

Exceed Testing 2023

Exceed 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. Exceed testing aims to test the gymnasts competency of demonstrating the skills and development drills required to be suitable in progressing to the squad program (Level 4+). It is important to note, some skills will not be tested in Term 1 of 2023 due to the development of their program. When gymnasts are safe to progress to a new skill or drill listed below that is when the coaches will test the requirement.

Skill	Apparatus	Assessment Criteria
<p>Has attended x1 external competition</p> <p><i>This can only be ticked off from Term 3 2023.</i></p>	General	<ul style="list-style-type: none"> Gymnast has demonstrated commitment to developing in the Lead competitive program by going to a minimum of one allocated external competition At the competition demonstrates commitment to representing WDYC in correct uniform Demonstrates sportsmanship to other WDYC and competitors at external competition
<p>Passed ALP Level 3</p> <p><i>This can only be ticked off from Term 3 2023.</i></p>	General	<ul style="list-style-type: none"> Gymnast has scored a minimum of 28.00 overall at the external competition
<p>Handspring to 90cm</p>	Vault	<ul style="list-style-type: none"> Can be performed with air board OR beat board Fast powerful run Correct Board contact and explosive jump off board Contacts the mats at $\frac{3}{4}$ handstand shape Maintains open hips and shoulders Demonstrates body tension and posture throughout Demonstrates strong block/pop from mats to increase post flight height from mats Body lands simultaneously on mats
<p>Standing Front Salto into Pit</p>	Vault	<ul style="list-style-type: none"> Starts up right with arms in 5th Strong jump into take off with chest upright Lifts bottom over head in rotation Good height into salto Maintains good tucked position Hands do not have to touch knees but need to be close to legs

Punch jump up to 30cm box (performed on floor)	Vault	<ul style="list-style-type: none"> • Demonstrates a correct punch jump (not a straight jump) • Correct hurdle with arms at ears before leaving floor in punch • Tight straight position with open shoulders and hips • Arms at fifth during punch • Strong punch through legs and ankles • Good height to land on a 30cm high box
Chin up pullover, x2 cast, Back hip circle	Bars	<ul style="list-style-type: none"> • Glide swings are connected by a smooth regrip • Starts in a dish shape OR a controlled jump to catch bar • Finishes second glide swing in a dish (if tall) or a control release from bar to motor bike • Shows a full extension at front of glide swing, should be meeting just below horizontal • Arms and legs do not bend at any stage of glide. • Correct postures and body tension throughout glide. • Good swinging rhythm is shown.
X3 Cast series to horizontal series	Bars	<ul style="list-style-type: none"> • Casts are connected with good rhythm • Starts in support shape (hips on bar), legs move forward and goes straight into a connected cast • Does not to a 'beat' before casts • Toes reach bar height • Arms are straight throughout • Rounded chest and open hips in cast • Good body tension and control throughout • Reaches height of horizontal (toes must reach horizontal)
X5 long hang swings on loops bar	Bars	<ul style="list-style-type: none"> • X5 swings withing 20 degrees of being inline with bar • Gymnast commences first swing from a dish shape on boxes & finishes swings in dish shape on boxes • Shows dish/coat hanger shape in back swing • Strong tap • Open shoulder dish shape at front swing • Demonstrates correct timing and rhythm in swings • Each swing increases in height • Gymnast performs a total of 5 long hang swings (gymnast can do extra swings at beginning to get power)
Climb on to low bar jump to push high bar	Bars	<ul style="list-style-type: none"> • Coach is assisting for the catch/push of high bar, gymnast must perform climb on byself • Bars may be moved in to 160cm with a maximum of 180cm wide • Confidently climbs onto low bar from support shape • Balances with a tight body standing on low bar for 2 seconds before jumping to high bar • Connects to high bar in push shape in a 'back swing' / coat hanger shape before landing on build up boxes

