUMP - BHS SERIES – TUCK • ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
•CARTWHEEL - TUCK •FWO - CW - TUCK •RO - LAYOUT •RO - ONODI •FRONT AERIAL •FRONT AERIAL - RO - TO - TUCK FRONT HANDSPRING - PF	•PF - PF •PF STEP OUT - AERIAL •ROUND OFF - BHS SERIES - LAYOUT •ROUND OFF - ONODI- TO - TUCK •PF STEP OUT - RO - TO - TUCK •AERIAL - BACK TUCK / LAYOUT / LAYOUT STEP OUT •FWO - AERIAL - TUCK •RO - TO - WHIP / TUCK - TO - TUCK •FRONT AERIAL - RO - TO - WHIP - TO - TUCK •FWO - RO - TO - WHIP / TUCK - TO - TUCK •PF STEP OUT – RO - TO - WHIP / TUCK – TO - TUCK FRONT HANDSPRING - PF STEP OUT – RO - TO - TUCK	• FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TUCK • RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT / SWITCH LEG • RO - ONODI - TO - LAYOUT • FWO - RO - TO - LAYOUT • FRONT AERIAL - RO - TO - WHIP - LAYOUT • PF STEP OUT - RO - TO - LAYOUT • RO - TO - WHIP / TUCK - TO - LAYOUT • FWO - RO - TO - WHIP / TUCK - TO - LAYOUT • PF STEP OUT – RO - TO - WHIP / TUCK – TO - LAYOUT • FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP / TUCK - TO - LAYOUT

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 4.2 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
- Released inversion to prep level or below - Released inversion at prep level to prep level - Downward inversion from prep level	- Tic toc extended lib to prep level or below (high to low) - Helicopter release moves - Release from prep level to prep level - Release to extension	1 ½ twisting transition to below prep level 1 ½ twisting transition to prep level ¾ twisting transition to extended stunt	Full twisting release to prep level or below	Assisted or Unassisted: - Walk in / toss hands - Walk in / toss hands press extension - Walk in / toss extension	
ADVANCED SKILLS					
- Extended inverted stunt - Released inversion from waist level to extended stunt	- Release from waist or prep level to extended lib - Tic toc extended body position to prep level or below lib (high to low) - Release from ground level (switch up) to extended body position	1 ½ twisting transition to / at prep level lib 1 ½ twisting transition at prep level (lib to body position) - Full twisting transition to extension	- Full twisting release from waist level (tic toc, ball up or straddle up) to prep level lib - Full twisting release from ground level (switch up) to prep level lib - Full twisting release at prep level (tic toc) to prep level lib 1 ½ twisting release from ground level (switch up) to prep level lib	Assisted: - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in extended 1 leg / 1 arm stunt - Toss extended 1 leg / 1 arm stunt	Full twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
- Released inversion from prep level or prep level hand in hand to extended stunt - Back handspring up to extended stunt	- Release from waist level to extended body position - Tic toc extended body position to prep level body position (high to low) - Release from prep level to extended body position	1 ½ twisting transition to / at prep level body position 1 ½ twisting transition at prep level (body position to body position) 1 ½ twisting transition to extension - Full twisting transition to extended 1 leg stunt - Full twisting transition at extended level	- Full twisting release from waist level (tic toc, ball up or straddle up) to prep level body position - Full twisting release from ground level (switch up) to prep level body position - Full twisting release at prep level (tic toc) to prep level body position 1 ½ twisting release from ground level (switch up) to prep level body position 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib - Full twisting inversion to extended 1 leg stunt	Unassisted: - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in extended 1 leg / 1 arm stunt - Toss extended 1 leg / 1 arm stunt	- Full twisting dismount from prep to cradle or Full twisting dismount from extension to cradle - Double twisting dismount from prep stunt / extension to cradle - Kick full twisting dismount

