



Trampolining Proficiency Awards

Level 14

Minimum pass requirement: 75% completed

1. $\frac{3}{4}$ back s/s with $\frac{1}{2}$ twist to back landing (S).
2. $\frac{3}{4}$ back s/s to front landing, 1 $\frac{1}{4}$ back s/s (T) to feet. (Cody).
3. Back s/s (S), back s/s (P), back s/s (T).
4. Back s/s (S), back s/s (T), back s/s (P).
5. $\frac{3}{4}$ front s/s to back landing (S), 1 $\frac{1}{4}$ front s/s to feet with $\frac{1}{2}$ twist (T).
6. Front s/s with full twist (S).
7. $\frac{3}{4}$ front s/s to back landing (S), 1 $\frac{1}{4}$ front s/s to feet (P).
8. $\frac{1}{2}$ twist into $\frac{3}{4}$ front s/s (S).
9. Back s/s with $\frac{1}{2}$ twist (S).
10. Back landing 1.5 twist to feet.
11. 1 $\frac{1}{4}$ back somersault (T), $\frac{1}{2}$ twist to feet, front s/s (T).
12. Back landing 1 $\frac{1}{4}$ twist to back landing.

Routine:

$\frac{3}{4}$ front s/s (S), back cody (T), straddle jump, back s/s (S), barani (SL), 1 $\frac{1}{4}$ back s/s (T), $\frac{3}{4}$ front s/s (S), barani ball out (T).