

Exceed Testing 2022

Exceed 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. Exceed testing aims to show the gymnasts ability to competently display the Level 3 Routines and the extension skills required for the next Level.

Skill	Apparatus	Assessment Criteria
Level 3 Vault—Handspring 60cm	Vault	<ul style="list-style-type: none"> • Correct Board contact and pre-flight to mat • Contacts the mats at $\frac{3}{4}$ handstand shape • Maintains open hips and shoulders • Demonstrates body tension and posture throughout • Must see clear pop/block off hands in post flight phase • Landing body simultaneously
20 second handstand shape against wall	Vault	<ul style="list-style-type: none"> • Shows a stomach towards wall handstand shape for 20 seconds • Open hips and shoulders • Pushes through shoulders with straight arms to hide ears • Looks at hands • Tight tension through legs
Punch jump into pit	Vault	<ul style="list-style-type: none"> • Correct hurdle with arms at ears before leaving floor in punch • Tight straight position with open shoulders and hips • Arms at fifth during punch • Strong punch through legs and ankles
Level 3 Bars Routine (<i>Term Two onwards</i>)	Bars	<ul style="list-style-type: none"> • Gymnasts performs all skills in the level 3 bars routine with no major errors, falls, break in connection of skills. • Gymnasts shows near ideal posture, technique and rhythm throughout routine
2 x Glide swing connected	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 • Correct rhythm and connection of glide swings with a regrip

X2 Cast to horizontal connected	Bars	<ul style="list-style-type: none"> • Cast must be horizontal • Chest in with angry cat back • Straight arms and open hips • Casts are connected
Underswing (<i>pit bar</i>)	Bars	<ul style="list-style-type: none"> • Starts pushing on bar with toes in front of the bar • Shoulders drop back to inverted hang shape • Extends through shoulders and hips when dismounting the bar and travels with height and away from bar • Controlled body and tension throughout underswing into pit
Climb onto low bar, stand, jump to crash mat	Bars	<ul style="list-style-type: none"> • Tight body standing on bar (showing prep for jump to high bar) • No wobbles and stable tension • Land in motor bike
Level 3 Beam Routine (<i>Term Two onwards</i>)	Beam	<ul style="list-style-type: none"> • Gymnasts performs all skills in the level 3 beam routine with no major errors, falls, break in connection of skills. • Gymnasts shows near ideal posture, technique and rhythm throughout routine • Gymnasts understands and recalls the routine pattern and dance correctly and without assistance.
Leap Over	Beam	<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 fondue • No wobbles
Passe Half turn	Beam	<ul style="list-style-type: none"> • Arms in present to commence turn, then pressed by side during passe half turn • Must show clear releve position in turn and then land back on a flat foot • Knee to be at hip height in passe and standing on a straight leg • Controls and shows good posture throughout
Full Handstand Step In (high beam)	Beam	<ul style="list-style-type: none"> • Correct start position, landing in lunge • Vertical body alignment • Tight tension ribs in, pushing through shoulders, open hips

Split Jump (low beam)	Beam	<ul style="list-style-type: none"> • 90 degree split • Strong arm swing into jump • Good posture & height & arms in present • Straight, even legs
Level 3 Floor Routine (<i>Term Two onwards</i>)	Floor	<ul style="list-style-type: none"> • Gymnasts performs all skills in the level 3 floor routine with no major errors, falls, break in connection of skills. • Gymnasts shows near ideal posture, technique and rhythm throughout routine • Gymnasts understands and recalls the routine pattern and dance correctly and without assistance.
BWD roll to Front support on floor	Floor	<ul style="list-style-type: none"> • Correct starting position (rounded chest, arms at ears, hands turned in, rounded chest and in releve) • Piked roll over to front support • Pushes through floor during roll • Straight arms and legs
Jump to Hurdle shape, connected fast cartwheel step in	Floor	<ul style="list-style-type: none"> • Demonstrates long strong jump to hurdle shape with correct technique and rhythm • Cartwheel is technically proficient and shows speed in the skill • Shows overall quality and posture throughout skill
Straight jump, Split jump 135*	Floor	<ul style="list-style-type: none"> • Rebounding between jumps • 135 degree split jump with even legs • Straight legs, chest up and arms pushed back in present for split jump • Good body posture
Full turn to land in releve	Floor	<ul style="list-style-type: none"> • Start in turn lunge position and turn on full releve • Good posture throughout turn • Shows correct passe position during turn • Arms in fifth position • Lands in releve
Chasse Split leap to suit case box	Floor	<ul style="list-style-type: none"> • 90 degree split • Land in arabesque • Chest upright arms in present • Tight even legs • Must show height and a 'leap' to box
FWD and BWD Limber	Floor	<ul style="list-style-type: none"> • FWD Limber to 30cm box push back over to handstand and step down • Then BWD limber to 30cm box and then stand up • Opens through shoulders and hip to commence limber • Overall good quality and posture throughout

5 x chin ups	Physical Prep	<ul style="list-style-type: none"> • No major beats • No major form errors •
Handstand lower to straddle lever hold for 3 seconds	Physical Prep	<ul style="list-style-type: none"> • Shows controlled handstand (open hips and shoulders) • Lowers controlled to a straddle lever hold for 3 seconds • Overall correct quality, technique and tension throughout
8 leg lifts	Physical Prep	<ul style="list-style-type: none"> • Legs straight and must touch top • No stopping • Tight posture • Hanging through shoulders
Inverted hang (20sec)	Physical Prep	<ul style="list-style-type: none"> • Correct inverted hang shape • Open hips • Hanging through chest and shoulders
5 x pistols on each leg	Physical Prep	<ul style="list-style-type: none"> • Heel must stay flat on beam • Must go all the way down • Leg at horizontal must remain straight with pointed toe
15 box jumps to 40cm with rebound	Physical Prep	<ul style="list-style-type: none"> • Box jumps in a row rebounding • No stopping
Splits (<i>Flat in TWO ways with square hips: Left Leg and Right Leg and 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