



UK SCORING SYSTEM

2025 - 2026

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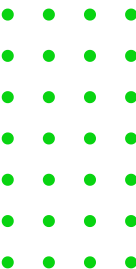
DANCE INDIVIDUALS
RUBRIC 05





Revision Information

Version	Date	Changes
2	21/09/2025	a. Further addition of participating EP logos





Introduction

Purpose of this document

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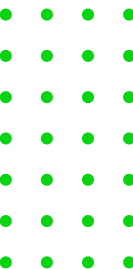
The purpose of this document is to clearly outline the expectations for cheer solos and duos participating in competitions hosted by event providers (EPs).

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 dance 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.

Judges

The scoresheet is designed to be scored across 2-4 judges, however, this may be further split depending on panel size, ensuring consistency across all genres.





Dance Individuals

Divisions Scored on this Rubric

All Dance Genres - Tiny, Mini, Youth, Junior, Senior, Open and AA*

PLEASE NOTE - Dance Genres offered may differ between EPs.
AA divisions do not feature on the SCUk Age grid, by MAY be offered by your
Chosen EP. These may be further divided into age groupings.

Difficulty

Section	Guide	Ranges
Skill Difficulty	Should Include - Technical complexity, variety of movements, integration of skills in routine and execution demands	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Choreography Difficulty	Should include - Complexity of movement sequences, Use of floor and spatial awareness, musicality and rhythm integration, creativity and innovation	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0

Technique

Section	Guide	Ranges
Skill Technique	Should Include - Body Alignment and Posture, precision and clarity of movement, balance and control, flexibility and extension.	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Choreography Execution	Should include - Precision and accuracy, perfection and commitment, energy and consistency	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0

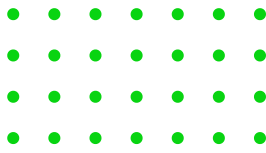




Dance Individuals

Overall

Section	Guide	Ranges
Performance Execution	Should Include - Energy and commitment, timing, facial expression and performance quality.	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Quality of movement	Should include - Control and fluidity, dynamic range and contrast, extension and lines, isolation and articulation and consistency.	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Overall Impression	Should include - Cohesion and flow, creativity and originality, performance energy and engagement, visual impact and consistency	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0





Dance Duo

Divisions Scored on this Rubric

All Dance Genres - Tiny, Mini, Youth, Junior, Senior, Open and AA*

PLEASE NOTE - Dance Genres offered may differ between EPs.

Duo divisions do not feature on the SCUk Age grid, by MAY be offered by your EP.

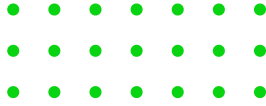
THE AGE OF THE ELDEST ATHLETE IS USED TO DEFINE THE DIVISION OF ENTRY eg age 6 and age 8 Duo - Mini division

Difficulty

Section	Guide	Ranges
Skill Difficulty	Should Include - Technical complexity, variety of movements, integration of skills in routine and execution demands	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Choreography Difficulty	Should include - Complexity of movement sequences, Use of floor and spatial awareness, musicality and rhythm integration, creativity and innovation	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0

Technique

Section	Guide	Ranges
Skill Technique	Should Include - Body Alignment and Posture, precision and clarity of movement, balance and control, flexibility and extension.	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Choreography Execution	Should include - Precision and accuracy, perfection and commitment, energy and consistency	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0





Section	Guide	Ranges
Complexity of Partner Work	Should Consider - Skill difficulty, variety and creativity, Synch and timing, transitions and flow of partner elements	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Execution of Partner work	Should Consider - Technique and form, safety and control, and communication of partner elements	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0

Section	Guide	Ranges
Quality of movement	Should include - Control and fluidity, dynamic range and contrast, extension and lines, isolation and articulation and consistency.	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0
Overall Impression	Should include - Cohesion and flow, creativity and originality, performance energy and engagement, visual impact and consistency, timing, facial expression and performance quality.	Excellent 4.0-5.0 Good 3.0-4.0 Fair 2.0-3.0 Needs Improvement 1.0-2.0

