



UK SCORING SYSTEM

2025 - 2026

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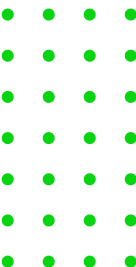
UK ALL GIRL SCORING
RUBRIC - TUMBLING 05





Revision Information

Version	Date	Changes
2	30/7/2025	a. Correction of coed stunt numbers for level 5 teams b. Clarification in jump requirements for smaller teams. c. Clarification of Tumbling Degree of difficulty drivers d. Addition of further participating EP logo





Introduction

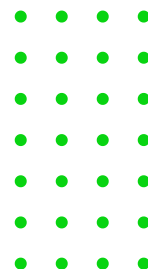
Purpose of this document

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 DIVISIONS

Divisions Scored on this Rubric

Level 1 - U6, U8, U10 U12, U14, U16, U18, IASF Open, Senior Allstar

Level 2 - U8, U10, U12, U14, U16, U18, IASF Open, Senior Allstar

Level 3 - U12, U14, U16, U18, IASF Open, Senior Allstar

Level 4 - U12, U14, U16, U18, IASF Open, Senior Allstar

Level 4.2 - Senior

Level 5 - U12, U14, U16, U18, IASF Open, Senior Allstar

Level 6 - U14, U16, U18, IASF Open

Level 7 - IASF Open

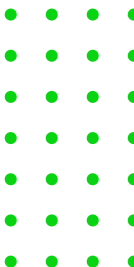
This scoresheet is used ALONGSIDE the United Scoring Execution , Overall and elite skills scoring rubrics.

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

Building Quantities

	Majority	Most	Max
5-11*	1	1	2
12-15	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.





UK ALL GIRL 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 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

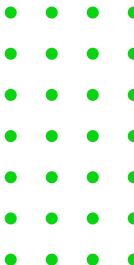
STUNT DEGREE OF DIFFICULTY (0-1.0)

	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 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

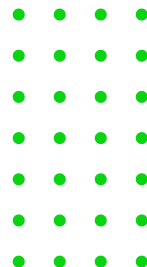
Degree of Difficulty:

- 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 DIVISIONS

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

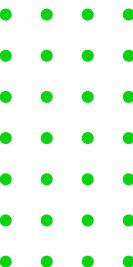
TUMBLE / JUMPS ADDITIONAL INFORMATION

•Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach.

•Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).

•Jumps within a pass will not break up the pass (i.e., Toe Touch-BHS-Toe Touch BHS is 1 pass in L3)

•T-Jumps are not considered a jump and will break up a pass into two separate passes.



UK ALL GIRL DIVISIONS

Tumbling / Jump Quantities

	Majority	Most	Max
5-11*	5	7	8
12-15	8	9	13
16-24	11	12	18
25-30	14	15	23

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

JUMP DIFFICULTY <i>JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED. WHIP APPROACH- CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS</i>	
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. <i>For teams with MAX athletes or fewer: All athletes minus 2 must perform 2 connected advanced jumps. Must be synchronized and include a variety.</i>
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. <i>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.</i>

UK ALL GIRL DIVISIONS

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

STANDING TUMBLE DIFFICULTY

0.5	Skills performed do not meet 1.0 requirement
1.0	Less than a MAJORITY of the team performs a level appropriate pass
1.5	MAJORITY of the team performs a level appropriate pass
2.0	MOST* of the team performs a level appropriate pass

STANDING TUMBLE DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's on Degree of Difficulty. Each category has a maximum number of points, outlined in the chart below for a total of .5 points.

STANDING TUMBLE DEGREE OF DIFFICULTY (0-0.5)

(To receive credit each skill/pass must be synchronized and performed by 2 or more athletes)

	Advanced by MOST*	Elite by MOST*
Skill / Pass	0.3	0.5

UK ALL GIRL DIVISIONS

RUNNING TUMBLE DIFFICULTY

0.5	Skills performed do not meet 1.0 requirement
1.0	Less than a MAJORITY of the team performs a level appropriate pass
1.5	MAJORITY of the team performs a level appropriate pass
2.0	MOST* of the team performs a level appropriate pass

RUNNING TUMBLE DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's on Degree of Difficulty. Each category has a maximum number of points, outlined in the chart below for a total of .5 points.

RUNNING TUMBLE DEGREE OF DIFFICULTY (0-0.5)

(To receive credit each skill/pass must be synchronized and performed by 2 or more athletes)

	Advanced by MOST*	Elite by MOST*
Skill / Pass	0.3	0.5

TUMBLE DIFFICULTY EXCEPTION

If MOST is the same number or higher than the number of athletes on a team, passes must accumulate to the equivalent of 100% of the team minus 1 athlete.

CLARIFICATION - Athletes can be repeated as long as they meet the synch requirements.

EXAMPLE - 16 ATHLETES ON A TEAM. THE ROUTINE SHOULD CONTAIN 15 PASSES TO HIT MOST.



UK COED DIVISIONS

Divisions Scored on this Rubric

Level 3 - IASF Open Coed, Senior Allstar Coed.

Level 4 - U16 Coed, U18 Coed, IASF Open, Senior Allstar

Level 4.2 - Senior Allstar Coed.

Level 5 - U16 Coed, U18 Coed, IASF Open, Senior Allstar

Level 6 - U16 Coed, U18 Coed, IASF Open, Senior Allstar

Level 7 - IASF Open Coed

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

Building Quantities

	Majority	Most	Max
5-11*	1	1	2
12-15	1	2	3
16-19*	2	3	4
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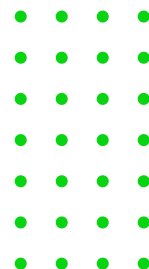




UK COED DIVISIONS

Coed Quantities

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

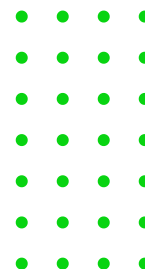




UK COED DIVISIONS

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
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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	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





UK COED 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

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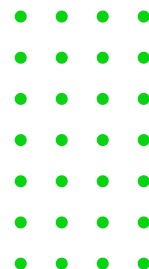
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Skill 4	0.1	0.2
Coed Skill	0.1	0.2

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
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UK COED DIVISIONS

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

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BODY POSITIONS

Lib and platform are not considered body positions

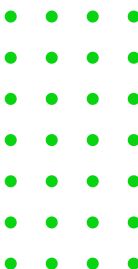
Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion

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





UK COED DIVISIONS

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PYRAMID DIFFICULTY DRIVERS

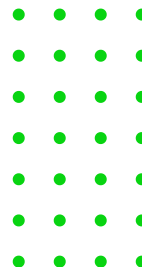
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UK COED DIVISIONS

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UK COED DIVISIONS

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	Advanced by MOST*	Elite by MOST*
Skill / Pass	0.3	0.5

UK COED DIVISIONS

RUNNING TUMBLE DIFFICULTY

0.5	Skills performed do not meet 1.0 requirement
1.0	Less than a MAJORITY of the team performs a level appropriate pass
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RUNNING TUMBLE DEGREE OF DIFFICULTY (0-0.5)

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	Advanced by MOST*	Elite by MOST*
Skill / Pass	0.3	0.5

TUMBLE / JUMPS ADDITIONAL INFORMATION

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- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- Jumps within a pass will not break up the pass (i.e., Toe Touch-BHS-Toe Touch BHS is 1 pass in L3)
- T-Jumps are not considered a jump and will break up a pass into two separate passes.



UK COED DIVISIONS

* TUMBLE DIFFICULTY EXCEPTION

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