

Trampoline

PROFICIENCY LEVEL AWARDS

	Leve	11
	1	Straight jump 5 times and stop
	2	Seat landing, to feet
Level	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
Proficiency Award	7	On the mat, seat landing, to back landing
Clency R.	8	Half Twist jump, straddle jump
	Leve	2
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	1	1. Straight jump 10 times and stop
IGA	2	2. Seat landing (straight), to feet
Level	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
Proficiency Award	7	7. From standing, back landing, to seat landing, to feet
Vency re	8	8. Half Twist jump, straddle jump, seat landing, to feet
	Leve	13
	1	1. Pike jump touching ankles
IGAT	1 2	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times
IGAL	1 2 3	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times
IGAL	1 2 3 4	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles
IGAT Level	1 2 3 4 5	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins
IGAT Level	1 2 3 4 5 6	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet
IGAT Level 3 Proficiency RWard	1 2 3 4 5 6 7	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet
IGAT Level B Proficiency Award	1 2 3 4 5 6	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet
IGAN Level B Proficiency Award	1 2 3 4 5 6 7	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump
IGAR Level Proficiency Award	1 2 3 4 5 6 7 8	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump
IGAI Level Boriciency Award	1 2 3 4 5 6 7 8 8	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump
IGAT Level B Proficiency Award	1 2 3 4 5 6 7 8 Leve 1	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump Repeat; pike jump, straight jump, 5 times Full twist jump (straight)
IGAI Level Boriciency Award	1 2 3 4 5 6 7 8 8 Leve 1 2	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump
IGAT Level B Proficiency Award	1 2 3 4 5 6 7 8 Leve 1 2 3	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump Repeat; pike jump, straight jump, 5 times Full twist jump (straight) Pike jump with stretch and touching ankles
IGAI Level 3 Proficiency Award	1 2 3 4 5 6 7 8 8 Leve 1 2 3 4	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump Repeat; pike jump, straight jump, 5 times Full twist jump (straight) Pike jump with stretch and touching ankles Front landing (straight), to feet Back landing (straight), to feet
IGAT Level	1 2 3 4 5 6 7 8 Leve 1 2 3 4 5	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump Repeat; pike jump, straight jump, 5 times Full twist jump (straight) Pike jump with stretch and touching ankles Front landing (straight), to feet
IGAR Level Boriciency Award	1 2 3 4 5 6 7 8 Leve 1 2 3 4 5 6	 Pike jump touching ankles Repeat; seat landing, straight jump, 5 times Repeat; half twist jump, straight jump, 5 times Straddle jump with stretch and touching the ankles Tuck jump with stretch and touch shins From jumping, front landing, to feet From jumping, back landing, to feet Half twist, straddle jump, seat landing, to feet, half twist jump 1. Repeat; pike jump, straight jump, 5 times Full twist jump (straight) Pike jump with stretch and touching ankles Front landing (straight), to feet Back landing (straight), to feet Forward roll holding the ankles



Trampoline

PROFICIENCY LEVEL AWARDS

evel 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	
evel 6	
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	
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	
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evel 8	
back landing, half twist to seat landing	
back landing, half twist to seat landing2. front landing, full twist to feet	
 back landing, half twist to seat landing 2. front landing, full twist to feet 3. back landing, full twist to feet 	
 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 	
 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) 	
 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 	
back landing, half twist to seat landing2. front landing, full twist to feet3. back landing, full twist to feet4. front landing, full twist to front landing5. back landing, full twist to back landing (cat twist)	



Trampoline

PROFICIENCY LEVEL AWARDS

	Leve	9
	1	1. Seat landing, full twist to front landing
	2	2. Front landing, full twist to seat landing
Level	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)
Proficionary Award	7	7. 3/4 front somersault to back landing, to feet
Crency re	8	8. Full twist routine up to and including move nine
	Level 10	
	1	1. Back landing, pullover to feet
IGA	2	2. Front somersault (tucked)
Level	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
Proficional Award	7	7. Tuck jump, back somersault (tucked), straight jump
tiency it	8	8. Full twist routine