



2025 - 2026 UNITED SCORING SYSTEM

Scoring Rubric

**Level 3, 4 & 5 Senior
& Open Coed**

The below divisions will utilize the following rubrics:

- L3** Senior Coed
- L4** Senior Coed & Senior Open Coed
- L4.2** Senior Coed
- L5** Senior Coed & Senior Open Coed



2025 - 2026 UNITED SCORING SYSTEM - BUILDING - LEVEL 3 - 5 SENIOR COED

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 |
| 4.5 | 3 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 |

STUNT DRIVERS

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 below for a total of 1.5 points.

DEGREE OF DIFFICULTY (0 - 0.8)

| | Advanced skill by MOST | | | Elite skill by MOST | |
|------------------|------------------------|----|--|---------------------|--|
| Skill 1 | 0.1 | OR | | 0.2 | |
| Skill 2 | 0.1 | OR | | 0.2 | |
| Skill 3 | 0.1 | OR | | 0.2 | |
| | Advanced Coed Style | | | Elite Coed Style | |
| Coed Style Skill | 0.1 | OR | | 0.2 | |

STUNT MAX PARTICIPATION (0 - 0.7)

(Rippled or synchronized in the same section without recycling athletes)

| | |
|---|-----|
| Level Skill by MAX OR Advanced Skill by MOST | 0.3 |
| Advanced Skill by MAX OR Elite Skill by MOST | 0.5 |
| Elite Skill by MAX | 0.7 |

BUILDING QUANTITY CHART

| # OF ATHLETES | NUMBER OF GROUPS | | |
|---------------|------------------|------|-----|
| | MAJORITY | MOST | MAX |
| 5 - 11 | 1 | 2 | 3 |
| 12 - 17 | 2 | 3 | 4 |
| 18 - 22 | 3 | 4 | 5 |
| 23 - 30 | 4 | 5 | 6 |
| 31 - 38 | 5 | 6 | 7 |

COED QUANTITY CHART

| # OF MALES ON TEAM | # OF STUNTS |
|--------------------|-------------|
| 1 or more | 1 |

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 - 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

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 |
| 3.5 - 4.0 | HIGH | 4 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.

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.

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion



2025 - 2026 UNITED SCORING SYSTEM - TUMBLING - LEVEL 3 - 5 SENIOR COED

JUMP DIFFICULTY

Jumps must use a whip approach to be considered connected.
Whip Approach – Continuous arm 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 | <p>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.</p> <p>For teams with less than 10 athletes: All athletes must perform 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Jumps must be synchronized and include a variety.</p> |

TUMBLING/JUMP QUANTITY CHART

| # OF ATHLETES | MAJORITY | MOST | MAX |
|---------------|----------|------|-----|
| 5 - 11 | 5 | 6 | 10 |
| 12 - 17 | 6 | 7 | 12 |
| 18 - 22 | 9 | 10 | 18 |
| 23 - 30 | 11 | 12 | 22 |
| 31 - 38 | 15 | 16 | 30 |

STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based on it's Degree of Difficulty. Each category has a maximum number of points, outlined in the charts below for a total of 1 point.

STANDING TUMBLING DEGREE OF DIFFICULTY (0 - 1.0)

(To receive credit for each Skill/Pass section below the skills performed must be DIFFERENT)

| | Level skill by MAJORITY | | Advanced/Elite skill by MAJORITY | |
|--------------|----------------------------------|----|----------------------------------|--|
| Skill/Pass 1 | <input type="text" value="0.2"/> | OR | <input type="text" value="0.4"/> | |
| | Advanced skill by MOST | | Elite skill by MOST | |
| Skill/Pass 2 | <input type="text" value="0.4"/> | OR | <input type="text" value="0.6"/> | |

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 TUMBLING DIFFICULTY

| | |
|-----|--|
| 1.5 | Skills performed do not meet 2.0 requirement |
| 2.0 | Less than a MAJORITY of the team performs a level appropriate pass |
| 2.5 | MAJORITY of the team performs a level appropriate pass |
| 3.0 | MOST of the team performs a level appropriate pass |

RUNNING TUMBLING DIFFICULTY

| | |
|-----|--|
| 1.5 | Skills performed do not meet 2.0 requirement |
| 2.0 | Less than a MAJORITY of the team performs a level appropriate pass |
| 2.5 | MAJORITY of the team performs a level appropriate pass |
| 3.0 | MOST of the team performs a level appropriate pass |

RUNNING TUMBLING DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's Degree of Difficulty and Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1 point.

RUNNING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

| | Advanced skill by MOST | | Elite skill by MOST | |
|------------|----------------------------------|----|----------------------------------|--|
| Skill/Pass | <input type="text" value="0.3"/> | OR | <input type="text" value="0.5"/> | |

RUNNING TUMBLING MAX PARTICIPATION (0 - 0.5)

Skills/Passes are cumulative throughout the routine.

| | |
|--|-----|
| Level Skill/Pass by MAX | 0.3 |
| Advanced/Elite Level Skill/Pass by MAX | 0.5 |

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.