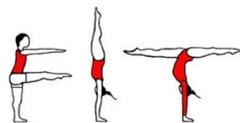


Gymnast's Name:

Notes: You must complete at least 75% of the skills for each grade to pass and get a badge & certificate, however it is recommended gymnasts do all moves in each grade.
All moves should be executed at least three times successfully to pass.

#	Funfit			Beginners				Improvers			Advanced			Elite	
	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12	Grade 13	Grade 14	Grade 15
1	Behaving well and waiting quietly for turn on the trampoline	Perform three bounces then stop	Jump with arm movements	Seat landing, returning to feet and showing correct positioning of hands	Straddle jump, touching below knees	Seat landing half twist to feet	Seat landing, half twist to seat landing, to feet ("swivel hips")	Front landing to seat landing	Front landing straight to feet	Back landing half twist to back landing to feet	Back somersault (T)	Back somersault (S)	Barani (SL)	3/4 back s/s with 1/2 twist to back landing (S)	1 3/4 front s/s (T)
2	Can move or be moved around the trampoline freely	Show and hold a star position	Tuck jump	Link 2 half twist jumps and stop	Tuck jump showing stretch and good shape	Full twist jump	Back landing to feet	Half twist to front landing	Back landing straight to feet	Hands and knees forward turnover with tuck and extension to feet	Full twist to back landing	Back s/s to seat landing (T), half twist to feet	Back somersault (P)	3/4 back s/s to front landing, 1 1/4 back s/s (T) to feet (lazy back, cody)	Double back s/s (T)
3	Climb onto the trampoline, locate centre of bed and climb off safely again	Quarter turns, either sitting or standing	Half twist jump	Hands and knees to front landing	Front landing on to mat	Front landing to feet	Hands and knees bouncing, forward turnover to back to feet	Half twist to back landing	Back landing to front landing to feet	Back landing, full twist to feet	Back somersault to seat landing (T)	Barani (T)	Back s/s (T), Front s/s (P)	3/4 front s/s to back landing (S), 1 1/4 front s/s to feet with 1/2 twist (T), (crash dive, ball out barani)	Front s/s with 1 1/2 twists (rudi)
4	Gentle bouncing in standing position	Bounce on hands and knees, staying in the centre of bed	Straight jump and stop	Seat landing, half twist jump	Hands and knees bouncing, half turn to hands and knees	Seat landing half twist to feet, seat landing to feet	Half twist to seat landing, half twist to feet	Back landing half twist to feet	Forward turnover back to feet	Back landing, back pullover to feet	Front somersault (P)	3/4 front s/s (S) (crash dive)	Barani (any shape), back s/s (T)	1/2 twist into 3/4 front s/s (S) (half twist to crash dive)	Back s/s with full twist (S)
5	Bouncing in hands and knees position	Log roll in horizontal position showing control	Star jump	Half twist jump, seat landing	Arm set, followed by three different moves	Half twist to seat landing, to feet	Seat landing to hands and knees	Seat landing to front landing	Seat landing half twist to back landing	Front somersault tucked	Back s/s (T), tuck jump, back s/s (T)	Back s/s (T), back landing	1 1/4 front s/s to front landing	Back s/s with 1/2 twist (S)	3/4 front s/s with full twist to back landing
6	Jumping and turning	Being bounced in a seated position showing strength and control	Jumping, turning and clapping at the same time	Forward roll to sitting position	5 stretch jumps, stop and keep still for 3 seconds	Pike jump	Front landing to feet, seat landing to feet	Front landing half twist to feet	Front landing tucked or piked to feet	Front landing full twist to feet	Back landing full twist to feet	3/4 back s/s (S) (lazy back)	Back somersault to back landing (T)	Front s/s with full twist (S)	half twist into 3/4 front s/s (S), ball out barani (T)
7	Jumping and clapping	Jumps to legs astride and legs together	Seat landing not returning to feet	Repeat a move five times, without any intermediate jump (swingtime)	Hands and knees to front landing back to feet	Back landing on mat	Seat landing to feet, front landing to feet	Full twist jump, seat landing to feet	Back landing piked to feet	Front landing half turn to front landing	Barani (T)	3/4 front s/s (S), bounce roll	3/4 front s/s (S), 1 1/4 front s/s to feet (T)	1 1/4 back somersault (T), 1/2 twist to feet, front s/s (T)	Double cat twist