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 4.2 Appropriate Skills



TOSSES

NON TWISTING	TWISTING
• Ball kick • Pike X • Hitch kick • Switch kick • Double toe touch	• Ball full • Lib full • Pike full • Kick full • Toe touch full • Full up toe touch • Double full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• BACK HANDSPRING (BHS) • BHS STEP OUT	• BACK WALKOVER (BWO) - BHS • BHS STEP OUT - BWO • BWO - BHS STEP OUT • 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	ADVANCED SKILLS		ELITE SKILLS	
• CARTWHEEL (CW) - BHS • ROUND OFF (RO) - BHS	• RO - BHS STEP OUT • CW - BHS STEP OUT	• FRONT HANDSPRING (FHS) • FRONT WALKOVER (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

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 5 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
• Downward inversion from extended stunt • Downward inversion from extended 1 leg stunt	• Tic toc lib to lib (high to high) • Tic toc lib to lib (low to high)	• 1 ¼ twisting transition to extended stunt	• ¼ twisting release from ground level (switch up) to extended 1 leg stunt • Twisting helicopter release moves • 1 ½ - 2 twist to prone • 1/2 twisting release from ground level (switch up) to extended lib	Assisted or Unassisted: • Walk in / toss hands • Walk in / toss hands press extension • Walk in / toss extension	• Double twisting dismount from prep level 1 leg stunt to cradle
ADVANCED SKILLS					
• Released inversion from prep level or prep level hand in hand to extended stunt • Back handspring up to extended stunt	• Tic toc lib to body position (low to high)	• Full twisting transition to extended lib • 1 ½ twisting transition to extension • Double twisting transition to / at prep level stunt	• 1/4 - 3/4 twisting tic toc to extended lib • 1/2 twisting release from ground level (switch up) to extended body position • 1/2 twisting release from waist level (ball up) to extended lib • Full twisting release from ground level (switch up) to extended lib	Assisted: • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in extended 1 leg / 1 arm stunt • Toss extended 1 leg / 1 arm stunt	• Double twisting dismount from extended lib to cradle
ELITE SKILLS					
• Released inversion from prep level or prep level hand in hand to extended lib • Back handspring up to extended lib	• Tic toc lib to body position (high to high) • Tic toc body position to body position (high to high)	• Full twisting transition to extended body position • 1 ½ twisting transition to extended 1 leg stunt • Double twisting transition to extension	• 1/4 - 3/4 twisting tic toc lib to body position (high to high) • 1/2 twisting release from waist level (ball up) to extended body position • Full twisting release from ground level (switch up) to extended body position • Full twisting tic toc to extended lib (low to high) • Full twisting tic toc to extended lib (high to high)	Unassisted: • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in extended 1 leg / 1 arm stunt • Toss extended 1 leg / 1 arm stunt	• Double twisting dismount from extended body position to cradle

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 5 Appropriate Skills



TOSSES

NON TWISTING	TWISTING
Pike hitch kick • Pike kick lib • Pike switch kick • Hitch kick kick	Hitch kick full • Switch kick full • Kick kick full • Pike kick full • Kick full kick

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• TUCK - BHS - TUCK • TUCK - BHS SERIES - TUCK • BHS / BHS SERIES - TUCK - TUCK	• ADVANCED JUMP - FRONT / BACK TUCK • BHS SERIES - WHIP / TUCK - BHS - TUCK • BHS - WHIP / TUCK - BHS - TUCK • ADVANCED JUMP - BHS SERIES - WHIP - BHS - TUCK • ADVANCED JUMP - BHS SERIES - WHIP - TUCK • BHS SERIES - LAYOUT • BHS SERIES - WHIP - TUCK	• BHS - WHIP - TUCK • BHS - LAYOUT • ADVANCED JUMP - BHS / BHS SERIES - LAYOUT • ADVANCED JUMP - BHS - WHIP - TUCK • BHS - WHIP / TUCK - LAYOUT • BHS SERIES - WHIP - LAYOUT / LAYOUT STEP OUT • ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
• BARANI • RO - HALF • RO - FULL	• FHS - BARANI • RO - BHS SERIES - FULL • ROUND OFF - ARABIAN • SIDE AERIAL - TO - FULL • BARANI - TO - LAYOUT	• FRONT FULL • RO - BHS - FULL • FWO - RO - TO - FULL • BARANI - TO - FULL • FRONT AERIAL - TO - FULL • PF STEP OUT - RO - TO - FULL • FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL • RO - TO - WHIP - TO - FULL • FHS - FRONT FULL • PF STEP OUT - RO - TO - WHIP - TO - FULL • FHS - PF STEP OUT - RO - TO - WHIP - TO - FULL • RO - ARABIAN / HALF STEP OUT - TO - LAYOUT/FULL

