



# 2024 - 2025 THE ONE SCORING SYSTEM

## Scoring Rubric

Level 1-4 and  
6-7 International All Girl

The below divisions will utilize the following rubrics:

- L1** U17 & U19
- L2** U17 & U19
- L3** U17 & U19
- L4** U17 & U19
- L6** International Open
- L7** International Open



# 2024 - 2025 THE ONE SCORING SYSTEM - BUILDING - INTERNATIONAL ALL GIRL DIVISIONS

## STUNT DIFFICULTY

Stunt skills will only receive full credit if they show control

3.5	Skills performed do not meet the 4.0 requirement
4.0	4 different level appropriate skills performed by MOST of the team
4.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
5.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
5.5	4 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
6.0	5 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes L6 teams - At least 1 being a Level 6 skill L7 teams - At least 2 being Level 7 skills

## 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.  
L6 teams - At least 1 Stunt Degree of Difficulty skill must be Level 6  
L7 teams - At least 1 Stunt Degree of Difficulty skill must be Level 7

## STUNT DEGREE OF DIFFICULTY (0 - 1.0)

	Advanced skill by MOST		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"/>
Skill 4	<input type="text" value="0.1"/>	OR	<input type="text" value="0.2"/>
Skill 5	<input type="text" value="0.1"/>	OR	<input type="text" value="0.2"/>

## STUNT MAX PARTICIPATION (0 - 0.5)

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

Level Skill by MAX <b>OR</b> Advanced Skill by MOST	0.1
Advanced Skill by MAX <b>OR</b> Elite Skill by MOST	0.3
Elite Skill by MAX	0.5

## BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS		
	MAJORITY	MOST	MAX
10 - 15	2	3	4
16 - 24	3	4	5
25 - 30	4	5	6

## PYRAMID DIFFICULTY

3.0 - 3.5	Skills performed do not meet the 3.5 - 4.0 range requirement
3.5 - 4.0	2 different level appropriate skills and 2 structures
4.0 - 4.5	3 different level appropriate skills and 2 structures performed by MOST of the team
4.5 - 5.0	4 different level appropriate skills and 2 structures performed by MOST of the team
5.0 - 5.5	5 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



# 2024 - 2025 THE ONE SCORING SYSTEM - TUMBLING - INTERNATIONAL DIVISIONS

## 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	MOST 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.

## TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
10 - 15	9	10
16 - 24	11	12
25 - 30	13	14

## STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's on 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) (To receive credit each skill/pass must be synchronized and performed by 2 or more athletes)

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

## RUNNING TUMBLING DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based it's on 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) (To receive credit each skill/pass must be synchronized and performed by 2 or more athletes)

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

## STANDING TUMBLING DIFFICULTY

0.5	Skills performed do not meet 1.0 requirement
1.0	Less than a MAJORITY of the team performs a level appropriate pass
1.5	MAJORITY of the team performs a level appropriate pass
2.0	MOST of the team performs a level appropriate pass

## RUNNING TUMBLING DIFFICULTY

0.5	Skills performed do not meet 1.0 requirement
1.0	Less than a MAJORITY of the team performs a level appropriate pass
1.5	MAJORITY of the team performs a level appropriate pass
2.0	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.