



Trampolining Proficiency Awards Level 12

Minimum pass requirement: 75% completed

- ◇ Back somersault (S).
- ◇ Back s/s to seat (T), ½ twist to feet.
- ◇ Barani (T).
- ◇ ¾ front s/s (S), (crash dive).
- ◇ Back s/s (T), back landing.
- ◇ ¾ back s/s (S), (lazy back).
- ◇ ¾ front s/s (S), bounce roll.
- ◇ Barani (SL).
- ◇ Back somersault (P).
- ◇ Back s/s (T), front s/s (P).
- ◇ Back landing full twist to back landing (cat twist).
- ◇ 1 ¼ front somersault to front landing (T).

Routine:

Back s/s (T), straddle jump, ½ twist jump, tuck jump, back s/s to seat, ½ twist to feet, tuck jump, back s/s (T), pike jump, front s/s (P).