United Scoring Updates

What coaches need to know • Cheer America Championships • Season 30

The *Level Appropriate Document* got updated on 10/15/2026. This guide covers what actually changed, in plain English — no jargon.

New to this? The Level Appropriate Document is the official list judges use to score difficulty in your routine — which skills count, and how much each one is worth.

The good news first

For most teams, your routine doesn't need to change.

Skills are grouped into tiers — Level, Advanced, Elite — and higher tier means more difficulty points. The point values are the same. The rules are the same. And almost every skill stayed in its tier. The exceptions are two Level 3 skills, covered below. This update is mostly new clarification and a slight modification.

Level 3

- A tic toc from Prep level lib to extended body position is now considered an advanced skill.
- **THREE** connected back handsprings into an advanced jump is now considered an advanced skill.
    - Advanced Jumps: Pike, Right/Left Hurdler (front or side), Toe Touch, Double Nine

New skills and new names

- **Front pops** — a stunt where the flyer is in a handstand and flips forward when released by the bases — now appears for Levels 4, 4.2, 5, Jr 6, and Worlds 6/7. Where the stunt catches decides the tier: finishing below shoulder height is basic, at shoulder height is advanced, and at extended (overhead) is elite.
- “Handspring ups” got a new name: “released inversions.” Same skills, new label.
- One definition got tighter: a one-leg stunt only counts if the flyer is in a lib (balanced on one leg with other leg bent) or a listed body position.

The one thing to check

Make sure you're looking at the newest Documents. Every sheet should say **10.15.26**.

One exception: the Level 3 sheet had a mistake in its first new version, so it was reprinted. Yours must say ***10.15.26 – REVISED.*** If it doesn't say REVISED, it's the one with the error.

Your checklist before our first event!

1. Download a fresh set of documents.
2. Check the date: 10.15.26 on everything, REVISED on Level 3.
3. Skim your routine against the new documents — especially if you coach Level 3 or use front pops.
4. Not sure about a skill? Ask us before competition day. That's what we're here for. *Info@CAcheermail.com*

Applies to

These changes apply to only United Scoring. The Open Championship scoring (offered at select events) and USASF Worlds divisions use different scoring systems and were not affected by the recent change on 10.15.26.

SEE YOU ON THE MAT!