

GIRLS INTERS TESTING

Bars

Skill	Non-negotiables
10 tension swings	<ul style="list-style-type: none">> Ear covered in both shapes> Hips tucked under in dish> Feet together
Glide swing	<ul style="list-style-type: none">> Straight legs> Extending to a dish shape with open hips at end of swing
Toe shoot from box > Can start standing on any size box > Can jump with one or both feet	<ul style="list-style-type: none">> Straight legs when feet on the bar> After feet release, hips rise before landing in motorbike
5sec inverted hang by self > Optional start however, from support rolling fwd is preferred	<ul style="list-style-type: none">> Straight arms> Looking at toes> Chest/ribs in

Beam

Skill	Non-negotiables
2x fwd kicks, 2x bwd kicks	<ul style="list-style-type: none">> Straight legs> Arms out to side and held strong
2sec passé in relevé, immediate 2sec flat foot passé hold	<ul style="list-style-type: none">> High relevé (front of foot flat)> Straight support leg> Arms held behind
3sec arabesque, return to stand	<ul style="list-style-type: none">> Straight support leg> Body in straight line at hip level> Chest may be slightly higher
2x straight jump switch feet connected	<ul style="list-style-type: none">> Correct arm swing> Tight body and legs in the air

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
Full handstand	<ul style="list-style-type: none">> Both legs at vertical> Finishing in lunge
Bridge kickover from 20cm box	<ul style="list-style-type: none">> Start in bridge with one leg straight and one bent> Both legs straight by split handstand
Backward roll on floor with straight arms	<ul style="list-style-type: none">> Ears and shoulders always squeezed together> Straight arms> Knees don't touch
Cartwheel step in	<ul style="list-style-type: none">> Legs over the top> Ears covered

Phys Prep

Skill	Non-negotiables
5x tuck-straight leg lifts to top	<ul style="list-style-type: none">> Must touch bar to count> All 5 must be completed without placing feet on bar to rest/adjust
10 chin ups with feet on 60cm box	<ul style="list-style-type: none">> Chin above the bar each rep> Whole foot on top of box> Not touching ground between reps
15 small superhero rocks	<ul style="list-style-type: none">> Feet together> Legs straight
15 small dish rocks	<ul style="list-style-type: none">> Lower back on the ground

Vault

Skill	Non-negotiables
Handstand flatback	<ul style="list-style-type: none">> Feet together & body aligned at vertical
Run, punch straight jump to two crash mats	<ul style="list-style-type: none">> The direction of the jump must be 'up' not 'forward'
20sec pike handstand on box	<ul style="list-style-type: none">> Ears covered, looking at floor> Shoulders open, chest in
10 rebounding box jumps in a row to a 40cm box	<ul style="list-style-type: none">> No jumps in between> Must be rebounding