



# 2022 - 2023 SCORING GUIDE - 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 OR ABOVE (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>