



# UK SCORING SYSTEM

## 2025 - 2026

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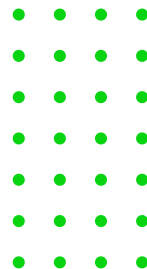




# Revision Information

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| Version | Date       | Changes                                       |
|---------|------------|-----------------------------------------------|
| 2       | 21/09/2025 | a. Addition of further participating EP logos |





# Introduction

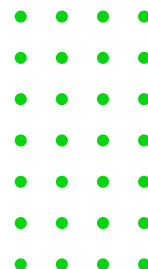
## Purpose of this document

### **Purpose of Document**

The purpose of this document is to clearly outline the expectations for cheer solos and duos participating in competitions hosted by event providers (EPs).

### **Age and Level Divisions**

Age groups and levels for solos and duos are determined by the SportCheer UK (SCUK) age grid. These divisions differ from those used in team cheer divisions and may vary depending on the structure of each competition. Not all divisions will be available at every EP event; availability is subject to the discretion of the event provider.



# Cheer Individuals - Tumble

## Divisions Scored on this Rubric

Level 1 - Tiny, Mini, Youth, Junior, Senior, Open

Level 2 - Mini, Youth, Junior, Senior, Open

Level 3 - Youth, Junior, Senior, Open

Level 4 - Youth, Junior, Senior, Open

Level 5 - Youth, Junior, Senior, Open

Level 6 - Junior, Senior, Open

Level 7 - Open

**PLEASE NOTE - ATHLETES MUST BE ENTERED INTO THE DIVISION RELEVANT FOR THEIR AGE. e.g. A Tiny age athlete cannot enter a Mini Cheer Individual in order to perform skills higher than Level 1.**

## Difficulty

| Section                      | Guide                                                                                                                                                                                                 | Ranges                                                                         |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Difficulty              | <b>Complexity of Jumps Performed</b><br>This should consider difficulty and number of jumps included eg advanced jumps, connections, movements, pace, approach and landings.                          | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Tumble Difficulty            | <b>Complexity of Tumblers Performed</b><br>including number, connections, pace and landings                                                                                                           | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Complexity of Dance and Motion Elements</b><br>This should consider the difficulty of cheer dance and motion skills included - how these link with other elements and the pace of the connections. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |



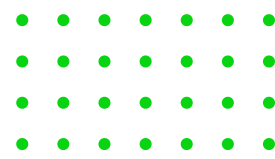
# Cheer Individuals - Tumble

## Execution

| Section                      | Guide                                                                                                                                                           | Ranges                                                                         |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Execution               | <b>Execution of Jump skills</b><br>should consider arm and leg placement, core control, height, approach and landings.                                          | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Tumble Execution             | <b>Execution of Tumble skills</b><br>should consider body alignment, arm and head position, skill specific form, control, stability, height, power and landings | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Execution of Dance and Motion Elements</b><br>Should consider sharpness and precision, timing, placement and technique, energy, flow and transitions.        | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |

## Overall

| Section                      | Guide                                                                                                                                                                        | Ranges                                                                         |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Routine Composition and flow | <b>Should Consider</b> - Structure and balance, transitions and flow, creativity and originality, use of floor and musicality.                                               | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Showmanship                  | <b>Should Consider</b> - Energy, enthusiasm, confidence and stage presence, engagement and facial expressions, commitment, consistency, connection with audience and judges. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |





# CHEER INDIVIDUALS NON-TUMBLE

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## Divisions Scored on this Rubric

Level 1 - Tiny, Mini, Youth, Junior, Senior, Open

Level 2 - Mini, Youth, Junior, Senior, Open

Level 3 - Youth, Junior, Senior, Open

Level 4 - Youth, Junior, Senior, Open

Level 5 - Youth, Junior, Senior, Open

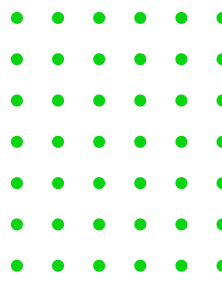
Level 6 - Junior, Senior, Open

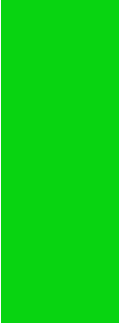
Level 7 - Open

**PLEASE NOTE - NO TUMBLE SKILLS ALLOWED.** The SCUK age grid does not detail this division option, but EP's have repeated requests for inclusion. Age requirements follow the ages detailed on page 21 of the age grid under cheer individuals.

## Difficulty

| Section                      | Guide                                                                                                                                                                                                 | Ranges                                                                         |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Difficulty              | <b>Complexity of Jumps Performed</b><br>This should consider difficulty and number of jumps included eg advanced jumps, connections, movements, pace, approach and landings.                          | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Complexity of Dance and Motion Elements</b><br>This should consider the difficulty of cheer dance and motion skills included - how these link with other elements and the pace of the connections. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |





# CHEER INDIVIDUALS NON-TUMBLE

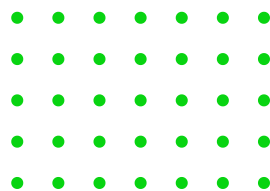
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## Execution

| Section                      | Guide                                                                                                                                                    | Ranges                                                                         |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Execution               | <b>Execution of Jump skills</b><br>should consider arm and leg placement, core control, height, approach and landings.                                   | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Execution of Dance and Motion Elements</b><br>Should consider sharpness and precision, timing, placement and technique, energy, flow and transitions. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |

## Overall

| Section                      | Guide                                                                                                                                                                        | Ranges                                                                         |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Routine Composition and flow | <b>Should Consider</b> - Structure and balance, transitions and flow, creativity and originality, use of floor and musicality.                                               | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Showmanship                  | <b>Should Consider</b> - Energy, enthusiasm, confidence and stage presence, engagement and facial expressions, commitment, consistency, connection with audience and judges. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |





