TRAMPOLINE

2013-2017

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mp Pike jump	Seat drop	Hands and knee drop	Front drop	feet Raturn to fact	Tiple in the little	ind individual individ	Jump 1/2 twist	Straddle jump	Seat drop	Return to feet Return		3/4 back somersault tuck Back somersault straight Minim	The state of the s	e) Barani straight	e) Barani straight Pike jump	Pike jump Back somersault pike	Barani straight Pike jump Back somersault pike Barani pike	Pike jump Barani straight Pike jump Back somersault pike Barani pike Straddle jump	stomach (cruise) Barani straight Pike jump Back somersault pike Straddle jump Back somersault tuck	stomach (cruise) Barani straight Pike jump Back somersault pike Barani pike Straddle jump Back somersault tuck Straddle jump Back somersault tuck	mach (cruise) Barani straight Pike jump Back somersault pike sult tuck Barani pike Straddle jump Back somersault tuck Ult pike Tuck jump	mach (cruise) Barani straight Pike jump Back somersault pike ault tuck Barani pike Straddle jump Back somersault tuck Straddle jump Back somersault tuck ault pike Juck jump 3/4 front somersault straight	mach (cruise) Pike jump Back somersault pike Barani pike Straddle jump Back somersault tuck Tuck jump 3/4 front somersault straight Ball out tuck	mach (cruise) Barani straight Pike jump Back somersault pike Barani pike Straddle jump Back somersault tuck Tuck jump 3/4 front somersault straight Ball out tuck	mach (cruise) Barani straight Pike jump Back somersault pike Barani pike Straddle jump Back somersault tuck Tuck jump 3/4 front somersault straight Ball out tuck	mach (cruise) Barani straight Pike jump Back somersault pike Barani pike Straddle jump Back somersault tuck Tuck jump 3/4 front somersault straight Ball out tuck	mach (cruise) Barani straight Pike jump Back somersault pike Straddle jump Back somersault tuck Tuck jump 3/4 front somersault straight Ball out tuck	mach (cruise) Barani straight Pike jump Back somersault pike Straddle jump Back somersault tuck Straddle jump Juck jump 3/4 front somersault straight Ball out tuck	mach (cruise) Barani straight Pike jump Back somersault pike Barani pike Straddle jump Back somersault tuck Tuck jump 3/4 front somersault straight Ball out tuck
ω	seat drop		PAT			Wist	Pike, jump Seat of		Straddle jump Hand:			। । 8 Optional	al 8 Optional	8 Optional	3.8 3.5 3.5 3.6	.	;×	I th a or a	I tha ora	I I I I I I I I I I I I I I I I I I I	I I I I I I I I I I I I I I I I I I I	I I I I I I I I I I I I I I I I I I I	I tha sor a significant that the state of th	th a branching of	th a branch	I I I I I I I I I I I I I I I I I I I	Tha ora .	I tha or a	of .~
Level 4 Backdrop free	Pullover to stomach	Return to feet	Straddla ilima	Straddle Jump	Jump 1/2 twist	Pike jump	Seat drop .	Hands and knees drop	3/4 front somersault to back	Return to feet		Level 9	Level 9 3/4 front somersault straight	Level 9 3/4 front somersault straight Barani ball out tuck	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck	Level 9 What front somersault straight arani ball out tuck fump arani tuck Barani tuck Back somersault tuck	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck Back somersault tuck Back somersault pike	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck Back somersault tuck Back somersault pike Barani pike	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck Back somersault tuck Back somersault pike Barani pike Straddle jump	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck Back somersault tuck Back somersault pike Barani pike Straddle jump Straddle jump	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck Back somersault tuck Back somersault pike Barani pike Straddle jump Barani straight	Level 9 3/4 front somersault straight Barani ball out tuck Tuck jump Barani tuck Back somersault tuck Back somersault pike Barani pike Straddle jump Barani straight Back somersault straight Back somersault straight	Level 9 1/4 front somersault straight 3arani ball out tuck uck jump 3arani tuck 3ack