

CSG Difficulty Grid Quick Reference Chart

	Level 1	Level 2	Level 3	Level 4	Level 5R	Level 5	Level 6	
Partner Stunts	<ul style="list-style-type: none"> Two Foot Stunt at Shoulder Level Single Leg Stunt at Waist Level or Below Shoulder Sit/Straddle Sit/Flatback ¼ Twisting Transitions Pendulum Transitions/Transition maintaining contact with 1 base Inversion at Ground Level Straight Cradle Dismount 	<ul style="list-style-type: none"> Two foot Extended Stunt Single Leg Stunt at Shoulder Level ½ (1) Twisting Transitions Ground Level Inversion into Stunt Transition Maintaining contact with one base Release move starting and ending in a cradle ¼ twist cradle dismount 	<ul style="list-style-type: none"> Single leg Extended Stunt ½ twist to extended OR 1 twist non-extended stunt/transitions Release move at Prep Level OR Toss in Stunts (Coed Style) Assisted Flipping Stunt/Transition Downward Inversion below prep level 1 Trick Dismount from Two Leg 	<ul style="list-style-type: none"> Single Leg Extended Stunt 1 Twist to Extended OR 1 ½ twisting stunts/transitions Release moves at Extended Level OR Helicopter Release Extended Inversion Downward Inversion at Prep Level 2-2 ¼ twisting Cradle from Two Foot 1-1 ¼ twisting cradle from one leg 	<ul style="list-style-type: none"> Single Leg Extended Stunt 1 ¾-2 Twisting Stunt/Transitions OR 1 Twist to Extended Single Leg Release moves above Extended Level Downward Inversions from Extended Level (landing non-inverted) 2-2 ¼ twisting Cradle from One Leg Stunt/Person Passing over separate Stunt/Person 	<ul style="list-style-type: none"> Single Leg Extended Stunt Free Flipping Transitions Released Base Changing Transitions Release moves above 18" from bases hands Downward Inversion from Extended Level (landing inverted) 2-2 ¼ twisting Cradle from One Leg 		
Pyramids	<ul style="list-style-type: none"> Two-Leg Extended Stunt (with two Braces) One-Leg Prep Level Stunt (with Arm Brace) 	<ul style="list-style-type: none"> Release Move to Cradle One Leg Extended Stunt (with Arm Brace) 	<ul style="list-style-type: none"> Hand-Hand Two-Brace Release Move (not landing in cradle) Flipping Inversions with Ground-Level Connection 	<ul style="list-style-type: none"> Hand-Foot Two Brace Release Move (not landing in cradle) OR Release Move Involving Changing Bases 1 (¼) Flipping Inversions (w/ 2 Braces) 	<ul style="list-style-type: none"> Flipping Inversion with One Brace 			<ul style="list-style-type: none"> 2 ½ High
Standing Tumbling	<ul style="list-style-type: none"> Forward/Backward Rolls Front/Back Walkover/Kickover 	<ul style="list-style-type: none"> Dive Rolls Front/Back Handspring One-Hand Inversions (non-airborne) 	<ul style="list-style-type: none"> Series Front/Back Handsprings One-Hand Airborne Skills 	<ul style="list-style-type: none"> Flip (Tuck Only) Handspring(s) Flip 	<ul style="list-style-type: none"> Handspring(s) Full Twist 	<ul style="list-style-type: none"> Full Twist Handspring(s) Full Twist 		
Running Tumbling	<ul style="list-style-type: none"> Front/Back Walkovers Cartwheel/ Round-off 	<ul style="list-style-type: none"> Front/Back Handspring 	<ul style="list-style-type: none"> Back Tuck (w/ Round-off/Back Handspring Entry) Front Tuck Aerial Cartwheel 	<ul style="list-style-type: none"> Flip (non-Tuck) Tumble after Flip 	<ul style="list-style-type: none"> Twisting Flip 	<ul style="list-style-type: none"> Single Twisting Flip Double Twisting Flip 		
Tosses	<ul style="list-style-type: none"> Not Allowed 	<ul style="list-style-type: none"> Straight Ride Tosses 	<ul style="list-style-type: none"> 1 Trick during Toss 	<ul style="list-style-type: none"> 2 Tricks during Toss 	<ul style="list-style-type: none"> 3 Tricks during Toss 	<ul style="list-style-type: none"> 3+ Tricks during Toss 	<ul style="list-style-type: none"> 1 Flip during Toss 3 (½) Twist during Toss 	
Jumps	<ul style="list-style-type: none"> Walkover/Cartwheel/Roll 	<ul style="list-style-type: none"> Dive Roll 	<ul style="list-style-type: none"> Handspring 	<ul style="list-style-type: none"> Handspring Flip 	<ul style="list-style-type: none"> Flip 			
Motions/ Dance	<ul style="list-style-type: none"> * Includes Ground Work * Fast Pace * Level Changes * Formation Changes * Unique Motions/Body Positions * Good Synchronization * Group Work * Skill Incorporation * Technical Dance Incorporation 							