

2024-2025 UK SCORING - TUMBLING EXAMPLES

LEVEL 1 - STANDING ADVANCED	LEVEL 1 - RUNNING ADVANCED
<ul style="list-style-type: none"> • BWO • BWO - BWR - BWO • BACK EXTENSION ROLL • 1-STEP CW/1-STEP FWO • 1-STEP FWO • 1-STEP CW - BWO • HANDSTAND - FORWARD ROLL - CARTWHEEL 	<ul style="list-style-type: none"> • CARTWHEEL - BWO/BWO SWITCH LEG • ROUND OFF (RO) • FRONT WALKOVER (FW) / FWO SERIES
LEVEL 1 - STANDING ELITE	LEVEL 1 - RUNNING ELITE
<ul style="list-style-type: none"> • BWO SERIES • BWO SWITCH LEG • BACK EXTENSION ROLL - BWO/BWO SERIES • VALDEZ • 1-STEP FWO SERIES • 1-STEP CW - BWO SERIES 	<ul style="list-style-type: none"> • CARTWHEEL - BWO SERIES • FWO - CARTWHEEL / ROUND OFF • FWO - CW - BWO/BWO SERIES • FWO - CW - BWO SWITCH LEG • HANDSTAND FORWARD ROLL CARTWHEEL BWO/BWO SERIES
LEVEL 2 - STANDING ADVANCED	LEVEL 2 - RUNNING ADVANCED
<ul style="list-style-type: none"> • BACK WALKOVER (BWO) - BHS • BHS STEP OUT - BWO • BWO - BHS STEP OUT • VALDEZ - BWO - BHS • DIVE ROLL • 1-STEP CW - BHS 	<ul style="list-style-type: none"> • RO - BHS STEP OUT • FRONT HANDSPRING (FHS) • CW - BHS STEP OUT • FRONT WALKOVER (FWO) - FHS
LEVEL 2 - STANDING ELITE	LEVEL 2 - RUNNING ELITE
<ul style="list-style-type: none"> • BWO - BHS STEP OUT - BWO • VALDEZ - BHS / BHS STEP OUT • BWO SWITCH LEG - BHS • BACK EXTENSION ROLL - BHS / BHS STEP OUT • BHS STEP OUT - BWO - BHS • 1-STEP FWO - CW - BHS • 1-STEP FRONT WALKOVER (FWO) - FHS • 1-STEP FRONT HAND SPRING 	<ul style="list-style-type: none"> • FHS SERIES • BOUNDER / FLYSPRING • CW - BHS SERIES • RO - BHS SERIES • FWO - RO - BHS / BHS SERIES • CW - BHS STEP OUT - BWO - BHS / BHS SERIES • FWO - CW - BHS Series • 2+ STEP FHS - RO - BHS SERIES
LEVEL 3 - STANDING ADVANCED	LEVEL 3 - RUNNING ADVANCED
<ul style="list-style-type: none"> • BWO - BHS SERIES • BHS - BHS STEP OUT - BHS • BHS - BHS - BHS OR MORE • ADVANCED JUMP - BHS SERIES 	<ul style="list-style-type: none"> • PUNCH FRONT (PF) • RO - BHS SERIES - TUCK • 3/4 FRONT • 2+ STEP AERIAL CARTWHEEL
LEVEL 3 - STANDING ELITE	LEVEL 3 - RUNNING ELITE
<ul style="list-style-type: none"> • BHS / BHS SERIES - ADVANCED JUMP - BHS / BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS / BHS SERIES • 1-STEP AERIAL CARTWHEEL 	<ul style="list-style-type: none"> • FWO - AERIAL • BOUNDER / FLYSPRING - AERIAL • RO - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO -TO - TUCK • FHS - PF • FWO - RO - TO - TUCK • BOUNDER / FLYSPRING - RO - TO - TUCK • 2+ STEP FHS - RO - TO - TUCK
LEVEL 4 - STANDING ADVANCED	LEVEL 4 - RUNNING ADVANCED
<ul style="list-style-type: none"> • BHS - TUCK / BHS SERIES - TUCK • 1-STEP CW TUCK • 1-STEP CW -- TO - TUCK • 1-STEP FWO - RO - TO - TUCK 	<ul style="list-style-type: none"> • 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
LEVEL 4 - STANDING ELITE	LEVEL 4 - RUNNING ELITE
<ul style="list-style-type: none"> • BWO - TUCK • VALDEZ - TUCK • BACK EXTENSION ROLL - TUCK • BHS / BHS STEP OUT - TUCK • ADVANCED JUMP - BHS - TUCK • ADVANCED JUMP - BHS SERIES - TUCK • ONODI • FRONT TUCK • BACK TUCK • 1-STEP CW - BHS - LO / 1-STEP SERIES BHS LO • 1-STEP FWO - RO - TO - LO 	<ul style="list-style-type: none"> • 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
LEVEL 5 - STANDING ADVANCED	LEVEL 5 - RUNNING ADVANCED
<ul style="list-style-type: none"> • 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 • ONODI STEP OUT BHS / BHS SERIES / BHS - TUCK 	<ul style="list-style-type: none"> • FHS - BARANI • RO - BHS SERIES - FULL • ROUND OFF - ARABIAN • SIDE AERIAL / FRONT AERIAL - TO - FULL • BARANI - TO - LAYOUT
LEVEL 5 - STANDING ELITE	LEVEL 5 - RUNNING ELITE
<ul style="list-style-type: none"> • BHS - WHIP - TUCK • BHS - LAYOUT • ADVANCED JUMP - BHS / BHS SERIES - LAYOUT • ADVANCED JUMP - BHS - WHIP - TUCK • BHS - WHIP / TUCK - TO - LAYOUT • BHS / BHS SERIES - WHIP - TO - LAYOUT / LAYOUT STEP OUT • ADVANCED JUMP - BHS / BHS SERIES - WHIP - TO - LAYOUT 	<ul style="list-style-type: none"> • FRONT FULL • RO - BHS - FULL • FWO - RO - TO - FULL • BARANI - 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