



Trampolining Proficiency Awards Level 9

Minimum pass requirement: 75% completed

- ⇒ Front landing straight to feet.
- ⇒ Back landing straight to feet.
- ⇒ Back landing to front landing to feet.
- ⇒ Forward turnover to back to feet.
- ⇒ Seat landing half twist to back landing
- ⇒ Front landing tucked or piked to feet.
- ⇒ Back landing piked to feet.
- ⇒ Front landing to back landing, to feet.
- ⇒ Seat landing full twist to feet.
- ⇒ Full twist to seat landing.

Routine:

Front landing to feet, straddle jump, half twist jump, seat landing, half twist to feet, tuck jump, pike jump, back landing half twist to feet.