

PCA 2026: POM SKILLS PROGRESSION SHEET (Difficulty) (new with spelling corrections)

Difficulty of Skills (5 Categories are: Turns, Kicks, Leaps, Jumps, and Dance Lifts/Tumbling Skills)

Score is based on the relative difficulty level (low, med, or high), quantity performed, % of performers doing the skills.

This Progression Sheet helps determine **relative difficulty level (low, medium, or high)** of common skills. It is not exhaustive.

Judge will also count quantity performed and calculate if skills are performed by half or less than half or by more than half of the team

	LOW 1 points: low difficulty skills performed by half or less than half the team 2-3 points: low difficulty skills performed by more than half the team	MEDIUM 4-5 points: medium difficulty skills performed by half or less than half the team 6-7 points: medium difficulty skills performed by more than half the team	HIGH 8-9 points: high difficulty skills performed by half or less than half the team. 10 points: high difficulty skills performed by more than half the team.
SKILLS			
TURNES	single pirouette turn tour en l'air pirouette sur le cou-de-pied turns with chassé 1-2 chaîné turns 1 foutetté passé turn	double pirouette turn 2-3 fouetté turns 3+ chaîné turns axel turn	triple pirouette turn illusion 4+ fouettés turns changing spots leg holding turns double tour en l'air
KICKS	1+ low level kicks (below waist) (front or side)	1+ medium level kicks (above waist, below shoulder) (front or side or fan)	1+ high kicks (above shoulder) (front, side, fan or tilt) combination kicks that include 1+ high kick
LEAPS	grand jeté grand jeté développé tilt leap	leap in second calypso firebird jeté	switch split leap switch firebird leap turning discs
JUMPS	spread eagle or star jump tuck jump	toe touch side hurdler front hurdler pike	combination jumps (2+ connected jumps without a prep in between)
DANCE LIFTS	low lifts (Lowest part of the top person doesn't go above base's waist level.)	mid lifts (Lowest part of the top person is above waist but at or below base's shoulder level.)	high lifts (Lowest part of the top person passes through base's extension level, e.g. overpop or show-n-go. Legalities for this competition prohibit lifts from finishing, holding, or stopping at extended level.)
TUMBLING	cartwheel forward/backward roll shoulder roll	back extension roll roundoff front/back walkover 1 front/back handspring	aerial front or back tucks multiple handsprings/combo roundoff handspring, tuck, combo