

2022 - 2023 RECREATION SCORING SYSTEM - LEVEL 1

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
LEVEL APPROPRIATE				
	<ul style="list-style-type: none"> 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 DOWN 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 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND 	<ul style="list-style-type: none"> STEP DOWN
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC LIB TO BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL 	<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) 	<ul style="list-style-type: none"> STRAIGHT CRADLE PRONE
ELITE LEVEL APPROPRIATE				
	<ul style="list-style-type: none"> PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH BRACER 0-1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION WITH BRACER FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION) 1/4 TWISTING SWITCH UP, RELEASE FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT WITH BRACER 	

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 Cartwheel (CW) 	<ul style="list-style-type: none"> Handstand Forward Roll Back Extension Roll Front Walkover (FWO) Back Walkover (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> Back Walkover Series Back Walkover Switch Leg 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

2022 - 2023 RECREATION SCORING SYSTEM - LEVEL 2

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	DISMOUNT STYLE
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> TIC TOC PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1/2 TWISTING TRANSITION TO PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS WALK IN PREP LEVEL PRESS EXTENSION 	<ul style="list-style-type: none"> 1/2 TWISTING TRANSITION TO PRONE STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> TIC TOC 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 	<ul style="list-style-type: none"> 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 1/2 TWISTING TRANSITION FROM EXTENDED STUNT TO CRADLE POSITION
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC 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 	<ul style="list-style-type: none"> 1/2 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> 1/2 TWISTING INVERSION TO EXTENDED STUNT 1/2 TWISTING INVERSION TO PREP LEVEL BODY POSITION 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	

TOSSES

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Back Handspring (BHS) Back Handspring Step Out 	<ul style="list-style-type: none"> Back Extension Roll - BHS Back Walkover - BHS Back Walkover - BHS Step Out 	<ul style="list-style-type: none"> BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez - BHS Valdez - BHS Step Out

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> Cartwheel - BHS/BHS Step Out Round Off (RO) - BHS 	<ul style="list-style-type: none"> Round Off (RO) - BHS Step Out CW - BHS Series RO - BHS Series Front Handspring (FHS) FWO - FHS 	<ul style="list-style-type: none"> Series Front Handsprings Bouncer/Flyspring FWO - RO - BHS/BHS Series CW - BHS Step Out - BWO - BHS/BHS Series RO - BHS Step Out - BWO - BHS/BHS Series

2022 - 2023 RECREATION SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • 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 TO 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • SUSPENDED FRONT FLIP • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION 	<ul style="list-style-type: none"> • 1/2 TWISTING SUSPENDED FORWARD ROLL • FULL DOWN FROM PREP • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION TO EXTENDED LIB 	<ul style="list-style-type: none"> • 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 PREP LEVEL LIB TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO EXTENDED LIB 	<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO PREP • 1/2 TWISTING INVERSION TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • FULL DOWN FROM EXTENSION
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERSION TO PREP LEVEL LIB OR BODY POSITION • 1/2 TWISTING INVERSION TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • FULL TWISTING SUSPENDED FORWARD ROLL

TOSSES

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BHS/BHS Step Out - BHS/BHS Step Out • Jump - BHS/BHS Step Out • BHS/BHS Series - Jump 	<ul style="list-style-type: none"> • BWO - BHS Series • BHS - BHS - BHS or more • Jump - BHS Series 	<ul style="list-style-type: none"> • BHS/BHS Series - Jump - BHS/BHS Series • Jump - BHS - Jump - BHS • BHS Step Out - BHS Series • BHS Step Out - BWO - BHS Series • BWO - BHS - Jump - BHS/BHS Series

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Round Off - Tuck • Aerial 	<ul style="list-style-type: none"> • Punch Front • Round Off - BHS - Tuck • Round Off - BHS Series - Tuck 	<ul style="list-style-type: none"> • FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - to - Tuck • FWO - RO - to - Tuck • Bounder/Flyspring - RO - to - Tuck

2022 - 2023 RECREATION SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • RELEASED INVERSION TO PREP LEVEL OR BELOW • RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL • DOWNWARD INVERSION FROM PREP LEVEL 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO LOW) • HELICOPTER RELEASE MOVES • RELEASE FROM PREP LEVEL TO PREP LEVEL • RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT • RELEASE TO EXTENDED STUNT 	<ul style="list-style-type: none"> • 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1 1/2 TWISTING TRANSITION TO PREP LEVEL • 3/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FULL TWISTING RELEASE TO PREP LEVEL OR BELOW 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN/TOSS EXTENSION 	<ul style="list-style-type: none"> • DOUBLE DOWN FROM PREP LEVEL • FULL DOWN FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> • RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) 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 	<ul style="list-style-type: none"> • 1 1/2 TWISTING TRANSITION TO PREP LEVEL LIB • 1 1/2 TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • FULL TWISTING TRANSITION TO EXTENDED 2 LEG STUNT 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC RELEASED FROM WAIST LEVEL TO PREP LEVEL LIB • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB 	<p>ASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT • TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT • BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> • RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO EXTENDED BODY POSITION • TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) 	<ul style="list-style-type: none"> • 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION • 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING TRANSITION TO EXTENDED LIB • FULL TWISTING TRANSITION AT EXTENDED LEVEL 	<ul style="list-style-type: none"> • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION • 1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB • FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION • FULL TWISTING INVERSION TO EXTENDED STUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT • TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	<ul style="list-style-type: none"> • DOUBLE DOWN FROM EXTENDED STUNT • KICK FULL TWISTING DISMOUNT

TOSSES

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Back Tuck • BWR - Tuck 	<ul style="list-style-type: none"> • BHS Series - Tuck • Onodi • BWO - Tuck • Back Extension Roll - Tuck 	<ul style="list-style-type: none"> • BHS/BHS step out - Tuck • Jump - BHS Series - Tuck • Jump - BHS - Tuck

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • Cartwheel - Tuck • FWO - CW - Tuck • Round off - Layout • Round off - Onodi • Front Aerial • Front Aerial - RO - to - Tuck 	<ul style="list-style-type: none"> • PF step out - Aerial • Round off - BHS - Layout/Layout step out/X-Out/Switch Leg • Round off - Onodi - to - Whip/Layout • PF step out - RO - to - Tuck • Front Walkover - RO - to - Whip/Layout • Aerial - Back Tuck/Layout/Layout step out • FWO - Aerial - Tuck 	<ul style="list-style-type: none"> • Front Aerial - RO - to - Whip - Tuck/Layout • Front Handspring/Punch Front - Punch Front • PF step out - RO - to - Layout • Round off - to - Whip/Tuck - to - Tuck/Whip/Layout • FWO - Round off - to - Whip/Tuck - to - Tuck/Whip/Layout • PF step out - RO - to - Whip/Tuck - to - Tuck/Whip/Layout • Front Handspring - PF step out - RO - to - Tuck/Whip/Layout • Front Handspring - PF step out - RO - to - Whip/Tuck - to - Tuck/Whip/Layout