

SUB JUNIOR B DEVELOPMENT. (11-13 years) PHYSICAL ABILITIES TESTING

STRENGTH

1. Handstand hold 30 secs on beam or floor
2. Chin Up Levers x 10 on low bar
3. L Lifts x 20 on wall bars from L to L
4. Press Handstands x 10 on beam or floor
5. Rope Climb to 4 meters for time
6. Cast Handstands x 5 - from front support, cast to handstand, return to front support.

FLEXIBILITY

(Rest hand on side of beam for all leg flexibility testing. Start and finish in relevé)

1. Left leg hold in front 2 secs, then side 2 secs, then back 2 secs with straight support leg.
2. Right leg hold in front 2 secs, then side 2 secs, then back 2 secs with straight support leg.
3. Left leg high kick front, side then back. Support leg in relevé and straight.
4. Right leg high kick front, side, then back. Support leg in relevé and straight.
5. Lay on stomach, arms extended in front, holding stick. Keep nose on floor and raise arms off floor in front as high as possible. Hold 2 secs.

SUB JUNIOR B SKILL REQUIREMENTS

Bars.

Minimum D score of 3.0

- 1 low bar to high bar release (including 3 out 4 Composition Requirements)
- 1 high bar to low bar release
- A minimum of a B dismount

Beam.

Minimum D score of 3.5 (including all Composition Requirements)

- A minimum of 1 D Acro skill
- A minimum of 2 D Dance skills
- A minimum of a B dismount

Floor.

Minimum D score of 3.5 (including all Composition Requirements)

- A minimum of 1 D acro skill
- A minimum of 2 D dance skills

JUNIOR INTERNATIONAL (14-15 years). PHYSICAL ABILITIES

STRENGTH

1. Handstand hold 30 secs on beam or floor
2. Chin Up Levers x 10 on bars
3. L Lifts x 20 on wall bars from L to L
4. Press Handstands x 10 on beam or floor
5. Rope Climb to 4 meters for time
6. Cast Handstands x 5 from front support to front support

FLEXIBILITY

(Rest hand on side of beam, support leg straight and in relevé)

1. Left leg hold in front 2 secs, then side 2 secs, then back 2 secs. Support leg straight.
2. Right leg hold in front 2 secs, then side 2 secs, then back 2 secs. Support leg straight.
3. Left leg high kick to front, then side, then back. Close in relevé between each kick.
4. Right leg high kick to front, then side, then back. Close in relevé between each kick.
5. Lay on stomach, arms extended in front, holding a stick. Keep nose on the floor and raise arms off the floor as high as possible. Hold 2 secs.

JUNIOR INTERNATIONAL SKILL REQUIREMENTS

Bars.

A minimum Difficulty score of 3.5 (including all Composition Requirements)

- 1 low bar to high bar release
- 1 high bar to low bar release
- 1 same bar release
- Minimum of a C dismount

Beam.

A minimum Difficulty score of 4.0 (including all Composition Requirements)

- A minimum of 2 D acro skills
- A minimum of 2 D dance skills
- A minimum of a C dismount

Floor.

A minimum Difficulty score of 4.0 (including all Composition Requirements)

A minimum of 2 D acro skills

- A minimum of 2 D dance skills
- A minimum of C last acro line (minimum 2 flight skills one of which is a salto)

Chapter 15 SENIOR INTERNATIONAL (16+ yrs) PHYSICAL ABILITIES TESTING /REQUIREMENTS

STRENGTH

1. Handstand hold 30 secs on beam or floor
2. Chin Up Levers x 10 on bars
3. L Lifts x 20 on wall bars from L to L
4. Press Handstands x 10 on beam or floor
5. Rope Climb to 4 meters for time
6. Cast Handstands x 5 from front support to front support

FLEXIBILITY

(Rest hand on side of beam, straight support leg throughout, in relevé)

1. Left leg hold in front 2 secs, then side 2 secs, then back 2 secs.
2. Right leg hold in front 2 secs, then side 2 secs, then back 2 secs.
3. Left leg high kick in front, then side, then back. Return to relevé between each high kick.
4. Right leg high kick in front, then side, then back. Return to relevé between each high kick.
5. Lay on stomach, arms extended in front, holding a stick. Keep nose on the floor and raise arms off floor as high as possible. Hold 2 secs.

SKILL REQUIREMENTS

Bars.

A minimum Difficulty score of 4.0 (including all Composition Requirements)

- A minimum of 1 low bar to high bar release
- A minimum of 1 high bar to low bar release
- A minimum of 1 same bar release
- A minimum of a D dismount

Beam.

A minimum Difficulty score of 4.5 (including all Composition Requirements)

- A minimum of 3 D acro skills
- A minimum of 2 D dance skills
- A minimum of a D dismount or skill combination dismount

Floor.

A minimum Difficulty score of 4.5 (including all Composition Requirements)

- A minimum of 3 D tumbling passes
- A minimum of 3 D dance skills

The FIG Composition requirements referred to are:

Bars

1. Flight element from High Bar to Low Bar
2. Flight element on the same bar
3. Two different grips (not mount or dismount)
4. Non flight element with minimum 360° turn (not mount)

Beam

1. One connection of at least 2 different dance elements, 1 being a leap or jump with with 180° split (cross or side) or straddle position
2. A full turn
3. One acrobatic series of minimum 2 flight elements, one being a salto (elements may be the same)
4. Acrobatic elements in different directions (forwards/sideways and backward)

Floor

1. One dance passage composed of 2 different leaps or hops (from the Code) connected directly or indirectly (with running stesp, small leaps, hops, chasse, chaine turns) on of them with 180° split (cross or side) or straddle position
2. Salto with minimum 360° LA twist
3. Salto with double BA
4. Salto backward and salto forward (not aerial or barani)