



# DIFFICULTY SHEET CHECKLIST

Ready to tackle your Difficulty Sheet? Follow these to get started.  
An example Difficulty Sheet is also attached for reference.

## FILL IN THE BASICS

- |   |  |
|---|--|
| <input type="checkbox"/> <b>TYPED</b><br>Make sure your sheet is typed, legible with a readable font, and in black.                               | <input type="checkbox"/> <b>YOURSELF</b><br>Remember to fill out your Athlete Name and the Country you're representing.  |
| <input type="checkbox"/> <b>CATEGORY</b><br>State your Division and Category.<br>Examples: Junior A Women Competitive,<br>Masters 40+ Men Amateur | <input type="checkbox"/> <b>COMPETITION NAME AND DATE</b><br>State the Competition this sheet is for, including a date.<br>Examples: USPSF Silks Virtual Semi-Finals 2022,<br>POSA Pole Sport World Championships 2021 |

## FILLING OUT THE SHEET

- |   |   |
|---|---|
| <input type="checkbox"/> <b>ELEMENT CODE</b><br>"No. Element" column should include the correct code number. Group E spinning elements require the code with '/E' following.<br>Example #1: B132<br>Example #2: HA036/E   | <input type="checkbox"/> <b>DESCRIPTION</b><br>The Description box should match the corresponding code number.<br>Example #1: Elbow Forearm Plank 1 Open legs (Fratini 1)<br>Example #2: Supportive split 180° (extended) |
| <input type="checkbox"/> <b>VALUE</b><br>The Value box should match the corresponding code number.<br>Example #1: 0.9<br>Example #2: 0.7  | <input type="checkbox"/> <b>GROUP</b><br>The Group box should match the corresponding code number.<br>Example #1: B<br>Example #2: E  |
| <input type="checkbox"/> <b>COMBINATIONS</b><br>For combinations (direct transitions) of two difficulty elements from different element groups, declare the combination on the first row of that Combination box. Up to three combinations may be declared.<br>Example: C003+B121=1 [located on the same element row as C003] | <input type="checkbox"/> <b>COMBINATION BONUS</b><br>Some Competitive categories may also declare one extra combination between two elements if they are each valued at 1.0.<br>Example: A035+D098 =2                     |

## LAST CHECKS AND COMMON QUESTIONS

- ARE ALL MY ELEMENTS THERE?**  
Your routine must include at least one difficulty element from each group (A, B, C, D, and E).
- CAN I MEET THE MINIMUM REQUIREMENTS OF YOUR ELEMENT?**  
The Difficulty Judge evaluates only the minimum requirements of the elements found in the elements table. Examples: "Opening of the legs 160°" means 160° between the inner thighs in alignment with the hips to the knees. "Lower leg fully extended" means the lower leg is in a straight line from hip to big toe.
- ARE MY ELEMENTS WITHIN MY ALLOWED RANGE?**  
The range is restricted based on category and division. Check against the table in the Code of Points for the values allowed.
- DO I HAVE THE CORRECT NUMBER OF ELEMENTS (COMPETITIVE)?**  
There should be ten difficulty elements listed.
- CAN I CLAIM A COMBINATION OF TWO ELEMENTS FROM THE SAME GROUP?**  
No.
- CALCULATE THE TOTAL DIFFICULTY SCORE**  
Add the values from the Value boxes and Combination boxes and enter that into the Total Difficulty Score box.
- CAN I CLAIM THE SAME ELEMENT TWICE?**  
No.
- CAN I MEET THE MINIMUM REQUIREMENTS OF YOUR ELEMENT (CONT.)?**  
Can you hold your Group A and B element for 2 seconds? Can you hold your Group E element for a 720° rotation? For pole, can you do your Group C element for a 360° rotation? For aerials, can you hold your Group C element for 3 seconds? Transitions into/out of the move do not count.
- DO I HAVE THE CORRECT NUMBER OF ELEMENTS (AMATEUR, DOUBLES)?**  
There should be five difficulty elements listed. Declaring a sixth element is optional but it must be valued higher than the maximum value allowed in your category. Example: Your 6<sup>th</sup> element must be 0.6 or higher if your allowed range is 0.1-0.5.
- ARE MY ELEMENTS IN THE RIGHT ORDER?**  
Make sure to declare the elements in the order you are going to perform in your routine.
- WHAT ABOUT MY ACROBATIC MOVE?**  
Do not declare your Acrobatic Move on your Difficulty sheet. Note: Acrobatic movement is not mandatory.
- FINALIZE**  
Save and send the Difficulty Sheet in Word and/or PDF format.