

AWARD 10 - Foundation

No	Description	
01	Mount and dismount to and from a central position	
02	Waiting turn and good behaviour around the trampoline	
03	5x Bounces, with arm circles, stop still (<i>fanding shape</i>)	
04	Learn & remember - tuck shape, straddle shape, pike shape	
05	Star Jump (<i>neatly</i>)	
06	From seated position, kipped to stand (<i>by coach</i>)	

AWARD 9 - Foundation

No	Description	
01	Jump (Tucked) touching below the kneecap	
02	Jump (Straddled)	
03	Jump (Piked)	
04	Half turn jump	
05	Hands & knees bouncing	
06	Seat landing, not returning to feet	

AWARD 8 - Foundation

No	Description	
01	Jump (Tucked) with stretch and touch	
02	Jump (Straddled) with stretch and touch	
03	Jump (Piked) with stretch and touch	
04	Seat landing, returning to feet	
05	Link two half turn jumps	
06	2x shaped jumps in a row (<i>neatly</i>)	

AWARD 7 - Foundation

No	Description	
01	5x Straight bounces (<i>correct arms, straight, pointed hands</i>), landing shape	
02	Seat landing, returning to feet with stretch (<i>competition standard</i>)	
03	From crouch, front landing to mat (<i>arms stretched to begin</i>)	
04	Back bouncing with assistance	
05	2x Half twist jumps, connected	
06	5x differently shaped jumps in a row (<i>neatly</i>)	

AWARD 6 - Foundation

No	Description	
01	10x Straight bounces (<i>correct arms, straight, pointed hands</i>), landing shape	
02	Forward roll	
03	Front landing onto a mat	
04	Flat back - with arm set	
05	Seat landing, to feet, half twist jump	
06	Half twist jump, to seat landing, to feet	

AWARD 5 - Improvers

No	Description	
01	Arm set, tuck jump (<i>line-out</i>)	
02	5x Back bounces	
03	Seat landing, half twist to feet, seat landing, to feet	
04	Half twist to seat landing, to feet	
05	Full twist jump	
06	Front landing to feet (straight body)	

AWARD 4 - Improvers

No	Description	
01	Straddle jump and pike jump (<i>line-out</i>)	
02	Half twist to seat landing, half twist to feet	
03	Swivel hips	
04	Back landing, to mat	
05	Front landing, half twist to feet	
06	Routine - Full twist jump / Straddle jump / Seat landing / Tuck jump / Pike jump	

AWARD 3 - Improvers

No	Description	
01	Back landing, to feet (<i>competition standard</i>)	
02	5x Back bounces	
03	Hands and knees, forward turnover to back, to feet	
04	Seat landing, to front landing, to feet	
05	Back landing, to feet (<i>competition standard</i>)	
06	Routine - Straddle jump / Swivel hips / Pike jump / Back landing / Tuck jump / Full twist jump	

AWARD 2 - Intermediate

No	Description	
01	Backward roll	
02	Hands and knees forward turnover, to feet	
03	Three quarter forward turnover to back landing, to feet	
04	Seat landing, half twist to back landing, to feet	
05	Back landing, back pullover to feet	
06	Back landing, half twist to feet	
07	Half twist to back landing, to feet	
08	Back landing, to front landing, to feet	
09	Routine - Refer to Club 1	

AWARD 1 - Intermediate

No	Description	
01	Full twist to back landing, to feet	
02	Back landing, half twist to back landing (<i>cradle</i>), to feet	
03	Front landing, half turn to front landing (<i>cruise</i>) to feet	
04	Front somersault (tucked)	
05	Front somersault (tucked, <i>line-out</i>)	
06	Front somersault (piked)	
07	Back somersault (tucked)	
08	Bounce roll (tucked)	
09	Routine A - Full twist jump / Straddle jump / Swivel hips, half twist to feet / Pike jump / Back landing, half twist to feet / Tuck jump / Front somersault (tucked)	