

2024 - 2025 THE ONE FINALS SCORING SYSTEM - LEVEL 1

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS			
<ul style="list-style-type: none"> • Release style from ground level (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 twisting transition 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 	<ul style="list-style-type: none"> • Extended flat back • Prep level 1 leg stunt with bracer • Shoulder sit • Chair • Shoulder stand • Prone
ADVANCED SKILLS			
<ul style="list-style-type: none"> • Release style from ground level (switch up) to body position below prep level • Tic toc below prep level (lib to body position) • Tic toc at prep level (lib to body position) with bracer • Release style from waist level to prep level lib with bracer 	<ul style="list-style-type: none"> • 1/4 twisting transition at prep level to prep stunt • 1/4 twisting transition from below prep to prep level lib with bracer 	<ul style="list-style-type: none"> • 1/4 twisting tic toc at prep level (lib to lib) with bracer • 1/4 twisting tic toc below prep level (lib to body position) • Transition from below prep level to prep level body position stunt with bracer 	
ELITE SKILLS			
<ul style="list-style-type: none"> • Release style from ground level (switch up) to prep level body position with bracer • Tic toc below prep level (body position to body position) • Tic toc at prep level (body position to 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 from below prep level to prep level body position with bracer 	<ul style="list-style-type: none"> • 1/4 twisting tic toc at prep level (body position to body position) with bracer • 1/4 twisting release from ground level (switch up) to prep level lib with bracer • 1/4 twisting release from waist level to prep level lib with bracer • 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 SKILLS	ADVANCED SKILLS	ELITE SKILLS
<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"> • Back walkover (BWO) • BWO - BWR - BWO • Back extension roll 	<ul style="list-style-type: none"> • BWO series • BWO switch legs • Back extension roll - BWO/BWO series • Valdez

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Cartwheel (CW) • Cartwheel - BWR • Handstand forward roll 	<ul style="list-style-type: none"> • Cartwheel - BWO/BWO switch legs • Round off (RO) • Front walkover (FWO) / FWO series • Handstand forward roll cartwheel 	<ul style="list-style-type: none"> • Cartwheel - BWO series • FWO - cartwheel / round off • FWO - CW - BWO/BWO series • FWO - CW - BWO switch legs • Handstand forward roll cartwheel BWO/BWO series

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

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2024 - 2025 THE ONE FINALS SCORING SYSTEM - LEVEL 2

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL SKILLS				
<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 SKILLS				
<ul style="list-style-type: none"> • Inversion from ground level to prep • 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 • 1/2 twisting transition to prep level 1 leg stunt 	<ul style="list-style-type: none"> • 1/2 twisting tic toc to prep level 1 leg stunt • 1/2 twisting inversion from ground level 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 SKILLS				
<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 from ground level to extension • 1/2 twisting inversion from ground level 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

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • Straight ride toss 	

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Back handspring (BHS) • BHS step out 	<ul style="list-style-type: none"> • Back walkover (BWO) - BHS • BWO - BHS step out • BHS step out - BWO • Valdez - BWO - BHS 	<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 SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Cartwheel (CW) - BHS • Round off (RO) - BHS 	<ul style="list-style-type: none"> • RO - BHS step out • CW - BHS step out • Front handspring (FHS) • Front walkover (FWO) - FHS 	<ul style="list-style-type: none"> • FHS series • Bounder / flyers • CW - BHS series • RO - BHS series • FWO - RO - BHS / BHS series • CW - BHS step out - BWO - BHS / BHS series

2024 - 2025 THE ONE FINALS SCORING SYSTEM - LEVEL 3

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<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 forward roll • Full twisting transition from prep level to prone • Extended lib 	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 SKILLS					
<ul style="list-style-type: none"> • Inversion from waist / prep level to extended 1 leg stunt • Inversion from ground level to extended lib 	<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 twisting transition to prep level body position • Full twisting transition at prep (lib to lib) • 1/2 twisting transition to extended lib • Full twisting transition at prep level to prep level body position 	<ul style="list-style-type: none"> • Full twisting tic toc at prep level (lib to lib) • Full twisting inversion to prep stunt • 1/2 twisting inversion to extended lib • 1/2 twisting suspended forward roll 	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 / 1 arm stunt 	
ELITE SKILLS					
<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 / 1 arm stunt 	<ul style="list-style-type: none"> • Full twisting dismount from prep to cradle • Full twisting dismount from extension to cradle

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • Ball arch • Lib arch • Pike arch • Kick arch • Ball-X • Toe touch 	<ul style="list-style-type: none"> • Full twist

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • BHS / BHS step out - BHS / BHS step out • Advanced jump - BHS / BHS step out • BHS - BHS series - advanced jump 	<ul style="list-style-type: none"> • BWO - BHS series • BHS - BHS series • BHS - BHS step out - BHS • Advanced jump - BHS series 	<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

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • RO - TUCK • Aerial 	<ul style="list-style-type: none"> • Punch front (PF) • RO - BHS series - TUCK 	<ul style="list-style-type: none"> • FWO - aerial • Boulder / flyspring - aerial • RO - BHS - TUCK • RO - BHS step out - 1/2 turn - RO - TO - TUCK • FWO - RO - TO - TUCK • Boulder / flyspring - RO - TO - TUCK • FHS - PF

Each skill separated by a bullet will be considered a "different skill" and will not receive credit more than once, even if multiple skills or variations are listed in that bullet.

