

# Evolve Testing 2023

Evolve Testing skills is looking for emphasis on posture, quality control, starting and finishing positions, rhythm and technical development and progression of gymnastics skills specific to the Australian Levels Program. The testing is designed to ensure the gymnast are ready to progress into the next group up (Thrive) which is to be ready to compete at external competitions in National Level 3.

Skill	Apparatus	Assessment Criteria
Run straight jump to 60cm box	Vault	<ul style="list-style-type: none"> <li>• Correct hurdle to beat board</li> <li>• Arms coming from side or behind on contact with board</li> <li>• One immediate jump from the board</li> <li>• Must show tight straight shape in air with arms squeezing ears and legs straight</li> <li>• Must land in motorbike 3 sec</li> </ul>
20 second $\frac{3}{4}$ Handstand shape	Vault	<ul style="list-style-type: none"> <li>• <math>\frac{3}{4}</math> handstand shape to be performed on 60cm box</li> <li>• Hands shoulder width apart</li> <li>• Pushing away from floor, hiding ears and looking at hands</li> <li>• Rounded ribs</li> <li>• Tight legs and open hips</li> <li>• Holds for full 20seconds</li> </ul>
Handspring Drill	Vault	<ul style="list-style-type: none"> <li>• Steps from box to mini tramp</li> <li>• Demonstrates correct body alignment on mini tramp</li> <li>• Strong powerful jump from mini tramp to connect to mats</li> <li>• Hits mats in a <math>\frac{3}{4}</math> handstand shape</li> <li>• Strong repulsion/pop from mat and shows height from mats</li> <li>• Lands on back simultaneously</li> <li>• Good overall body tension and control</li> <li>• Good rhythm throughout</li> </ul>
2 x Individual Glide swing down wedge	Bars	<ul style="list-style-type: none"> <li>• X2 individual glide swings are performed (are not connected but demonstrates a good showing of tight body and tension before starting second glide swing)</li> <li>• Start and finish in dish shape at the top of the wedge</li> <li>• Shows a full extension at front of glide swing, should be meeting just below horizontal</li> <li>• Arms and legs do not bend at any stage of glide.</li> <li>• Correct postures and body tension throughout glide.</li> <li>• Good swinging rhythm is shown.</li> </ul>

Chin up pullover	Bars	<ul style="list-style-type: none"> <li>• Demonstrates a 'chin up' position prior to the 'pullover' action</li> <li>• Legs together and squeezed</li> <li>• Finish in strong support position</li> <li>• Shows inverted shape during pullover</li> <li>• Can start on a box (gymnast shoulders must start below bar height)</li> </ul>
Cast back hip circle	Bars	<ul style="list-style-type: none"> <li>• Cast (toes to bar height) connected into back hip circle</li> <li>• Demonstrates continuous and good rhythm in cast to back hip circle connection</li> <li>• Shows good wrist turn in circle</li> <li>• Open hips and rounded chest in circle shape</li> <li>• Performs correct cast shaping (as described below)</li> </ul>
2 x casts in series (toes to bar height)	Bars	<ul style="list-style-type: none"> <li>• Casts are connected with good rhythm</li> <li>• Starts in support shape (hips on bar), legs move forward and goes straight into a connected cast</li> <li>• Does not do a 'beat' before cast</li> <li>• Toes reach bar height</li> <li>• Arms are straight throughout</li> <li>• Rounded chest and open hips in cast</li> <li>• Good body tension and control throughout</li> </ul>
Inverted hang (10 seconds)	Bars	<ul style="list-style-type: none"> <li>• Straight arms and shows a hang position</li> <li>• Open hips and rounded chest</li> <li>• Tight legs and pointed feet</li> <li>• Coach can assist into position</li> <li>• Performs invert hang for 10seconds</li> </ul>
X5 individual tap swings in loops	Bars	<ul style="list-style-type: none"> <li>• Perform as individual swings</li> <li>• Starts and finishes each swing in dish</li> <li>• Shows dish/coat hanger shape in back swing</li> <li>• Strong tap</li> <li>• Open shoulder dish shape at front swing</li> <li>• Demonstrates correct timing and rhythm in swings</li> </ul>
Level 3 Beam Mount	Beam	<ul style="list-style-type: none"> <li>• Shows jump to support shape with rounded chest and straight arms</li> <li>• Lifts leg over beam without foot touching and shows straight legs and pointed toes</li> <li>• Holds 5 sec straddle lever hold with feet above beam height</li> <li>• Swings through to strong squat position with pointed toes, straight arms and a rounded chest</li> </ul>
L handstand (medium beam)	Beam	<ul style="list-style-type: none"> <li>• Starts and finishes in correct shape</li> <li>• Good balance and control in L Handstand</li> <li>• Pushes through shoulders</li> <li>• Top leg reaches vertical</li> <li>• Bottom leg reaches horizontal</li> <li>• Good body tension and postures throughout</li> </ul>

