



# INT FREE G TESTING

<b>Bars</b>	<b>Do not tick if...</b>
Climb on jump off on low bar	<ul style="list-style-type: none"> <li>- Lack of control</li> <li>- Use of thigh or knee instead of foot</li> <li>- Failure to stand up and control before jumping off</li> </ul>
Jump tuck through feet (baby flyaway)	<ul style="list-style-type: none"> <li>- Spot is necessary</li> <li>- Feet touch bar excessively</li> <li>- Failure to get body through to other side and land</li> </ul>
3 x swings with regrip 180 dismount <b>Remember to spot wrist</b>	<ul style="list-style-type: none"> <li>- Regrips aren't shown</li> <li>- Swings are below 45 degrees each side</li> <li>- 180 is not above 45 degrees and hand doesn't touch bar before release</li> </ul>
Jump to straddle undershoot	<ul style="list-style-type: none"> <li>- Jump is not off two feet</li> <li>- Both feet do not land on the bar</li> <li>- Not undershooting on the first swing or releasing too early</li> <li>- Too low</li> <li>- Legs bent more than necessary</li> </ul>
Chin up pullover	<ul style="list-style-type: none"> <li>- No support shown at top of pullover</li> <li>- Unsuccessful in getting over the bar</li> <li>- Kicking or jumping into the pullover</li> </ul>
Horizontal cast	<ul style="list-style-type: none"> <li>- Not hitting horizontal</li> <li>- Poor shape or bent arms</li> <li>- Falling at end of cast (must return to support)</li> </ul>
<b>Phys Prep</b>	<b>Do not tick if...</b>
10 x push ups	<ul style="list-style-type: none"> <li>- Chest doesn't reach within 2cm of floor</li> <li>- Front support shape is compromised</li> </ul>
10 x straight leg lifts past 90 degrees	<ul style="list-style-type: none"> <li>- Legs bend</li> <li>- Reps are below 90 degrees</li> <li>- Knees separate excessively</li> </ul>
5 x 60cm box jumps	<ul style="list-style-type: none"> <li>- Reps are incomplete</li> <li>- Take offs of landings are from one foot</li> </ul>
1.5m standing precision jump	<ul style="list-style-type: none"> <li>- Landing shape is incorrect (must be knees together landing in balls of feet, knees bent arms out front)</li> <li>- Failure to hold landing for minimum 3 sec</li> </ul>
3 x Pull ups	<ul style="list-style-type: none"> <li>- Does not finish in dead hang</li> <li>- Failure to get chin above bar</li> <li>- Any amount of swing or kipping motion to achieve rep</li> </ul>

**Please refer to free g matrix to see skills that you will be testing**



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<b>Floor</b>	<b>Do not tick if...</b>
Scoot x B-kick	<ul style="list-style-type: none"> <li>- Poor connection</li> <li>- Poor execution of either or both skills in combo</li> </ul>
Palm kick x Masterscoot	<ul style="list-style-type: none"> <li>- Slow or stutter in connection between both moves</li> <li>- Back leg in scoot not leading scoot</li> <li>- Both hands must touch floor before landing scoot</li> </ul>
Back sweep	<ul style="list-style-type: none"> <li>- Legs too bent</li> <li>- Too high, not sweeping at shin or ankle height</li> <li>- Base leg knee touching ground</li> </ul>
Tornado	<ul style="list-style-type: none"> <li>- Wrong take-off leg/kicking leg used</li> <li>- Roundhouse kick below thigh height</li> <li>- No wind up spin shown (cheat step)</li> </ul>
Front sweep	<ul style="list-style-type: none"> <li>- Sweeping leg bent</li> <li>- Sweeping leg dragging across floor</li> <li>- Incomplete movement/failure to stand up</li> </ul>
<b>Airtrack</b>	<b>Do not tick if...</b>
Dash vault	<ul style="list-style-type: none"> <li>- Legs or bottom hit box</li> <li>- Too high and losing power</li> <li>- Wonky</li> </ul>
Kong vault	<ul style="list-style-type: none"> <li>- Hands releasing at different times</li> <li>- Wonky</li> <li>- No dive into vault or pop off box</li> <li>- Legs not travelling between arms</li> </ul>
Dive safety roll	<ul style="list-style-type: none"> <li>- Dive roll is below athlete's hip height</li> <li>- Roll doesn't go over shoulder</li> <li>- Roll isn't smooth (flat back or bounce)</li> <li>- Hands not used</li> </ul>
Kip-up	<ul style="list-style-type: none"> <li>- Bottom or head hits floor on landing</li> <li>- Failure to land on feet</li> </ul>
<b>Tramp</b>	<b>Do not tick if...</b>
Front flip	<ul style="list-style-type: none"> <li>- Failure to land on feet</li> </ul>

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