

# Int Skills Testing

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

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