

# Trampoline

## Proficiency Level Awards



### Level 1

- 1 Straight jump 5 times & Stop
- 2 Seat landing, to feet
- 3 Half twist jump
- 4 Straddle jump touching the ankles
- 5 Tuck jump touching the shins
- 6 From hands & feet, fall to front landing, to feet
- 7 Seat Landing, to back landing
- 8 Half twist jump, straddle jump



### Level 2

- 1 Straight jump 10 times and stop
- 2 Seat landing (straight), to feet
- 3 Half twist jump (straight)
- 4 Repeat; straddle jump, straight jump, 5 times
- 5 Repeat; tuck jump, straight jump, 5 times
- 6 From standing, front landing, to feet
- 7 From standing, back landing, to seat landing, to feet
- 8 Half twist jump, straddle jump, seat landing, to feet



### Level 3

- 1 Pike jump touching ankles
- 2 Repeat; seat landing, straight jump, 5 times
- 3 Repeat; half twist jump straight jump 5 times
- 4 Straddle jump with stretch and touching the ankles
- 5 Tuck jump with stretch and touch shins
- 6 From jumping, front landing, to feet
- 7 From jumping, back landing, to feet
- 8 Falf twist, straddle jump, seat landing, to feet, half twist jump



### Level 4

- 1 Repeat; pike jump, straight jump, 5 times
- 2 Full twist jump (straight)
- 3 Pike jump with stretch and touching ankles
- 4 Front landing (straight), to feet
- 5 Back landing (straight), to feet
- 6 Forward roll holding the ankles
- 7 Forward roll with hands in the air
- 8 Full twist, straddle jump, seat landing, to feet, half twist jump

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### Level 5

- 1 Half twist to seat landing, to feet
- 2 Seat landing, half twist to feet
- 3 Seat landing, half twist to seat landing (swivel hips)
- 4 front landing, to front landing, to feet
- 5 back landing, to back landing, to feet
- 6 front landing, half twist to seat landing, to feet
- 7 full twist to seat landing, to feet
- 8 full twist, straddle jump, seat landing, half twist to feet



### Level 6

- 1 Seat landing, full twist to feet
- 2 Seat landing, full twist to seat landing (roller)
- 3 Seat landing, to front landing, to feet
- 4 Front landing, to seat landing, to feet
- 5 Front landing, half twist to feet
- 6 Back landing, half twist to feet
- 7 Front landing, half twist to back landing
- 8 Full twist routine up to and including move five



### Level 7

- 1 Back landing, half twist to front landing
- 2 Seat landing, half twist to front landing
- 3 Back landing, full twist to seat landing
- 4 Half twist to front landing, to feet
- 5 Half twist to back landing, to feet
- 6 Seat landing, full twist to back landing
- 7 Seat landing, half twist to back landing
- 8 Full twist routine up to and including move six



### Level 8

- 1 Back landing, half twist to seat landing
- 2 Front landing, full twist to feet
- 3 Back landing, full twist to feet
- 4 Front landing, full twist to front landing
- 5 Back landing, full twist to back landing (cat twist)
- 6 Full twist to front landing, to feet
- 7 Full twist to back landing
- 8 Full twist routine up to and including move eight

# Trampoline

## Proficiency Level Awards



### Level 9

- 1 Seat landing, full twist to front landing
- 2 Front landing, full twist to seat landing
- 3 Front landing, to back landing, to feet
- 4 Back landing, to front landing, to feet
- 5 Front landing, half twist to front landing (cruise)
- 6 Back landing, half twist to back landing (cradle)
- 7 3/4 front somersault to back landing, to feet
- 8 Full twist routine up to and including move nine



### Level 10

- 1 Back landing, pullover to feet
- 2 Front somersault (tucked)
- 3 Back somersault (tucked)
- 4 Front landing, full twist to back landing
- 5 Back landing, full twist to front landing
- 6 Tuck jump, front somersault (tucked), straight jump
- 7 Tuck jump, back somersault (tucked), straight jump
- 8 Full twist routine