

FOUNDATION TESTING 2022

Foundation 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
40cm box, step down, straight jump to 30cm box	Vault	<ul style="list-style-type: none"> • Stable standing on one leg, pointing second leg over beat board • One jump on the board • Must show tight straight shape in air with arms squeezing ears and legs straight, pointed toes. • Must land in motorbike 3 sec
Run punch jump to 30cm box	Vault	<ul style="list-style-type: none"> • Must show punch action from board • Correct hurdle to beat board • Arms coming from side or behind on contact with board • One jump on the board • Must show tight straight shape in air with arms squeezing ears and legs straight • Must land in motorbike 3 sec
10 second Handstand Shape on Stomach	Vault	<ul style="list-style-type: none"> • Hands shoulder width apart • Pushing away from floor, hiding ears and looking at hands • Rounded ribs • Open hips and shoulders • Overall tight posture and tension
Handstand Flat back	Vault	<ul style="list-style-type: none"> • Must start on floor behind board • Must show good handstand shape • Must fall simultaneously with no banana
1 x glide swing down wedge	Bars	<ul style="list-style-type: none"> • Start and finish in dish shape • Chest in throughout glide

		<ul style="list-style-type: none"> • Must have open hips during extension of glide. • Tight legs and pointed toes
Individual Bent knee swings x 3	Bars	<ul style="list-style-type: none"> • On lowered high bar, Individual Bent Knee Swing, back to 60cm box • Start and finish each swing in dish shape • Correct timing and rhythm to lead into long hang swings • Correct regrip
Chin up pullover by-self on low bar	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
Jump to Support Marches x5 each way	Bars	<ul style="list-style-type: none"> • Jump to bar from box • Rounded chest, pushing on bar, tight legs and pointed toes. • No shaping errors. • X5 support shapes marches each way
Roll forward to inverted, pike then L hang	Bars	<ul style="list-style-type: none"> • Straight arms • Must pass through every shape and show shape before moving onto next shape • Must be slow and control
5 Sec Straddle Lever hold	Beam	<ul style="list-style-type: none"> • Feet above beam height • Bottom off beam • Tight legs and pointed toes
X6 each leg FWD & BWD kicks	Beam	<ul style="list-style-type: none"> • Minimum 45degrees each leg • Shows rhythm 'point, kick, point, step' • Kick must be to 45 degree minimum with legs straight • Chest up. Arms in present • Both legs must be straight with pointed toes • Must show kick on each leg
Releve ½ turn (2 sec releve hold)	Beam	<ul style="list-style-type: none"> • Full releve position holding at the beginning and end for 2 sec • Must have straight legs • Arms behind body or in 5th position

Straight jump prep, straight jump	Beam	<ul style="list-style-type: none"> • Must show straight shape in air, hiding ears, straight legs • Must do correct arm swing -fwd-bwd • Must show height off beam with pointed toes • Motor bike landing
Step, Straight jump dismount- holding landing for 3 seconds	Beam	<ul style="list-style-type: none"> • Step should be correct 'hurdle' for a punch jump. Bringing arms to 5th position before leaving beam. • Landing with no steps • Must show straight jump position. • Straight jump lifts higher than the beam height
X10 seconds L handstand drill on low beam (with 60cm box)	Beam	<ul style="list-style-type: none"> • Minimal shaping errors (ribs in, open shoulders, tight legs and pointed toes) • Correct hand positioning (W) • One leg vertical and one leg horizontal on box • Hips and shoulders square to the beam • Holds position for 10 sec unassisted
2 x FWD roll to Rocket Stand	Floor	<ul style="list-style-type: none"> • Correct starting/finishing position • Maintains connection between rolls • Knees together • Straight arms • No pressure on head during roll
Full handstand	Floor	<ul style="list-style-type: none"> • Correct starting (arms in fifth pulled up standing on one leg pointed forward) and finishing positions (arms in front in lunge position) • Must show vertical handstand position with legs together • Open hips and shoulders • No major shaping errors
Cartwheel to star on a line	Floor	<ul style="list-style-type: none"> • Correct starting (arms in fifth pulled up standing on one leg pointed forward) and finishing positions (Arms pressed SWD feet slightly past shoulder width) • Must have straight legs and good form • Open hips and shoulders • Must be done on a line

Assemble straight jump, straight jump	Floor	<ul style="list-style-type: none"> • Rhythm in series • Rebounding in each jump • Correct straight body position • Motor bike landing
Lead Up Drill on each leg	Floor	<ul style="list-style-type: none"> • Arms start in present and move to 5th position during Lead up • Must show extension through ankle and height off floor • Land in plie with front leg in horizontal
BWD roll to angry cat down wedge	Floor	<ul style="list-style-type: none"> • Correct starting position Straight Arms • Tucked roll to angry cat • Round chest throughout
Releve ½ turn (2 sec releve holds at beginning and end)	Floor	<ul style="list-style-type: none"> • Must complete turn and hold releve at beginning and end of turn • Full releve position • Straight legs • Arms pressed by side or in 5th position
5 chin ups (feet on 60cm box)	Physical Prep	<ul style="list-style-type: none"> • Chin above the bar • Tight body position • Pronated grip (overhand) • Must complete 5 chin ups in a row
10 sec Straddle Hold on Rope (each hand)	Physical Prep	<ul style="list-style-type: none"> • Elbows remain bent • Legs higher than hip height • Tight legs and pointed toes • Performs hold on each arm
5 incline leg lifts in a row	Physical Prep	<ul style="list-style-type: none"> • Legs must be straight and touch top of bar • Must complete 5 incline leg lifts in a row
10 box jumps to 20cm with rebound	Physical Prep	<ul style="list-style-type: none"> • Box jumps on suitcase box • Must be rebounding • Completes 10 box jumps in a row
Splits (<i>Needs to be flat in ONE of: Left Leg, Right Leg or Straddle</i>)	Physical Prep	<ul style="list-style-type: none"> • Flat • 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