# Cheer Duo - Tumble

## Divisions Scored on this Rubric

Level 1 - Tiny, Mini, Youth, Junior, Senior, Open

Level 2 - Mini, Youth, Junior, Senior, Open

Level 3 - Youth, Junior, Senior, Open

Level 4 - Youth, Junior, Senior, Open

Level 5 - Youth, Junior, Senior, Open

Level 6 - Junior, Senior, Open

Level 7 - Open

### PLEASE NOTE -

**DIVISION IS NOT INCLUDED ON THE SCUKE AGE GRID. THE AGE OF THE ELDEST ATHLETE IS USED TO DEFINE THE DIVISION OF ENTRY eg AGE 6 AND AGE 8 = MINI DIVISION.**

**ATHLETES MUST BE ENTERED INTO THE DIVISION RELEVANT FOR THEIR AGE.**

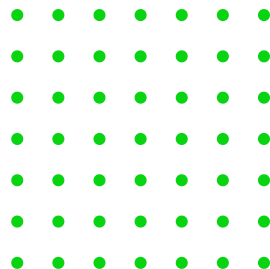
**e.g. A Tiny age athletes cannot enter a Mini Cheer Individual in order to perform skills higher than Level 1.**

## Difficulty

| Section                      | Guide                                                                                                                                                                                                 | Ranges                                                                         |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Difficulty              | <b>Complexity of Jumps Performed</b><br>This should consider difficulty and number of jumps included eg advanced jumps, connections, movements, pace, approach and landings.                          | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Tumble Difficulty            | <b>Complexity of Tumblers Performed</b><br>including number, connections, pace and landings                                                                                                           | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Complexity of Dance and Motion Elements</b><br>This should consider the difficulty of cheer dance and motion skills included - how these link with other elements and the pace of the connections. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |



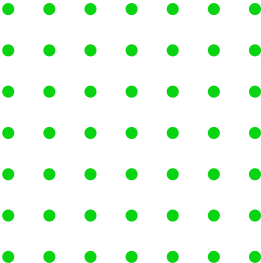
| Section                      | Guide                                                                                                                                                           | Ranges                                                                         |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Execution               | <b>Execution of Jump skills</b><br>should consider arm and leg placement, core control, height, approach and landings.                                          | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Tumble Execution             | <b>Execution of Tumble skills</b><br>should consider body alignment, arm and head position, skill specific form, control, stability, height, power and landings | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Execution of Dance and Motion Elements</b><br>Should consider sharpness and precision, timing, placement and technique, energy, flow and transitions.        | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |





# Cheer Duo - Tumble

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## Overall

| Section                      | Guide                                                                                                                                                                        | Ranges                                                                         |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Routine Composition and flow | <b>Should Consider</b> - Structure and balance, transitions and flow, creativity and originality, use of floor and musicality.                                               | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Complexity of Partner Work   | <b>Should Consider</b> - Skill difficulty, variety and creativity, Synch and timing, transitions and flow of partner elements                                                | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Execution of partner Work    | <b>Should Consider</b> - Technique and form, safety and control, and communication of partner elements                                                                       | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Showmanship                  | <b>Should Consider</b> - Energy, enthusiasm, confidence and stage presence, engagement and facial expressions, commitment, consistency, connection with audience and judges. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |



# Cheer Duo - Non-Tumble

## Divisions Scored on this Rubric

Level 1 - Tiny, Mini, Youth, Junior, Senior, Open

Level 2 - Mini, Youth, Junior, Senior, Open

Level 3 - Youth, Junior, Senior, Open

Level 4 - Youth, Junior, Senior, Open

Level 5 - Youth, Junior, Senior, Open

Level 6 - Junior, Senior, Open

Level 7 - Open

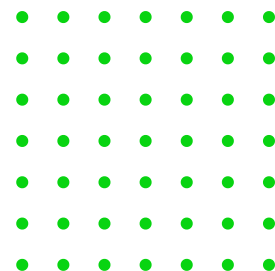
### PLEASE NOTE -

**DIVISION IS NOT INCLUDED ON THE SCUKE AGE GRID. THE AGE OF THE ELDEST ATHLETE IS USED TO DEFINE THE DIVISION OF ENTRY eg AGE 6 AND AGE 8 = MINI DIVISION.**

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## Difficulty

| Section                      | Guide                                                                                                                                                                                                 | Ranges                                                                         |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Difficulty              | <b>Complexity of Jumps Performed</b><br>This should consider difficulty and number of jumps included eg advanced jumps, connections, movements, pace, approach and landings.                          | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
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# Cheer Duo - Non-Tumble

## Execution

| Section                      | Guide                                                                                                                                                    | Ranges                                                                         |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Jump Execution               | <b>Execution of Jump skills</b><br>should consider arm and leg placement, core control, height, approach and landings.                                   | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Motion and Skills Difficulty | <b>Execution of Dance and Motion Elements</b><br>Should consider sharpness and precision, timing, placement and technique, energy, flow and transitions. | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |

## Overall

| Section                      | Guide                                                                                                                                                                        | Ranges                                                                         |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Routine Composition and flow | <b>Should Consider</b> - Structure and balance, transitions and flow, creativity and originality, use of floor and musicality.                                               | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Complexity of Partner Work   | <b>Should Consider</b> - Skill difficulty, variety and creativity, Synch and timing, transitions and flow of partner elements                                                | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
| Execution of partner Work    | <b>Should Consider</b> - Technique and form, safety and control, and communication of partner elements                                                                       | Excellent 4.0-5.0<br>Good 3.0-4.0<br>Fair 2.0-3.0<br>Needs Improvement 1.0-2.0 |
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