

**0.0** **Straight Jump** **0.0**

Basic standing jump with  
straight body position

**0.0** **0.0**

**0.2** **Pike Jump** **0.2**

Jump while touching  
toes with straight legs

**0.2** **0.2**

**0.1** **Tuck Jump** **0.1**

Jump while bring-  
ing knees to chest

**0.1** **0.1**

0.2

Straddle Jump

0.2

Jump with legs  
spread apart sideways

0.2

0.2

0.3

Seat Drop

0.3

Land in a seated position  
and bounce back to feet

0.3

0.3

0.5

Front Drop

0.5

Land flat on stom-  
ach with hands out

0.5

0.5

0.5

Back Drop

0.5

Land flat on back  
with arms at sides

0.5

0.5

0.4

Half Twist

0.4

180° rotation around vertical axis

0.4

0.4

0.6

Full Twist

0.6

360° rotation around vertical axis

0.6

0.6

**1.0** **Front Somersault** **1.0**

Complete forward rotation in tucked position

**1.0** **1.0**

**1.1** **Barani** **1.1**

Front somersault with half twist

**1.1** **1.1**

**1.0** **Back Somersault** **1.0**

Complete backward rotation in tucked position

**1.0** **1.0**

**1.2**

**1.2**

**Cody**

**Back drop to front somersault**

**1.2**

**1.2**

**2.0**

**2.0**

**Double Front**

**Two forward rotations**

**2.0**

**2.0**

**1.2**

**1.2**

**Cradle**

**Front drop to back somersault**

**1.2**

**1.2**

**2.0** **Double Back** **2.0**

**Two backward rotations**

**2.0** **2.0**

**2.0** **Full-Full** **2.0**

**Double back somersault  
with full twist in each**

**2.0** **2.0**

**1.8** **Rudi** **1.8**

**Front somersault with  
one and a half twists**

**1.8** **1.8**