

# DIFFICULTY SHEET CHECKLIST



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

---

## THE BASICS

---

- Typed** – Make sure your sheet is typed, legible with a readable font, and in black.
- Yourself** – Remember to fill out your Athlete Name and the Country you’re representing.
- Category** – State your Division and Category.  
{Example: Junior A Women Competitive}
- Competition Name and Date** – State the Competition this sheet is for, including a date.  
{Example: USPSF Silks Virtual Semi-Finals 2025}

---

## YOUR ELEMENTS

---

- Element Code** – The “No. Element” column should include the correct code number. Group E spinning elements require the code plus “/E”.  
{Examples: B132 or HA036/E}
- Description** – The Description box should match the corresponding code number.
- Value** – The Value box should match the corresponding code number. Values may change from previous Code of Points editions, so make sure you are using the most current Code of Points!
- Group** – The Group box should match the corresponding code number. If it is a Group E spinning element, type in “E”.

---

## YOUR BONUSES

---

- Combination Bonus** – Combinations are direct transitions between two declared difficulty elements from different element groups. Declare the combination in the Combination box of the first element of the combination. Up to three combinations may be declared.  
{Example: C003 + B121 = 1 should be typed on the same element row as C003}
- Combination Super Bonus** – Some Competitive categories may also declare one extra combination between two elements if each is valued at 1.0  
{Example: A035 + D098 = 2 [because both A035 and D089 are 1.0 elements]}
- Bonus Connections** – Are any of your Combination Bonuses three consecutive difficulty elements (aka. two combination bonuses in a row)? If they are, you have a chance of receiving a 1.0-point Bonus Connection. Some Competitive categories may claim a second BC, and it must contain a Combination Super Bonus.

{Example: A163/E + B041 + A161 = 1 + 1 (BC = 1) should be typed on the same element row as A163/E}

{Example with SB: A035 + D098 + A108 = 2 + 1 (BC = 1)}

- Final Element Bonus** – Is your last element valued between 0.8 – 1.0 points? If so, you may be eligible for an additional bonus of 0.5 to 1.0 bonus points. Note: Do not declare this on your Difficulty Sheet.
- Risk Factor Bonus** – Do you have an element that says CBRF? If so, you may be eligible for an additional bonus of 1.0 points for that element, for up to two elements. Note: Do not declare this on your Difficulty Sheet.

---

## 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 claim the same element twice?** – No.
- Can I meet the minimum requirement of my element?** – The Difficulty Judge evaluates only the minimum requirements found in the move's name and the elements table.  
{Examples:
  - “Opening of the legs 180°” means the judge is looking for 180° between the inner thighs in line with the hips to the knees.
  - “Legs fully extended” means the leg is in a straight line from hip to big toe.
  - “1080° rotation (360° x 3) during the entire movement” means you must rotate 3 times around the pole from where the foot last touches the ground}
- Can I hold my move completely still?** – Transitions into/out of the move and choreography (ex. head or hand moving while holding the move) are not considered “completely still”
  - Can you hold your Group A and B element completely still for 2 seconds?
  - Can you hold your Group E element completely still for a 720° rotation?
  - For pole, can you do your Group C element for a minimum 360° rotation (unless otherwise stated)?
  - For aerial, can you hold your Group C element completely still for 3 seconds?
- Are all my elements within my allowed range?** – The range is based on category and division. Check this against the table in Section 9.7.1 in the Code of Points for the values allowed.
- Do I have the correct number of elements for Amateur?** – 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.
- Do I have the correct number of elements for Competitive?** – There should be ten difficulty elements listed.
- Are my elements in the right order?** – Make sure to declare the elements in the order you are going to perform in your routine.
- Can I claim a combination of two elements from the same Group?** – No.
- What about my acrobatic move?** – Do not declare your acrobatic move on your Difficulty Sheet.
- Calculate the Total Difficulty Score.** – Add the values from the Value boxes and Combination boxes (including any Bonus Connections) and enter them into the Total Difficulty Score box. Do not include the Final Element Bonus and Risk Factor Bonus in this total.
- Finalize.** – Save and send the Difficulty Sheet in PDF format.



## DIFFICULTY SHEET

NAME & SURNAME: Lelia Mason

SPECIALTY:

IM

IF

DOUBLES

CATEGORY: S / JV / JA / JB / JM / MA40/ MA50 / PA

COMPETITION & DATE:

2020 USPSF Nationals, July 4, 2020

| No | No Element | Description   | Value | Group | Combination       | Judges Only |
|----|------------|---|-------|-------|-------------------|-------------|
| 1  | A035       | Russian Split (Horizontal)  | 1.0   | A     | A035 + D098 = 2   |             |
| 2  | D098       | Russian Split horizontal Drop                                     | 1.0   | D     |                   |             |
| 3  | C063       | Hand changing full twist into true grip phoenix (Karasinska Spin) | 1.0   | C     | C063 + B064 = 1   |             |
| 4  | B064       | Iguana Plank  | 1.0   | B     |                   |             |
| 5  | C059       | Double reverse grab into true grip phoenix jump out (Busani DRG)  | 1.0   | C     |                   |             |
| 6  | B093       | Cup Grip Extended Deadlift  | 1.0   | B     | B093 + D015 = 1   |             |
| 7  | D015       | Fonji 3   | 0.8   | D     |                   |             |
| 8  | A068/E     | Super Pain  | 1.0   | E     |                   |             |
| 9  | A042       | Elbow Hold Split  | 0.9   | A     | A042 + A052/E = 1 |             |
| 10 | A052/E     | Felix Spatchcock  | 0.9   | E     |                   |             |
|    |            | TOTAL DIFFICULTY SCORE  | 14.6  |       |                   |             |
|    |            | TOTAL DEDUCTIONS  |       |       |                   |             |
|    |            | FINAL   |       |       |                   |             |

Keys: IM= Individual Males IF= Individual Females S= Senior JV= Junior Varsity JA=Junior A JB= Junior B JM= Junior Mixed  
 MA40= Masters 40+ MA50= Masters 50+ PA=Parapole



## DIFFICULTY SHEET

NAME & SURNAME:

SPECIALTY: **IM**  **IF** **DOUBLES** CATEGORY:  **S** / JV / JA / JB / JM / MA40/ MA50 / PA

COMPETITION & DATE:

| No | No Element | Description                           | Value       | Group | Combination                        | Judges Only |
|----|------------|---------------------------------------|-------------|-------|------------------------------------|-------------|
| 1  | HB039      | Transition from flag to reversed flag | 1.0         | B     | HB039 + HB001/E = 1                |             |
| 2  | HB001/E    | Hang «Arrow»                          | 0.1         | E     |                                    |             |
| 3  | HC027/E    | Crocodile one handed – V-position     | 0.9         | E     |                                    |             |
| 4  | HA084      | Flag split 180°                       | 0.8         | A     |                                    |             |
| 5  | HA075      | Half-moon split 180°                  | 0.8         | A     | HA075 + HC012 + HB025 = 1+1 (BC=1) |             |
| 6  | HC012      | Super helicopter 180°                 | 0.8         | C     |                                    |             |
| 7  | HB025      | Neck hang                             | 0.9         | B     |                                    |             |
| 8  | HC051      | Plank - pencil                        | 0.9         | C     |                                    |             |
| 9  | HD013      | Elbow drop to armpits                 | 0.8         | D     |                                    |             |
| 10 | HD041      | Sitting back flip through beckbent    | 0.9         | D     |                                    |             |
|    |            | <b>TOTAL DIFFICULTY SCORE</b>         | <b>11.9</b> |       |                                    |             |
|    |            | <b>TOTAL DEDUCTIONS</b>               |             |       |                                    |             |
|    |            | <b>FINAL</b>                          |             |       |                                    |             |

Keys: IM= Individual Males IF= Individual Females S= Senior JV= Junior Varsity JA=Junior A JB= Junior B JM= Junior Mixed  
 MA40= Masters 40+ MA50= Masters 50+ PA=Parapole



## DIFFICULTY SHEET

NAME & SURNAME: Brenda Robb

SPECIALTY:

IM

IF

DOUBLES

CATEGORY: S / JV / JA / JB / JM / MA40 / MA50 / PA

COMPETITION & DATE:

2020 USPSF Nationals, July 4, 2020

| No | No Element | Description                   | Value      | Group | Combination                        | Judges Only |
|----|------------|-------------------------------|------------|-------|------------------------------------|-------------|
| 1  | SA010/E    | Inverted candle 160°          | 0.3        | E     |                                    |             |
| 2  | SB001      | Hang «Cross» diagonal         | 0.1        | B     | SB001 + SC038 + SD001 = 1+1 (BC=1) |             |
| 3  | SC038      | Supporting corner             | 0.3        | C     |                                    |             |
| 4  | SD001      | Drop «Eight»                  | 0.1        | D     |                                    |             |
| 5  | SA022      | Lantern                       | 0.2        | A     | SA022 + SC048 = 1                  |             |
| 6  | SC048      | Armpit handstand ring         | 0.8        | C     |                                    |             |
| 7  |            |                               |            |       |                                    |             |
| 8  |            |                               |            |       |                                    |             |
| 9  |            |                               |            |       |                                    |             |
| 10 |            |                               |            |       |                                    |             |
|    |            | <b>TOTAL DIFFICULTY SCORE</b> | <b>5.8</b> |       |                                    |             |
|    |            | <b>TOTAL DEDUCTIONS</b>       |            |       |                                    |             |
|    |            | <b>FINAL</b>                  |            |       |                                    |             |

Keys: IM= Individual Males IF= Individual Females S= Senior JV= Junior Varsity JA=Junior A JB= Junior B JM= Junior Mixed  
 MA40= Masters 40+ MA50= Masters 50+ PA=Parapole