

DIFFICULTY SHEET CHECKLIST



Ready to tackle your Difficulty Sheet? Follow these to get started. Example Difficulty Sheets are also included 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 should be typed on the same element row as A035 [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 (+1 BC) should be typed on the same element row as A163/E **OR** A163/E + B041 = 1 + 1 BC is typed on the same element row as A163/E and B041 + A161 = 1 is typed on the same element row as B041}

{Example with SB: A035 + D098 + A108 = 2 + 1 (+1 BC) **OR** A035 + D098 = 2 + 1BC and D098 + A108 = 1 on their respective rows}

- ☐ **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 UNLESS you are using the .xlsx sheet and it formulates it in the Description section.

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 elements 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 them 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.

Athlete(s) Name(s): **Lelia**Athlete(s) Surname(s): **Mason**Country: **United States of America**Category: **Competitive - Masters 50+ Women**Competition Name & Date: **2025 USPSF Nationals, July 3, 2025**

Elements Difficulty List



N°	CODE	DESCRIPTION	VALUE	GROUP	COMBINATION	JUDGE ONLY
1	C022	Reverse Grab to Front Flip (One handed) 360° rotation before touching the ground + Only one hand in contact with the pole during the flip + No stop between the movements	0.7	C		
2	A035	Russian Split (Horizontal) [CBRF] Opening of the legs 180° + Body parallel to the floor, NO TOLERANCE	1	A	A035 + D098	2
3	D098	Russian Split horizontal Drop [CBRF] Start position in russian split horizontal 180° + A minimum of 1 meter drop + End position in pole sit + No hands on pole	1	D		
4	B112	Paggi Pole Clock / Chinese Grip Pole Clock Legs 2 time in jack knife position above the head + No momentum during dead lifts + Final position of choice + Forearm grip ***In this element, there is no need to hold the position for 2*** seconds.	0.9	B	B112 + A024/E	1 +1 BC
5	A024/E	Jade Passé Opening of the legs 180° + No hands-on pole	0.7	E	A024/E + D154	1
6	D154	Serra jump half turn (Busani jump) Starting position: Serra flip out + Half turn before landing + Feet facing the pole in the landing + No hands in contact with the floor in the landing	0.8	D		
7	C019	Cup Grip Spin Outside hand in cup grip, inside hand grip of Choice + Legs extended & together, body in pencil position	0.6	C		
8	A033	Russian Split Elbow Lock Opening of the legs 180° + Legs fully extended + One elbow & foot on the pole Body maximum 45° to the floor ***This element can also be executed floor based***	0.8	A	A033 + B041	1
9	B041	Tulip Body parallel to the floor + No legs or feet in contact with the pole + Arms & legs fully extended	0.9	B		
10	A175/E	Földesi split Opening of the legs 180° + Body (torso) parallel to the floor + Both hands in contact with the pole	0.9	E		Possibility of FEB [0,8]

TOTAL DIFFICULTY SCORE

14.3

TOTAL DEDUCTIONS (Judges only)

RECOGNISED BONUSES (Judges only)

RISK FACTOR BONUSES (Judges only)

FINAL SCORE (Judges only)





DIFFICULTY SHEET

NAME & SURNAME:

Helen Patinoa

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	HC057	String	0.9	C	HC057 + HD041 = 1	
2	HD041	Sitting back flip through bekkbent	0.9	D		
3	HB011	Reversed flag	0.7	B	HB011 + HA009 = 1	
4	HA009	Elbow split 180°	0.5	A		
5	HD013	Elbow drop to armpits	0.8	D		
6	HC054	Elbow-hip balance on the upper part of the hoop	0.6	C		
7	HC022/E	Shoulder Balance «Corner»	0.6	E	HC022/E + HB044 = 1	
8	HB044	Horizontal magnet split	0.6	B		
9	HA028	Bird of paradise 180°	0.6	A		
10	HA040/E	Twister	0.7	E		
		TOTAL DIFFICULTY SCORE	9.9			
		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:

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	SC040	Surdonkina crab	1.0	C	SC040 + DS041 = 2	
2	SD041	Reversed separating regrip legs straddle to closed	1.0	D		
3	SD042	Backward roll half-turn in open grab	0.8	D		
4	SA045	Back flag split 180°	0.8	A	SA045 + SB024 = 1	
5	SB024	Transition from back flag to frontal flag	0.7	B		
6	SC014	Front split balance in knots 180°	0.8	C		
7	SA028	Andreeva split 180°	0.8	A	SA028 + SB065 = 1	
8	SB065	Hang «Arabesque» - extended	0.7	B		
9	SB057/E	Iguana - extended	0.8	E		
10	SD024	Mill 1080°	0.8	D		
		TOTAL DIFFICULTY SCORE	12.2			
		TOTAL DEDUCTIONS				
		FINAL				

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DIFFICULTY SHEET

NAME & SURNAME:

Lina Aguirre

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	AHB022/E	Front Flag	0.4	E		
2	AHA003	Upright backbend	0.2	A	AHA003 + AHAC006 = 1	
3	AHC006	Inverted Passè	0.2	C		
4	AHB021	Peter Pan no hands	0.4	B		
5	AHA058	Peacock 180°	0.7	A		
6	AHD006	DEMI FALL 2	0.2	D		
7						
8						
9						
10						
		TOTAL DIFFICULTY SCORE	3.1			
		TOTAL DEDUCTIONS				
		FINAL				

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MA40= Masters 40+ MA50= Masters 50+ PA=Parapole