



Trampolining Proficiency Awards Level 14

Minimum pass requirement: 75% completed

- ◇ ¾ back s/s with ½ twist to back landing (S).
- ◇ ¾ back s/s to front landing, 1 ¼ back s/s (T) to feet. (Cody)
- ◇ ¾ front s/s to back landing (S), 1 ¼ front s/s to feet with ½ twist (T), (crash dive, ball out barani).
- ◇ Back s/s with ½ twist.
- ◇ Front s/s with full twist.
- ◇ 1 ¼ back s/s (T), ½ twist to feet, front s/s (T).
- ◇ Back s/s (S), back s/s (P), back s/s (T).
- ◇ Back s/s (S), back s/s (T), back s/s (P).
- ◇ ¾ front s/s to to back landing (S), 1 ¼ front s/s to feet (P), (Crash dive, ball out piked).
- ◇ Back landing 1 ½ twist to back landing.
- ◇ Back landing half twist to feet.

Routine:

¾ front s/s (S), back cody (T), straddle jump, back s/s (S), barani (SL), 1 ¼ back s/s (T), ¾ front s/s (S), barani ball out (T).