Leap Over	Beam	<ul style="list-style-type: none"> • Demonstrates correct arm movements (Present, 5th, present) • Must show extension through ankle and height off beam • Land in Fondue with front leg in horizontal before leaping over into bent leg arabesque shape • Good body tension throughout
Level 4 Turn (<i>passee half turn, releve half turn</i>)	Beam	<ul style="list-style-type: none"> • Demonstrates a controlled SWD → FWD passee position in passee half turn • Knee is at hip height in passee positions • Lands passee half turn on a flat foot, then rises into two foot releve for 2 seconds • Holds two foot releve half turn for 2 seconds • Shows full releve extension through ankles in releve positions • Demonstrates straight legs • Arms behind body or in 5th position • Tight posture and body tension throughout
Full Handstand Step In (high beam)	Beam	<ul style="list-style-type: none"> • Demonstrates a split handstand position before controlling into full handstand • Once in handstand the gymnast is vertical or within 10degrees of handstand • Handstand shape is shown (but does not need to be held) • Straight arms and pushes through shoulders • Open hips and shoulders • Rounded chest • Good body posture and tension • Shows a good step in landing
Split Jump (medium beam)	Beam	<ul style="list-style-type: none"> • Strong arm swing into jump • Good posture, height, chest up and arms in present during split • Straight, even legs • Meets minimum split requirement of 90degrees • Strong motor bike landing
BWD roll to Front support on floor	Floor	<ul style="list-style-type: none"> • Correct starting position (rounded chest, arms at ears, hands turned in, rounded chest and in releve) • Piked roll over to front support • Hands may touch floor in beginning of roll if smooth and controlled • Pushes through floor during roll and shows good height before landing in front support • Straight arms and legs throughout • Finishes roll in front support
Hurdle cartwheel step in	Floor	<ul style="list-style-type: none"> • Hurdle is long and low, with a long reach • Hurdle is straight with first hand along line and second hand turned in • Cartwheel is fast and controlled • Shows a strong step in with no more than 3 control steps backwards • Tight postures and tension throughout

Straight jump, Split jump 135*	Floor	<ul style="list-style-type: none"> Shows a strong rebounding technique between jumps Split jump reaches a minimum of 135degrees Straight legs, chest up and arms pushed back in present for split jump Good body posture Controlled motor bike landing at end of jump series
Full turn to land in releve	Floor	<ul style="list-style-type: none"> Correct start to turn (present in releve, step forward to lunge, strong push into passe position) Lands full turn in a controlled releve Good posture throughout turn Shows correct passe position during turn Arms in fifth position or by side Turn is completed at a minimum of 360degree
Chasse Split leap to suit case box	Floor	<ul style="list-style-type: none"> Gymnasts performs a chasse into 3 step split leap Lands split leap in a controlled bent leg arabesque on suitcase sized box Shows a good push from base leg to get height in split leap Legs are even and reach a minimum of 135degrees Chest up and arms pressed back in present during leap
FWD Walkover into BWD walkover	Floor	<ul style="list-style-type: none"> Gymnast commences FWD first & then prepares for BWD walkover Starting on one leg with free leg at 45 degrees and arms in fifth position Opens through shoulders and leads back through thoracic spine in BWD Walkover BWD & FWD walkover goes through a strong split handstand position Overall good quality and posture throughout
Press from candle	Floor	<ul style="list-style-type: none"> Starts in candle stand and pushes into press to handstand Controls press from candle into handstand Holds handstand momentarily before lowering into straddle lever position Press complex is controlled and slow Gymnast finishes the press complex in a controlled straddle lever position Good body posture and tension throughout
5 x chin ups	Physical Prep	<ul style="list-style-type: none"> No major beats No major form errors Chin goes above bar height Performs chin ups without stopping
8 leg lifts	Physical Prep	<ul style="list-style-type: none"> Legs straight and must touch top No stopping Tight posture Hanging through shoulders
Inverted hang (20sec)	Physical Prep	<ul style="list-style-type: none"> Straight arms and shows a hang position Open hips and rounded chest Tight legs and pointed feet Coach can assist into position Performs invert hang for 20seconds

30 second Handstand against wall	Physical Prep	<ul style="list-style-type: none"> • Stomach faces wall and only toes are touching wall • Straight arms and pushes through shoulders • Open hips and shoulders • Rounded chest • Good body posture and tension • Holds for 30seconds
20 box jumps to 40cm with rebound	Physical Prep	<ul style="list-style-type: none"> • Box jumps in a row rebounding • No stopping • Demonstrates 20 rebounding box jumps with no stopping
Splits (<i>Flat in TWO ways with square hips: Left Leg and Right Leg and Straddle</i>)	Physical Prep	<ul style="list-style-type: none"> • Flat • Square hips • Chest upright, arms at hips • Tight legs pointed toes
Flyspring	Trampoline	<ul style="list-style-type: none"> • Starts on 'red' part of trampoline with arms behind • Step hurdle/jump to trampoline • Reaches long into trampoline • No excessive pike (some pike into preflight is okay) • Strong block/pop from handstand position • Good height off trampoline to land safely on crash mat • Legs are together throughout • Good body posture and tension throughout