



STUNT SCORING GUIDELINE *Skill list is NOT all inclusive and NOT comparable across different styles. *Skills are listed least difficult at the top to most difficult at the bottom.



INVERSIONS	RELEASES	TWISTING	COED STYLE
Inversions below prep level	Release moves to below prep	Twisting transitions to side/prone/cradle	Walk in/toss chair
Below prep level inversions out of stunts (yo-yo, back walkover, etc.)	Release moves to prep (Load, Switch Up, Quick Toss)	1/4 -1/2 up to prep	Walk-in hands
Inverted dismounts	Load release to extended	1/4-1/2 up to extended	Toss hands
Suspended Rolls	Switch Up release to extended	Vertical full twisting transitions down	Press extended
Ground inversion to prep level	Quick toss to extended	Full Up variations to stunt (cross leg, bases moving)	Walk-in/toss Extended
Released inversions to below prep level	Stunt to stunt release moves	Full Up to prep	Press to extended single leg
Prep level inversions	Stunt Tick Tock release moves (High to Low, Low to High. High to High)	Full Up to extended	Walk-in to extended single leg
Ground released inversions to prep (Ex: Roll, Roundoff, BHS entries)	Stunt Tick Tock release moves to body positions	Prep full around to stunt	3/4 to full twisting entries and transitions
Ground inversions to extended	Up to 1/2 twisting release moves to stunt (Load, Switch Up, Quick Toss)	1 1/2 up to stunt	Toss to single leg extended
Twisting ground inversions to extended (1/2 Twisting or more)	Full twisting release moves to stunt (Load, Switch Up, Quick Toss)	Extended full around to stunt	Walk-in to extended single arm variations
Prep level inversions release to extended	Full twisting release moves to body position	Prep 1 1/2 around to extended	Tick Tock Low to High
Ground inversions released to extended (Ex: Roll, Roundoff, BHS entries)	Full twisting Tick Tock stunt to stunt (High to Low, Low to High)	Double up to extended	1/2 twist released stunt/transition
Prep level Hand in Hand inversions release to extended		Extended full around single leg (lib-to-lib)	Tick Tock High to High
Elite entries to Hand to Hand stunt release to stunt (Ex: Diamadov)		Prep double around to extended	Toss to extended single arm variations
Cartwheel/forward momentum entry ground inversions released to stunt		Double Dragon prep to extended	Toss Full Up to stunt
Hand in Hand inversions forward release to stunt		Extended full around more than 1 twist and/or including BP	Hand In Hand release to extended
Inversions released with up to 1/2 twist to extended		Double Dragon all extended	Full twist released stunt/transition
Inversions released with full twist to extended			Ground released inversion to extended
			Twisting released inversions to extended
*Entries into skills listed in order is consistent when adding in factors such as landing prep, extended, single leg, body position, or adding twisting.	*Load entry starting two feet in bases' hands. Switch up starts one foot in load and one foot on the ground and switches standing legs on the way up. Quick Toss starts both feet on the ground.	*This skill list is not all inclusive. Additional skills performed in various styles may fall between listed skills	*A coed style skill Assisted would always come before Unassisted. *Skills listed as multi-base styles would come before the single based version of the same skill.
			Updated August 29,2024