

Family Drop - In Salto/Flip Rules

If you have an athlete that would like to flip at family drop in and they have not been tested - they must find a coach and show that they can perform these skills safely. Once the coach has passed the athlete for Flipping they will earn a spot on the Salto / flipping board.

When your athlete has passed they will not have to show skills again when registering at the office they will automatically get a ribbon specifying their flipping ability. Please ask at the office when you come in for your ribbon.

Requirements

Forward Salto's /flipping -Blue

- Hand knee flip 3X to feet consistent on trampoline
- Standing front tuck into pit off side from floor
- Flip onto throw mat with coach on standby

Back Salto's / Flips - Green

- Backward roll in a ball on the floor
- Set jump onto a block
- Back pull over on trampoline
- Flip onto throw mat with coach on standby

Off Axis Flipping - Pink

- Over the barrel
- Rollers on trampoline
- Cat twist
- Front tuck