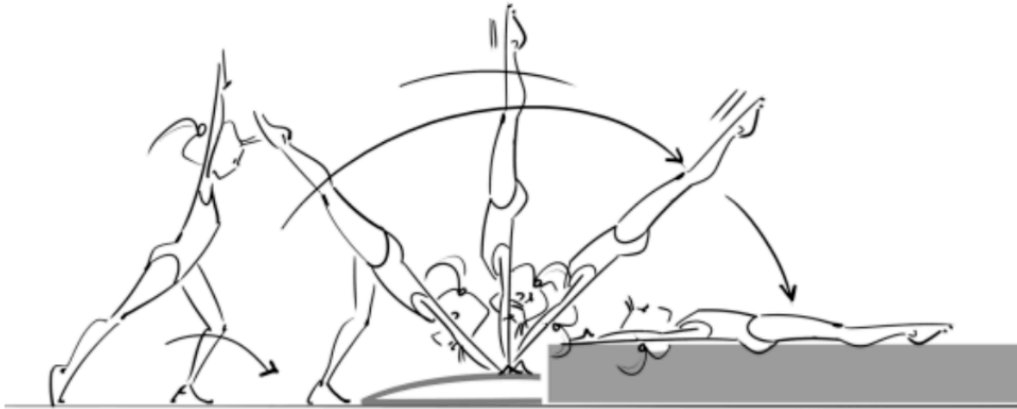


Vault

Handstand Flat back



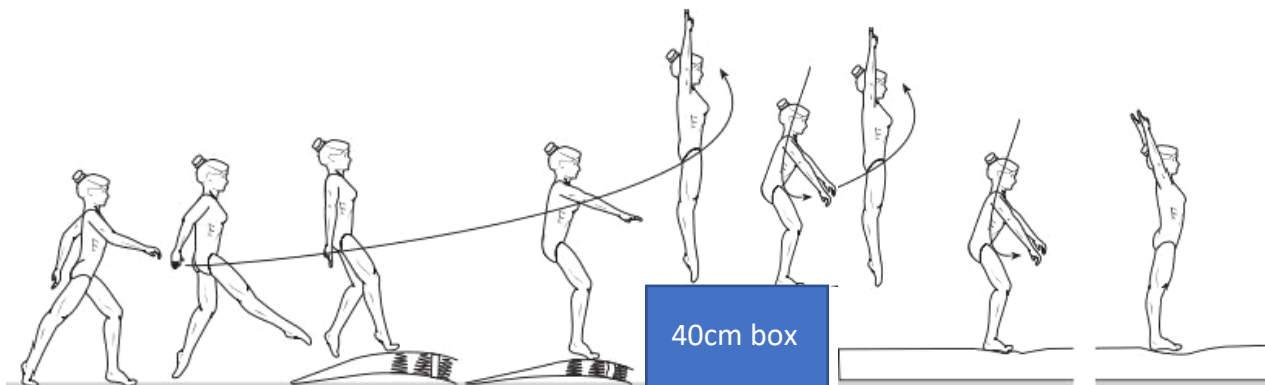
Competency:

- Step into handstand and join legs together before or at vertical.
- Straight arms throughout the handstand
- Maintain an open shoulder angle and straight body position.
- Hollow chest and pushing tall in the handstand phase
- Simultaneous landing on the mat with heels, bottom, shoulders and arms

Not Competent:

- Bent arms in the handstand
- Not passing through an ideal handstand position (i.e. Too arched or piked)
- Legs bent more than 90°
- Spotted

Run straight jump up to 40cm box immediate straight jump off



Competency:

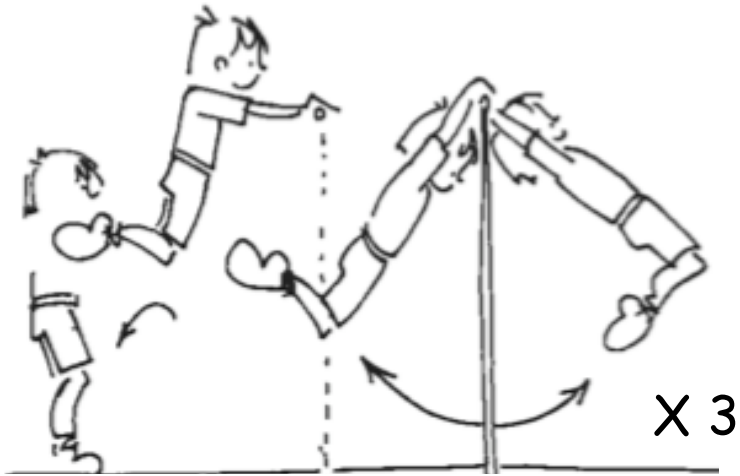
- Hurdle from 1 foot onto the board
- Arms move from behind the bottom in hurdle to beside their eyes during the jump phase
- Show a straight body during both phases on flight
- No more than 1 step on landing (doesn't matter the size of the step)
- Run should be smooth with good technique – standing tall with a quick cadence and fast reaction off the floor.
- The contact on the box is a plyometric contraction with rebound jump off the box.

Not Competent:

- Bent legs more than 90°
- No use of the beat board at all (i.e. Could have jumped from the vault strip)
- Fall during their landing or running out of the skill
- Not making it through the whole activity
- Shows no height or lift in either jump

Bars

Bent knee → tap swings



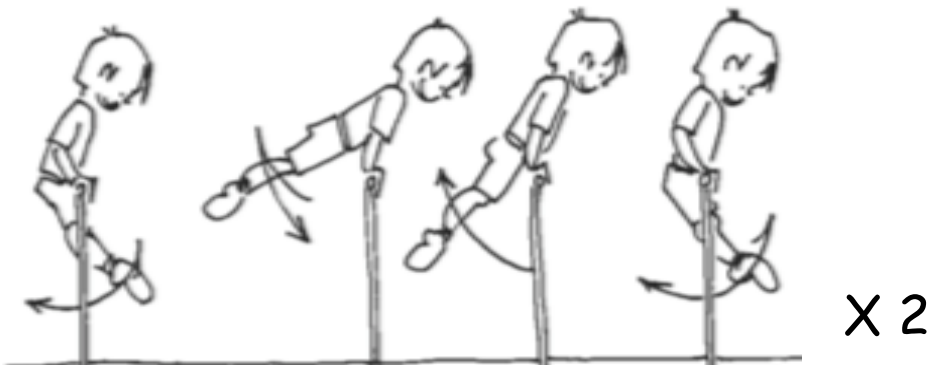
Competency:

- Stand on box with shoulders no higher than LB height, grasp LB.
- Shows a dish shape at the beginning, starts with feet on box hands on the bar
- Swing with straight arms and long hang with open shoulders and head neutral.
- Builds amplitude (height on swing) each swing
- Tapping action to be performed under the bar.

Not Competent:

- Pulling on the bar in the swing (will see closed shoulder during the hang phase of the swing)
- Legs apart and hips closed (bent at the hips)
- No build of amplitude
- Head out during re-grip

Shrug cast x 2 → ideally in a row



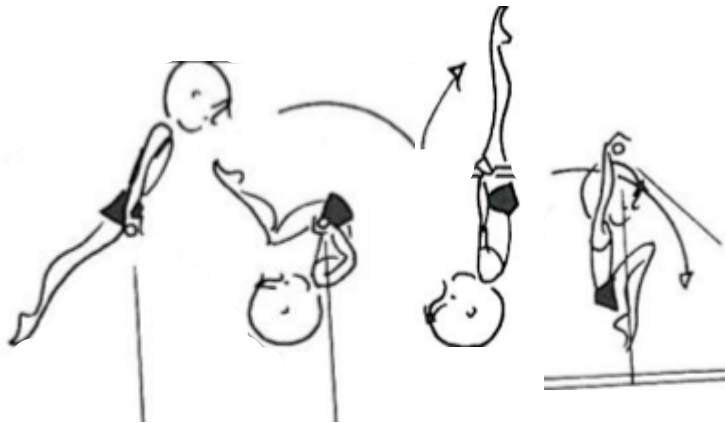
Competency:

- Shrug position- shoulders to ears, straight arms and hollow chest
- Cast- feet forward in shrug to initiate cast, straight, leg beat backwards
- Hips away from bar at top of cast, straight body, hollow chest

Not Competent:

- No shrugs position
- Bent arms, bent legs
- Gymnasts falls forward or backward from the cast
- Excessive arch or pike position at the top of the cast

Forward roll to tuck or L hang - hold for 2 seconds



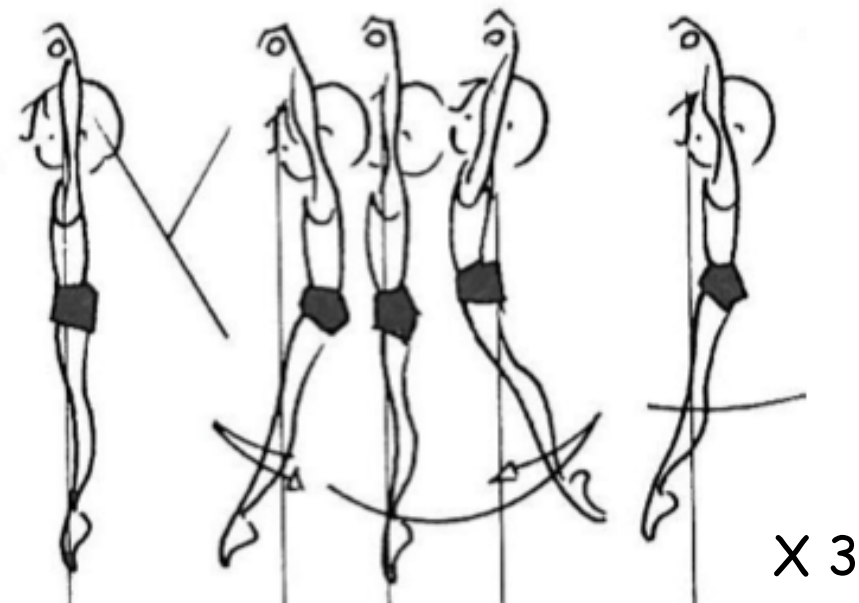
Competency:

- Hips at the bar, straight arms rolling forward
- Must show candle position
- A slow controlled roll action is required with hands rotating around the bar.
- Hands slide around the bar to top grip
- Move through long hang position with straight arms and head neutral.

Not Competent:

- No candle position shown
- Bent arms when rolling forward
- Hands change or re-grip the bar
- Leg apart when rolling or in hang position

Tension/ beat swings on high bar



Competency:

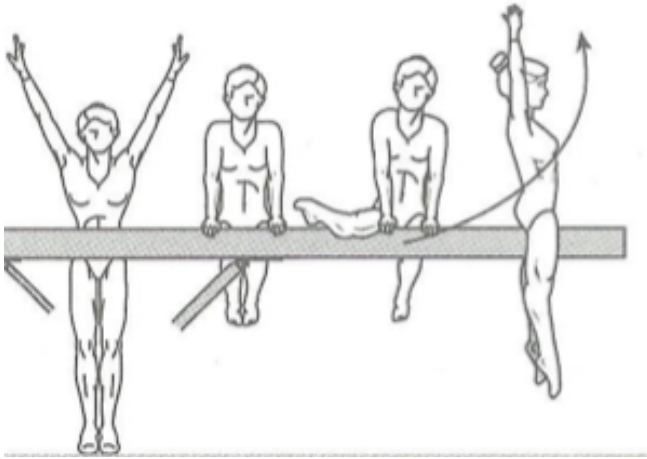
- Starts from a straight body hang
- Dish position – hollow chest, bottom squeezed and tucked under, hands pushing on the bar
- Arch position – head neutral, arms straight, open chest and hips – NOT arch through the back
- Show rhythm through the skills- dish arch dish

Not Competent:

- Excessive bent legs
- Legs apart
- No or poor rhythm
- Poor body shaping

Beam

From to support, leg over to straddle sit, lift into knee scale



Competency:

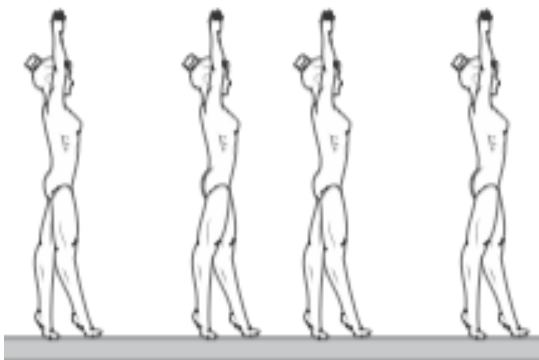
- Hollow chest in front support position
- Lift leg over the beam to sit in straddle
- Lift to knee scale, arms straight, head neutral and free leg straight
- Toe pointed throughout

Not Competent:

- Not showing any support position
- Free leg scrapping and wiggling over the beam to straddle sit
- 90° leg bend in knee scale
- Bent arms during knee scale

**** Note: Transition from knee scale to stand is not judged.**

Releve' steps



× 4

Competency:

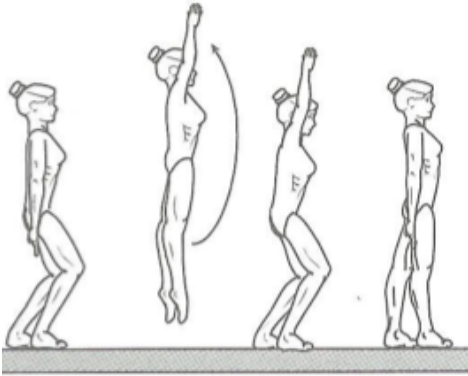
- Standing tall, good posture (chest in, hips open, legs tensioned, arms optional – present- down or on hips, shoulder pulled back and down)
- Full releve' shown throughout (straight vertical line visible from shin to ball of foot)



Not Competent:

- "Catwalk" – hips sway from side to side
- Poor releve or a bouncing action in their step
- Poor body posture ('hunched')

Straight jump switch feet



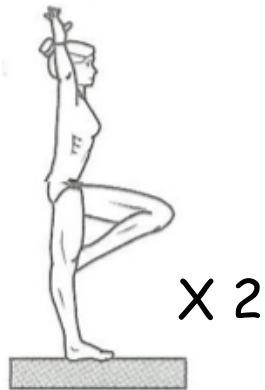
Competency:

- Arms optional in start position – (body posture, shoulder, pulled back and down, legs tensioned)
- Arms swing back behind bottom in squat position
- Arms swing forward up past ears as legs extend
- Show a straight body posture in the air at the top of the jump
- Land in strong motorbike

Not Competent:

- Poor timing of jump – arms and legs out of sync with 1 movement “jerky”
- Excessive pike or arch in the air
- Arms don’t swing back behind bottom
- No rhythm in jump prep movements

Passe' steps



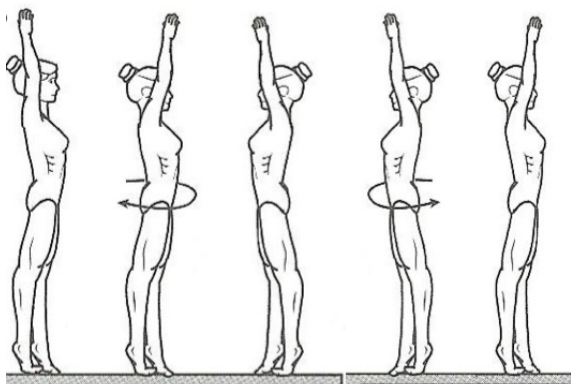
Competency:

- Start in good posture
- Step on to 1 foot lift the back leg to forward passe' (toe to knee) base leg straight, extend the leg from passe' to straight before lowering to point

Not Competent:

- No body tension/ poor body posture
- Bent base/support leg
- Poor passe' position (not at knee)

Releve' $\frac{1}{2}$ turn, step releve' $\frac{1}{2}$ turn



Competency:

- Show full relevé' throughout skill
- Legs straight throughout
- Focus on the beam - Spot the beam
- Shoulders and hips should be square
- Body should move as one
- Arms upper past ears/ reaching tall

Not Competent:

- Bent legs
- Body not straight and hips not square
- Heel dropping during the turn Incomplete turn in one action

X 2

Optional dance pose - Not judged

Step together straight jump dismount - NOT punch or rebound



Competency:

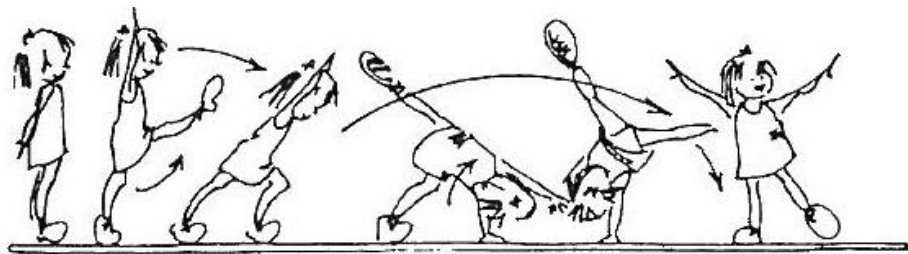
- Hollow chest in front support position
- Body straight and tight
- Arms travel up in the jump
- Jump higher than the beam

Not Competent:

- Step off beam
- Jump not higher than beam
- Arched body
- Head back

Floor

Cartwheel to star



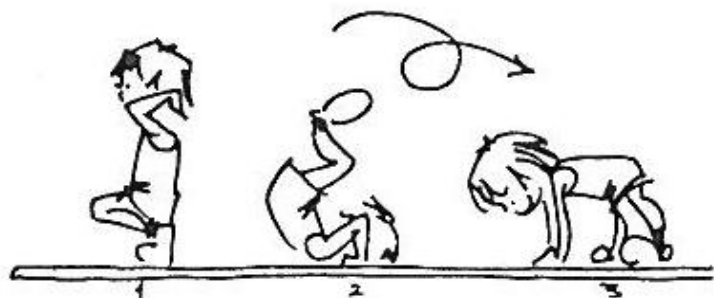
Competency:

- Start from standing tall arms reaching tall, natural large step into cartwheel
- Smooth rhythmic movement- Hand, hand, foot, foot
- Legs evenly apart
- Show a good side handstand position

Not Competent:

- Bent or uneven legs
- Excessive pike or arch handstand shape
- Lack of lunge or not showing a star shape to finish

Backward roll to feet



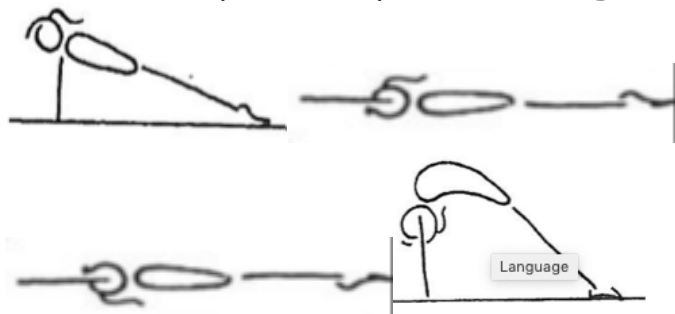
Competency:

- Squat and place hands flat on floor approximately shoulder-width apart
- Open tuck throughout movement
- Head tucked in
- Pushing off hands
- Smooth movement throughout

Not Competent:

- No push off hands
- Not completing the roll
- Very slow roll
- Legs apart

Floor sequence - jump feet to front support, lower to handstand shape, roll over to back, push up to bridge, lower to dish hold 2 seconds, candle stand, stand up.