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 6 Junior Appropriate Skills

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS				
• Downward inversion from extended stunt • Downward inversion from extended 1 leg stunt • Released inversion from prep level to extension	• Tic toc lib to lib (high to high) • Tic toc lib to lib (low to high) • Tic toc lib to body position (low to high)	• Full twisting transition to extended body position • 1 ¼ - 1 ¾ up to extended stunt	• 1 ½ - 2 twist to prone • Twisting helicopter release moves • 1/4 - 3/4 twisting tic toc to extended 1 leg stunt • 1/2 twisting release from ground level (switch up) to extended 1 leg stunt • 1/2 twisting release from waist level (ball up) to extended 1 leg stunt	
ADVANCED SKILLS				
• Released inversion from prep level hand in hand to extended stunt • Released inversion from prep level or above to extended lib	• Tic toc lib to body position (high to high)	• 1 ½ - 1 ¾ twisting transition to / at extended lib	• 1/4 twisting back handspring up to extension • Full twisting tic toc to extended lib (low to high) • Full twisting release from ground level (switch up) to extended lib • 1/4 twisting released inversion from prep level or above to extended 1 leg stunt • 1 ½ twisting release from ground level (switch up) to extended lib	• Double twisting dismount from extended lib to cradle
ELITE SKILLS				
• Released inversion from prep level hand in hand to extended lib • Released inversion from prep level or above to extended body position • Released inversion from extended hand in hand to extension	• Tic toc body position to body position (high to high)	• 1 ½ twisting transition to / at extended body position • 1 ¾ twisting transition to / at extended lib • Double twisting transition to / at extension	• 1/4 twisting back handspring up to extended lib • 1/4 - 3/4 twisting tic toc extended body position to body position (high to high) • 1/2 twisting released inversion to extended stunt • 1/2 twisting front handspring up to extended stunt • Full twisting tic toc to extended body position (low to high) • Full twisting tic toc to extended lib (high to high) • Full twisting release from waist level (ball up) to extended body position • 1 - 1 ½ twisting release ground level (switch up) to extended body position	• Kick double twisting dismount to cradle • Double twisting dismount from extended body position to cradle

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 6 Junior Appropriate Skills

