



# UK SCORING SYSTEM

2025 - 2026



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# Introduction

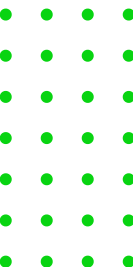
## Purpose of this document

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.





# UK ALL GIRL NT DIVISIONS

## Divisions Scored on this Rubric

Level 2 - U18 NT, IASF Open NT, University NT

Level 3 - U18 NT, IASF Open NT, University NT

Level 4 - U18 NT, IASF Open NT, University NT

Level 5 - U18 NT, IASF Open NT, University NT

Level 6 - U18 NT, IASF Open NT, University NT

Level 7 - IASF Open NT

This scoresheet is used **ALONGSIDE** the United Scoring Execution , Overall and elite skills scoring rubrics.

**PLEASE NOTE - IASF WORLDS ROUTINES WILL BE SCORED ON AN IASF SCORESHEET BY LEGACY CHEER AND DANCE**

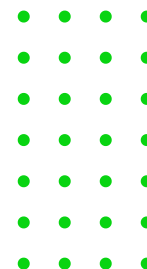
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## Building Quantities

	Majority	Most	Max
5-9	1	1	2
10-15	1	2	3
16-19*	2	3	4
20-24	3	4	5**
25-30	4	5	6

\* UK only range - please check United Scoring Rubrics if competing outside of the UK.

\*\* if competing internationally, teams in this range require 6 stunts to hit MAX.

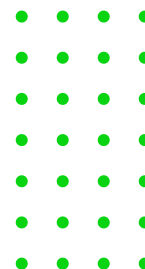




# UK ALL GIRL NT DIVISIONS

## Building Scoring

STUNT DIFFICULTY STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL	
3.5	Skills performed do not meet 4.0 requirement
4.0	4 different level appropriate skills performed by MOST of the team
4.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
5.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
5.5	4 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
6.0	5 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes L6 teams - At least 1 being a Level 6 skill L7 teams - At least 2 being Level 7 skills





# UK ALL GIRL NT DIVISIONS

## STUNT DIFFICULTY

Once a Stunt Difficulty score is determined, each stunt skill will be evaluated based on the following criteria: Degree of Difficulty & Max Participation. Each category has a maximum number of points, outlined in the charts above for a total of 1.5 points.

L6 teams - At least 1 being a Level 6 skill

L7 teams - At least 2 being Level 7 skills

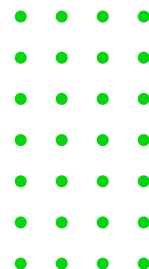
## STUNT DEGREE OF DIFFICULTY (0-1.0)

	Advanced by MOST	Elite by MOST
Skill 1	0.1	0.2
Skill 2	0.1	0.2
Skill 3	0.1	0.2
Skill 4	0.1	0.2
Skill 5	0.1	0.2

## STUNT MAX PARTICIPATION (0 - 0.5)

(RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES)

Level Appropriate Skill by MAX OR Advanced Skill by MOST	0.1
Advanced Skill by MAX OR Elite Skill by MOST	0.3
Elite Skill by MAX	0.5



# UK ALL GIRL NT DIVISIONS

## PYRAMID DIFFICULTY

3.0-3.5	Skills performed do not meet 3.5 - 4.0 range requirement
3.5-4.0	2 different level appropriate skills and 2 structures
4.0-4.5	3 different level appropriate skills and 2 structures performed by MOST of the team
4.5-5.0	4 different level appropriate skills and 2 structures performed by MOST of the team
5.0-5.5	5 different level appropriate skills and 2 structures performed by MOST of the team

## PYRAMID DIFFICULTY DRIVERS

Degree of Difficulty:

- Maximizing the number of groups performing each level appropriate transition
- Utilizing level appropriate stunts into structures/within sequence
- Combination of skills (level and non-level appropriate)
- Pace & Connection of skills performed

## TOSS DIFFICULTY

1.0	Less than a MAJORITY of the team performs a toss
1.5	MAJORITY of the team performs a level appropriate toss
2.0	MAJORITY of the team performs a level appropriate toss rippled or synchronized in the same section* without recycling athletes

\*Same Section - Single portion of the routine where skills from a skill set are performed.



