

0.00.0

Straight Jump

Basic standing jump with straight body position

0.00.0

0.10.1

Tuck Jump

Jump while bringing knees to chest

0.10.1

0.20.2

Pike Jump

Jump while touching toes with straight legs

0.20.2

0.20.2

Straddle Jump

Jump with legs spread apart sideways

0.20.2

0.3

0.3

Seat Drop

Land in a seated position
and bounce back to feet

0.3

0.3

0.5

0.5

Front Drop

Land flat on stom-
ach with hands out

0.5

0.5

0.5

0.5

Back Drop

Land flat on back
with arms at sides

0.5

0.5

0.4

0.4

Half Twist

180° rotation around vertical axis

0.4

0.4

0.6

0.6

Full Twist

360° rotation around vertical axis

0.6

0.6

1.0

1.0

Front Somersault

Complete forward rotation in tucked position

1.0

1.0

1.0

1.0

Back Somersault

Complete backward rotation in tucked position

1.0

1.0

1.1

1.1

Barani

Front somersault with half twist

1.1

1.1

1.2

Cody

1.2

Back drop to front somersault

1.2

1.2

1.2

Cradle

1.2

Front drop to back somersault

1.2

1.2

2.0

Double Front

2.0

Two forward rotations

2.0

2.0

2.0

Double Back

2.0

Two backward rotations

2.0

2.0

1.8

Rudi

1.8

Front somersault with
one and a half twists

1.8

1.8

2.0

Full-Full

2.0

Double back somersault
with full twist in each

2.0

2.0