

Int Skills Testing

Physical Prep	
15 push ups to a piece of foam	<ol style="list-style-type: none"> 1. Straight body (chest in, hips flat) 2. Head looking at hands 3. Touching foam with chest 4. Only count reps with good shape
15 dips with hands on box and feet on another box	<ol style="list-style-type: none"> 1. Dip to min 90° 2. Head neutral (looking forwards) 3. Good leg form
Pike stretch	<ol style="list-style-type: none"> 1. Straight legs and pointed toes 2. Nose to knees 3. Arms out in front on floor or on feet
Bridge	<ol style="list-style-type: none"> 1. Straight arms 2. Shoulders min. over hands 3. Looking at hands
3 chin ups with no assistance	<ol style="list-style-type: none"> 1. Chin over the bar 2. Body straight (hips open) 3. Good leg form
10 leg lifts to 45° above horizontal	<ol style="list-style-type: none"> 1. Chest in 2. Legs completely straight, toes pointed and feet together 3. Without putting feet down between reps
Bars	
2 tap swings	<ol style="list-style-type: none"> 1. Start and finish in dish 2. Tap, hips open 3. Regripping hands
Cast, back hip circle	<ol style="list-style-type: none"> 1. Cast in good shape 2. Head stays in for the back-hip circle 3. No major pike 4. Good leg form
Step on, jump to ground	<ol style="list-style-type: none"> 1. Coach must stand in but should not assist athlete 2. Must stand up on bar
Glide swing	<ol style="list-style-type: none"> 1. Good leg form 2. Full extension at top of swing
Chin up pullover	<ol style="list-style-type: none"> 1. Tight legs 2. Hands forwards

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Beam	
Forwards kicks	<ol style="list-style-type: none"> 1. Kick should have good posture (not leaning forwards into the step) 2. Legs consistently straight
Straight jump	<ol style="list-style-type: none"> 1. Full leg and toe extension 2. Arm swing 3. Must land in beam feet
L handstand	<ol style="list-style-type: none"> 1. Correct start and finish positions 2. Top leg at vertical, second leg at horizontal 3. Good leg form 4. Straight body
Passé half turn	<ol style="list-style-type: none"> 1. Good posture 2. Correct passé position 3. High relevé position
Floor/Vault	
Handstand forward roll	<ol style="list-style-type: none"> 1. Starts up tall (arms at vertical, good posture) 2. Shows clear handstand position before rolling out 3. Straight legs until back touches
Cartwheel, cartwheel	<ol style="list-style-type: none"> 1. Starts up tall, finishes in step in or lunge 2. Straight direction 3. Good leg form and shape
Backward roll with straight arms	<ol style="list-style-type: none"> 1. Starts with hands turned in, straight arms and chest in 2. Maintains hand position and straight arms 3. Finishes in angry cat or squat
Step to handstand flat back	<ol style="list-style-type: none"> 1. Start with arms back 2. Shows full handstand (legs together) before flat back 3. Whole body landing simultaneously
Pike handstand on box	<ol style="list-style-type: none"> 1. Knees only touching box 2. Straight body line from palms to hips (shoulders open) 3. Ribs in 4. Looking at hands and squeezing ears