# UK ALL GIRL NT DIVISIONS

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## Additional Information

### STUNT / PYRAMID ADDITIONAL INFORMATION

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

To receive credit for a structure in Pyramid Difficulty, 2 or more stunts must be connected by 2 or more top persons.

L6 - All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.

#### **BODY POSITIONS**

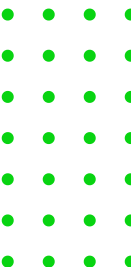
Lib and platform are not considered body positions

Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion

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## Jump Quantities

	Most	Max
5-9	6	8
10-15	9	13
16-24	12	18
25-30	15	23







# UK ALL GIRL NT DIVISIONS

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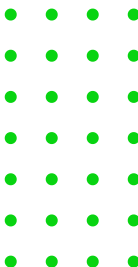
## JUMP DIFFICULTY

JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED. WHIP APPROACH- CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS

0.5	Skills performed do not meet 1.0 requirement
1.0	MOST of the team performs 1 advanced jump
1.5	MOST of the team performs 2 connected advanced jumps. Must be synchronized and include a variety.
2.0	MAX of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. For teams with MAX athletes or fewer: All athletes minus 1 must perform 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Jumps must be synchronized and include a variety.

## JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (I.e. left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e., jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine





# UK COED NT DIVISIONS

## Divisions Scored on this Rubric

Level 3 - U18 Coed NT, IASF Open Coed NT, University Coed NT

Level 4 - U18 Coed NT, IASF Open Coed NT, University Coed NT

Level 5 - U18 Coed NT, IASF Open Coed NT, University Coed NT

Level 6 - U18 Coed NT, IASF Open Coed NT, University Coed NT

Level 7 - IASF Open Coed NT

This scoresheet is used ALONGSIDE the United Scoring Execution , Overall and elite skills scoring rubrics.

**PLEASE NOTE - IASF WORLDS ROUTINES WILL BE SCORED ON AN IASF SCORESHEET BY LEGACY CHEER AND DANCE**

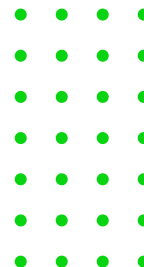
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## Building Quantities

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5-9	1	1	2
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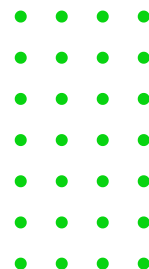




# UK COED NT DIVISIONS

## Coed Quantities

ALL LEVEL 3, 4 & 4.2 TEAMS	
# OF MALES	# STUNTS
1 OR MORE	1
ALL LEVEL 4, 6 & 7 TEAMS	
1-3	1
4-5	2
6-7	3
8-9	4
10-11	5
12-13	6
14-20	7





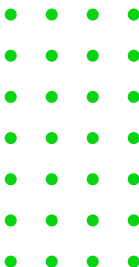
# UK COED NT DIVISIONS

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## Building Scoring

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6.0	4 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes. Plus a coed style stunt. L6 teams - At least 1 being a Level 6 skill L7 teams - At least 2 being Level 7 skills

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# UK COED NT DIVISIONS

## STUNT DIFFICULTY

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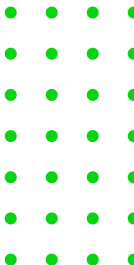
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Coed Skill	0.1	0.2

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# UK COED NT DIVISIONS

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#### **BODY POSITIONS**

Lib and platform are not considered body positions

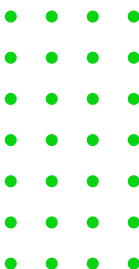
Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion

### COED STYLE

- Based on a group of 3, Consisting of a Base, Top Person and a Spotter.
- Entry must be a Toss or Walk-In. Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist. Spotter may not assist the toss or contact the stunt until after the Base releases the Top Person.
- Walk-In - Top person and Base start facing each other with one-foot loaded in.
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest.

### DEGREE OF DIFFICULTY COED CREDIT

- Only skills listed under Coed Style will count. Rippled or synchronized in the same section without recycling athletes.
- Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level. **Ex. Toss hands:** counts begin when the stunt stops at prep level **Ex. Toss hands press extension:** counts begin when the stunt stops at extended level
- Coed Stunts must cradle or dismount to the performance surface to receive full Coed credit.
- Coed Stunts that become a pyramid will not receive coed credit



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# UK COED NT DIVISIONS

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