

Rhythmic Gymnastics

Welsh National Squad Testing

Development Espoir Squad

Ages 10–13

Nurturing | Aspirational | Accountable



Call
0300 3003127



Email
contactus@welshgymnastics.org



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www.welshgymnastics.org

This handbook will be used to assess gymnasts during National Squad Testing.

Scoring:

- 0–10 scale for each test (0 = lowest, 10 = excellent)

Weighted Summary:

- Physical Tests: 30%
- Flexibility Tests: 30%
- Apparatus/Body Difficulties: 40%

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Age Group: 10-13 years

1. Physical Testing

Test	Purpose	Description	Max Score	Gymnast Score 0-10
Plank	Core stability	Hold straight body line, no sagging	2 mins	
Side Plank	Lateral core	Elbow on floor, hips high, no tilt	80 secs–each side	
Push-Ups	Upper body strength	Chest to floor, arms fully extended, perfect reps,	20	
Bodyweight Squats	Leg strength	Thighs parallel, controlled tempo, full depth 90 degree bend at the knee	45	
Single Leg Calf Raises	Calf strength	Rise to releve, controlled down, max height on releve, hands resting on wall for balance	35 each leg	
Standing Long Jump	Explosive power	Two-foot jump, distance measured, explosive power, good landing	170cm	
4x13m Shuttle Run	Agility & speed	Run 4x13m as fast as possible, sharp turns, no stumbles	Below 11.5secs	
Skiping (2-foot jumps)	Endurance	Max proper reps, knees and ankles stretched, max heigh, rhythm consistent	100	
Balance - 2 feet releve	Balance control	Hold on toes, arms in a fixed position, max releve height, no wobble	90 secs	

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2. Flexibility Testing

Test	Purpose	Description	Gymnast Score 0-10 Right	Gymnast Score 0-10 Left
Front Splits on 4 Blocks	Hip flexibility	Measure front split on blocks, opposite arms lifted		
Box Split on 3 Blocks	Adductor flexibility	Legs out to sides, chest on floor		
Cobra Lift	Back strength	Lying of front, arms by ears, lift using only muscles, hold maximum cobra shape 5 secs, legs maximum shoulder width apart		N/A
Shoulder Rope Mobility	Shoulder flexibility	Holding rope, hands as close as possible Pass rope overhead to back of thighs and back x5		N/A
Standing Fold	Hamstring/back flexibility	Standing Fold Standing on bench, finger tips reaching towards the floor		N/A
Leg Hold Side	Adductor flexibility	Hold leg side, without the help of hands, maximum height, support foot turned out		
Leg Hold Back	Back/hip flexibility	Arabesque, hips square, support foot 6 th position		
Standing Back Bend	Back/hip flexibility	Reach to the floor with arms by ears, keeping legs straight		N/A

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3. Body Difficulty Testing

Component	Description	Gymnast Score 0-10 Right	Gymnast Score 0-10 Left	Notes
Jumps	Chasse, Turning Split leap			
Jumps	Chasse, Stag jump with backbend of the trunk, jump from 2 Feet			
Balances	Side Scale balance with the help of the hands on flat foot			
Balances	Penche Balance on flat foot, chest at 90 degrees			
Rotations	Fouetté passe pivot x5 single rotations, finishing with leg straight to the side at 90 degrees, on plie on support leg			
Flex/Acro	Straight Fish Balance on flat foot			



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4. Apparatus Handling Testing

Apparatus	Skill Description	Gymnast Score 0-10 Right	Gymnast Score 0-10 Left	Notes
Ball	Figure of 8 all directions			
Ball	Roll across arms across front of chest and back of neck			
Ball	Flip over back of hand both directions			
Ball	High Throw cheine and catch 1 hand			
Clubs	Circles all directions, in correct planes, forwards and backwards circles			
Clubs	Mills all directions, in correct planes, forwards and backwards mills			
Clubs	Tosses, combination – 1 clubs single rotation backwards and forwards each hand, then repeat with club making double rotations, then repeat with both clubs tossing at the same time, lastly 1 club rotation forwards and 1 club backwards at the same time single rotation			

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Clubs	High throw of 1 club while circling the other club in wheel plane, try not to make the throwing club rotate more than twice in the air			
Ribbon	Coils and Snakes			
Ribbon	Toss over head with rotation of the stick			
Ribbon	Boomerang pull back, preparation technique is free however the ribbon must not stop			
Ribbon	High Throw, double chaine, catch the stick, preparations technique is free, end of the ribbon must leave the floor during throw			



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