

DEVELOPMENT ASSESMENT - GYMSTAR LEVEL 3-4

REQUIRED SKILLS

VAULT & SAFE LANDINGS

Run and jump/rebound with backward arm circle over 60cm box

Handstand flatback onto 30cm mat (underarm entry)

Handstand shoulder pop (underarm entry)

Jump to straddle onto 60cm box, jump off and land in motorbike

Jump half turn into backwards safety landing off 60cm box

BEAM

Low to beam

Scorpion kick to half handstand

Two connected jumps with connected arm swing

Forward step kicks with leg at horizontal

Full routine

UNEVEN BARS

2 continuous glide swings (no tuck on return)

Chin up pullover no assistance

Casts to 60 degrees below horizontal

Toe shoot or undershoot on low bar

Full routine

FLOOR

Forwards roll to straight jump (no use of hands to stand)

Backwards roll to front support

Handstand with feet together

Cartwheel step in

Full Routine

PARALLEL BARS

Straight body swings with toes at minimum bar height

Straddle press 3 seconds

Penguin walks (min half length of bars)

Full routine

DEVELOPMENT ASSESMENT - GYMSTAR LEVEL 1-3

ADDITIONAL SKILLS (MIN 8 REQUIRED)

VAULT & SAFE LANDINGS

Handstand shoulder pop on springboard with underarm entry

BEAM

Jump or leap in shape (Tuck jump, star jump, split leap, cat leap)

Half turn on one foot with correct arm and foot placement

Handstand with feet together at vertical, no assistance

UNEVEN BARS

Cast with toes at or above horizontal (shoulder height of athlete)

Candlestick hold for 10 seconds (assisted)

Toe shoot or undershoot dismount from front support

Climb onto low bar, jump to high bar, no coach assistance

FLOOR

Handstand forward roll with straight arms and rounded back

Split jump min 130 degrees

Front or back walkover (incl. tic-toc), kickovers are not included

Backbend to floor

PARALLEL BARS

Straddle travel

Penguin walks

Swings above bar height

FLEXIBILITY

Front splits both legs with knees pointing up

Middle splits with knees pointing up

Bridge with shoulders over hands, straight legs and feet together