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#	Funfit			Beginners				Improvers			Advanced			Elite	
	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12	Grade 13	Grade 14	Grade 15
8								Five back bounces	Front landing to back landing to feet	Full twist to back landing	3/4 Front somersault (S) (crash dive)	Barani (SL)	Back s/s (P), barani (SL)	Back s/s (S), back s/s (P), back s/s (T)	3/4 front s/s, baby fliffus
9									Seat landing full twist to feet	Back somersault	Back Somersault (S)	Back somersault (P)	Back s/s (S), back s/s (T)	Back s/s (S), back s/s (T), back s/s (P)	3/4 back s/s (S) to front landing, cody (T), back s/s (T)
10									Full twist to seat landing, to feet	Seat landing full twist to seat landing (roller)	Back s/s (T), back landing	Back s/s (T), front s/s (P)	1 1/4 back s/s to back landing (T), half twist to feet	3/4 front s/s to back landing (S), 1 1/4 front s/s to feet (P) (crash dive, ball out piked)	Front s/s with a full twist (S)
11											3/4 back somersault (S) (lazy back)	Back landing full twist to back landing (cat twist)	3/4 back s/s (S), front to back landing (S)	Back landing 1 1/2 twist to back landing (corkscrew)	back s/s, rudi
12											Back landing back pullover to front landing	1 1/4 front somersault to front landing (T)	Front s/s (P), front s/s (T)	Back landing 1 1/2 twist to feet	Crash dive, ball out barani (P)
13	Review					Review all moves on Grade 5	Review all moves on Grade 6	Review all moves on Grade 7	Review all moves on Grade 8	Review all moves on Grade 9	Review all moves on Grade 10	Review all moves on Grade 11	Review all moves on Grade 12	Review all moves on Grade 13	Review all moves on Grade 14
14	Routine		Routine: Tuck jump, half twist jump, star jump	Routine: Seat landing to feet, tuck jump, half twist jump	Routine: Star jump, seat landing, back to feet, tuck jump, half twist jump, straight jump, stop	Routine: Straddle jump, seat landing to feet, tuck jump, half twist jump, pike jump, seat landing half twist to feet, straight jump, stop	Routine: Front landing to feet, tuck jump, half twist jump, straddle jump, seat landing to feet, pike jump, full twist jump, straight jump to stop	Routine: Front landing to feet, straddle jump, half twist jump, seat landing half twist to seat landing, half twist to feet, tuck jump, pike jump, full twist jump, stop	Routine: Front landing to feet, straddle jump, half twist jump, seat landing, half twist to feet, pike jump, back landing half twist to feet	Routine: Full twist jump, straddle jump, seat landing half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front somersault	Routine: Back s/s (T), straddle jump, seat landing, half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front s/s/ (P)	Routine: Back s/s (T), straddle jump, 1/2 twist jump, tuck jump, back s/s/ to seat, 1/2 twist to feet, tuck jump, back s/s (T), pike jump, front s/s (P)	Routine: Back s/s (S), barani (SL), straddle, 3/4 front s/s (S), 1/2 twist to feet, pike jump, back s/s (T), 1/2 twist to feet, back s/s/ (T), 3/4 front s/s (S), barani ball out (T)	Routine: 3/4 back s/s (S), Back cody (T), Straddle jump, back s/s (S), Barani (SL), 1 1/4 back s/s (T), 1/2 twist to feet, back s/s/ (T), 3/4 front s/s (S), barani ball out (T)	ROUTINE: Full twisting back s/s, Barani (S), Back s/s (P), Straddle jump, Back somersault (S), Barani (T), Back somersault (T), 3/4 front S/S (S), Barani ball out (T), Front somersault (T)