

NOVICE GRADE (RED BADGE)

Examined by Recreational Coach or Level 1 Judge

Section 1 (Individual Skills)

- 1. Straight jump (Repeat 6 times 'kill' bounce)
- 2. Tuck jump
- 3. Pike jump
- 4. Piked straddle jumped
- 5. Seat drop
- 6. Seat drop, half twist to feet
- 7. Hands & knees drop
- 8. Half twist jump

Section 2 (Routine)

- 1. Seat drop
- 2. To feet
- 3. Tuck jump
- 4. Hands & knees drop
- 5. To feet
- 6. Pike jump
- 7. Half twist jump
- 8. Piked straddle jump
- 9. Seat drop
- 10. Half twist to stand

Pass Mark 6.5 Date Passed..... Examiner.....

GRADE 5 (YELLOW BADGE)

Examined by Coaching Diploma Grade 1 or Level 2 Judge

Section 1 (Individual Skills)

- 1. Cradle (Back drop 1/2 turn to back drop)
- 2. Front somersault (pike)
- 3. Back drop, back pull over to feet
- 4. Back somersault (tuck)
- 5. 1 1/4 front somersault (tuck)

Section 2 (Routine)

- 1. Back somersault (tuck)
- 2. Seat drop
- 3. Half twist to seat drop
- 4. To feet
- 5. Full twist jump
- 6. Piked straddle jump
- 7. Back drop
- 8. Half twist to feet
- 9. Tuck jump
- 10. Front somersault (tuck)

Pass Mark 7.0 Date Passed..... Examiner.....

GRADE 7 (BLUE BADGE)

Examined by Recreational Coach or Level 1 Judge

Section 1 (Individual Skills)

- 1. Hands & knees drop to front drop
- 2. Front drop
- 3. Seat drop, half twist to seat drop (swivel hips)
- 4. Back drop
- 5. Half twist to front drop
- 6. Seat drop to front drop
- 7. Full twist jump

Section 2 (Routine)

- 1. Seat drop
- 2. Half twist to seat drop
- 3. To feet
- 4. Piked straddle jump
- 5. Half twist to front drop
- 6. To feet
- 7. Full twist jump
- 8. Tuck jump
- 9. Back drop
- 10. To feet

Pass Mark 6.5 Date Passed..... Examiner.....

GRADE 4 (PURPLE BADGE)

Examined by Coaching Diploma Grade 1 or Level 2 Judge

Section 1 (Individual Skills)

- 1. Crash dive
- 2. 1 1/4 front somersault (pike)
- 3. Back somersault (straight)
- 4. Barani (free: tuck, pike, or straight)
- 5. 3/4 Back somersault

Section 2 (Routine)

- 1. Back somersault (straight)
- 2. Piked straddle jump
- 3. Barani (free: tuck, pike, or straight)
- 4. Tuck jump
- 5. Half twist to front drop
- 6. To feet
- 7. Full twist jump
- 8. Pike jump
- 9. 3/4 back somersault
- 10. To feet

Pass Mark 7.0 Date Passed..... Examiner.....

GRADE 6 (GREEN BADGE)

Examined by Coaching Diploma Grade 1 or Level 1 Judge

Section 1 (Individual Skills)

- 1. Front drop to back drop
- 2. Back drop to front drop
- 3. Half twist to seat drop, half twist to feet
- 4. Back drop, half twist to stand
- 5. Hands & knees, front somersault to back drop
- 6. Front somersault to seat drop
- 7. Front somersault (tuck)

Section 2 (Routine)

- 1. Back drop
- 2. Half twist to feet
- 3. Piked straddle jump
- 4. Seat drop
- 5. Half twist to seat drop
- 6. To feet
- 7. Half twist to front drop
- 8. To feet
- 9. Tuck jump
- 10. Front somersault (tuck)

Pass Mark 6.5 Date Passed..... Examiner.....

GRADE 3 (BLACK BADGE)

Examined by Coaching Diploma Grade 2 or Level 2 Judge

Section 1 (Individual Skills)

- 1. Back somersault (pike)
- 2. 1 1/4 Back somersault (tuck)
- 3. Crash dive, ballout to feet

Section 2 (Routine)

- 1. Crash dive
- 2. Half twist to feet
- 3. Tuck jump
- 4. Back somersault (straight)
- 5. Barani (free: tuck, pike, or straight)
- 6. Back somersault (tuck)
- 7. Piked straddle jump
- 8. 1 1/4 front somersault (tuck)
- 9. To feet
- 10. Front somersault (pike)

Pass Mark 7.5 Date Passed..... Examiner.....

