

# TRAMPOLINE

2013-2017 Passes

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Straddle jump	Pike jump	Seat drop	Backdrop free	Back somersault tuck	Back somersault pike
Tuck jump	Seat drop	1/2 twist to seat drop	Pullover to stomach	Tuck jump	Tuck jump
Pike jump	Hands and knee drop	Front drop	Return to feet	Jump full twist	Back somersault tuck
Seat drop	Front drop	Return to feet	Straddle jump	Straddle jump	Seat drop
Return to feet	Return to feet	Tuck jump	Jump 1/2 twist	1/2 twist to front drop (airplane)	Front drop
Straddle jump	Tuck jump	Jump 1/2 twist	Pike jump	Seat drop	1/2 twist to feet
Tuck jump	Jump 1/2 twist	Pike jump	Seat drop	Return to feet	Straddle jump
Pike jump	Straddle jump	Straddle jump	Hands and knees drop	Jump 1/2 twist	Jump 1/2 twist
Seat drop	Seat drop	Backdrop free	3/4 front somersault to back	Pike jump	Pike jump
Return to feet	Return to feet	Return to feet	Return to feet	Front somersault tuck	Barani pike

Level 7	Level 8	Level 8 Optional	Level 9	Level 9 Optional	Level 10
3/4 back somersault tuck	Back somersault straight	Minimum DD 3.8	3/4 front somersault straight	Minimum DD 5.0	3/4 back somersault straight
1/2 turn to stomach (cruise)	Barani straight	Maximum DD 5.5	Barani ball out tuck	Maximum DD 7.1	Cody tuck
Return to feet	Pike jump	One single somersault with a minimum of 360° of twist or a maximum of 540° of twist	Tuck jump	One single somersault with a minimum 540° of twist	Tuck jump
Pike jump	Back somersault pike	No skills with more than 450° of rotation	Barani tuck	Maximum of 2 dbl somersaults	Barani tuck
Back somersault tuck	Barani pike		Back somersault tuck	Double somersault may not more than 180° of twist	Back somersault tuck
Barani tuck	Straddle jump		Back somersault pike		Barani pike
Tuck jump	Back somersault tuck		Barani pike		Back somersault pike
Back somersault pike	Tuck jump		Straddle jump	No somersault with more than 720° of rotation	Barani straight
Straddle jump	3/4 front somersault straight		Barani straight		Back somersault straight
Barani straight	Ball out tuck		Back somersault straight		Full twisting back somersault

## Level 10 Optional

Minimum DD 6.5

Maximum DD 9.5

Minimum one dbl somersault

No triple somersaults

No more than one skill with less than 270° of rotation

Please refer to the official Code of Points for Trampoline in the case of any discrepancy