British Gymnastics
Trampoline Proficiency Awards

British gymnastics Trampoline award scheme begins at Badge 1 for beginners and progresses to Badge 15.

**Badge 1**
1. Waiting in turn and good behaviour around the trampoline
2. Mount and dismount to and from a central position
3. Move or be freely moved around the trampoline
4. Sitting and bouncing/rocking
5. Standing and bouncing/rocking
6. Lying on back being bounced
7. Hands and knees bouncing rocking

**Badge 2**
1. From seat position, using arm movements to bounce
2. Hands and knees bouncing
3. Bounce a set number of times and stop
4. Roll in the horizontal position
5. ¼ twist in an upright position
6. Seat landing, not returning to feet
7. Show star position

**Badge 3**
1. Straight jump using arms
2. Tuck jump
3. Astride jumping
4. ½ twist jump
5. Star jump
6. Back bouncing with assistance
7. In a set number of bounces show at least 2 skills

**Badge 4**
1. Tuck jump, touching below the knee
2. Straddle jump
3. Seat landing returning to feet
4. Link 2 ½ twist jumps
5. Split jumps
6. Hands and knees to front landing
7. Repeat a skill 3 times without any intermediate bounces

**Badge 5**
1. Five straight jump, stop and stay still for 3 seconds
2. Tuck jump with stretch to top
3. Straddle jump
4. Front landing onto mat
5. Back landing onto mat
6. Seat landing to feet, ½ twist jump
7. ½ twist jump to feet, seat landing, to feet
8. ROUTINE - Straddle Jump, seat landing to feet, tucked jump, ½ twist jump, straight jump and stop

**Badge 6**
1. Seat landing, ½ twist to feet
2. Seat landing, ½ to feet, seat landing, to feet
3. ½ twist to seat landing, to feet
4. Full twist jump
5. Front landing, to feet
6. Pike jump
7. Forward roll
8. ROUTINE - Straddle jump, seat landing to feet, tuck jump, ½ twist jump, pike jump, seat landing ½ twist to feet, straight jump and stop

**Badge 7**
1. ½ twist to seat landing, ½ twist to feet
2. Seat landing, ½ twist to seat landing, to feet
3. Back landing, to feet
4. Hands and knees forward turnover to back, to feet
5. Seat landing, to hands and knees, to feet
6. Front landing to feet, seat landing to feet
7. Seat landing to feet, front landing to feet
8. ROUTINE - Front landing to feet, tuck jump, ½ twist jump, straddle jump, seat landing to feet, pike jump, full twist jump, straight jump and stop

**Badge 8**
1. Seat landing, to front landing, to feet
2. Front landing, to seat landing, to feet
3. From landing, ½ twist to feet
4. ½ twist to front landing, to feet
5. Back landing, ½ twist to feet
6. ½ twist to back landing
7. Five back bounces
8. ROUTINE - Straddle jump, seat landing, ½ twist to feet, pike jump, front landing, to feet, tuck jump, hands and knees, forward turnover to back, to feet.
1. Front landings pike and straight shapes
2. Back landings in pike and straight shapes
3. Front landing to back landing, to feet
4. Back landing, to front landing, to feet
5. ¾ forward turnover from feet, to back landing, to feet
6. Seat landing, full twist to seat landing (Roller)

7. ROUTINE - Full twist jump, straddle jump, seat landing, ½ twist to seat, ½ twist to feet, pike jump, back landing, ½ twist to feet, tuck jump, ½ twist jump, straight jump and stop.

8. ROUTINE - A three somersault routine using somersault to back, to front landing

9. Routine (A) - Barani straight legs

10. Barani piked

11. Barani, shaped jump x3

12. Front somersault piked

13. Back somersault tucked, barani piked

14. Back somersault, barani, shaped jump x3

15. Back somersault straight, ½ twist jump, shaped jump x3

16. Barani, jump to back landing

17. Routine - A six somersault routine, including a back somersault to barani link

18. ROUTINE - A seven somersault routine which can be used in competition

19. ¾ front somersault straight, barani ball out tucked

20. Back somersault tucked, three quarter front somersault straight, barani ball out piked

21. Full twisting back somersault

22. Back somersault, barani, full twisting back somersault, tuck jump

23. Rudi

24. One and ¾ front somersault tucked

25. Back somersault straight, back somersault piked, back somersault tucked x2

26. ¾ back somersault, cody tucked

27. Back somersault tucked, ¾ back somersault straight, cody tucked

28. Back somersault straight, barani straight, back somersault piked, back somersault tucked, barani tucked x2

29. Routine - A ten somersault routine with no repeated somersaults