



# 2023 - 2024 UNITED SCORING SYSTEM - LEVEL 1

VERSION: 4.18.2023

## STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
<b>LEVEL APPROPRIATE</b>			
<ul style="list-style-type: none"> <li>SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>1/4 DOWN TO GROUND LEVEL</li> <li>1/4 TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW &amp; GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>BELOW PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> <li>PRONE</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> </ul>
<b>ADVANCED LEVEL APPROPRIATE</b>			
<ul style="list-style-type: none"> <li>SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> <li>TIC TOC PREP LEVEL (LIB TO BODY POSITION) WITH BRACER</li> <li>RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER</li> <li>RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL</li> <li>1/4 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>PRONE</li> </ul>
<b>ELITE LEVEL APPROPRIATE</b>			
<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER</li> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION WITH BRACER</li> <li>RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH BRACER</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TRANSITION TO PREP STUNT FROM BELOW PREP LEVEL</li> <li>1/4 TWISTING TRANSITION TO PREP LEVEL BODY POSITION WITH BRACER FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION)</li> <li>1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) FROM BELOW PREP LEVEL TO PREP LEVEL LIB WITH BRACER</li> <li>1/4 TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB</li> <li>1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM PREP STUNT</li> </ul>

## STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>FORWARD ROLL</li> <li>STRADDLE ROLL</li> <li>PUSHUP TO BACKBEND</li> <li>BACKWARD ROLL (BWR)</li> <li>HANDSTAND</li> <li>BACKBEND KICK OVER</li> <li>STANDING BACKBEND</li> <li>FRONT LIMBER/BACK LIMBER</li> </ul>	<ul style="list-style-type: none"> <li>HANDSTAND FORWARD ROLL</li> <li>BACK EXTENSION ROLL</li> <li>BACK WALKOVER (BWO)</li> <li>BWO - BWR - BWO</li> </ul>	<ul style="list-style-type: none"> <li>BACK WALKOVER SERIES</li> <li>BACK WALKOVER SWITCH LEG</li> <li>BACK EXTENSION ROLL - BWO/BWO SERIES</li> <li>VALDEZ</li> </ul>

## RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> <li>CARTWHEEL (CW)</li> <li>CARTWHEEL - BACKWARD ROLL</li> </ul>	<ul style="list-style-type: none"> <li>ROUND OFF (RO)</li> <li>FRONT WALKOVER (FWO)/FWO SERIES</li> <li>CARTWHEEL - BWO</li> </ul>	<ul style="list-style-type: none"> <li>CARTWHEEL - BWO SERIES</li> <li>FWO - CARTWHEEL/ROUND OFF</li> <li>FWO - CW - BWO/BWO SERIES</li> <li>FWO - CW - BWO SWITCH LEG</li> </ul>



# 2023 - 2024 UNITED SCORING SYSTEM - BUILDING

VERSION: 4.18.2023

## 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	4 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 1.5 points.

## STUNT DEGREE OF DIFFICULTY (0 - 0.8)

	Advanced skill by MOST	OR	Elite skill by MOST
Skill 1	0.1		0.2
Skill 2	0.1		0.2
Skill 3	0.1		0.2
Skill 4	0.1		0.2

## STUNT MAX PARTICIPATION (0 - 0.7)

(RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES)

Level Appropriate Skill by MAX <b>OR</b> Advanced Skill by MOST	0.3
Advanced Skill by MAX <b>OR</b> 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

## 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

L6- All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.

### BODY POSITIONS

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



# 2023 - 2024 UNITED SCORING SYSTEM - TUMBLING

VERSION: 4.18.2023

## JUMP DIFFICULTY

JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.  
WHIP APPROACH- CONTINUOUS 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. Tiny/Mini: 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 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. Tiny/Mini: MAX of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

## TUMBLING 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 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 Appropriate by MAJORITY	Advanced/Elite by MAJORITY
Skill/Pass 1	0.2	OR 0.4
	Advanced by MOST	Elite by MOST
Skill/Pass 2	0.4	OR 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 by MOST	Elite by MOST
Skill/Pass	0.3	OR 0.5

### RUNNING TUMBLING MAX PARTICIPATION (0 - 0.5)

Skills/Passes are cumulative throughout the routine.

Level Appropriate - Skill/Pass by MAX	0.3
Advanced/Elite Level Appropriate - 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.t., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc w. would not count).
- Jumps within a pass will not break up the pass (i.te., 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.



