

2024-2025 UK SCORING - PHILOSOPHIES

TUMBLING (STANDING & RUNNING)

- **Utilization of athletes:** Skills performed demonstrate variations of solo, duo, group, and team tumbling.
- **Utilization of connected skills:** Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.
**Jumps connected to a tumbling skill will be considered.*
- **Variety of skills:** Utilization of different skills.
- **Value of Skills:** Increased complexity of level specific skills demonstrated.

TUMBLING - EXECUTION

- **Initiation:** Athletes demonstrate effective approach, body shape(s), and power into each skill.
**Backward standing tumbling that is initiated from a non-static position will reduce value of execution.*
- **Form:** Athletes demonstrate effective positioning of arm placement, head placement, body placement, foot placement, and leg placement, while maintaining the shape of skills, flexibility, and core strength.
- **Uniformity:** Athletes demonstrate alike placement of arm(s), chest, head, and leg(s) throughout the skills.
- **Awareness:** Athletes demonstrate knowledge and comprehension of spacing, floor formations and skill technique.
- **Synchronization:** Athletes demonstrate tumbling skills in simultaneous movement.
- **Landings:** Athletes demonstrate control of shape with minimal movement in the completion of the skills.
- **Pace:** Athletes demonstrate the ability to perform intended speed and power throughout the tumbling skills.

JUMPS

- **Utilization of athletes:** Aim to use the full team.
- Jumps should be synchronized,
- Minimum 2 connected + 1 or 3 connected (includes 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.

JUMPS - EXECUTION

- **Initiation:** Athletes demonstrate effective core strength, dip, stance, arm, feet, and chest placement.
- **Form:** Athletes demonstrate effective positioning of head, chest, arm(s), body, hip, leg, ankle, and foot placement, while maintaining flexibility, extension, and core strength.
- **Uniformity:** Athletes demonstrate alike placement of head, chest, arm(s), leg(s), ankle(s), feet throughout the jumps.
- **Awareness:** Athletes demonstrate floor formations and jump comprehension.
- **Synchronization:** Athletes demonstrate jumps in simultaneous movement.
- **Landings:** Athletes demonstrate control of shape with minimal movement in the completion of the jumps.

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STUNTS

- **Utilization of minimal bases:** Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.
- **Utilization of combined skills:** Stunt elements demonstrate two or more skills performed as one. (Examples: a spinning tic toc, a spinning inversion)
- **Utilization of connected skills:** Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.
- **Movement and usage of floor:** How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.
- **Variety of skills:** Utilization of different elements and/or skills.
- **Quantity of skills:** Display of a cumulative number of skills throughout the routine, performed by one or more groups.
- **Pace and flow:** Skills performed demonstrate appropriate and intended speed, as well as continuity of moving from one element to the next.
- **Value of Skills:** Increased complexity of level specific skills demonstrated.

PYRAMIDS

- **Utilization of minimal bases:** Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.
- **Utilization of combined skills:** Stunt elements demonstrate two or more skills performed as one, as legal by level rules: (Examples: Flipping and twisting release moves, twisting non flipping release moves)
- **Utilization of connected skills:** Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.
- **Movement and usage of floor:** How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.
- **Variety of skills:** Utilization of different structures, actions, and transitions.
- **Quantity of skills:** Display of a cumulative number of skills throughout the routine, performed by one or more groups.
- **Pace and flow:** Skills performed demonstrate appropriate and intended speed, as well as continuity of moving from one element to the next.
- **Value of Skills:** Increased complexity of level specific skills demonstrated.

TOSSES

- **Utilization of minimal bases:** Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.
- **Utilization of combined skills:** Toss elements demonstrate two or more skills performed as one. (Example, a multi trick toss, etc.)
- **Variety of skills:** Utilization of different elements and/or skills.
- **Quantity of skills:** Display of a cumulative number of skills throughout the routine, performed by one or more groups.
- **Pace and flow:** Skills performed demonstrate appropriate and intended speed, as well as continuity of moving from one element to the next.
- **Value of Skills:** Increased complexity of level specific skills demonstrated.

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BUILDING/TOSS EXECUTION

- **Precision:** Athletes demonstrate controlled movement, height, and positioning.
- **Awareness:** Athletes demonstrate knowledge and comprehension of spacing and skill technique.
- **Synchronization:** Athletes demonstrate stunts in a simultaneous or rippled movement to enhance the visual effect.
- **Stability:** Athletes demonstrate strength and the ability to maintain body lines without unnecessary movement.
- **Flexibility:** Body positions are displayed with range of motion and control.
- **Uniformity:** Each stunt group demonstrates skills in a similar manner and appearance.

DANCE

- **Foot Work:** 2 or more athletes create visual elements, patterns and displays with isolated movement of the feet.
- **Floor Work:** 2 or more athletes demonstrate elements and movement below waist level. It is considered Floor Work anytime both feet are not bearing weight of the athlete.
- **Level Change:** 2 or more athletes demonstrate various height, width, and depth creating displays for visual presentation.
- **Presentation:** Athletes demonstrate elements, patterns, and displays throughout the dance. Items for consideration: partner work, athlete participation, pace, flow, intricacy, and transitions.

OVERALL

- **Intricacy:** The routine continually demonstrates thought, purpose, and complexity, while creating smooth flowing transitions from skill to skill.
- **Pace:** The routine displays appropriate speeds throughout the routine. The demonstration of the speed to best accentuate the sections of the routine.
- **Involvement:** The active utilization of the athletes NOT participating in the specific skill sections.
- **Precision:** Athletes demonstrate precise movement, placement, uniformity, body extension and body isolation.
- **Awareness:** Athletes demonstrate floor formations, movement-comprehension, and choreography knowledge.
- **Synchronization:** Athletes demonstrate the choreography in a simultaneous movement to enhance the visual effect.
- **Entertainment:** Athletes present themselves physically, emotionally, and appropriately while translating the choreography of the routine.
- **Showmanship:** Athletes demonstrate authenticity and enjoyment while translating the choreography of the routine.
- **Presentation:** Athletes demonstrate the ability to capture the attention of the judges.