



TRAMPOLINING AWARDS LEVEL 1-15



TRAMPOLINE AWARD

1

Awarded to:

COACH



DATE



LEVEL 1 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
Stopping	
Exiting the tramopine safely	
Swinging arms backwards while static	
Climbing on to the trampoline safely	
Being bounced in seat landing on mat	
Seat landing on mat not retuning to feet	
Rocking the trampoline on feet	
Standing Bouncing(minimal arm swing)	
Hands and Knees Rocking	
Show front landing position on floor	
Waiting patiently for turns	

Date passed:		Coach	
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LEVEL 2 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
From seated using arm movements to bounce mat	
Hands and knees bouncing	
Bounce 3 times and stop	
Roll in a horizontal position	
1/4 turn	
Seat landing on the mat (not returning to feet, straight legs)	
Show star position	
forward roll down the slope	
Being bounced on back	
Show straight body shape on back (coach should be able to lift legs without the participant bending)	
Puck Jump	
Astride Jump	

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LEVEL 3 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
Straight Jump using arms	
Tuck jump touching above the knees	
star jump	
1/2 twist (wide arms)	
back bouncing with assistance	
in 10 bounces show 2 tucks	
in 10 bounces show 2 star jumps	
seat landing returning to feet in mat	
hands and knees to front landing in mat (not returning to hand and knees)	
skipping (turning the rope over the head but not under the feet)	
running on the spot on the trampoline	
bouncing with hands stuck to sides of legs	

Date passed:		Coach	
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LEVEL 4 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
tuck jump touching below the knees	
straddle touching above the knees	
seat landing returning to feet on the bed	
2 half twist jumps with 3 bounces in between	
hands and knees to front landing in mat returning to hands and knees	
swing time tucks x3	
swing time stars x3	
forward roll down big slope with no hands to stand	
rocking in a ball x3 to stand (no hands)	
back bouncing with assistance (Improved rhythm)	
bouncing with arms by ears x10 no elbow bend	
split jumps	

Date passed:		Coach	
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LEVEL 5 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
tuck jump starting with arms up	
straddle touching below the knee caps	
pike touching above the knees	
5 straight jumps and stand still for 3 seconds	
front landing from standing in the mat	
flat back landing from standing with assistance in the mat	
seat landing to feet, 1/2 turn	
1/2 turn, seat landing to feet	
1/2 turn, straddle, 1/2 turn, tuck	
back bouncing with assistance (knee bend no less than 90 degrees, extension at 45)	
forward roll down small slope no hands to stand	
link 2 1/2 twist jumps	

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LEVEL 6 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
bouncing with hands wide some elbow bend x10	
tuck jump with stretch and touch	
straddle with hands up to start	
pike touching below the knee	
seat landing 1/2 twist to feet	
1/2 twist to seat landing (in mat)	
seat landing 1/2 twist to feet, seat landing to feet	
full twist	
front landing to feet	
flat back in mat no assistance	
straddle, 1/2 twist, tuck, 1/2 twist, pike, 1/2 twist	
tuck, pike, straddle x2	

Routine:

straddle, seat landing, tuck jump, 1/2 twist, straight bounce and stop for 3 sec

Date passed:		Coach	
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LEVEL 2 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
skipping 2 footed jumps	
straddle with stretch and touch	
pike with hands up to start	
1/2 twist to seat landing 1/2 twist to feet	
swivel hips	
back landing (with legs up, in mat and support)	
hand and knees forward turn over to back to feet	
seat landing to hands and knees	
front landing to feet, seat landing to feet	
seat landing to feet, front landing to feet	
forward roll on the floor	
front landing to feet, 1/2 twist	

Routine:

straddle, seat landing, tuck jump, 1/2 twist, pike, seat landing 1/2 twist to feet,
straight bounce and stop for 3 sec

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LEVEL 8 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
seat landing to hands and knees to front landing to feet	
front landing to hands and knees to seat landing to feet	
tuck, hands and knees turn over to back to feet	
front landing 1/2 twist to feet	
Back landing to feet	
back landing to feet 1/2 twist	
5 back bounces	
seat landing to front landing to feet	
front landing to seat landing to feet	
seat landing hip raises x3	
1/2 twist, front landing to feet	
10 sit ups	

Routine:

front landing to feet, tuck, 1/2 twist, straddle, seat landing to feet, pike, full twist, straight jump and stand still for 3 sec

