

Evolve Testing 2022

Evolve Testing skills is looking for emphasis on posture, quality control, starting and finishing positions, rhythm and technical development and progression of gymnastics skills specific to the Australian Levels Program.

Skill	Apparatus	Assessment Criteria
Run straight jump to 60cm box	Vault	<ul style="list-style-type: none"> • Correct hurdle to board with chest up • Arms traveling from side or behind in take off from board • Full extended body position in air • Open hips and shoulders • Arms at fifth during jump • Lands in motor bike on box
$\frac{3}{4}$ Handstand shape on 60cm box	Vault	<ul style="list-style-type: none"> • Hands shoulder width apart • Pushing away from floor, hiding ears and looking at hands • Rounded ribs • Tight legs and open hips
Handspring (60cm box, mini tramp 60-70cm crash mats)	Vault	<ul style="list-style-type: none"> • Heel drive • Correct contact shape • Pop off mat • Fall simultaneously
2 x Individual Glide swing down wedge	Bars	<ul style="list-style-type: none"> • Start and finish in dish shape • Chest in throughout glide • Must have open hips during extension of glide. • Tight legs and pointed toes
Chin up pullover	Bars	<ul style="list-style-type: none"> • Must be a full chin up before commencing pullover starting with extended arms • Legs together and squeezed • Finish in support position • Shows inverted shape during pullover

Cast back hip circle by self	Bars	<ul style="list-style-type: none"> • Connected cast (toes to bar height) to BHC • No pike around bar • Must turn wrists • Inverted hang shaping around bar
2 x casts in series (toes to bar height)	Bars	<ul style="list-style-type: none"> • Minimal shaping errors • Straight arms • Feet to bar height • Connected cast (toes to bar height)
Inverted hang (5sec)	Bars	<ul style="list-style-type: none"> • Correct inverted hang shape • Open hips • Hanging through chest and shoulders • Straight arms • Head in looking at toes
5 x Beat swings	Bars	<ul style="list-style-type: none"> • Dish, tap shapes • Full hang on bar with re-grips • Overall tension and posture throughout
Beam Mount	Beam	<ul style="list-style-type: none"> • Shows jump to support shape with rounded chest and straight arms • Lifts leg over beam without foot touching and shows straight legs and pointed toes • Holds 5 sec straddle lever hold with feet above beam height • Swings through to strong squat position with pointed toes, straight arms and a rounded chest
L handstand (high beam)	Beam	<ul style="list-style-type: none"> • Top leg must go past vertical • Legs at 90 degrees • Good handstand posture
Lead Up drill each leg	Beam	<ul style="list-style-type: none"> • Must show extension through ankle • Must show height off beam • Land in plie with front leg in horizontal • Shows lead up drill on each leg
2 x straight jump series	Beam	<ul style="list-style-type: none"> • Series must be connected with circled arm swing • Show height off beam • Correct straight body shaping • Holds motor bike position with arms in present

Passé up down, releve 1/2 turn	Beam	<ul style="list-style-type: none"> • Correct passé position, full releve in rise • Releve ½ turn on 2 feet • Releve held for 3 sec at end of turn series
Punch jump dismount	Beam	<ul style="list-style-type: none"> • Correct 'hurdle' to 2 foot take off with arms up • Landing with no major errors
BWD roll to squat	Floor	<ul style="list-style-type: none"> • Shows correct start position (rounded chest, arms at ears, hands turned inwards) Minimal arm bend • Must land in squat • Must show push off hands
Handstand FWD roll	Floor	<ul style="list-style-type: none"> • Demonstrates fluid rhythm from handstand to roll • Straight arms, open hips and shoulders • Must show hstd & candle position • Roll to stand up without using hands
Cartwheel, Cartwheel to star	Floor	<ul style="list-style-type: none"> • Forward entry • Must show rhythm and connection of each skill • Finish in step star • Must stay on line
Leap over each leg	Floor	<ul style="list-style-type: none"> • Must show ankle extension and height • Good posture • Arms in 5th for lead up, landing in plie press arms back to present in leap over landing in fondué • No wobbles
Bridge kickover on floor	Floor	<ul style="list-style-type: none"> • Must have straight legs and open shoulders in bridge • Shows split handstand position • Legs straight in kickover
Split Jump 90*	Floor	<ul style="list-style-type: none"> • Strong arm swing into jump • Good posture, height, chest up and arms in present during split • Straight, even legs • Meets minimum height requirement of 90degrees
Passé half turn, immediate releve half turn (Level 3 turn)	Floor	<ul style="list-style-type: none"> • Correct starting shape • Arms in fifth • Toe to knee in passé half turn • Each turn is travelling in the same direction • 3 sec releve hold at end
5 chin ups	Physical Prep	<ul style="list-style-type: none"> • Chin above bar • Perfect form

Rope climb (scissor)	Physical Prep	<ul style="list-style-type: none"> • Scissor up and scissor down • Arms remaining bent
6 leg lifts	Physical Prep	<ul style="list-style-type: none"> • Legs straight and must touch top • No stopping • Hanging through shoulders • Good form and quality
10 box jumps to 40cm with rebound	Physical Prep	<ul style="list-style-type: none"> • Box jumps in a row • Rebounding between jumps
Splits (<i>Flat in ONE of with square hips in: Left Leg, Right Leg, Straddle</i>)	Physical Prep	<ul style="list-style-type: none"> • Flat • Square hips • Chest upright, arms at hips • Tight legs pointed toes
Bridge	Physical Prep	<ul style="list-style-type: none"> • Against wall, aiming shoulders/armpits to be over hands and towards the wall • Looking at hands • Straight legs, feet together