

NAME _____

SCORING METHOD: Level multiplied by skill/10

| | LEVEL 1 | LEVEL 2 | LEVEL 3 |
|--|---|---|--|
| <p>CHOOSE 3 SKILLS FROM ANY LEVEL</p> <p>TRAMPOLINE</p> | <input type="checkbox"/> Bottoms, Knees, Feet <input type="checkbox"/> Tuck Jump, Star Jump <input type="checkbox"/> Half Spin | <input type="checkbox"/> Seat Drop Spins <input type="checkbox"/> Full Spin <input type="checkbox"/> Knees Front Support | <input type="checkbox"/> Jump to Stomach <input type="checkbox"/> Jump to Back <input type="checkbox"/> Knees Front Sault <input type="checkbox"/> Knees Handstand X 3 |
| TUMBL TRAK | <input type="checkbox"/> Straight Jumps <input type="checkbox"/> Tuck Jumps <input type="checkbox"/> Star Jumps <input type="checkbox"/> Jump Over Noodles | <input type="checkbox"/> Straight Jump, Tuck Jump, Star Jump <input type="checkbox"/> Dive Roll <input type="checkbox"/> Handstand Flatback | <input type="checkbox"/> Handstand Pop Flatback <input type="checkbox"/> Front Sault to Raised Mat <input type="checkbox"/> Roundoff <input type="checkbox"/> Jump full Spin |
| DOUBLE MINI | <input type="checkbox"/> Straight Jumps <input type="checkbox"/> Tuck Jumps <input type="checkbox"/> Star Jumps | <input type="checkbox"/> Straight Jump, Tuck Jump, Star Jump <input type="checkbox"/> Dive Roll <input type="checkbox"/> Handstand Flatback | <input type="checkbox"/> Handstand Pop Flatback <input type="checkbox"/> Front Sault to Mat <input type="checkbox"/> Jump full Spin <input type="checkbox"/> Pike/ Straddle Jump |
| FLOOR | <input type="checkbox"/> Forward Rolls X 3 <input type="checkbox"/> Bunny Hops X 3 <input type="checkbox"/> Sausage Rolls X 3 | <input type="checkbox"/> Scorpion Handstand <input type="checkbox"/> Handstand <input type="checkbox"/> Cartwheel <input type="checkbox"/> Backwards Rolls X 3 | <input type="checkbox"/> Hurdle Cartwheel Step In <input type="checkbox"/> Hurdle Cartwheel, Cartwheel to Lunge <input type="checkbox"/> Round Off <input type="checkbox"/> Dive Roll <input type="checkbox"/> Handstand Flat Back |
| FLOOR ROUTINE | | | |

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| | LEVEL 4 | LEVEL 5 | LEVEL 6 |
|--------------------|--|--|--|
| TRAMPOLINE | <input type="checkbox"/> Front Pike <input type="checkbox"/> Backflip <input type="checkbox"/> Jump from Platform, Flyspring, Full Twist <input type="checkbox"/> Front Pike, ½ Twist | <input type="checkbox"/> 3 Front Saults Connected <input type="checkbox"/> 3 Back Saults Connected <input type="checkbox"/> Back flip, Fly spring connected X 3 | <input type="checkbox"/> Front Sault, Front Pike, Front layout <input type="checkbox"/> Back Sault, Back Layout Full Twist <input type="checkbox"/> Back Layout Half Twist, Front Layout <input type="checkbox"/> Front Layout Half Twist, Back Layout, Front Pike Half Twist |
| TUMBL TRAK | <input type="checkbox"/> Flyspring <input type="checkbox"/> Front Handspring <input type="checkbox"/> Front Handspring Step Out <input type="checkbox"/> Front Sault | <input type="checkbox"/> Round Off Backflip <input type="checkbox"/> Backflip, Backflip, Backflip <input type="checkbox"/> Front Layout <input type="checkbox"/> Front Handspring, Front Sault <input type="checkbox"/> Front Sault Step Out, Round off Back Sault | <input type="checkbox"/> Continuous Front Saults (min 4) <input type="checkbox"/> Round off Whip, Whip <input type="checkbox"/> Round off Whip, Flip, Back Layout <input type="checkbox"/> Round off Backflip, Layout Half Twist <input type="checkbox"/> Front Handspring, Flyspring, Front Sault |
| DOUBLE MINI | <input type="checkbox"/> Front Sault <input type="checkbox"/> Front Pike <input type="checkbox"/> Front Handspring <input type="checkbox"/> Backflip | <input type="checkbox"/> Front Layout <input type="checkbox"/> Back Sault <input type="checkbox"/> Front Tuck/Pike Half Twist <input type="checkbox"/> Front Layout Half Twist | <input type="checkbox"/> Back Layout <input type="checkbox"/> Back Layout Half Twist <input type="checkbox"/> Front Layout Full Twist |

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|-----------------------------|---|---|--|
| <p>FLOOR</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Hurdle Cartwheel Round off Rebound <input type="checkbox"/> Handstand Pop <input type="checkbox"/> Handstand Forward Roll <input type="checkbox"/> Handstand into Bridge, Stand Up <input type="checkbox"/> Backwards into Bridge, Kick Over | <ul style="list-style-type: none"> <input type="checkbox"/> Forward Walkover, Cartwheel, Backwards Walkover <input type="checkbox"/> Standing Backflip <input type="checkbox"/> Front Handspring <input type="checkbox"/> Aerial <input type="checkbox"/> Front Sault (punch front) <input type="checkbox"/> Round Off Backflip | <ul style="list-style-type: none"> <input type="checkbox"/> Round off Backflip, Backflip <input type="checkbox"/> Front Handspring, Flyspring <input type="checkbox"/> Front Aerial <input type="checkbox"/> Front Handspring, Front Sault <input type="checkbox"/> Round off Backflip, Backsault |
| <p>FLOOR ROUTINE</p> | | | |