







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	Straight jump 10 times and stop
	2	Seat landing (straight), to feet
	3	Half twist jump (straight)
	4	Repeat; straddle jump touching ankles, 5 times
	5	Repeat; tuck jump touching the shins, 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	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





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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



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	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

The Routine	
1	Full twist jump
2	Straddle jump
3	Seat landing
4	Half twist to seat landing
5	Half twist to feet
6	Pike jump
7	Back landing
8	Half twist to feet
9	Tuck jump
10	Front somersault tucked