

Trampoline

Age	Level	Skill							
15 & up	HP Senior	double double layout							
	National	1/1 out double layout							
	Open	double front layout 1/1 out							
	Elite	arabian double pike							
			cody double back						
		ball out 1&1/2 twist							
13-14 yrs	HP Junior	double layout							
13 & up	National Open	1/1 out double back							
		1/1 in double back							
		arabian double front tuck							
		cody 1/1 to feet							
			ball out 1/1 out						
11-12yrs	National novice	double back 1/2 out							
12 & up	Level 5	open double back							
		arabian front layout							
		back layout 3/1 twist							
		front layout 3/1 twist							
		cody to stomach & 1/2 to back							
		ball out barani							
		back layout 2 & 1/2 twist							
		front layout 2 & 1/2 twist							
		back layout 2/1 twist & 1 1/2							
		front layout 2/1 twist & 1 1/2							
9-10yrs	Pre-novice	arabian dive roll, front tuck							
10 & up	Level 4	cody to feet							
		corkscrew							
		ball out front pike, tuck							
		back layout 1/1 & 1/2							
		front layout 1/1 & 1/2							
7-8yrs	pre-comp 12 hrs	back layout half to back							
	pre-comp 9 hrs	front 1/1 to back & 1/2 to stom							
9 & up	Level 3	back, front layouts							
		back layout to stomach							
		front layout to back							
		back, front tucks							
		cradle and cat twist 1/1							
		tick tocks in a row							
5- / yrs	pre-comp 6hrs	back, stomach bounce skills							
	super girls 3-4hrs	backspring to stomach							
8 & up	Level 2	high dive roll							
		handstand hops in a row							
		seat drop 1/1 turn to stand							
		controlled jumps with arms							