Competency:

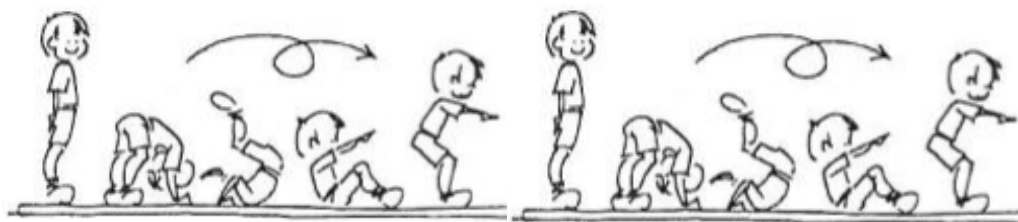
- Front support → hollow chest, arms straight, bottom down and squeezed, head neutral
- Handstand shape → chin on floor, arm pits pushing to the ground, hollow chest (ribs off) and hips flat, feet together
- Bridge → shoulders pushing over hands, straight arms, feet together, ears squeezed
- Dish hold → Hollow chest, bottom squeezed, chin on chest, feet together, straight legs
- Candle stand → toes to the roof, may place hands behind back, hollow chest, bottom squeezed, and feet stay together



Not Competent:

- Unrecognisable shapes
- Poor body tension throughout
- Bent legs in any of the following shapes- support, handstand, dish and candle

Forward roll, forward roll



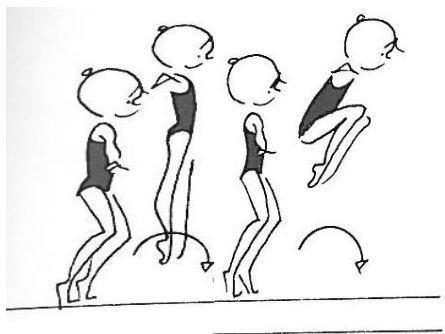
Competency:

- Head tucked in
- Hands placed flat on floor
- Legs together
- Finish each roll in a tuck shape

Not Competent:

- Hands pushing on floor to stand
- Head touching the floor when you start the roll (safety)/ head out
- Legs apart

Step rebound straight jump, rebound tuck jump



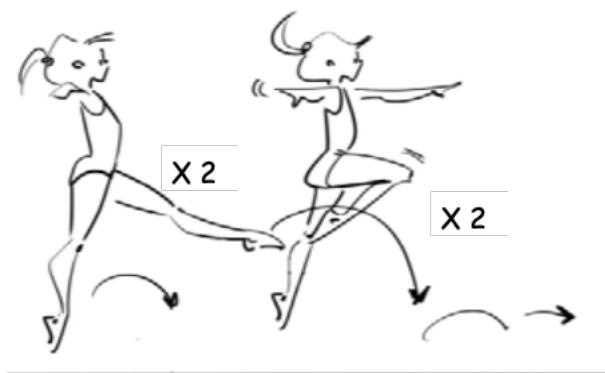
Competency:

- Bend knees and then dynamically extend legs through hips, knees and ankles and jump upward.
- Upper body remains vertical throughout.
- Tight body in the air.
- On landing, strong rebound on the floor with the legs. The contact on the floor is a short rebound jump, a short plyometric contraction
- The landing needs to be with control, the emphasis is on the take-off and the jump.

Not Competent:

- Poor body posture and tension
- No rebound shown
- Travelling too far forward

Spring steps, Step hops



Competency:

- Full ankle stretch and toe point with slight turn out should be shown in spring points.
- Step forward onto flat foot, the spring steps will be executed as 2 spring points in first position on one leg followed by 2 spring points on the other leg.
- Body is held tall and hips tucked under.
- Step forward onto flat foot and hop upward, lifting free leg to forward passé position.
- Support leg must remain straight. With the foot pushing through demi point to full point.
- Arms optional but should show co-ordinated movement.

Not Competent:

- Poor movement patterning – miss timed or “clunky”
- Legs bent throughout
- Skipping instead of passe’ hop
- Lacked spring in either steps

Optional dance pose - not judged