

ADVANCED TESTING

Bars

Skill	Non-negotiables
3 individual tap swings from 2 boxes	<ul style="list-style-type: none">> Ear covered throughout> Hips tucked under in dish> Correct tap timing
Pullover/kickover with good form	<ul style="list-style-type: none">> Straight legs> Extending to a dish shape with open hips at end of swing
Toe shoot or underswing from support on bar	<ul style="list-style-type: none">> Straight legs until landing> After feet/hips release, hips rise before landing in motorbike
Cast, back hip circle	<ul style="list-style-type: none">> Straight arms> Chest/ribs in> Open hips (not piking around the bar)

Beam

Skill	Non-negotiables
Split jump (90°)	<ul style="list-style-type: none">> Straight legs> Arms out to side and held strong
Passé half turn	<ul style="list-style-type: none">> High relevé> Straight support leg> Arms held behind in turn phase
L handstand	<ul style="list-style-type: none">> Correct starting position> Top leg at vertical> Hips square> Finishing in lunge
2-3 steps, punch jump dismount	<ul style="list-style-type: none">> Low hurdle> Fast rebound off beam

Do not tick if completed with a major error or several small errors.

Small errors:

Slightly bent legs/arms
Unpointed toes
Small wobble
Slightly wonky

Major errors:

Significantly bent legs/arms
Incorrect body shape
Big wobble
Not enough height (in jumps/casts)



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Floor

Skill	Non-negotiables
Handstand fwd roll	<ul style="list-style-type: none">> Both legs at vertical before roll> Clear chest in candle position in roll
Bridge kickover	<ul style="list-style-type: none">> Start in bridge with one leg straight and one bent> Both legs straight by split handstand
Bwd roll, bwd roll on floor	<ul style="list-style-type: none">> Ears and shoulders always squeezed together> Straight arms> Knees don't touch ground
Cartwheel, cartwheel step in	<ul style="list-style-type: none">> No shuffle between cartwheels

Phys Prep

Skill	Non-negotiables
5x straight leg leg lifts to top	<ul style="list-style-type: none">> Must touch bar to count> Straight legs> All 5 must be completed without placing feet on wall bars to rest/adjust
5 chin ups	<ul style="list-style-type: none">> Chin above the bar each rep> No 'whip'> Not touching ground between reps
10 dish roll tuck snaps without touching ground	<ul style="list-style-type: none">> Feet/arms/head must not touch ground in or between reps
10 standing box jumps to 60cm box	<ul style="list-style-type: none">> No rebounding, max 2secs between reps

Vault

Skill	Non-negotiables
Handspring flatback to 2 mats	<ul style="list-style-type: none">> Hips open
Dive roll to 2 mats	<ul style="list-style-type: none">> The direction of the jump must be 'up' not 'forward'
20sec L handstand on box	<ul style="list-style-type: none">> Ears covered, looking at floor> Shoulders open, chest in
Straight jump, split jump (L), split jump (R) to 90°	<ul style="list-style-type: none">> Straight legs> Must be rebounding

