



UK SCORING SYSTEM

2025 - 2026

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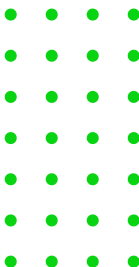
UK PREP & AA SCORING
RUBRIC 05





Revision information

Version	Date	Changes
2	30/7/2025	a. Alteration to tumble and jump numbers in 5-11 range b. Clarification in jump requirements for smaller teams. c. Addition of further participating EP logo
3	08/08/2025	a. 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.





ALL PREP DIVISIONS

ALL ADAPTIVE ABILITIES DIVISIONS

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

Building Quantities

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Building Scoring

STUNT DIFFICULTY STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL	
2.5	Skills performed do not meet 3.0 requirement
3.0	4 different level appropriate skills performed by MOST of the team
3.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
4.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes

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 1.0 points.

STUNT MAX PARTICIPATION (0 - 0.4) (RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES)	
Level Appropriate Skill by MAX OR Advanced Skill by MOST	0.4



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STUNT DEGREE OF DIFFICULTY (0-0.6)

	Level by MOST	Advanced / Elite by MOST
Skill 1	0.1	0.2
Skill 2	0.1	0.2
Skill 3	0.1	0.2

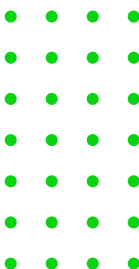
PYRAMID DIFFICULTY

2.0-2.5	Below	Skills performed do not meet low range requirement
2.5-3.0	Low	2 different level appropriate skills and 2 structures
3.0-3.5	Mid	3 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





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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

TUMBLE / JUMPS ADDITIONAL INFORMATION

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

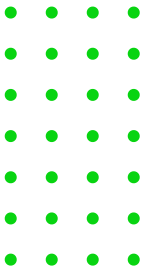
•Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).

•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.

•L2 - No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit (i.e. RO - Backward Roll).

L3 - No skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit.



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Tumbling / Jump Quantities

	Majority	Most	Max
5-11	5	6	7
12-15	6	7	9
16-19	8	10	12
20-23	10	13	16
24-30	12	15	19

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	MAJORITY of the team performs 1 advanced jump
1.5	MOST of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety. For teams with MAX athletes or fewer: All athletes minus 2 must perform 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
2.0	MAX of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety. For teams with MAX athletes or fewer: All athletes minus 1 must perform 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

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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

1.5	Skills performed do not meet 2.0 requirement
2.0	MAJORITY of the team performs a level appropriate pass
2.5	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)

	Level by MAX	Advanced / Elite by MOST
Skill / Pass	0.3	0.5



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RUNNING TUMBLE DIFFICULTY

1.5	Skills performed do not meet 2.0 requirement
2.0	MAJORITY of the team performs a level appropriate pass
2.5	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)

	Level by MAX	Advanced / Elite by MOST
Skill / Pass	0.3	0.5

