



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

FILLING OUT THE SHEET

- | | |
|---|---|
| <input type="checkbox"/> ELEMENT CODE
"No. Element" column should include the correct code number. Group E spinning elements require the code with '/E' following.
Example #1: B132
Example #2: HA036/E | <input type="checkbox"/> DESCRIPTION
The Description box should match the corresponding code number.
Example #1: Elbow Forearm Plank 1 Open legs (Fratini 1)
Example #2: Supportive split 180° (extended) |
| <input type="checkbox"/> VALUE
The Value box should match the corresponding code number.
Example #1: 0.9
Example #2: 0.7 | <input type="checkbox"/> GROUP
The Group box should match the corresponding code number.
Example #1: B
Example #2: E |
| <input type="checkbox"/> COMBINATIONS
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.
Example: C003+B121=1 [located on the same element row as C003] | <input type="checkbox"/> COMBINATION BONUS
Some Competitive categories may also declare one extra combination between two elements if they are each valued at 1.0.
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 6th 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.

Elements Difficulty List

Athlete name: Judy Jane Doe

Country: USA

Category: Senior Women Competitive

Competition Name & Date: USPSF Pole Sport National Championships 2020, February 29, 2020

N°	N° EL.	DESCRIPTION	VALUE	GROUP	COMBINATION	JUDGES ONLY
1	A106/E	Rinaldi Split	0.9	E		
2	C027	Cup Grip Phoenix (Chinese)	0.8	C	C027+B067 = 1	
3	B067	Cup Grip X	0.9	B		
4	D047	Pole Flic-Flac (Floor Based)	0.7	D	D047+B063 = 1	
5	B063	Iron Flag (grip of choice)	1.0	B		
6	C022	Reverse Grab to Front Flip (One handed)	0.7	C		
7	A024	Jade Passe	0.7	A	A024+A135/E=1	
8	A135/E	Hug Jade 2 (Aita Split)	0.8	E		
9	A030	Machine Gun	0.7	A		
10	D063	Marosvolgy Jump	0.9	D		
		TOTAL DIFFICULTY SCORE	11.1			
		TOTAL DEDUCTIONS (Judges only)				
		RECOGNISED BONUSES (Judges only)				
		RISK FACTOR BONUSES (Judges only)				
		FINAL SCORE (Judges only)				