

# SCC 2024 Pom Skills PROGRESSION SHEET (Difficulty) (no changes from GGGDL 2023)

## Difficulty of Skills (Categories: 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

<b>SKILLS</b>	<b>LOW</b> 1-2 points: low difficulty skills performed by half or less than half the team  3-4 points: low difficulty skills performed by more than half the team	<b>MEDIUM</b> 5-6 points: medium difficulty skills performed by half or less than half the team  7-8 points: medium difficulty skills performed by more than half the team	<b>HIGH</b> 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.
<b>TURNS</b>	Single Pirouette turn Tour en L'air Pirouette sur le cou-de-pied Turns with Chase 1-2 Chenne Turns Pose Turn	Double Pirouette turn 1-3 Fouette Turns 3+ Chenne Turns	Triple Pirouette turn Pirouette into outside illusion 4+ fouettes Turns changing spots Leg Holding turns Double tour en l'air
<b>KICKS</b>	Low level kicks	Waist level kicks Leg Hold Tilt Kick Fan Kick	Above waist high kicks Combination Kicks Ponche Illusion
<b>LEAPS</b>	Grande Jete Grande Jete Developpe Tilt Jump/Leap	Leap in Second Calypso Axel Turn Firebird Jete	Switch split leap Switch firebird leap Turning Discs
<b>JUMPS</b>	Spread Eagle or Star jump Tuck Jump	Turning tilt jump Toe touch Side Hurdler	Front Hurdler Pike Turning tilt jump (reverse)
<b>DANCE LIFTS</b>	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.)
<b>TUMBLING</b>	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