

GIRLS 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> > bar low, bottom to finish on floor with feet at bar > May have feet on ground to start the roll fwd	<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> > Reminder may be given before the gymnast jumps to the bar	<ul style="list-style-type: none">> Straight arms> Straight legs> Pointed toes

Beam

Skill	Non-negotiables
<i>Walk across high rec beam unassisted</i>	<ul style="list-style-type: none">> Eyes on beam while walking
<i>Relevé walking with straight legs</i>	<ul style="list-style-type: none">> Legs locked straight during all phases of walking> High relevé
<i>Bunny hops across beam</i>	<ul style="list-style-type: none">> Feet pointing to ceiling at top of hop> Thumb and first finger on the beam
<i>Safety jump off beam</i>	<ul style="list-style-type: none">> Hands catching beam on landing

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
<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

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