



## Trampolining Proficiency Awards Level 15

**Minimum pass requirement: 75% completed**

- ◊ 1  $\frac{3}{4}$  front s/s (T)
- ◊ Double back s/s (T)
- ◊ Front s/s with 1  $\frac{1}{2}$  twists (rudi)
- ◊ Back s/s with full twists (S)
- ◊  $\frac{3}{4}$  front s/s with full twist to back landing
- ◊ Half twist into  $\frac{3}{4}$  front s/s (S), ball out barani (T)
- ◊ Double cat twist
- ◊  $\frac{3}{4}$  front s/s baby fliffus
- ◊  $\frac{3}{4}$  back s/s (S) to front landing , cody(T), back s/s (T)
- ◊ Front s/s with a full twist (S)
- ◊ Back s/s, rudi
- ◊ Crash dive , ball out barani (P)

### **Routine:**

Full twisting back s/s , Barani (S), Back s/s (P), straddle jump, Back somersault(S), Barani (T), Back somersault (T),  $\frac{3}{4}$  front s/s (S) , Barani ball out (T), Front somersault (T)