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LEVEL 9 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
front landing piked	
front landing straight	
back landing piked	
back landing straight	
back landing 1/2 twist to feet	
1/2 twist, back landing	
1/2 twist to front landing	
roller	
hands and knees turn over with tuck and extension to seat	
backwards roll down the large slope	
backlanding to feet, front landing to feet	
front landing to feet, back landing to feet	

Routine:

full twist, straddle, seat landing half twist to seat half twist to feet, pike, back landing to feet, tuck, 1/2 twist, straight bounce and stand still for 3 sec

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LEVEL 10 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
1/2 twist to back landing	
3/4 turn over to back (in mat)	
seat landing 1/2 twist to back landing	
back landing 1/2 twist to seat landing	
back landing full twist to feet	
front landing full twist to feet	
back pullover to feet	
front landing to back landing in a mat	
back landing to front landing in a mat	
seat landing full twist to feet	
front (SS) with support on trampoline	
10 back bounces open hips	

Routine:

full twist, straddle, seat landing 1/2 twist to seat landing 1/2 twist to feet, pike, back landing 1/2 twist to feet, tuck, 1/2 twist.

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LEVEL 11 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
front (ss) tucked no support in mat	
cradle	
front (ss) tucked, 1/2 twist	
back (ss) tucked with support in mat	
front landing to back landing to front landing	
1/2 turn table	
3/4 turn over	
1 1/2 twist	
seat landing 1 1/2 twist to feet	
back pullover to front landing	
tuck, pike and straddle with line out	
5 consecutive swivel hips with legs locked straight	

Routine:

full twist, straddle, seat landing 1/2 twist to seat landing, 1/2 twist to feet, pike, back landing 1/2 twist to feet, tuck, front ss straight bounce and stand still for 3 seconds

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LEVEL 12

TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
front ss P	
back ss t in mat no support	
back ss t, seat landing in mat	
barani t	
tuck, front ss t, x3	
3/4 front ss to back 1/2 twist to feet	
3/4 front ss to back to front in mat	
3/4 front ss SL in mat	
back pull ober 1/2 twist to back landing	
back landing 1 1/2 twist to feet	
cruse	
shapped back bouncing	

Routine:

full twist, straddle, seat landing 1/2 twist to seat landing, 1/2 twist to feet, pike, back landing 1/2 twist to feet, tuck, front ss straight bounce and stand still for 3 seconds **WITH LINE OUTS**

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LEVEL 13

TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
back ss p	
tuck front ss p x3	
tuck, front ss p, tuck, front ss t	
back ss t, tuck, front ss t	
back ss t to seat in mat	
cat twist	
back ss t , back landing to feet	
front ss t, front landing to feet	
back ss t x3	
back ss s	
back ss t, tuck, barani t	
back ss t, front ss t	

Routine:

2 somersault routine with no somersault links.

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LEVEL 14

TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
back ss p, tuck x3	
front ss p x3	
front ss p, front ss t	
back ss t, front ss p	
back ss p, front ss p	
back ss t to seat 1/2 twist to feet	
back ss t,tuck, back ss p, pike, back ss, s straddle	
back ss t, barani t	
back ss p x3	
craddle x5	
barani, full twist	
cork screw	

Routine:

4 somersault routine with no somersault links.

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LEVEL 15 TRAMPOLINING



Name:		Class:	
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<i>Skill</i>	<i>Date Passed</i>
back ss t, back ss p, back ss s	
barani t, tuck, front ss t	
barani t, front ss t	
barani t, front ss p	
back ss p, barani t	
3/4 turn over SL 1/2 twsit to feet	
tuck, 3/4 turn over SL 1/2 twist to feet	
Back ss t 3/4 turn over SL 1/2 twist to feet	
back ss t, barani t, front ss t	
back ss p, barani p, front ss P	
back ss t, barani t, back ss t	
back ss p, barani ss t, back ss t	

Routine:

6 somersault routine with somersault links but no more than 360 degrees on rotation

Date passed:		Coach	
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CONDITIONING TRAMPOLINING



Name:

Class:

Arch 20 sec

dish 20 sec

crunches x20

heal raises x30

v sits x5

press ups x 10

dorsal raises x20

hopping x30 each leg

bicycle twists x20

front support hold 30 sec

squats x20

single leg squats x10

hip bridges x20

shoulder taps x20

line outs laying on floor

pike fold

straddle fold

front landing kicks

back landing kicks

c crunch with extension

rope climb (combat style)

scissor legs

plank

rotating planks

bear crawls

wall sits

skipping

Date passed:

Coach