2024 - 2025
The ONE Finals
SCORING SYSTEM

All Star Elite
Scoring Rubric

Level 3, 4 & 5 Senior
& Open Coed

The below divisions will utilize the following rubrics:

L3   Senior Coed

L4   Senior Coed & Senior Open Coed

L4.2   Senior Coed

L5   Senior Coed & Senior Open Coed

STUNT DIFFICULTY
Stunt skills will only recieve 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	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes, plus a Coed Style Stunt

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.

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
	Advanced Coed Style		Elite Coed Style
Coed Style Skill	0.1	OR	0.2

STUNT MAX PARTICIPATION (0 - 0.7)
(Rippled or synchronized in the same section without recycling athletes)

Level Skill by MAX *OR* Advanced Skill by MOST	0.3
Advanced Skill by MAX *OR* 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	1	2
12 - 15	1	2	3
16 – 19	2	3	4
20 - 23	3	4	5
24 - 30	4	5	6
31 – 38	5	6	7

COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 or more	1

COED STYLE

- Based on a group of 3, Consisting of a Base, Top Person and a Spotter.
- Entry must be a Toss or Walk-In.
  Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist. Spotter may not start under the Top Persons foot.
  Walk-In - Top person and Base start facing each other with one-foot loaded in
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest.

DEGREE OF DIFFICULTY COED CREDIT

- Only skills listed under Coed Style will count. Rippled or synchronized in the same section without recycling athletes.
- Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level.
  Ex. Toss hands: counts begin when the stunt stops at prep level
  Ex. Toss hands press extension: counts begin when the stunt stops at extended level
- Coed Stunts must cradle or dismount to the performance surface to receive full Coed credit.
- Coed Stunts that become a pyramid will not receive coed credit

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.

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

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2024 - 2025 THE ONE FINALS SCORING SYSTEM - TUMBLING - ELITE 3 - 5 COED

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	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.
	For teams with less than 10 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.

TUMBLING/JUMP 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

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

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 MAX	0.3
Advanced/Elite Level 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.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.