







## Trampoline

### PROFICIENCY LEVEL AWARDS

	Level 1	
	1	Straight jump 5 times and stop
	2	Seat landing, to feet
	3	Half twist jump
	4	Straddle jump touching ankles
	5	Tuck jump touching the shins
	6	From hands and feet, fall to front landing, to feet
	7	On the mat, seat landing, to back landing
	8	Half Twist jump, straddle jump

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


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


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





## Trampoline

### PROFICIENCY LEVEL AWARDS

	Level 5	
	1	1. Half twist to seat landing, to feet
	2	2. Seat landing, half twist to feet
	3	3. Seat landing, half twist to seat landing (swivel hips)
	4	4. Front landing, to front landing, to feet
	5	5. Back landing, to back landing, to feet
	6	6. Front landing, half twist to seat landing, to feet
	7	7. Full twist to seat landing, to feet
	8	8. Full twist, straddle jump, seat landing, half twist to feet

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



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

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



## Trampoline

### PROFICIENCY LEVEL AWARDS

	<b>Level 9</b>	
	1	1. Seat landing, full twist to front landing
	2	2. Front landing, full twist to seat landing
	3	3. Front landing, to back landing, to feet
	4	4. Back landing, to front landing, to feet
	5	5. Front landing, half twist to front landing (cruise)
	6	6. Back landing, half twist to back landing (cradle)
	7	7. 3/4 front somersault to back landing, to feet
	8	8. Full twist routine up to and including move nine
	<b>Level 10</b>	
	1	1. Back landing, pullover to feet
	2	2. Front somersault (tucked)
	3	3. Back somersault (tucked)
	4	4. Front landing, full twist to back landing
	5	5. Back landing, full twist to front landing
	6	6. Tuck jump, front somersault (tucked), straight jump
	7	7. Tuck jump, back somersault (tucked), straight jump
	8	8. Full twist routine