

NEW FOR SCC 2025: POM SKILLS PROGRESSION SHEET (Difficulty)

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

SKILLS	LOW	MEDIUM	HIGH
	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	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	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.
TURNES	Single Pirouette turn Tour en L'air Pirouette sur le cou-de-pied Turns with Chase 1-2 Chene Turns 1 Foutette Posé Turn	Double Pirouette turn 2-3 Fouette Turns 3+ Chene Turns Axel Turn	Triple Pirouette turn Illusion 4+ fouettes 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	Grande Jete Grande Jete Developpe Tilt Leap	Leap in Second Calypso Firebird Jete	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