Utah High School Activities Association

2025-2026 DANCE - DIFFICULTY



When the majority (50% or more) of the team executes a described skill, the skill box is marked complete. In the Advanced level, when 100% of the team completes a described skill, the team may receive one extra skill point. However, the team is limited to ONE extra skill point from a double box per section. At the end, the completed skills are converted to difficulty points using the tables at the bottom of the sheet.

COMPETITION

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CLASSIFICATION 6A 5A 4A 3A 2A Total Team Members

✓ Denotes Skill Completed MAJORITY **50%** or more of the team

		LEVEL 1 (0 - 15)	LEVEL 2 (16 - 20)			
TRA	NSIT	TIONS	TRA	NSIT	TIONS	COMMENTS
	≥ 50%			≥ 50%		
		Change of pace with rythmic variation			TWO or more complex formation changes	
		Stylistic traveling steps with arm			TWO or more stylistic traveling steps using complex whole body choreography	
		choreography			Change of pace with rythmic variation incorporating levels & complex	
		5 1 ,			direction changes (eg. pass through / focus change) in a separate	
					sequence from the previous skill	
	Skills	Completed		Skills	Completed	
JUM	PS/	LEAPS	JUM	PS/	LEAPS	COMMENTS
		(Teams are limited to 0	ONE extra skill point from a double box per section)		kill point from a double box per section)	
100%	≥ 50%			100% ≥50%		
		Fouetté to arabesque			Any leap with switch	
		Grande jeté / side leap			Calypso / back attitude / fan hitch / firebird / turning C / turning toe touch /	
		Jump tilt / toe touch / Russian / C jump			renversé (sustain the split)	
		Sissonne / front hurdler			TWO or more jumps/leaps consecutive (Limit of one step in between)	
	Skills	Completed		Skills	Completed	
TUR	NS		TUR	NS		COMMENTS
		(Teams are limited to 0	ONE e	xtra s	kill point from a double box per section)	
		Any double rotation (pencil / coupé / pirouette)			Any triple or greater rotation (pencil / coupé / pirouette)	
		Changing spots for turns in a series			Any triple or greater rotation (fouetté / a la secondé)	
		(chainé / piqué) - TWO or more			Any triple or greater rotation (attitude front or back)	
		Single or double fouetté / a la			Changing spot THREE or more times in the turn (fouetté / a la secondé)	
		secondé / attitude front or back			Connected combination of THREE or more different turn styles	
		Tour en L'air variation			(double pirouette / double piqué / fouetté / a la secondé / attitude /	
		Traveling turns in series			double float / leg extension turn)	
		(chainé / piqué) - TWO or more				
	Skills	Completed	Skills Completed		Completed	
			ATH	LETI	CISM (Teams are limited to ONE extra skill point from a double box per section)	COMMENTS
					Combo of THREE or more turns and jumps/leaps Example: TWO different turns &	
					one leap, or TWO different leaps one turn in the choreographed sequence	
					(Chainé can be used as a prep into a leap/jump but not as credit for a turn)	
					Demonstrate ambidexterity in any of the above described in	
					Level 2 jumps/leaps/turns	
					(Does not have to be the same jump/leap/turn executed on both sides)	
					TWO or more demonstrations of flexibility (splits / extensions / any leap	
					showing flexibilty / partnering / back (no tumbling, aerials, or walkovers)	
					Completed	
		, , , ,	or mor	e; Con	nplex = Advanced; Sequence = Content follows a logical progression	1
		SKILLS ⇒ DIFFICULTY POINTS			SKILLS ⇒ DIFFICULTY POINTS	
		Total Skills Completed			Total Skills Completed	
		7+ = 15 4 = 9			12+ = 20 9 = 17	
		$6 = 13 \le 3 = 0$ 5 = 11			11 = 19	
l		Skills ⇒ Difficulty Points			Skills ⇒ Difficulty Points	

		TOTAL DIFFICULTY POINTS EARNED	DANCE
			Judge's Signature
			Tabulator(s)