



# 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>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 combo. 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 each is 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 REQUIREMENT OF MY 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 Section 9.7.1 in the Code of Points for the values allowed.
- DO I HAVE THE CORRECT NUMBER OF ELEMENTS FOR 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 them into the Total Difficulty Score box.
- CAN I CLAIM THE SAME ELEMENT TWICE?**  
No.
- CAN I MEET THE MINIMUM REQUIREMENT OF MY ELEMENT (CONT.)?**  
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 360° rotation? For aerials, can you hold your Group C element completely still for 3 seconds? Transitions into/out of the move and choreography (ex. head or hand movement while holding the move) are not considered "completely still".
- 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. 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 PDF format.



## 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	D092	Full Twist to Ballerina	0.5	D		
2	C024	Phoenix Classic	0.6	C		
3	C013	Corkscrew Spin (One Handed)	0.4	C	C013 + B017 = 1	
4	B017	Back Support Tuck	0.4	B		
5	A006/E	Allegra Passé 160	0.4	E	A006/E + A012 = 1	
6	A012	Chopstick 160	0.5	A		
7	B102/E	Shoulder Mount Deadlift	0.5	E		
8	D013	Fonji 1	0.5	D		
9	A032	Russian Split 45	0.5	A		
10	B020	No Handed Cradle Extended	0.5	B		
		<b>TOTAL DIFFICULTY SCORE</b>	<b>6.8</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



# DIFFICULTY SHEET

NAME & SURNAME:

Susan Barlett

SPECIALTY:

IM

**IF**

DOUBLES

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

COMPETITION & DATE:

US National Championships. February 29, 2024

No	No Element	Description	Value	Group	Combination	Judges Only
1	HB013/E	Back basic plank - one leg bent	0.9	E	HB013/E + HA045 = 1	
2	HA045	Russian split 180°	0.7	A		
3	HB057	One hand hang «Three»	0.8	B	HB057 + HC021 = 1	
4	HC021	Shoulders stand – one side	0.5	C		
5	HA040	Twister	0.7	A		
6	HC020	Scorpion 160°	0.5	C		
7	HC031/E	Super dangerous bridge on the top of hoop	1.0	E		
8	HD030	Elbows rotation in split	0.8	D		
9	HD010	Back flip from lower part of the hoop	0.5	D		
10	HB024	Satellite	0.7	B		
		<b>TOTAL DIFFICULTY SCORE</b>	<b>9.1</b>			
		<b>TOTAL DEDUCTIONS</b>				
		<b>FINAL</b>				

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## 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	SB051	Inside Leg Hang	0.2	B	SB051 + SA013 = 1	
2	SA013	Pin 180°	0.4	A		
3	SA022/E	Lantern	0.2	E	SA022/E + SD012 = 1	
4	SD012	Knee Hooking Drop	0.4	D		
5	SA019/E	Ring – legs in contact with shoulders	0.5	E		
6	SC046	Balance Pistol	0.3	C		
7						
8						
9						
10						
		<b>TOTAL DIFFICULTY SCORE</b>	<b>4.0</b>			
		<b>TOTAL DEDUCTIONS</b>				
		<b>FINAL</b>				

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