

FOUNDATION TESTING 2023

Foundation 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. Foundation testing is designed to assess the gymnast foundational skills to that will set them up for future years in a competitive program.

<u>Skill</u>	<u>Apparatus</u>	<u>Assessment Criteria</u>
60cm box, step down, straight jump to 40cm box	Vault	<ul style="list-style-type: none"> • Stable standing on one leg, pointing second leg over beat board • One immediate jump from the board • Must show tight straight shape in air with arms squeezing ears and legs straight, pointed toes. • Must land in motorbike 3 sec
Run Straight Jump to 40cm box	Vault	<ul style="list-style-type: none"> • Correct hurdle to beat board • Arms coming from side or behind on contact with board • One immediate jump from the board • Must show tight straight shape in air with arms squeezing ears and legs straight • Must land in motorbike 3 sec
15 second Handstand Shape on Stomach	Vault	<ul style="list-style-type: none"> • Hands shoulder width apart and with straight arms • Rounded ribs • Open hips and shoulders • Tight legs and pointed feet
Handstand Flat back	Vault	<ul style="list-style-type: none"> • Must start on floor behind board • Arms start behind • Passes through a full vertical handstand with correct tight postures • Body must fall simultaneously to mat
1 x glide swing down wedge	Bars	<ul style="list-style-type: none"> • Start and finish in dish shape at the top of the wedge • 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.

Connected Bent knee swings x 3 (on high bar)	Bars	<ul style="list-style-type: none"> Is performed on high bar and swings are seamlessly connected Demonstrates a dish at beginning and end of set Good rhythm and regrip timing of swings Open hip angle in swings Demonstrates a tap in each swing Overall good tension and postures throughout
Chin up pullover by-self on low bar	Bars	<ul style="list-style-type: none"> Demonstrates a 'chin up' position prior to the 'pullover' action Legs together and squeezed Finish in strong support position Shows inverted shape during pullover Can start on a box (gymnast shoulders must start below bar height)
Bar Shaping Complex (Invert Shape, Pike Shape, L Shape)	Bars	<ul style="list-style-type: none"> <u>Bar Shaping Complex is performed as:</u> 5 sec invert shape, lowers to 5 sec Pike Shape, lowers to 5 Sec L Shape Gymnast demonstrates complex in a controlled manner and does not fall Each shape is held for 5 sec Toes are at the bar in 'pike' shape Toes are at horizontal in 'L' Shape
X1 Cast (toes reach bar height)	Bars	<ul style="list-style-type: none"> Starts in support shape (hips on bar), legs move forward and goes straight into a connected cast Does not do a 'beat' before cast Toes reach bar height Arms are straight throughout Rounded chest and open hips in cast Good body tension and control throughout
10 Sec Straddle Lever hold	Beam	<ul style="list-style-type: none"> Feet above beam height Bottom off beam Tight legs and pointed toes
X6 FWD & BWD kicks (performed on each leg)	Beam	<ul style="list-style-type: none"> Kicks are done on the spot (not in length) Kick must be to 45 degree minimum Chest up. Arms in present. Both legs must be straight with pointed toes Must show kick on each leg
Releve ½ turn (2 sec releve hold)	Beam	<ul style="list-style-type: none"> A 2 sec hold is show at the beginning and end of the turn Shows full releve extension through ankles Demonstrates straight legs Arms behind body or in 5th position Tight posture and body tension throughout
Straight jump prep, straight jump	Beam	<ul style="list-style-type: none"> Must show straight shape in air, hiding ears, straight legs Shows good connection and rhythm in series Must show height off beam with pointed toes in straight jump Motor bike landing is shown

Step, Punch Jump dismount- 3 sec motor bike	Beam	<ul style="list-style-type: none"> • Step should be correct 'hurdle' for a punch jump. Bringing arms to 5th position before leaving beam. • Controlled landing with motor bike held for 3 seconds • Punch is higher than beam height. • Good posture and body tension, with open hips and shoulder in the air. • Arms are in fifth during jump and legs are tight and pointed.
X10 seconds L handstand drill on low beam (with 60cm box)	Beam	<ul style="list-style-type: none"> • Minimal shaping errors (ribs in, open shoulders, tight legs and pointed toes) • Correct hand positioning (W) • One leg vertical and one leg horizontal on box • Hips and shoulders square to the beam • Holds position for 10 sec unassisted (coach can assist into position)
2 x FWD roll to Rocket Stand	Floor	<ul style="list-style-type: none"> • Correct starting/finishing position • Demonstrates good rhythm and connection between rolls • Knees together • Straight arms • No pressure on head during roll
Full handstand	Floor	<ul style="list-style-type: none"> • Starts and finishes in correct positions • Handstand reaches vertical and has good control (does not need to be held, but should be shown) • Open hips and shoulders • Pushes up through shoulders, straight arms and ribs pulled in.
Cartwheel to star on a line	Floor	<ul style="list-style-type: none"> • Starts and finishes in correct positions • Must have straight legs and good postures/form • Open hips and shoulders • Travels along the line and does not deviate • Good rhythm
Assemble straight jump, straight jump	Floor	<ul style="list-style-type: none"> • Good Rhythm and connected rebounds in series • Good height in rebounds • Shows tight body tension in jumps (open hips and shoulders, tight legs, pointed toes and arms in 5th) • Motor bike landing (2sec)
Lead Up Drill on each leg	Floor	<ul style="list-style-type: none"> • Demonstrates correct arm movements (Present, 5th, present) • Must show extension through ankle and height off floor • Land in Fondue with front leg in horizontal • Can perform a lead up on each leg

BWD roll to angry cat down wedge	Floor	<ul style="list-style-type: none"> • Correct starting position • Straight Arms • Tucked roll to angry cat • Round chest throughout • Hips lift during roll
Releve ½ turn (2 sec releve holds at beginning and end)	Floor	<ul style="list-style-type: none"> • Demonstrates a 2 sec hold at beginning and end of releve half turn • Full releve and ankle extension • Good body alignment and postures • Shows good control and balance throughout • Arms pressed by side or in 5th position
7 chin ups (feet on 60cm box)	Physical Prep	<ul style="list-style-type: none"> • Chin reaches above the bar • Tight body position • Pronated grip (overhand) • Must complete 5 chin ups in a row
15 sec 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 15seconds
6 incline leg lifts in a row	Physical Prep	<ul style="list-style-type: none"> • Legs must be straight and touch the bar that their hands are on. • Must complete 6 incline leg lifts in a row
12 box jumps to 20cm with rebound	Physical Prep	<ul style="list-style-type: none"> • Box jumps on suitcase box • Must be rebounding • Completes 12 box jumps in a row
Splits (<i>Flat in ONE direction: Left Leg, Right Leg or Straddle</i>)	Physical Prep	<ul style="list-style-type: none"> • Flat in minimum of one direction (left leg, right leg OR straddle/middle) • Chest upright, arms at hips • Tight legs pointed toes • Hips square in FWD splits • Hips in line with knees and toes in straddle
Bridge	Physical Prep	<ul style="list-style-type: none"> • Shoulders directly on top of hands • Looking at hands • Straight legs, feet together • Pushing up from floor