

WAG Area Squad Criteria

Conditioning Testing-

7 / 8 years old in year	9 / 10 year olds in year
Cast to horizontal (must return to bar-show 2x)	Cast to min 45 degrees/ Cast to within 10 degrees of handstand (must return to bar)
Leg lift ½ to shoulder stand (Max 15- bent legs will not count)	Leg lift ½ to shoulder stand (Max 15 – bent legs will not count)
Sprint (20m for time)	Sprint (20m for time)
Straddle lever to handstand (Max 5) 1 point for up 1 for down	Straddle lever to handstand (Max 10)
Rope climb (6 Foot target)- Timed	Rope climb (12 Foot target)- Timed
Jump ups (Max in 30s)	Jump ups (Max in 30s)
Handstand hold (Max 30s- 2x attempts)- Good Shape	Good Shape Handstand hold (Max 30s- 2x attempts)- Good Shape
Shuttle runs (max in 60 s)	Shuttle runs (Max in 60s)

Skills Testing-

Age in year	Vault	Bars	Beam	Floor
7 / 8 years old in year	Handstand flat back- 60cm	Upstart Horizontal Cast 3 x fish swings-5 Large Swings	Split Jump Spin prep 5s Handstand-lunge Backward walkover (Floor Line)	R/o to fall back to mat Backward roll to front support
9 years old in year	Tuck front- 60cm	Upstart cast to 45 3 x fish swings-5 large swings to flat back	Split Jump ½ Spin- 1/2 Turn Backward walkover Cartwheel	Round-off flic-stretch jump (on line) Handspring to 2- fall forward
10 years old in year	Straight front-60cm	Upstart cast to handstand Loop bar- Upstart – 4 x giants, 1 x Scooped giant	Split Leap- Stretch jump- Straddle Jump 1/1 Spin Flic to 1 Cartwheel tuck (Coach must stand in)	Round-off- flic-tuck back on line 2 x hurdle, handspring- 1 handspring- 2



Flexibility-

7 / 8 / 9 / 10 years old in year:

- 3-way split on floor line
- Bridge chest to wall straight legs, both legs, & leg lift
- Leg kicks- fwd, swd, bwd, needle.



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