TOSSES

NON TWISTING	TWISTING
•Pike hitch kick• Pike kick lib •Pike switch kick • Hitch kick kick	• Ball double full •Pike double full • Kick double full •Toe touch double full •Double up toe touch• Hitch kick double full •Switch kick double full• Kick full kick full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• TUCK - TUCK • ADVANCED JUMP - BACK TUCK • ADVANCED JUMP - FRONT TUCK - BHS / BHS SERIES - WHIP - LAYOUT	• BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL	• BHS - FULL • ADVANCED JUMP - BHS / BHS SERIES - FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP - FULL • BHS SERIES - DOUBLE FULL	• BHS/BHS SERIES - WHIP - TO - FULL • ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS / BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS		
• CARTWHEEL - FULL • RO - FULL • RO - BHS / BHS SERIES - FULL - SIDE AERIAL - FULL	• FRONT FULL • FWO - TO - FULL • BARANI - TO - FULL • FRONT AERIAL - FULL - RO - TO - ONODI - TO - FULL	• BOUNDER/FLYSPRING - TO - FULL • 1.5 TWISTING FRONT LAYOUT • ROUND OFF - TO - WHIP - TO - FULL • RO - WHIP - FULL • RO - BHS - KICK FULL / FULL STEP OUT • PF STEP OUT - TO - FULL • FHS - FRONT FULL • FHS - PF - RO - TO - FULL - RO - ARABIAN / HALF STEP OUT - RO - TO - FULL	• RO - BHS - FULL - TO - FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - FULL • RO - DOUBLE FULL • RO - TO - DOUBLE FULL • FRONT WALKOVER - TO - DOUBLE FULL • PF STEP OUT - TO - DOUBLE FULL • RO - TO - WHIP - TO - DOUBLE FULL - RO - WHIP - DOUBLE FULL	• RO - ARABIAN - TO - DOUBLE FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL - PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 6 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
• Downward inversion from extended stunt • Downward inversion from extended 1 leg stunt • Released inversion from prep level or above to extension • Released inversion from prep level or above to extended lib • Rewind to waist level stunt (L6)	• Tic toc lib to lib (high to high) • Tic toc lib to lib (low to high) • Tic toc lib to body position (low to high)	• Full twisting transition to extended body position • 1 ¼ - 1 ¾ twisting transition to extension	• 1 ½ - 2 twist to prone • Twisting helicopter release moves • 1/4 - 3/4 twisting tic toc to extended 1 leg stunt • 1/2 twisting release from ground level (switch up) to extended 1 leg stunt • 1/2 twisting release from waist level (ball up) to extended 1 leg stunt • 1/4 - 1/2 twisting back handspring up to prep stunt (L6)	Assisted or Unassisted: • Walk in / toss extension • Walk in / toss hands press extended 1 leg stunt • Walk in / toss extended 1 leg stunt	• Double twisting dismount from extended lib to cradle
ADVANCED SKILLS					
• Rewind to prep stunt (L6) • Released inversion from prep level hand in hand to extended 1 leg stunt	• Tic toc lib to body position (high to high)	• 1 ½ twisting transition to / at extended lib • 1 ¾ twisting transition to / at extended lib (L6) • Double twisting transition to / at extension • 2 ¼ twisting transition to / at extension (L6)	• Full twisting tic toc to extended lib (low to high) • Full twisting release from ground level (switch up) to extended lib • 1/4 twisting back handspring up to body position (L6) • 1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt (L6) • 1 ½ twisting release from ground level (switch up) to extended lib	Assisted: • Toss extended 1 leg stunt • Toss extended 1 arm stunt • Toss full up to extended stunt • Rewind to prep stunt (L6)	• Double twisting dismount from extended body position to cradle

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 6 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
ELITE SKILLS					
- Released inversion from prep level hand in hand to extended body position - Released inversion from extended hand in hand to extension - Rewind to extended stunt (L6)	Tic toc body position to body position (high to high)	1 ½ twisting transition to / at extended body position 1 ¾ twisting transition to / at extended body position (L6) - Double twisting transition to / at extended 1 leg stunt (L6)	- Full twisting tic toc to extended lib (high to high) 1/2 twisting back handspring up to extended stunt (L6) 1/2 twisting released inversion from prep level or above to extended body position (L6) 1/2 twisting front handspring up to extended stunt (L6) 1 – 1 ½ twisting release from ground level (switch up) to extended body position 1/4 - 3/4 twisting tic toc extended body position to body position (high to high) - Full twisting release from waist level (ball up) to extended body position - Full twisting tic toc to extended body position (low to high)	Unassisted: - Toss extended 1 leg stunt - Toss extended 1 arm stunt - Toss full up to extended stunt The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position Unassisted: - Rewind to extended stunt (L6) - Front handspring 1/2 up to extended stunt (L6) - Extended hand in hand to extended stunt	- Full kick full twisting dismount to cradle (L6) - Kick double twisting dismount to cradle (L6)

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

TOSSES

NON TWISTING	TWISTING
- Pike hitch kick - Pike kick lib - Pike switch kick - Hitch kick kick	- Ball double full (L6) - Pike double full (L6) - Kick double full (L6) - Toe touch double full (L6) - Double up toe touch (L6) - Hitch kick double full (L6) - Switch kick double full (L6) - Kick full kick full (L6)