GRADE 2 (ORANGE BADGE)

Examined by Coaching Diploma Grade 2 or Level 2 Judge

Section 1 (Individual Skills)

- 1. Barani (straight)
- 2. Crash dive, barani ballout (tuck)
- 3. Half twist crash dive
- 4. Front cody
- 5. Full twist back somersault

Section 2 (Routine)

- 1. Crash dive
- 2. Barani ballout (tuck)
- 3. Tuck jump
- 4. Back somersault (pike)
- 5. Barani (pike)
- 6. 3/4 Back somersault
- 7. To feet
- 8. Back somersault (straight)
- 9. Barani (straight)
- 10. Full twist back somersault

Pass Mark 7.5 Date Passed..... Examiner.....

GRADE 1 (BROWN BADGE)

Examined by Coaching Diploma Grade 3 or Level 3 Judge

Section 1 (Individual Skills)

- 1. 1 3/4 front somersault (tuck)
- 2. 3/4 back somersault, back cody (tuck)
- 3. Crash dive, barani ballout (straight)
- 4. Rudolph
- 5. Double twist back somersault
- 6. Half out (tuck)

Section 2 (Routine)

- 1. 1 3/4 front somersault (tuck)
- 2. Barani ballout (tuck)
- 3. Back somersault (tuck)
- 4. Barani (straight)
- 5. 3/4 back somersault
- 6. Back cody
- 7. Back somersault (straight)
- 8. Barani (pike)
- 9. Full twist back somersault
- 10. Rudolph

Pass Mark 7.5 Date Passed..... Examiner.....

ELITE GRADE (WHITE BADGE) WOMEN

Examined by Coaching Diploma Grade 3 or Level 3 Judge (Special conditions apply)

Section 1 (Individual Skills)

- 1. 1 3/4 front somersault (Pike), Rudy ballout
- 2. Double back somersault (tuck)
- 3. Half out (pike)
- 4. Double back somersault (pike)
- 5. Any full twisting double back somersault

Section 2 (Routine)

Minimum difficulty 8.3
Minimum form mark 8.0

Pass Mark 8.0 Date Passed..... Examiner.....

ELITE GRADE (WHITE BADGE) MEN

Examined by Coaching Diploma Grade 3 or Level 3 Judge (Special conditions apply)

Section 1 (Individual Skills)

- 1. Half out (pike)
- 2. Double back somersault (pike)
- 3. Half in half out (tuck)
- 4. Rudy out (tuck or pike)
- 5. Full in half out (tuck), or half in rudy out (tuck)

Section 2 (Routine)

Minimum difficulty 10.0
Minimum form mark 8.0

Pass Mark 8.0 Date Passed..... Examiner.....

TRAMPOLINE TERMINOLOGY

BALLOUT: Forward somersault from back landing.

BARANI: Front somersault with half twist.

BARANI BALLOUT: 1 1/4 front somersault with half twist from a back landing.

CRADLE: Back drop half twist to back drop.

CRASH DIVE: 3/4 front somersault (straight).

CODY: Forward or backward somersault from a front landing.

FLIFFUS: Any double somersault with a twist.

FULL TWIST BACK: A full twisting backward somersault.

HALF OUT: A fliffus with a half twist in the second somersault.

HALF IN HALF OUT: A double back somersault with half twist in the first somersault and half twist in the second somersault.

KILL THE BOUNCE: Absorption of the recoil from the bed by flexing at the hips, knees and ankles.

LAYOUT, STRAIGHT OR OPEN POSITION: A position where the body is fully extended.

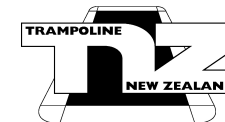
PIKE: A position where the body is bent the hips only.

RUDOLPH: A 1&1/2 twisting front somersault.

SWINGTIME: One skill performed immediately after another with no free bounce in between.

TUCK: A position where the body is flexed at the hips and knees.

NAME



TRAMPOLINE
NEW ZEALAND
INCORPORATED

INCENTIVE
AWARD SCHEME

TRAMPOLINE

FOR FURTHER DETAILS ON THE
INCENTIVE AWARD SCHEME OR TNZI
COMPETITIONS CONTACT:

YOUR COACH OR:

***EXAMINER**

SECTION 1 : Assessed on proficiency of learnt skills.

SECTION 2 : Use the Pass Mark to assess routine or passes.