

## Welsh Gymnastics Squad Testing Criteria MAG Foundation Squad (10-13yrs)

\*Gymnasts to be tested in year group: Aged 10, 11, 12 and 13 years in squad year

Gymnast Name:	Club:	Coach:	Home Nation:
DOB:	Age:		
Test Name	Description	Raw Score	Points
1.Rope Climb	From sit to 1 hand on mark at 5 meters. Timed and fastest =10, 2 <sup>nd</sup> = 9 etc		
2.Double leg circles on low mushroom	1 point for every 2, maximum 20 for 10 points		
3.Muscle ups / Chin up (level to rings)	On high rings, false grip ok but down and up to straight arms each time. Maximum 10- 1 point each. Only count with straight legs. 0.5 per chin up level to ring height or a combination of both to equate to 10 points	E.g. 2 muscle ups 6 chins	2 muscle ups = 2 points 6 chins = 3 points  Total 5 points
4.Lift to handstand on parallettes	2 points for pike, 1 point for straddle- Maximum 5 pike or 10 straddle or mix for 10 points max.		
5.Splits 3 ways	Take execution deductions as fig from all 3 splits and deduct from 10 points for score from 10		
6.Pike fold	Judged out of 10.		
7.Invert hold on stick	Full invert grip, holding stick. 10 points for shoulder width for little finger distance, 1 point less for each 2cm out.		
8.Tucked top planche on parallettes- 5 second hold	2 points for each second up to 5 then deduct as fig for final score-maximum 10 points if perfect. Tucked top planche 1 point each	Example 4 seconds 1.5 deductions	4 sec = 8 pts - 1.5 Total score = 6.5
9.Maximum support hold	1 point for each 3 second (bent arm stops attempt) Maximum 30 secs		
9.Leg lifts on wall bars	Use padded bars and maximum in 40 seconds with good form to touch bar at top.1 point for each 3. Max 10 points		
		Maximum score 100 points	