Level 6 Appropriate Skills



STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• ADVANCED JUMP BACK TUCK	• BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL	• BHS - FULL • ADVANCED JUMP - BHS - FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP - FULL • BHS SERIES - DOUBLE FULL	• ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• CARTWHEEL - FULL • RO - FULL • RO - BHS / BHS SERIES - FULL • FWO - TO - FULL • SIDE AERIAL / FRONT AERIAL - FULL • RO - TO - ONODI - TO - FULL • FRONT FULL	• RO - BHS - KICK FULL / FULL STEP OUT • PF STEP OUT- TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT	• RO - ARABIAN/HALF STEP OUT - RO - TO - FULL • RO - TO - WHIP - TO - DOUBLE FULL • FRONT HANDSPRING - FRONT FULL • RO - WHIP - DOUBLE FULL • FRONT HANDSPRING - PF - RO - TO - FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - BHS - FULL - TO - FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT- TO - FULL	• RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • 1.5 TWISTING FRONT LAYOUT - TO - FULL / DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • RO - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • FWO - TO - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL • PF STEP OUT - TO - DOUBLE FULL

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 7 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
• Free flipping from ground level to cradle (L7) • Free Flipping from ground level to prep level (L7) (excluding rewind) • Free Flipping from ground level to extension (L7) (excluding rewind) • Released inversion from prep level or above to extension • Released inversion from prep level or above to lib • 1 ¼ flipping rewind (L7) Rewind to prep stunt	• Tic toc lib to lib (high to high) • Tic toc lib to lib (low to high) • Tic toc lib to body position (low to high)	• 1 ¼ - 1 ¾ twisting transition to extension • Double twisting transition to extension	• 1 ½ - 2 twist to prone • Twisting helicopter release moves • 1/2 twisting front handspring up to extension • 1/4 - 3/4 twisting tic toc to extended 1 leg stunt • 1/2 twisting release from ground level (switch up) to extended 1 leg stunt • Free flipping with twisting from ground level to cradle (L7) • 1/2 twisting release from waist level (ball up) to extended 1 leg stunt	Assisted or Unassisted: • Walk in / toss extension • Walk in / toss hands press extended 1 leg stunt • Walk in / toss extended 1 leg stunt	• Front free flipping dismount to ground level (L7) • Free flipping dismount from prep level or below to cradle (L7) • Double twisting dismount from extended 1 leg stunt to cradle
ADVANCED SKILLS					
• Back handspring rewind to prep stunt (L7) • Cartwheel / round off rewind to prep stunt (L7) • Rewind to extension • Free flipping from ground level to extension (L7) (excluding rewind)	• Tic toc lib to body position (high to high)	• 1 ½ twisting transition to / at extended lib • 1 ¾ twisting transition to / at extended lib • Double twisting transition to / at extension • 2 ¼ twisting transition to / at extension	• Full twisting tic toc to extended lib (low to high) • Full twisting release from ground level (switch up) to extended lib • 1/4 twisting back handspring up to body position • 1/4 - 1/2 twisting released inversion from prep level or above to extended 1 leg stunt • 1 ½ twisting release from ground level (switch up) to extended 1 leg stunt • Free flipping with twisting from ground level to prep level (L7) • 1/4 - 1 ¼ twisting rewind to prep level stunt (L7) • Full twisting back handspring up to prep level stunt (L7)	Assisted: • Toss extended 1 leg stunt • Toss extended 1 arm stunt • Toss full up to extended stunt Unassisted: • Toss extended 1 arm stunt	

