

Skill	Possible Points	Date	Date	Date	Comments, Observations, Faults	Season + / -
		Test 1 Score	Test 2 Score	Test 3 Score		
Trampoline - If skill is pass give maximum points, no points for poor or incomplete skill						
102 b Hurdle	1					
201 c/b	1					
203 c	2					
303 c	2					
402 c	2					
203 b	3					
303 b	3					
104 c to sit landing	3					
104 b to sit landing	4					
402 b	3					
5122 d to sit	3					
5221 d to sit	2					
5223 d to sit	4					
Dry-board - If skill is pass give maximum points, no points for poor or incomplete skill						
3 bounce jump	1					
hurdle - 1 bounce jump	1					
armswing back jump	1					
102 b Hurdle	1					
201 c/b	1					
203 c	2					
202 b	2					
303 c	2					
402 c to stand	3					
402 b to sit	2					
OR 402 b to stand	5					
203 b	4					
303 b	5					
104 c to sit landing	4					
104 b to sit landing	5					
5122 d to sit	4					
5221 d to sit	2					
5223 d to sit	5					
Floor Somersaults - If skill is pass give maximum points (deduct 1 point for supported skill with good technique and power).						
102 b to sit standing	1					
102 c to stand	2					
202 c to stand	3					
402 c to stand	4					
302 c to stand	4					
202 b to stand	3					
102 b run up	3					
611 b to sit (3 sec balance)	3					
621 b to stand (3 sec balance)	3					
Fast backs x 5 unsupported	5					
Form & Flexibility - deduct in 0.5 increments						
Pike Shape	5					
Straddle Sit	5					
Left Leg Splits	5					
Right Led Splits	5					
Armstand Form / Alignment	3					
Back take-off posture	3					
Inward take-off posture (tower)	3					
Strength - These are quality exercises to be performed with control and form						
Perform one of the following lever amrstands 3 repetitions of each: Tuck Press = 5 points Straddle or Pike Lever 10 points						
Tuck Lever	5					
Straddle / Pike	10					
Tuck leg lifts x 10 wall bars	3					
Pike leg lifts x 10 wall bars	5					
Max Strength Test - Maximum effort, complete range of motion or static hold is required.						
V sits 30 secs	See able for scores					
press ups 30 secs						
max time for 90 deg - ski squat						
max time for front support on forearms						
General Monitoring						
Growth		Height	Sit	Weight		
Vertical Jump No Armswing		cm	cm	cm		