

BOYS MINI/FUN TESTING

Bars

| Skill | Non-negotiables |
|--|---|
| <i>Monkey across high bar with bean bag, drop and land safely</i> | <ul style="list-style-type: none">> Straight legs> 3sec motorbike landing |
| <i>Bent knee swings with regrip</i> | <ul style="list-style-type: none">> Regripping both hands at the same time> Knees down on back swing |
| <i>Fwd roll to feet at bar</i> > <i>bar low, bottom to finish on floor with feet at bar</i> > <i>May have feet on ground to start the roll fwd</i> | <ul style="list-style-type: none">> Finishing with feet, ankles, or shins touching bar> Straight arms> Slow and controlled roll over |
| <i>Jump to front support and show good form without prompt</i> > <i>Reminder may be given before the gymnast jumps to the bar</i> | <ul style="list-style-type: none">> Straight arms> Straight legs> Pointed toes |

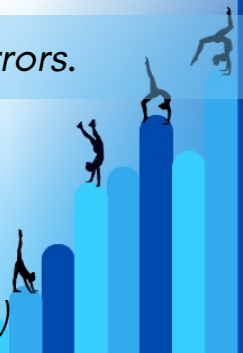
Parallel Bars

| Skill | Non-negotiables |
|--|---|
| <i>10sec support hold with good form</i> | <ul style="list-style-type: none">> Straight arms> Straight legs> Pointed toes |
| <i>3x small support swings</i> | <ul style="list-style-type: none">> Straight body (not bending at hips)> Head looking forward at all times |
| <i>5sec tuck hold</i> | <ul style="list-style-type: none">> Knees above hips |
| <i>5sec crab hold</i> | <ul style="list-style-type: none">> 90° shoulder angle> Hips open |

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)



BOYS MINI/FUN TESTING

Floor

| Skill | Non-negotiables |
|---|--|
| <i>Monkey with a broken leg across panel mat</i> | <ul style="list-style-type: none">> Top leg to above horizontal> At least 3 monkey with a broken leg to show coordination> Knees don't touch ground |
| <i>Forward roll with straight arms down wedge</i> | <ul style="list-style-type: none">> Ears and shoulders always squeezed together> Straight arms |
| <i>Backward roll down wedge to angry cat</i> > Bent arms allowed | <ul style="list-style-type: none">> Hands turned in and palms facing the floor> Visible push with hands |
| <i>Box, mini tramp, crash mat - straight jump</i> > 3sec stuck motorbike landing | <ul style="list-style-type: none">> Correct motorbike form (bent knees absorbing landing, straight arms)> One jump only on mini tramp |

Phys Prep

| Skill | Non-negotiables |
|---|--|
| <i>10sec chin up hold</i> > May have help to get into chin up position | <ul style="list-style-type: none">> Chin above bar (not touching) |
| <i>10sec spiderman hold (handstand against wall, stomach to wall)</i> | <ul style="list-style-type: none">> Looking at hands> Stomach in |
| <i>10sec superhero hold</i> | <ul style="list-style-type: none">> Feet together> Legs straight |
| <i>5sec bridge</i> | <ul style="list-style-type: none">> Open shoulder angle> Hands and feet at shoulder width |

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)*