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

Level 7 Appropriate Skills

STUNTS



INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
ELITE SKILLS					
- Released prep level hand in hand to extended body position - Released inversion from extended hand in hand to extension - Rewind to extended 1 leg stunt - Back handspring rewind to extended stunt (L7) - Cartwheel / round off rewind to extended stunt (L7) - Free flipping from ground level to extended 1 leg stunt (L7) (excluding rewind)	Tic toc body position to body position (high to high)	1 ½ twisting transition to / at extended body position 1 ¾ twisting transition to / at extended body position - Double twisting transition to / at extended 1 leg stunt	- Full twisting tic toc to extended lib (high to high) - Full twisting back handspring up to extended stunt (L7) 1/2 twisting released inversion from prep level or above to extended body position 1 ½ twisting front handspring up to extended stunt (L7) 1 – 1 ½ twisting release from ground level (switch up) to extended body position 1/4 - 3/4 twisting tic toc extended body position to body position (high to high) - Full twisting release from waist level (ball up) to extended body position - Full twisting tic toc to extended body position (low to high) - Free flipping with twisting from ground level to extended stunt (L7) 1/4 - 1 ¼ twisting rewind to extended stunt (L7)	Unassisted: - Toss full up to extended stunt The following skills will receive Coed Style credit as long as the skill is Unassisted from initiation to the dismount to the performance surface or a cradle position Unassisted: - Rewind to extended stunt - Front handspring 1/2 up to extended stunt - Back handspring full up to extended stunt (L7) - Extended hand in hand to extended stunt	- Full kick full twisting dismount to cradle - Kick double twisting dismount to cradle - Free flipping with 1/2 twist dismount from prep level to cradle (L7)

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

TOSSES

NON TWISTING	TWISTING
- Tuck - X-out - Pike - Layout - Kick Triple Full (Non-Flipping)	- Layout full - Layout double full - X-out full - Split full - Arabian 1 ½ - Pike open double full

Level 7 Appropriate Skills



STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• ADVANCED JUMP BACK TUCK	• BHS SERIES - FULL • ADVANCED JUMP - BHS SERIES - FULL • BHS - WHIP - BHS SERIES - FULL • BHS SERIES - WHIP - FULL • BHS - WHIP - TO - FULL	• BHS - FULL • ADVANCED JUMP - BHS - FULL • STANDING FULL • ADVANCED JUMP - FULL • BHS - WHIP - FULL • ADVANCED JUMP - BHS - WHIP - FULL • BHS SERIES - DOUBLE FULL	• ADVANCED JUMP - BHS SERIES - DOUBLE FULL • BHS - WHIP - BHS SERIES - DOUBLE FULL • BHS SERIES - WHIP - DOUBLE FULL • BHS - WHIP - DOUBLE FULL • ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL • BHS SERIES - FULL / DOUBLE FULL - WHIP - FULL / DOUBLE FULL

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS	
• CARTWHEEL - FULL • RO - FULL • RO - BHS / BHS SERIES - FULL • FWO - TO - FULL • SIDE AERIAL / FRONT AERIAL - FULL • RO - TO - ONODI - TO - FULL • FRONT FULL	• RO - BHS - KICK FULL / FULL STEP OUT • PF STEP OUT- TO - FULL • RO - WHIP - FULL • RO - TO - WHIP - TO - FULL • 1.5 TWISTING FRONT LAYOUT	• RO - ARABIAN/HALF STEP OUT - RO - TO - FULL • RO - TO - WHIP - TO - DOUBLE FULL • FRONT HANDSPRING - FRONT FULL • RO - WHIP - DOUBLE FULL • FRONT HANDSPRING - PF - RO - TO - FULL • RO - ARABIAN - TO - DOUBLE FULL • RO - BHS - FULL - TO - FULL • RO - TO - FULL - TO - DOUBLE FULL • RO - TO - FULL - FULL • RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL • RO - TO - 1.5 STEP OUT- TO - FULL	• RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL • 1.5 TWISTING FRONT LAYOUT - TO - FULL / DOUBLE FULL • RO - TO - FULL - TO - WHIP - DOUBLE FULL • RO - DOUBLE FULL • PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL • RO - TO - DOUBLE FULL • RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL • FWO - TO - DOUBLE FULL • PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL • PF STEP OUT - TO - DOUBLE FULL

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.