



2025 - 2026 THE ONE FINALS SCORING SYSTEM

Performance Recreation Scoring Rubric

Level 1-5 Tiny, Mini, Pee Wee, Youth,
Junior, Senior

The below divisions will utilize the following rubrics:

L1	Tiny, Mini, Youth, Pee Wee, Junior & Senior
L2.1	Mini, Pee Wee, Youth, Junior & Senior
L2	Mini, Pee Wee, Youth, Junior & Senior
L3.1	Youth, Junior & Senior
L3.2	Youth, Junior & Senior
L3	Youth, Junior & Senior
L4	Junior & Senior
L4.2	Junior & Senior
L5	Senior



2025 - 2026 THE ONE FINALS SCORING SYSTEM - BUILDING – PERFORMANCE REC

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			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	
Skill 4	0.1	OR		0.2	

STUNT MAX PARTICIPATION (0 - 0.7)

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

Level Skill by MOST OR Advanced Skill by MAJORITY	0.3
Advanced Skill by MOST OR Elite Skill by MAJORITY	0.5
Elite Skill by MOST	0.7

BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
5 – 11	1	1
12 – 15	1	2
16 – 19	2	3
20 – 23	3	4
24 – 30	4	5
31 – 36	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
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

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. 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	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. For teams with less than 5 athletes: All athletes must perform 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Jumps must be synchronized and include a variety. Tiny/Mini: MOST of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

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

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 – 11	5	6
12 – 17	6	7
18 – 22	9	10
23 – 30	11	12
31 – 36	15	16

STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based on 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 skill by MAJORITY	Advanced/Elite skill by MAJORITY
Skill/Pass 1	0.2	OR 0.4
	Advanced skill by MOST	Elite skill by MOST
Skill/Pass 2	0.4	OR 0.6

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 skill by MOST	Elite skill by MOST
Skill/Pass	0.3	OR 0.5

RUNNING TUMBLING MAX PARTICIPATION (0 - 0.5)

Skills/Passes are cumulative throughout the routine.

Level Skill/Pass by MOST	0.3
Advanced/Elite Level Appropriate - Skill/Pass by MOST	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.

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.

EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

4.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. - 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 .1 - Minor technique issues by the team .2 - Multiple technique issues by the team .3 - Widespread technique issues by the team - No more than .3 will be taken off for a single driver. - Stylistic differences will not factor into a teams' Execution score.
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EXECUTION - TOSS & JUMPS

2.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. - 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 .1 - Minor technique issues by the team .2 - Multiple technique issues by the team .3 - Widespread technique issues by the team - No more than .3 will be taken off for a single driver. - Stylistic differences will not factor into a teams' Execution score
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STUNT/PYRAMID DRIVERS

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

Top Person	- Body control - Uniform flexibility - Legs straight/locked and toes pointed
Bases/Spotters	- Stability of the stunt - Solid stance - Feet stationary
Transitions	- Entries - Dismounts - Control from skill to skill
Synchronization*	Timing *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.

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.		
Top Person	- Body control - Consistent execution of skill/trick	- Legs straight/toes pointed - Arm placement
Bases/Spotters	- Using arms/legs to throw together (Timing) - Solid stance	- Controlled - Cradle
Height	Distance between top persons' feet and hands of the bases (The value deducted will not exceed 0.1)	

STANDING/RUNNING TUMBLING DRIVERS

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

Approach	- Arm placement into a pass/skill - Swing/prep - Chest placement	
Body Control	- Head placement - Arm/shoulder placement in skills - Hips	- Leg placement in skills - Control from skill to skill in a pass - Pointed toes
Landings	- Controlled - Chest placement	- Finished pass/skill - Incomplete twisting skills
Synchronization*	Timing *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.	

JUMP DRIVERS

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

Arm Placement	- Approach - Consistent entry	- Swing/prep - Arm position within jump(s)
Leg Placement	- Straight legs - Pointed toes - Hip placement/rotation/Hyperextension - Height - Legs/feet together - Chest placement - Landings	
Synchronization	Timing (The value deducted will not exceed 0.1)	