



Bars	Criteria
Cast, back hip circle	<ul style="list-style-type: none">- Straight arms- Tight dish/straight shape- Cast to feet at bar height
3x tap swings	<ul style="list-style-type: none">- Good tap timing- Swings get higher- Chest in on front and back swing
Hanging chin up pullover	<ul style="list-style-type: none">- Straight legs
Underswing or toe shoot (straddle or pike allowed)	<ul style="list-style-type: none">- Dish shape throughout- Go above bar height- Straight legs
Beam	Criteria
Split jump to 90°	<ul style="list-style-type: none">- Legs reach 90°- Feet starting/finishing one in front of the other
Passé half turn to finish in relevé	<ul style="list-style-type: none">- Support leg straight- Relevé high- Arms down and back
L handstand	<ul style="list-style-type: none">- Top leg reach vertical- Does not finish in correct lunge position
2-3 steps, punch straight jump dismount	<ul style="list-style-type: none">- Arms up at take off- Does hurdle action- Hips rise in jump



GIRLS ADVANCED TESTING

Floor	Criteria
Handstand fwd roll	<ul style="list-style-type: none"> - Arms straight - Legs straight during candle phase - Reaches vertical handstand - Back round in roll
2x bwd rolls to feet	<ul style="list-style-type: none"> - Arms straight - Lands feet first
Handstand to bridge	<ul style="list-style-type: none"> - Feet together at vertical - Slow and controlled - Legs closer than shoulder width
Cartwheel, cartwheel to star	<ul style="list-style-type: none"> - Legs go over the top - Does not shuffle feet in between cartwheels - Finishing in star
Phys Prep	Criteria
15 push ups	<ul style="list-style-type: none"> - Shoulders pass elbow height - Body shape straight on the way up/down - Does not stop in between reps
10 standing box jumps to 60cm box (coach to stand behind in case of fall)	<ul style="list-style-type: none"> - Feet shoulder-width apart
5 leg lifts to top bar	<ul style="list-style-type: none"> - Feet touch bar - Does not stop between reps
Bridge kickover	<ul style="list-style-type: none"> - Straight legs
Vault	Criteria
Handspring flat back to 2 crash mats from air board	<ul style="list-style-type: none"> - Hands pop off mat - Tight body
Run, hurdle straight jump to 60cm box (finish in rocket)	<ul style="list-style-type: none"> - Finish in rocket - Arms up when on board
25sec ¾ handstand, thighs on 60cm box	<ul style="list-style-type: none"> - Open shoulder angle - Open hip angle - Chest in
Straight jump, split jump (90°)	<ul style="list-style-type: none"> - Toes pointed in straight jump - Split jump at 90°