

## Welsh Gymnastics Squad Testing Criteria

### MAG Foundation Squad (7-9yrs)

\*Gymnasts to be tested in year group: Aged 7, 8 and 9 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 (legs can be used to assist)		
2.Double leg circles on low mushroom	1 point for every 2, maximum 20 for 10 points (1 attempt only)		
3.Held handstand on floor	1 attempt from kick to immediate legs together. 1 point for each second, maximum 10 seconds for 10 points. Arm bend means finish.		
4.From half lever lift to handstand on parallettes / straddle stand (on bars) press to handstand (lower to toe touch)	2 points for pike, 1 point for straddle- Maximum 5 pike or 10 straddle or mix for 10 points max.	Example 2 pike 3 straddle lift	2 x pike = 4pt 3 x straddle = 3 pt  Total = 7 pt
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. Must be complete grip.		
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.	Example 4 seconds 1.5 deductions	4 sec = 8 pts - 1.5 Total score = 6.5
9.Leg lifts on wall bars	Use padded bars and maximum in 30 seconds with good form to touch bar at top.1 point for every 2 completed lifts. Max 10 points		
		Maximum score 90 points	

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