

SPRING FESTIVAL 2019 TRAMPOLINE ROUTINES

LEVEL 1

1. Straddle jump
2. Tuck jump
3. Pike jump
4. Seat drop
5. Stand up
6. Straddle jump
7. Tuck jump
8. Pike jump
9. Seat drop
10. Stand up

LEVEL 2

1. Front drop
2. Stand up
3. Pike jump
4. Full turn
5. Straddle jump
6. Seat drop
7. Stand up
8. Tuck jump
9. Back drop
10. Half turn to feet

LEVEL 3

1. Back drop
2. Pullover
3. Tuck jump
4. Half turn
5. Pike jump
6. Straddle jump
7. Seat drop
8. Swivel hip
9. Hands and knees drop
10. Front tuck to feet

LEVEL 4

1. Back tuck
2. Tuck jump
3. Full turn
4. Pike jump
5. Half turn to seat drop
6. Front drop
7. Stand up
8. Half turn
9. Straddle jump
10. Front tuck to feet

LEVEL 5

1. Back pike
2. Tuck jump
3. Back tuck
4. Straddle jump
5. Airplane
6. Push to seat drop
7. Stand up
8. Half turn
9. Pike jump
10. Barani pike

LEVEL 6

1. Back straight
2. Pike jump
3. Back pike
4. Barani tuck
5. Tuck jump
6. Back tuck
7. Seat drop
8. Half turn to feet
9. Straddle jump
10. Barani straight

- LEVEL 7:** 1. Back straight 2. Barani straight 3. Pike jump 4. Back pike 5. Barani pike
6. Straddle jump 7. Back tuck 8. Tuck jump 9. Front $\frac{3}{4}$ 10. Ballout tuck

SPRING FESTIVAL 2019 DOUBLE MINI ROUTINES

LEVEL 1

FIRST PASS

1. Straight jump
2. Tuck jump
3. Tuck jump

SECOND PASS

1. Straight jump
2. Straddle jump
3. Straddle jump

LEVEL 2

FIRST PASS

1. Straight jump
2. Straddle jump
3. Tuck jump

SECOND PASS

1. Straight jump
2. Pike jump
3. Pike jump

LEVEL 3

FIRST PASS

1. Straight jump
2. Straddle jump
3. Half turn

SECOND PASS

1. Straight jump
2. Tuck jump
3. Full turn

LEVEL 4

FIRST PASS

1. Straight jump
2. Half turn
3. Tuck jump

SECOND PASS

1. Straight jump
2. Tuck jump
3. Front tuck

LEVEL 5

FIRST PASS

1. Straddle jump
2. Front pike

SECOND PASS

1. Straight jump
2. Tuck jump
3. Barani pike

LEVEL 6

FIRST PASS

1. Tuck jump
2. Barani straight

SECOND PASS

1. Straight jump
2. Back tuck
3. Barani tuck

SPRING FESTIVAL 2019 TUMBLING ROUTINES

LEVEL 1

FIRST PASS

1. Forward roll
2. Forward roll step out
3. Cartwheel step in

SECOND PASS

1. Backward roll tuck
2. Backward roll tuck
3. Backward roll pike

LEVEL 2

FIRST PASS

1. Handstand forward roll step out
2. Cartwheel
3. Cartwheel step in
4. Backward roll tuck

SECOND PASS

1. Power hurdle roundoff rebound
2. Backward roll tuck
3. Backward roll tuck
4. Backward roll pike

LEVEL 3

FIRST PASS

1. Power hurdle cartwheel
2. Roundoff rebound
3. Back extension roll pike down

SECOND PASS

1. Run hurdle roundoff
2. Back handspring
3. Rebound

LEVEL 4

FIRST PASS

1. Power hurdle round off
2. Back handspring
3. Back handspring rebound

SECOND PASS

1. Run hurdle round off
2. Back handspring
3. Back handspring rebound