



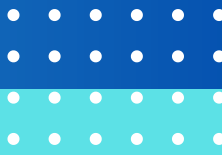
ICE SCORING SYSTEM

2025 - 2026



Table of Contents

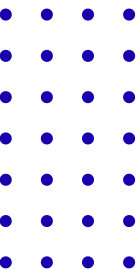
REVISION INFORMATION	03	LEVEL 0 RULES	12
INTRODUCTION	04	LEVEL 0 SKILLS	14
LEVEL 0 SCORING RUBRIC	05		





Revision information

Version	Date	Changes
---------	------	---------





Introduction

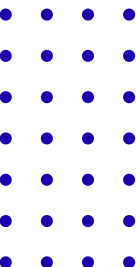
Purpose of this document

This Document has been created to present all the information needed for the adapted United Scoring System Rubrics in the UK.

The information contained in this document is taken directly for the United Scoring System UK rubrics, and only slight alterations have been made to the required rubric numbers in order to improve accessibility and competitive achievement for smaller UK teams.

The ethos behind the United Scoring System is unchanged in this document, and coaches are encouraged to review updates from the USS periodically throughout the year.

Judges using this scoring are encouraged to attend the United Scoring system in person or online training programmes to improve application and judgement of the skills being demonstrated in a competition environment.





ICE LEVEL 0 DIVISIONS

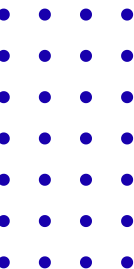
Divisions Scored on this Rubric

ALL Level 0 Divisions

This scoresheet is used ALONGSIDE the United Scoring Execution , Overall and elite skills scoring rubrics.

Building Quantities

	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





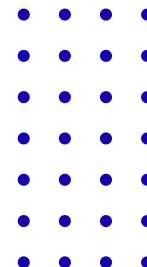
ICE LEVEL 0 DIVISIONS

Building Scoring

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 DIFFICULTY
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 above for a total of 1.0 points.

STUNT MAX PARTICIPATION (0 - 0.4) (RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES)	
Level Appropriate Skill by MAX OR Advanced Skill by MOST	0.4



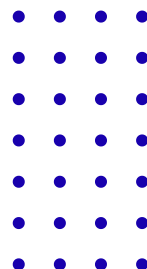


ICE LEVEL 0 DIVISIONS

STUNT DEGREE OF DIFFICULTY (0-0.6)		
	Level by MOST	Advanced / Elite by MOST
Skill 1	0.1	0.2
Skill 2	0.1	
Skill 3	0.1	

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: <ul style="list-style-type: none">•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





ICE LEVEL 0 DIVISIONS

Additional Information

STUNT / PYRAMID 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

TUMBLE / JUMPS ADDITIONAL INFORMATION

•Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach.

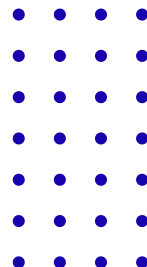
•Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).

•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.





ICE LEVEL 0 DIVISIONS

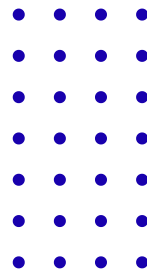
Tumbling / Jump Quantities

	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

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	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. For teams with MAX athletes or fewer: All athletes minus 2 must perform 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 MAX athletes or fewer: All athletes minus 1 must perform 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.





ICE LEVEL 0 DIVISIONS

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 TUMBLE DIFFICULTY

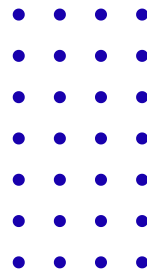
1.5	Skills performed do not meet 2.0 requirement
2.0	MAJORITY of the team performs a level appropriate pass
2.5	MOST of the team performs a level appropriate pass

STANDING TUMBLE 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 chart below for a total of .5 points.

STANDING TUMBLE DEGREE OF DIFFICULTY (0-0.5)

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





ICE LEVEL 0 DIVISIONS

RUNNING TUMBLE DIFFICULTY

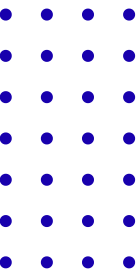
1.5	Skills performed do not meet 2.0 requirement
2.0	MAJORITY of the team performs a level appropriate pass
2.5	MOST of the team performs a level appropriate pass

RUNNING TUMBLE DRIVERS

Once a Running 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 chart below for a total of .5 points.

RUNNING TUMBLE DEGREE OF DIFFICULTY (0-0.5)

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





ICE LEVEL 0 DIVISION RULES

LEVEL 0 – IS A DEVELOPMENT BY INCREDIBLY COOL EVENTS TO SUPPORT COACHES WITH THE DEVELOPMENT OF BEGINNER ATHLETES. IT IS DESIGNED AS A FOUNDATION FOR THE EXISTING LEVEL 1 COMPETITION RULES FRAMEWORK. ANY QUESTIONS CAN BE DIRECTED TO SCORING@INCREDIBLYCOOLEVENTS.CO.UK

FOR GLOSSARY OF TERMS AND GENERAL RULES, PLEASE REFER TO THE IASF CHEER RULES

LEVEL 0 SPECIFIC RULES

Stunt 1: A spotter is required for EVERY top person. ALL stunts require a non-weight bearing spotter.

Stunt 2: A stunt cannot transition from a prep level stunt named as an exception into a braced prep Stunt, Exception: In pyramids - Pyramid 2.

Stunt 3: Preps can be braced by a single arm. Must be performed with a bracer, a spotter, and two bases. The bracer must be an additional person but can be in the air or on the ground with hand/hand or hand/arm connection. Prep stunts must be performed as a two-footed stunt. Single leg prep stunts are NOT allowed at Level 0.

