



**GYMNASTICS & TRAMPOLINE CLUB**

Badge and certificate sets are available for these grades. Please email [info@springfit.org](mailto:info@springfit.org) for more information

# Trampoline Level 13

To gain the award, complete all skills in section A and four in section B, plus the routine

## SECTION A - COMPLETE ALL SKILLS

Barani (SL)

Back somersault (P)

Back s/s (T), front s/s (P)

Barani (any shape), back s/s (T)

1 1/4 front s/s to front landing (T)

Back somersault to back landing (T)

## SECTION B - COMPLETE 4 SKILLS

3/4 front s/s (S) 1 1/4 front s/s to feet (T)

Back s/s (P), barani (SL)

Back s/s (S), back s/s (T)

1 1/4 back s/s to back landing (T), 1/2

3/4 back s/s (S) front to back landing (S)

Front s/s (P), front s/s (T)

Review all moves on Grade 11

**ROUTINE:**  
Back s/s (S), barani (SL), straddle, 3/4 front s/s (S) 1/2 twist to feet, pike jump, back s/s (P), tuck jump, back s/s (T), front s/s (P)

**Date Passed**