



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 1

Version: 7.27.2022

## STUNTS

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

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>Forward Roll</li> <li>Straddle Roll</li> <li>Pushup to Backbend</li> <li>Backward Roll (BWR)</li> <li>Handstand</li> <li>Backbend Kick Over</li> <li>Standing Backbend</li> <li>Front Limber/Back Limber</li> <li>Cartwheel (CW)</li> </ul>	<ul style="list-style-type: none"> <li>Handstand Forward Roll</li> <li>Back Extension Roll</li> <li>Front Walkover (FWO)</li> <li>Back Walkover (BWO)</li> <li>BWO - BWR - BWO</li> </ul>	<ul style="list-style-type: none"> <li>Back Walkover Series</li> <li>Back Walkover Switch Leg</li> <li>Back Extension Roll - BWO/BWO Series</li> <li>Valdez</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>Cartwheel (CW)</li> <li>Cartwheel - Backward Roll</li> </ul>	<ul style="list-style-type: none"> <li>Round Off (RO)</li> <li>Front Walkover (FWO)/ FWO Series</li> <li>Cartwheel - BWO</li> </ul>	<ul style="list-style-type: none"> <li>Cartwheel - BWO Series</li> <li>FWO - Cartwheel/Round Off</li> <li>FWO - CW - BWO/BWO Series</li> <li>FWO - CW - BWO Switch Leg</li> </ul>



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 2

Version: 7.27.2022

## STUNTS

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

## TOSES

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## STANDING TUMBLING

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

## RUNNING TUMBLING

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



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 3

Version: 7.27.2022

## STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION SKILLS	COED STYLE	DISMOUNT STYLE
<b>LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li>• FULL TWISTING TRANSITION BELOW PREP LEVEL</li> <li>• FULL TWISTING TRANSITION TO PREP LEVEL</li> <li>• FULL TWISTING TRANSITION TO/AT PREP LEVEL TO 1 LEG STUNT</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• SUSPENDED FRONT FLIP</li> <li>• FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE</li> <li>• EXTENDED LIB</li> </ul>	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING SUSPENDED FORWARD ROLL</li> <li>• FULL DOWN FROM PREP</li> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> </ul>
<b>ADVANCED LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED LIB</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB</li> <li>• RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB</li> <li>• TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB)</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED LIB</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING INVERSION TO PREP</li> <li>• 1/2 TWISTING INVERSION TO EXTENDED LIB</li> </ul>	ASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL DOWN FROM EXTENSION</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>					
<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION</li> <li>• RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> <li>• FULL TWISTING INVERSION TO PREP LEVEL LIB</li> <li>• 1/2 TWISTING INVERSION TO EXTENDED BODY POSITION</li> </ul>	UNASSISTED: <ul style="list-style-type: none"> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING SUSPENDED FORWARD ROLL</li> </ul>

## TOSES

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

## RUNNING TUMBLING

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



# 2022 - 2023 UNITED SCORING SYSTEM - LEVEL 4

## STUNTS

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

## 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"> <li>Back Tuck</li> <li>BWR - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>BHS Series - Tuck</li> <li>Onodi</li> <li>BWO - Tuck</li> <li>Back Extension Roll - Tuck</li> </ul>	<ul style="list-style-type: none"> <li>BHS/BHS step out - Tuck</li> <li>Jump - BHS Series - Tuck</li> <li>Jump - BHS - Tuck</li> </ul>

## RUNNING TUMBLING

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