Stunt 4: Stunts must NOT pass above prep level.

Stunt 5: Stunts must NOT twist.

Stunt 6: Stunts must NOT release. Flyers must always be connected to a person on the ground.

Stunt 7: Only ground level inversions are allowed. The Inverted athlete must maintain contact with the performing surface.

Stunt 8: Cradle dismounts ARE allowed.

Stunt 9: Tosses are NOT allowed.

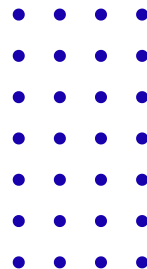
Stunt 10: Waist level Cradles are NOT allowed.

Stunt 11: Prone catches with no release are NOT allowed.

Stunts 12: Extended stunts are NOT allowed. Extended arm stunts are NOT allowed, regardless of body placement of bases or top person.

Stunts 13: Any lifting skills involving one person being assisted off the performance floor by another is considered a stunt and requires a spotter. This includes lifts where a person is held by the waist.

Pyramid 1: Prep stunts can be braced by a top person in any legal Level 0 stunts, providing the connection is made at the initiation of the prep stunt skill.





ICE LEVEL 0 DIVISION RULES

LEVEL 0 – IS A DEVELOPMENT BY INCREDIBLY COOL EVENTS TO SUPPORT COACHES WITH THE DEVELOPMENT OF BEGINNER ATHLETES. IT IS DESIGNED AS A FOUNDATION FOR THE EXISTING LEVEL 1 COMPETITION RULES FRAMEWORK. ANY QUESTIONS CAN BE DIRECTED TO SCORING@INCREDIBLYCOOLEVENTS.CO.UK

FOR GLOSSARY OF TERMS AND GENERAL RULES, PLEASE REFER TO THE IASF CHEER RULES

Pyramid 2: Any prep level stunts that are legally performed unbraced, following Level 0 rules, can transition to a prep level stunt, providing the stunt is braced throughout the entire transition by a hand/hand or hand/arm connection, without first returning to a below waist stance.

Pyramid 3: Preps can be braced by a single arm. Must be performed with a bracer, a spotter, and two bases. The bracer must be an additional person to the spotter and bases but can be in the air or on the ground with hand/hand or hand/arm connection. Prep stunts must be performed as a two footed stunt. Prep libs/prep single leg stunts are NOT allowed at Level 0.

Tumbling 1: Combinations of legal Level 0 skills are allowed.

Tumbling 2: Performing a backbend from standing and/or standing up from a back bend position is allowed.

Tumbling 3: Bridge/backbend kick overs are NOT allowed.

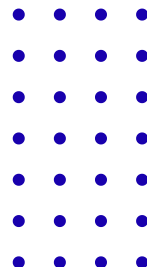
Tumbling 4: Forward and backward walkovers are NOT allowed.

Tumbling 5: Standing tumbling skills must originate from a standing or lunge position.

Tumbling 6: Running tumbling skills must originate from a running or hurdle entry.

Tumbling 7: Basic to Advanced Jumps can be performed.

Tumbling 8: Tumbling skills must involve constant physical contact with the performing surface. Exception: Round offs.





ICE LEVEL 0

APPROPRIATE SKILLS

LEVEL 0 – IS A DEVELOPMENT BY INCREDIBLY COOL EVENTS TO SUPPORT COACHES WITH THE DEVELOPMENT OF BEGINNER ATHLETES. IT IS DESIGNED AS A FOUNDATION FOR THE EXISTING LEVEL 1 COMPETITION RULES FRAMEWORK. ANY QUESTIONS CAN BE DIRECTED TO SCORING@INCREDIBLYCOOLEVENTS.CO.UK

FOR GLOSSARY OF TERMS AND GENERAL RULES, PLEASE REFER TO THE IASF CHEER RULES

STUNTS

LEVEL SKILLS

- Inversion at Ground Level (considered a 'stunt' for Level 0)
- Thigh Stand
- Straddle Sit at Prep level
- Split lift at Prep level
- Flat-back at Prep level*
- Shoulder sit*
- Braced Prep Two-legged Stunt
- L-stand, nugget and kneeling stunts
- Single leg below prep level
- *Legal 'Prep level' stunts without a bracer

ELITE SKILLS

- Tick Tock (with no release) below prep level

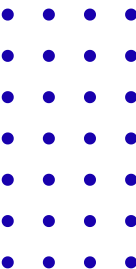
STANDING TUMBLE

LEVEL SKILLS

- Must originate from a standing or lunge position
- Forward / Backward roll
 - Handstand
 - Cartwheel
 - Backbend

ELITE SKILLS

- Handstand - Forward Roll
- Backwards Roll to handstand





ICE LEVEL 0

APPROPRIATE SKILLS

LEVEL 0 – IS A DEVELOPMENT BY INCREDIBLY COOL EVENTS TO SUPPORT COACHES WITH THE DEVELOPMENT OF BEGINNER ATHLETES. IT IS DESIGNED AS A FOUNDATION FOR THE EXISTING LEVEL 1 COMPETITION RULES FRAMEWORK. ANY QUESTIONS CAN BE DIRECTED TO SCORING@INCREDIBLYCOOLEVENTS.CO.UK

FOR GLOSSARY OF TERMS AND GENERAL RULES, PLEASE REFER TO THE IASF CHEER RULES

RUNNING TUMBLE

LEVEL SKILLS

Must have a running or hurdle entry

- Cartwheel
- Roundoff

ELITE SKILLS

- Cartwheel-roundoff

