



# CUTC Trampoline Awards



<b>Name:</b>		<b>Twist Direction:</b>	
<b>College:</b>		<b>Put Beds Out/Away:</b>	
<b>Award 1</b>		<b>Award 6</b>	
Five straight jumps, stop, stay still for 3s		Tuck back to seat, half to feet	
Tuck jump		Back drop, back pullover to front drop	
Half twist jump		Tuck back, tuck jump x3	
Straddle jump		Pike back somersault	
Seat drop, to feet		Tuck back, back drop	
Seat drop, to feet, half twist jump		Straight back	
Half twist jump, seat drop, to feet		Barani piked	
Pike jump		Straight back, straddle x3	
Seat drop, half twist to feet		Tuck back to seat, half to feet, tuck back	
Seat drop, half twist to feet, seat drop		Crash dive, to feet	
<b>Award 2</b>		<b>Award 7</b>	
Half twist to seat drop, to feet		Barani piked, half twist, straddle x3	
Half twist to seat drop, half twist to feet		Pike back, straddle x3	
Swivel hips		Double full twist	
Full twist jump		Lazy back	
Hands and knees, to front on mat		Tuck back, tuck front	
Front drop on mat		Barani tucked	
Flat back landing on mat		Tuck back to back drop	
Back drop on mat		Tuck back x2	
Front drop, to feet		Straight back, tuck back	
Back drop, to feet		Tuck back, tuck barani, straddle x3	
<b>Award 3</b>		<b>Award 8</b>	
Forward roll		Crash dive, bounce roll	
Hands and knees, turnover to back		Lazy back, back drop	
Seat drop, to feet, front drop, to feet		Pike back, pike barani	
Front drop, to feet, seat drop, to feet		Barani straight	
Seat drop, to front drop, to feet		Straight back, pike barani	
Front drop, to seat drop, to feet		Crash dive, ball out tucked	
Back drop, half twist to feet		Pike front, tuck front	
Half twist to back drop, to feet		Tuck back, tuck barani, tuck back	
Front drop, half twist to feet		Tuck front to front drop on mat	
Half twist to front drop, to feet		Pike back, pike barani, tuck back	
<b>Award 4</b>		<b>Award 9</b>	
Back bounces (5 in a row)		Crash dive, barani ball out (BBO) tucked	
Front drop, to back drop, to feet		Half twist to forward turnover	
Back drop, to front drop, to feet		Lazy back with half twist to back on mat	
Forward turnover to back, to feet		Straight back with half twist on mat	
Roller (seat drop, full twist to seat drop)		Straight front with full twist on mat	
Backward roll		Corkscrew (back drop, 1 1/2 twist to back)	
Seat drop, half twist to back drop, to feet		Arabian crash dive	
Cradle (back drop, half twist to back drop)		Crash dive, piked BBO	
Half turntable		Arabian tuck front somersault on mat	
Back drop, full twist to feet		Tuck back, crash dive, tucked BBO	
<b>Award 5</b>		<b>Award 10</b>	
Cat twist		Straight back, straight barani, pike back	
Front drop, full twist to feet		Straight back, straight barani x3	
Log roll		Lazy back, cody tucked	
Full twist to seat drop, to feet		Straight back, pike back, tuck back x2	
Full twist to back drop, to feet		Full twisting straight back	
Back drop, back pullover to feet		Rudi (1 1/2 twisting straight front)	
Tuck front somersault		1 & 3 front somersault tucked, to feet	
Tuck back somersault		Straight back, straight barani, full, rudi	
Pike front somersault		1 & 3 tucked, straight BBO	
One and a half twist jump		1 & 3 piked, straight RBO	
10 Timed Bounces:		Double back somersault tucked	
		Half-out tucked	
		Straight barani, full, rudi, double full	
		Half-out piked, double back piked	