



GIRLS INTERS TESTING

Bars	Criteria
Cast - toes at bar height	<ul style="list-style-type: none"> - Straight arms - Straight/dish body - Returns to bar
10sec hanging dish shape hold	<ul style="list-style-type: none"> - Open hips - No gap between ears and arms
Chin up pullover, starting with chin at bar height	<ul style="list-style-type: none"> - Lift both legs at once - Straight legs off the floor
Forward roll through pike to 3sec tuck hang	<ul style="list-style-type: none"> - Roll slow and controlled - Arms straight during 'hang' phase - 3sec tuck hang
Beam	Criteria
2x fwd kicks, 2x bwd kicks with straight legs	<ul style="list-style-type: none"> - Legs straight
Relevé half turn, step relevé half turn (both in the same direction)	<ul style="list-style-type: none"> - Legs straight - Relevé high - Arms down and back
Arabesque - feet and head in line or above hips	<ul style="list-style-type: none"> - Head above hip height - Back foot above hip height
Straight jump switch feet (on beam)	<ul style="list-style-type: none"> - Stays on the beam - Toes point - Feet starting/finishing one in front of the other



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Floor	Criteria
2x fwd rolls to stand	<ul style="list-style-type: none"> - Hands turned in - Arms straight - Top of head doesn't touch floor
Bwd roll on floor to feet	<ul style="list-style-type: none"> - Arms straight - Lands on feet
Full handstand step in	<ul style="list-style-type: none"> - Handstand reaching vertical - Open shoulders and straight body - Lands on same foot as starts - Finish in step in
Cartwheel to star	<ul style="list-style-type: none"> - Goes over the top - Finishes in star
Phys Prep	Criteria
10 push ups with hands on 40cm box	<ul style="list-style-type: none"> - Chest touches box - Body shape straight - Does not stop between reps
5 tuck-straight leg lifts (to touch bar)	<ul style="list-style-type: none"> - Feet touch bar - Does not stop between reps
25sec dish hold	<ul style="list-style-type: none"> - Head and shoulders off ground - Lower back touching ground
Bridge kickover with 20cm box	<ul style="list-style-type: none"> - Straight legs
Vault	Criteria
Handstand flatback	<ul style="list-style-type: none"> - Handstand reaches a straight line at vertical - Body landing simultaneously
From 40cm box, straight jump to 60cm box (finish in rocket)	<ul style="list-style-type: none"> - Finishes in rocket - Arms down/in front when on board
Tuck handstand on a 60cm box	<ul style="list-style-type: none"> - Hips, shoulders, and fingers in vertical line - Squeezing ears
Straight jump, tuck jump, star jump	<ul style="list-style-type: none"> - Toes pointed in straight jump - Knees above hip in tuck jump - Landing with feet within shoulder-width