



Recreation Cheer
Level Appropriate Grids
2023-2024



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 1

STUNTS

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

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 	<ul style="list-style-type: none"> HANDSTAND FORWARD ROLL BACK WALKOVER (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> BACK WALKOVER SERIES BACK WALKOVER SWITCH LEG BACK EXTENSION ROLL 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



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 2

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
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 AT 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 • 1/2 TWISTING TRANSITION TO PRONE 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC AT 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 AT PREP LEVEL 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 • 1/2 TWISTING TRANSITION FROM EXTENSION TO CRADLE POSITION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENSION • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • TIC TOC AT 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 EXTENSION • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENSION • 1/2 TWISTING INVERSION TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	<ul style="list-style-type: none"> • 1/4 TWISTING DISMOUNT FROM PREP STUNT OR EXTENSION TO CRADLE POSITION

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • 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 WALKOVER - BHS • BACK WALKOVER - BHS STEP OUT • BHS STEP-OUT - BACK WALKOVER 	<ul style="list-style-type: none"> • BWO - BHS STEP OUT - BWO • BWO SWITCH LEG - BHS • BHS STEP OUT - BWO - BHS • VALDEZ - BHS/BHS STEP OUT • BACK EXTENSION ROLL - BHS/BHS STEP OUT

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - BHS • ROUND OFF (RO) - BHS 	<ul style="list-style-type: none"> • ROUND OFF (RO) - BHS STEP OUT • CW - BHS STEP OUT • FRONT HANDSPRING (FHS) • FWO - FHS 	<ul style="list-style-type: none"> • SERIES FRONT HANDSPRINGS • BOUNDER/FLYSPRING • CW - BHS SERIES • RO - BHS SERIES • FWO - RO - BHS/BHS SERIES • CW - BHS STEP OUT - BWO - BHS/BHS SERIES • RO - BHS STEP OUT - BWO - BHS/BHS SERIES



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 3

STUNTS

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

TOSESSES

NON - TWISTING	TWISTING
BALL ARCH • LIB 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 SERIES - TUCK 	<ul style="list-style-type: none"> • FWO - AERIAL • FLYSPRING - AERIAL • ROUND OFF - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER/FLYSPRING - RO - TO - TUCK • FRONT HANDSPRING (FHS) - FRONT TUCK



2023 - 2024 UNITED SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
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 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 	ASSISTED OR UNASSISTED: <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"> PANCAKE
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL 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/AT PREP LEVEL LIB FULL TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> FULL TWISTING RELEASE 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 	ASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG 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 OR PREP LEVEL 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/AT PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) 1 1/2 TWISTING TRANSITION TO EXTENSION FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 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 	UNASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP STUNT/EXTENSION KICK FULL TWISTING DISMOUNT

TOSES

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • LIB 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 BACKWARD ROLL - TUCK 	<ul style="list-style-type: none"> BHS SERIES - TUCK ONODI BWO - TUCK 	<ul style="list-style-type: none"> BACK EXTENSION ROLL - TUCK VALDEZ - 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 SERIES - LAYOUT PF STEP OUT - RO - TO - TUCK AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT FWO - AERIAL - TUCK ROUND OFF - TO - WHIP/TUCK - TO - TUCK FRONT AERIAL - RO - TO - WHIP - TO - TUCK FWO - ROUND OFF - TO - WHIP/TUCK - TO - TUCK PF STEP OUT - RO - TO - WHIP/TUCK T - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK 	<ul style="list-style-type: none"> ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG ROUND OFF - ONODI - TO - LAYOUT FRONT WALKOVER - RO - TO - LAYOUT FRONT AERIAL - RO - TO - WHIP - LAYOUT PF STEP OUT - RO - TO - LAYOUT ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT FWO - ROUND OFF - 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