UNITED SCORING

US

2025 - 2026
UNITED SCORING SYSTEM

UK Scoring Rubric

All Star Prep and Adaptive Abilities Divisions

ALL PREP DIVISIONS

ALL ADAPTIVE ABILITIES CHEER

STUNT DIFFICULTY
Stunt skills will only recieve 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	0.1	OR	0.2
Skill 2	0.1	OR	0.2
Skill 3	0.1	OR	0.2

STUNT MAX PARTICIPATION (0 - 0.4)
(Rippled or synchronized in the same section without recycling athletes)

Level Skill by MAX **OR** Advanced Skill by MOST	0.4

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

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

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

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

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.