



Trampolining Proficiency Awards Level 13

Minimum pass requirement: 75% completed

- ◇ Barani (SL).
- ◇ Back somersault (P).
- ◇ Back s/s (T), front s/s (P).
- ◇ Barani (any shape), back s/s (T).
- ◇ 1 ¼ front somersault to back landing (T)
- ◇ Back somersault to back landing.
- ◇ ¾ front s/s (S) 1 ¼ front s/s to feet (T).
- ◇ Back s/s (P), barani (SL).
- ◇ Back s/s (S), back s/s (T).
- ◇ 1 ¼ back s/s to back landing (T), ½ twist to feet.
- ◇ ¾ back s/s (S) front to back landing (S).
- ◇ Front s/s (P), Front s/s (T).

Routine:

Back s/s (S), barani (SL), straddle, ¾ front s/s (S), ½ twist to feet, pike jump, back s/s (P), tuck jump, back s/s (T), front s/s (P)..