



Trampolining Proficiency Awards

Level 13

Minimum pass requirement: 75% completed

1. Barani with straight legs (ie Piked or Straight).
2. Back somersault (P).
3. Back somersault to back landing (Tucked).
4. Back s/s (Straight), back s/s (Tucked).
5. 1 ¼ back s/s to back landing (T), half twist to feet.
6. ¾ back s/s (S), front to back landing (S).
7. Back s/s (Tucked), Front s/s (Piked).
8. Barani (any shape), back s/s (T).
9. Back s/s (P), barani (SL).
10. 1 ¼ front s/s to front landing.
11. ¾ front s/s (S), 1 ¼ front s/s to feet (T).
12. Front s/s (P), Front s/s (T).
13. Review all moves on Grade 12.

Routine:

Back s/s (S), barani (SL), straddle, ¾ front s/s (S), ½ twist to feet, pike jump, back s/s (P), tuck jump, back s/s (T), front s/s (P).