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2024 - 2025 THE ONE FINALS SCORING SYSTEM - LEVEL 4

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<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 extended lib to lib (high to low) • Helicopter release moves • Release from prep level to prep level • Release to extension 	<ul style="list-style-type: none"> • 1 ½ twisting transition to below prep level • 1 ½ twisting transition to prep level • ¾ 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 	
ADVANCED SKILLS					
<ul style="list-style-type: none"> • Extended inverted stunt • Released inversion from waist level to extended 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 ½ twisting transition to / at prep level lib • 1 ½ twisting transition at prep level (lib to body position) • Full twisting transition to extension 	<ul style="list-style-type: none"> • Full twisting release from waist level (tic toc, ball up or straddle up) 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 ½ 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 / 1 arm stunt • Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> • Full twisting dismount from extended 1 leg stunt to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> • Released inversion from prep level or hand in hand 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 ½ twisting transition to / at prep level body position • 1 ½ twisting transition at prep level (body position to body position) • 1 ½ 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 waist level (tic toc, ball up or straddle up) to prep level body position • Full twisting release from ground level (switch up) to prep level body position • Full twisting release from prep level (tic toc) to prep level body position full • 1 ½ twisting release from ground level (switch up) to prep level body position • 1 ½ twisting release from waist or prep level (tic toc, ball up or straddle up) to prep level lib • Full twisting inversion to extended 1 leg 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 / 1 arm stunt • Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> • Double twisting dismount from prep stunt / extension to cradle • Kick full twisting dismount

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • Ball kick • Pike X • Hitch kick • Switch kick • Double toe touch 	<ul style="list-style-type: none"> • Ball full • Lib full • Pike full • Kick full • Toe touch full • Full up toe touch • Double full

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Onodi • Backward roll - TUCK 	<ul style="list-style-type: none"> • BHS series - TUCK • Back tuck • BWO - TUCK • Back extension roll - TUCK • Valdez - TUCK 	<ul style="list-style-type: none"> • BHS / BHS step out - TUCK • Advanced jump - BHS series - TUCK • Advanced jump - BHS - TUCK

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> • Cartwheel - TUCK • FWO - CW - TUCK • RO - LAYOUT • RO - Onodi • Front aerial • Front aerial - RO - TO - TUCK • Front handspring - PF 	<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 	<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

2024 - 2025 THE ONE FINALS SCORING SYSTEM - LEVEL 5

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL SKILLS					
<ul style="list-style-type: none"> Downward inversion from extended stunt Downward inversion from extended 1 leg stunt Released inversion from prep level to extension 	<ul style="list-style-type: none"> Tic toc lib to lib (high to high) Tic toc lib to lib (low to high) 	<ul style="list-style-type: none"> 1 ¼ twisting transition to extended stunt 	<ul style="list-style-type: none"> ¼ twisting release from ground level (switch up) to extended 1 leg stunt Twisting helicopter release moves 1 ½ - 2 twist to prone 1/2 twisting release from ground level (switch up) to extended lib 	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"> Double twisting dismount from prep level 1 leg stunt to cradle
ADVANCED SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or hand in hand to extended stunt Back handspring up to extended stunt 	<ul style="list-style-type: none"> Tic toc lib to body position (low to high) 	<ul style="list-style-type: none"> Full twisting transition to extended lib 1 ½ twisting transition to extension Double twisting transition to / at prep level stunt 	<ul style="list-style-type: none"> 1/4 - 3/4 twisting tic toc to extended lib 1/2 twisting release from ground level (switch up) to extended body position 1/2 twisting release from waist level (ball up) to extended lib Full twisting release from ground level (switch up) 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 / 1 arm stunt Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Double twisting dismount from extended lib to cradle
ELITE SKILLS					
<ul style="list-style-type: none"> Released inversion from prep level or hand in hand to extended lib Back handspring up to extended lib 	<ul style="list-style-type: none"> Tic toc lib to body position (high to high) Tic toc body position to body position (high to high) 	<ul style="list-style-type: none"> Full twisting transition to extended body position 1 ½ twisting transition to extended 1 leg stunt Double twisting transition to extension 	<ul style="list-style-type: none"> 1/4 - 3/4 twisting tic toc lib to body position (high to high) 1/2 twisting release from waist level (ball up) to extended body position Full twisting release from ground level (switch up) to extended body position Full twisting tic toc to extended lib (low to high) Full twisting tic toc to extended lib (high to high) 	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 / 1 arm stunt Toss extended 1 leg / 1 arm stunt 	<ul style="list-style-type: none"> Double twisting dismount from extended body position to cradle

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> Pike hitch kick Pike kick pretty girl Pike switch kick Hitch kick kick 	<ul style="list-style-type: none"> Hitch kick full Switch kick full Kick kick full Pike kick full Kick full kick

STANDING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> TUCK - BHS - TUCK TUCK - BHS series - TUCK BHS / BHS series - TUCK - TUCK 	<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 	<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

RUNNING TUMBLING

LEVEL SKILLS	ADVANCED SKILLS	ELITE SKILLS
<ul style="list-style-type: none"> BARANI RO - HALF RO - FULL 	<ul style="list-style-type: none"> FHS - BARANI RO - BHS SERIES - FULL ROUND OFF - ARABIAN Side aerial / front aerial - TO - FULL BARANI - 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 Front handspring - FRONT FULL PF step out - RO - TO - WHIP - TO - FULL Front handspring - PF step out - RO - TO - WHIP - TO - FULL RO - ARABIAN / HALF step out - TO - LAYOUT/FULL

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