



# UK SCORING SYSTEM

2025 - 2026



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# Introduction

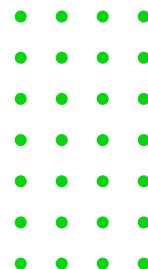
## Purpose of this document

This Document has been created to present all the information needed for the adapted United Scoring System Rubrics in the UK.

The information contained in this document is taken directly for the United Scoring System UK rubrics, and only slight alterations have been made to the required rubric numbers in order to improve accessibility and competitive achievement for smaller UK teams.

The ethos behind the United Scoring System is unchanged in this document, and coaches are encouraged to review updates from the USS periodically throughout the year.

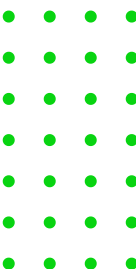
Judges using this scoring are encouraged to attend the United Scoring system in person or online training programmes to improve application and judgement of the skills being demonstrated in a competition environment.





# Glossary of Terms

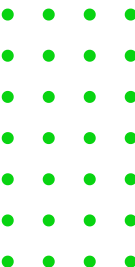
TERM	DEFINITION
Assisted (Stunt - Coed Style)	A coed style stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dismount.
Bounder/Flyspring (Tumbling)	A skill where an athlete takes off from both feet at the same time, landing on the hands, passing through the handstand position, driving the feet over with hips lifted to land on the feet.
Combination Pass (Tumbling)	Multiple skills that are continuous and do not involve elements that would break it up into multiple passes. Example: Level 1 – Back Walkover Series or FWO - CW - BWO
Combination Skills (Stunt)	Two or more skills are simultaneously performed to make one transitional style skill. Example: Full Twisting Tic-Toc
Connected Pass (Tumbling)	Two or more passes that are broken up by; step(s), chassé/sashay, rebound step, a pause, or a change in direction etc. This does not include a jump within a pass. Example: Level 3 – Punch Front Chassé or Step FWO - RO - BHS - Tuck
Connected Skills (Stunt)	Two or more skills are performed in sequence to each other.
Cumulative (General)	Multiple skills performed throughout the routine.
Dismount (Stunt)	The ending movement from a stunt or pyramid that is released to a cradle or released to the performance surface.





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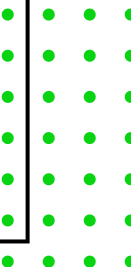
TERM	DEFINITION
Extension (Stunt)	A two leg stunt at the extended level where the top person is held in a standing vertical position.
Hands (Stunt - Coed Style)	A single-based stunt at prep level where the top person is supported under both feet and is held in a standing vertical position by 1 base, who is standing on the performance surface.
Inversion Style (Stunt)	Athlete has at least one foot above the head and shoulders are the below the waist.
Lib (Stunt)	A single-leg stunt in which the base(s) hold 1 foot of the top person's supported leg while the top person's unsupported leg is bent, and the foot is placed at the side of the knee. Clarification: Both knees of the top person are facing forward/same direction.
Load Position (Multi Based Stunt)	A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.
Load Position (Coed Style Stunt)	A stunting position where the top person has both feet on the performance surface, hands on the base's wrists, and the base has hands on the top person's waist.
Prep Stunt (Stunt)	A 2-leg stunt at prep level where the top person is held in a standing vertical position. This would NOT include the following: flat back, straddle sit, T-lift, shoulder stand/sit, or other similar variations at prep level.





# Glossary of Terms

TERM	DEFINITION
Release Style (Stunt)	<p>Top person and bases break contact to execute a building skill. Release skills need to release from and return to the same base/bases. In levels 1, 2, and 3, skills will resemble a released skill where a spotter may maintain contact except for on the foot.</p> <p>Clarification: For release style skills combined with twisting skills where the bases cannot fully release the top person, a base may start under the foot of the top person if that foot is in the lib position and the skill still resembles the look of a release style stunt.</p>
Ripple (Stunt and Toss Difficulty)	<p>Two or more groups perform a skill(s) in pattern, sequential order, on pre-determined counts. Clarification: A single group cannot count more than once in a single ripple.</p>
Same Section (General)	<p>A single portion of the routine where skills from a skill set are performed.</p>
Structure (Pyramid)	<p>Two or more top people in stunts connect, pause, and show a defined position. This is also commonly referred to as a "picture."</p>
Synchronized (General)	<p>The same skill is performed at the same time by two or more athletes/groups. Example (Tumbling): 3 athletes perform RO-BHS-TUCK simultaneously starting with the RO and finishing with the tuck. Example (Building): 3 groups perform full twisting transition to extension at the same time.</p>
Transition (Stunt)	<p>Skills listed in the Level Appropriate Documents will use the following verbiage to specify the level at which the skill originates and how it transitions to the level at which it completes.</p> <p>FROM – A specified level at which a skill must originate from</p> <p>TO – A change in the level from where the transition begins and ends</p> <p>AT – A transition that begins and ends at the same level</p> <p>TO/AT – A transition that can be performed "TO" or "AT"</p>





# Glossary of Terms

TERM	DEFINITION
Transition (Tumbling)	TO – Any combination of skills following the first skill and preceding the last Example: FWO-RO-TO-TUCK - – A connection of one skill to the next Example: RO-BHS-FULL = Round off (followed by) Back handspring (followed by) Full / – Signifies the word “or” Example: whip/tuck = whip or tuck
Twisting (Stunt)	Transitions that twist into, during, or out of a stunt – based upon the hip rotation of the top person at the initiation (bottom of the dip) of the skill. After the skill initiates, movement of the bases is allowed.
Unassisted (Coed Style Stunt)	Top person and base perform a coed style stunt without any assistance, including the dip for the dismount. Clarification: Assisting with the catch of the dismount is allowed.
Valdez (Tumbling)	A back walkover style skill that starts in a seated position with one straight leg and one bent leg, lifting the straight leg and hips up and over into a back walkover.