# 2023 - 2024 UNITED SCORING SYSTEM - EXECUTION

## EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

4.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> <li>• Scores will start at a 4.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver</li> <li>• .1 - Minor technique issues by the team, not just 1 athlete in Tumbling or 1 athlete in Stunts/Pyramid</li> <li>• .2 - Multiple technique issues by the team</li> <li>• .3 - Widespread technique issues by the team</li> <li>• No more than .3 will be taken off for a single driver.</li> <li>• Stylistic differences will not factor into a teams' Execution score.</li> </ul>
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## EXECUTION - TOSS & JUMPS

2.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> <li>• Scores will start at a 2.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver</li> <li>• .1 - Minor technique issues by the team, not just 1 athlete in Jumps or 1 athlete in Tosses</li> <li>• .2 - Multiple technique issues by the team</li> <li>• .3 - Widespread technique issues by the team</li> <li>• No more than .3 will be taken off for a single driver.</li> <li>• Stylistic differences will not factor into a teams' Execution score.</li> </ul>
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## STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Uniform flexibility</li> <li>• Legs straight/locked and toes pointed</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Stability of the stunt</li> <li>• Solid stance</li> <li>• Feet stationary</li> </ul>
<b>Transitions</b>	<ul style="list-style-type: none"> <li>• Entries</li> <li>• Dismounts</li> <li>• Control from skill to skill</li> </ul>
<b>Synchronization*</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul> <p>*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.</p>

## TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

Teams that only perform 1 toss will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.	
Straight ride tosses will ONLY affect a team's execution score in level 2.	
<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Consistent execution of skill/trick</li> <li>• Legs straight/toes pointed</li> <li>• Arm placement</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Using arms/legs to throw together (Timing)</li> <li>• Solid stance</li> <li>• Controlled</li> <li>• Cradle</li> </ul>
<b>Height</b>	<ul style="list-style-type: none"> <li>• Distance between top persons' feet and hands of the bases (The value deducted will not exceed 0.1)</li> </ul>

## STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

<b>Approach</b>	<ul style="list-style-type: none"> <li>• Arm placement into a pass/skill</li> <li>• Swing/prep</li> <li>• Chest placement</li> </ul>
<b>Body Control</b>	<ul style="list-style-type: none"> <li>• Head placement</li> <li>• Arm/shoulder placement in skills</li> <li>• Hips</li> <li>• Leg placement in skills</li> <li>• Control from skill to skill in a pass</li> <li>• Pointed toes</li> </ul>
<b>Landings</b>	<ul style="list-style-type: none"> <li>• Controlled</li> <li>• Chest placement</li> <li>• Finished pass/skill</li> <li>• Incomplete twisting skills</li> </ul>
<b>Synchronization*</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul> <p>*Teams that do not perform at least 1 level appropriate pass synchronized in a group (two or more athletes) will automatically receive .3 off for Synchronization.</p>

## JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

<b>Arm Placement</b>	<ul style="list-style-type: none"> <li>• Approach</li> <li>• Consistent entry</li> <li>• Swing/prep</li> <li>• Arm position within jump(s)</li> </ul>
<b>Leg Placement</b>	<ul style="list-style-type: none"> <li>• Straight legs</li> <li>• Pointed toes</li> <li>• Hip placement/rotation/Hyperextension</li> <li>• Height</li> <li>• Legs/feet together</li> <li>• Chest placement</li> <li>• Landings</li> </ul>
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>• Timing (The value deducted will not exceed 0.1)</li> </ul>



# 2023 - 2024 UNITED SCORING SYSTEM - OVERALL

VERSION: 4.18.2023

## FORMATIONS & TRANSITIONS

1.0 - 2.0

A team's ability to demonstrate precise spacing and uniform movement.

The Formations & Transitions score will start at 2.0 and will be reduced .1 for EACH formation and transition that lacks precision.

## ROUTINE CREATIVITY

1.5 - 2.0

Routine Creativity is the average of 3 opinions supplied by the Building, Tumbling, and Overall Judge and is based on the team's incorporation of innovative, visual, and intricate ideas throughout the routine. Each judge is looking specifically at the skill sections that pertain to their respective categories and how they are composed, as defined below.

**Overall Judge:** Innovative, visual, and intricate ideas as well as any additional skills performed that enhance the overall appeal and flow of the routine. Overall judges scores encapsulate the entire routine from start to finish.

**Building Judge:** Incorporation of creative, innovative, and visual elements in the Entries, Transitions, and Dismounts of all Building skills. This includes both level and non-level appropriate skills. Pace/connection of skills will be considered.

**Tumbling Judge:** Incorporation of clear visual tumbling patterns that enhance the skills performed.

## DANCE

Dance will be evaluated as a team's ability to demonstrate a variety of difficulty elements with strong execution, based on the elements below.

0.5 - 1.0

### DIFFICULTY ELEMENTS

Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace

0.5 - 1.0

### EXECUTION

Technique • Perfection • Motion Strength/Placement • Synchronization • Energy/Entertainment Value

## SHOWMANSHIP

1.0 - 2.0

Showmanship is an average of 3 scores provided by the Building, Tumbling, and Overall Judges based on the panel's impression of the entire performance encompassing all category areas focusing on the team's energy, genuine enthusiasm, confidence, eye contact, and facial expression.

This category is not skill based but will take into consideration appropriate athletic impression throughout the routine.