



**ALL PREP  
DIVISIONS**

**ALL ADAPTIVE  
ABILITIES CHEER**

**2025 - 2026  
UNITED SCORING  
SYSTEM**

**UK Scoring  
Rubric**

**All Star Prep and  
Adaptive Abilities Divisions**



# 2025 - 2026 UNITED SCORING SYSTEM - BUILDING - PREP AND ADAPTIVE ABILITIES (UK)

## 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 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 1.0 points.

## STUNT DEGREE OF DIFFICULTY (0 - 0.6)

	Level skill by MOST		Advanced/Elite skill by MOST
Skill 1	<input type="text" value="0.1"/>	OR	<input type="text" value="0.2"/>
Skill 2	<input type="text" value="0.1"/>	OR	<input type="text" value="0.2"/>
Skill 3	<input type="text" value="0.1"/>	OR	<input type="text" value="0.2"/>

## STUNT MAX PARTICIPATION (0 - 0.4)

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

Level Skill by MAX <b>OR</b> Advanced Skill by MOST	0.4
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## BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS		
	MAJORITY	MOST	MAX
5 - 11	1	1	2
12 - 15	1	2	3
16 - 19	2	3	4
20 - 23	3	4	5
24 - 30	4	5	6

## 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

## ADDITIONAL INFORMATION

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Structure - Two or more stunts connected to one another

### BODY POSITIONS

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



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## 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	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.
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 less than 7 athletes: All athletes must perform 2 advanced jumps, must be synchronized but DO NOT need to be connected or include variety.

## TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	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

## STANDING TUMBLING DRIVERS

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

## STANDING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

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

## RUNNING TUMBLING DRIVERS

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

## RUNNING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)

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

## 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	MAJORITY of the team performs a level appropriate pass
2.5	MOST of the team performs a level appropriate pass

## RUNNING TUMBLING 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

## 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 1/2 turn that are ILLEGAL in L2 will count for level appropriate credit.