Lead Up drill each leg	Beam	<ul style="list-style-type: none"> <li>• Demonstrates correct arm movements (Present, 5<sup>th</sup>, present)</li> <li>• Must show extension through ankle and height off beam</li> <li>• Land in Fondue with front leg in horizontal</li> <li>• Can perform a lead up on each leg</li> </ul>
2 x straight jump series	Beam	<ul style="list-style-type: none"> <li>• Series is connected with circled arm swing</li> <li>• Show height off beam in both jumps</li> <li>• Correct straight body shaping with open hips and shoulders</li> <li>• Holds motor bike position</li> </ul>
Level 3 Turn (Passe up down, releve 1/2 turn)	Beam	<ul style="list-style-type: none"> <li>• Demonstrates a controlled SWD → FWD passe position</li> <li>• Knee is at hip height in passe positions</li> <li>• A 2 sec hold end of the turn</li> <li>• Shows full releve extension through ankles in releve positions</li> <li>• Demonstrates straight legs</li> <li>• Arms behind body or in 5<sup>th</sup> position</li> <li>• Tight posture and body tension throughout</li> </ul>
Punch jump dismount	Beam	<ul style="list-style-type: none"> <li>• Performed from 2-3 steps</li> <li>• Correct 'hurdle' for a punch jump. Bringing arms to 5<sup>th</sup> position before leaving beam.</li> <li>• Controlled landing with motor bike held for 3 seconds</li> <li>• Punch is higher than beam height.</li> <li>• Good posture and body tension, with open hips and shoulder in the air.</li> <li>• Arms are in fifth during jump and legs are tight and pointed.</li> </ul>
BWD roll to squat	Floor	<ul style="list-style-type: none"> <li>• Shows correct start position (rounded chest, arms at ears, hands turned inwards, then lowers into squat)</li> <li>• Minimal arm bend (no more than 10degrees)</li> <li>• Lands in squat position</li> <li>• Good rhythm and control during roll</li> <li>• Knees together in roll</li> </ul>
Handstand FWD roll	Floor	<ul style="list-style-type: none"> <li>• Demonstrates fluid rhythm from handstand to roll (drops into a candle position to roll)</li> <li>• Straight arms, open hips and shoulders in handstand position</li> <li>• Stands up form roll without hands</li> <li>• Good body tension throughout</li> </ul>
Cartwheel, Cartwheel to star	Floor	<ul style="list-style-type: none"> <li>• Starts and finishes in correct positions</li> <li>• Must have straight legs and good postures/form</li> <li>• Open hips and shoulders</li> <li>• Travels along the line and does not deviate</li> <li>• Good rhythm, direction and control throughout</li> </ul>

Leap over each leg	Floor	<ul style="list-style-type: none"> <li>• Demonstrates correct arm movements (Present, 5<sup>th</sup>, present)</li> <li>• Must show extension through ankle and height off floor</li> <li>• Land in Fondue with front leg in horizontal before leaping over into bent leg arabesque shape</li> <li>• Performs lead up on each leg</li> <li>• Good body tension throughout</li> </ul>
Bridge kickover on floor	Floor	<ul style="list-style-type: none"> <li>• Shoulders directly on top of hands</li> <li>• Looking at hands</li> <li>• Straight legs, feet together</li> <li>• Pushing up from floor</li> <li>• Moves through split handstand position</li> <li>• Lands in lunge or step in</li> </ul>
Split Jump 90*	Floor	<ul style="list-style-type: none"> <li>• Strong arm swing into jump</li> <li>• Good posture, height, chest up and arms in present during split</li> <li>• Straight, even legs</li> <li>• Meets minimum split requirement of 90degrees</li> </ul>
Level 3 Turn (Passe half turn, immediate releve half turn)	Floor	<ul style="list-style-type: none"> <li>• Demonstrates a controlled passe half turn with Knee at hip height in passe positions</li> <li>• A 2 sec hold end of the releve half turn</li> <li>• Shows full releve extension through ankles in releve positions</li> <li>• Demonstrates straight legs</li> <li>• Arms behind body or in 5<sup>th</sup> position</li> <li>• Tight posture and body tension throughout</li> </ul>
5 chin ups	Physical Prep	<ul style="list-style-type: none"> <li>• Chin above bar</li> <li>• Tight body tension</li> <li>• Lacks any swing/movement</li> </ul>
20 second Handstand against wall	Physical Prep	<ul style="list-style-type: none"> <li>• Stomach faces wall and only toes are touching wall</li> <li>• Straight arms and pushes through shoulders</li> <li>• Open hips and shoulders</li> <li>• Rounded chest</li> <li>• Good body posture and tension</li> <li>• Holds for 20seconds</li> </ul>
10 sec Straddle Lever Hold	Physical Prep	<ul style="list-style-type: none"> <li>• Straddle lever hold is performed on floor</li> <li>• Bottom and legs are off floor</li> <li>• Hands are flat with strong elbows</li> <li>• Pushes away from floor</li> <li>• Good leg tension and pointed feet</li> </ul>
6 leg lifts	Physical Prep	<ul style="list-style-type: none"> <li>• Legs straight and toes touch bar that hands are on</li> <li>• All leg lifts are connected or with minimal break</li> <li>• Hanging through shoulders</li> <li>• Good form and quality</li> </ul>
12 box jumps to 40cm with rebound	Physical Prep	<ul style="list-style-type: none"> <li>• Box jumps on suitcase box</li> <li>• Must be rebounding</li> <li>• Completes 12 box jumps in a row</li> </ul>

<b>Splits (Flat in ONE of with square hips in: Left Leg, Right Leg, Straddle)</b>	<b>Physical Prep</b>	<ul style="list-style-type: none"><li>• Flat in minimum of one direction (left leg, right leg OR straddle/middle)</li><li>• Chest upright, arms at hips</li><li>• Tight legs pointed toes</li><li>• Hips square in FWD splits</li><li>• Hips in line with knees and toes in straddle</li></ul>
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