somersault tuck 3ack somersault pike 3arani pike 3traddle jump 3arani straight 3ack somersault straight	Level 9 1/4 front somersault straight 3arani ball out tuck uck jump 3arani tuck 3ack somersault tuck 3ack somersault pike 3arani pike 3traddle jump 3arani straight 3ack somersault straight	Level 9 1/4 front somersault straight 3arani ball out tuck uck jump 3arani tuck 3ack somersault tuck 3ack somersault pike 3traddle jump 3arani straight 3ack somersault straight	Level 9 3/4 front somersault straight 3arani ball out tuck uck jump 3arani tuck 3ack somersault tuck 3ack somersault pike 3arani pike 3traddle jump 3arani straight 3ack somersault straight 3ack somersault straight	Level 9 344 front somersault straight 3arani ball out tuck uck jump 3arani tuck 3ack somersault tuck 3ack somersault pike 3arani pike 3traddle jump 3arani straight 3ack somersault straight 3ack somersault straight	Level 9 1/4 front somersault straight 3arani ball out tuck uck jump 3arani tuck 3ack somersault tuck 3ack somersault pike 3arani pike 3arani pike 3arani straight 3ack somersault straight 3ack somersault straight
Level 5 Back somersault tuck	Tuck jump	luck Julip	July Illi dunt	Straddle jump	1/2 twist to front drop (airplane)	Seat drop	Return to feet	Jump 1/2 twist	Pike jump	Front somersault tuck		Level 9 Optional	Level 9 Optional Minimum DD 5.0	Level 9 Optional Minimum DD 5.0 Maximum DD 7.1	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimum 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimum 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation	Minimum DD 5.0 Maximum DD 7.1 One single somersault with a minimun 540° of twist Maximum of 2 dbl somersaults Double somersault may not more than 180° of twist No somersalt with more than 720° of rotation
Level 6 Back somersault pike	Back somersault pike	Book comp	Back somersault tuck	Seat drop	Front drop	1/2 twist to feet	Straddle jump	Jump 1/2 twist	Dike jump	Rarani nike	Level 10	011	13/4 DACK SOMETSAILL ST	Cody tuck	Cody tuck Tuck iump	3/4 back somersault str Cody tuck Tuck jump Barani tuck	3/4 back somersault str Cody tuck Tuck jump Barani tuck	J/4 back somersault str Cody tuck Tuck jump Barani tuck Back somersault tuck	S/4 back somersault straight Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike	S/4 back somersault str Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Back somersault pike	S/4 back somersault str Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Barani straight	S/4 back somersault str Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Barani straight Back somersault straigl	S/4 back somersault sti Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Back somersault pike Back somersault straight Back somersault straig	S/4 back somersault st Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Back somersault pike Back somersault straight Back somersault straig Full twisting back somers Level 10 Opti	S/4 back somersault struck Tuck jump Barani tuck Back somersault tuck Barani pike Back somersault pike Back somersault straight Back somersault straight Level 10 Optin	Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Barani straight Back somersault straight Back somersault straight Back somersault straight Cevel 10 Optic	Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Barani straight Back somersault straight Back somersault straight Back somersault straight Back somersault straight Cevel 10 Optional Minimum DD 6.5 Maximum DD 9.5 Minimum one dbl somersault	Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Back somersault pike Back somersault straight Back somersault straig Full twisting back somers Level 10 Opti Minimum DD 6.5 Maximum DD 9.5 Minimum one dbl some No triple somersaults	Cody tuck Tuck jump Barani tuck Back somersault tuck Barani pike Back somersault pike Back somersault straight Back somersault straight Back somersault straight Cevel 10 Optional Minimum DD 6.5 Maximum DD 9.5 Minimum one dbl somersault No triple somersaults No more than one skill with less