

FOUNDATION ASSESSMENT - GYMSTAR LEVEL 1-3

REQUIRED SKILLS

VAULT & SAFE LANDINGS

Run and rebound jump with backward arm circle, stick motorbike

Handstand hold 2s on springboard with assistance (underarm entry)

Forwards safety landing to stomach off 30cm box

Backwards safety landing from 30cm box

BEAM

Backwards walking on toes

Half turn two feet

Bunny hop handstand

Full routine

UNEVEN BARS

Glide swing (can tuck swing on return)

Chin up pullover with coach assistance

Forward roll to tuck hang, hold 2sec

Casts with hips off the bar

Full routine

FLOOR

Cartwheel in star

Half handstand (one leg at vertical, one at horizontal)

Forward roll to stand (no use of hands to stand)

Support shapes (front and back)

Full routine

PARALLEL BARS

Tuck hold 2 seconds

Tuck kick out into swings

Swings to 45 degrees below horizontal

Full routine

RINGS

Tuck hang 2 seconds

Two swings in oprn tuck or straight shape to 30 degrees from vertical

Inverted tuck hang without use of ground

Straight inverted hang (candlestick)

Full routine

FOUNDATION ASSESMENT - GYMSTAR LEVEL 1-3

ADDITIONAL SKILLS (MIN 8 REQUIRED)

VAULT & SAFE LANDINGS

Handstand hold 2 seconds unassisted

Handstand flatback onto 30cm mat

BEAM

Arabesque balance 3 seconds

½ turn on toes in both directions

Scorpion kick, both feet must leave the ground, top leg straight

UNEVEN BARS

2 connected glide swings on the low bar

Chin up pullover unassisted

Pike up with toes reaching horizontal

Casts above 45 degrees from horizontal

FLOOR

Lunge into cartwheel, finish in lunge shape

Jump full turn with arm swing and stable landing

Backwards roll to angry cat unassisted on floor or wedge

PARALLEL BARS

L hold two seconds

Swings to horizontal, toes at/above bar height at front and back of swing

FLEXIBILITY

Pike stretch with nose to knees, straight legs and pointed toes

3 second bridge hold on floor with straight arms and legs, optional feet together

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