

GIRLS SKILLS TESTING

Bars

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

Beam

Skill	Non-negotiables
Passé steps (side, fwd) with proper toe to knee	<ul style="list-style-type: none"> > Straight support leg > Consistent arm position
Relevé half turn, step relevé half turn	<ul style="list-style-type: none"> > High relevé (front of foot flat) > Straight legs > Arms held behind
Monkey with a broken leg across beam	<ul style="list-style-type: none"> > Straight top leg > Thumb and first finger on the beam
Straight jump to point toes (on beam)	<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)

*Does not include pullover/kickover



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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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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)*

