

BOYS SKILLS TESTING

Bars

Skill	Non-negotiables
<i>10sec hanging dish/arch holds toes on box</i>	<ul style="list-style-type: none">> Ear covered in both shapes> Hips tucked under in dish
<i>Pullover/kickover (no form requirements)</i>	<ul style="list-style-type: none">> No form requirements> Tick if they can pullover to support without help
<i>Fwd roll to 2sec tuck hang</i>	<ul style="list-style-type: none">> Straight legs until shins meet bar> Straight arms> Slow and controlled roll over
<i>Cast - hips off bar (straight arms)</i>	<ul style="list-style-type: none">> Straight arms> Looking at ground> Straight body

Parallel Bars

Skill	Non-negotiables
<i>6 policeman steps fwd (3 each arm)</i>	<ul style="list-style-type: none">> Straight arms> Straight legs> Legs together
<i>3x support swings to 45°, finish in straddle</i>	<ul style="list-style-type: none">> Straight body (not bending at hips)> Head looking forward at all times> Straight legs
<i>5sec support hold on rings</i>	<ul style="list-style-type: none">> Straight arms
<i>10sec front support + rear support</i>	<ul style="list-style-type: none">> Flat hips> Doesn't break shape when tested

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 SKILLS TESTING

Floor

Skill	Non-negotiables
<i>L handstand</i>	<ul style="list-style-type: none">> <i>Top leg at vertical</i>> <i>Hips square</i>> <i>Finishing in lunge</i>
<i>Fwd roll, fwd roll on floor</i>	<ul style="list-style-type: none">> <i>Ears and shoulders always squeezed together</i>> <i>Straight arms</i>> <i>Feet together between</i>
<i>Backward roll down to feet wedge with straight arms</i>	<ul style="list-style-type: none">> <i>Ears and shoulders always squeezed together</i>> <i>Straight arms</i>> <i>Knees don't touch</i>
<i>Cartwheel to star</i>	<ul style="list-style-type: none">> <i>Legs over the top</i>> <i>Ears covered</i>

Phys Prep

Skill	Non-negotiables
<i>5sec hanging L hold at horizontal</i>	<ul style="list-style-type: none">> <i>Straight legs</i>> <i>Above horiz. the whole time</i>
<i>20sec tuck handstand on box</i> > <i>Emphasis on chest in position</i>	<ul style="list-style-type: none">> <i>Ears covered, looking at floor</i>> <i>Shoulders open, chest in</i>
<i>20sec superhero</i>	<ul style="list-style-type: none">> <i>Feet together</i>> <i>Legs straight</i>
<i>20sec dish shape (arms up or down)</i>	<ul style="list-style-type: none">> <i>Lower back on the ground</i>

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