

British Gymnastics Squad Testing Criteria 2021-23

Foundation Squad (9/10-12+ years old)

***Gymnasts to be tested in year group: Aged 9/10, 11 and 12 on 1st Jan 2023**

Gymnast Name	Club	Coach	Home Nation
DOB:	Age on 1st Jan 2022:		
Test Name	Description	Raw Score	Points
1. Rope Climb	From sit to 1 hand on mark at 5 metres. Timed and fastest =10, 2 nd = 9 etc		
2. Double leg circles on low mushroom	1 point for every 6, maximum 60 for 10 points		
3. Muscle ups	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		
4. Held Handstand on floor	1 attempt from kick to immediate legs together. 1 point for each 6 seconds, maximum 60 seconds for 10 points. Arm bend means finish.		
5. From half lever lift to Handstand on Paralettes	1 point for pike, half point for straddle- Maximum 10 pike or 20 straddle or mix for 10 points max.		
6. Splits 3 ways.	Take execution deductions as fig from all 3 splits and deduct from 10 points for score from 10		
7. Pike fold	Judged out of 10. Stand on end of board. Jonny to provide measure.		
8. 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.		
9. Straddle top planche on paralettes- 5 second hold.	2 points for each second up to 5 then deduct as fig for final score- maximum 10 points if perfect.		
10. 25 metre run.	Fastest time = 10 points, 2 nd = 9 etc.		
11. Ankle flexibility	Stand facing wall and measure distance when knee is touching with flat foot. Jonny to provide parameters.		
12. 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 120 points	

Part 2: Element testing: Foundation Squad			
1- 5 consecutive flairs on floor	2 points each then deduct as per fig for final score- max 10 points		
2. Handspring, flyspring, front salto tucked	From 2 to 3 steps. Marked from 10 points. 0 score if not completed consecutively.		
3. From standing, 5 fliks tuck back across diagonal	From 10 if completed. Deduct for form, technique and lack of dynamics.		
4. Minimum 10 loops	1 attempt: inward from 5 points, outward from 7, centre from 10 and fig deduct at end.		
5. 10 flairs on low mushroom.	Must do 10 to get a score. Minus technical deductions at end. Max 10 points		
6. 4 swings each side on rings	From 10 points- technical mark for height and form.		
7. Rings- 5 second support, 5 second half lever, 5 second support.	From 10 if completed, marks off for technical errors as fig.		
8. 10 consecutive swing to handstand on p bars	From 10 points and deduct as fig. Reward dynamic swing.		
9. 5 swings in hang on p bars, with bent legs at bottom.	From 10 points and deduct as per fig.		
10. Consecutive clear circles or endo/stalder on loops and gloves	1 go, maximum 10 in a row. Must be within 45 degrees of handstand to count		
		Maximum combined score: 220 points	
Elite Grade Result: 1st = 100, 2nd = 90, 3rd = 80 4th = 70, 5th = 60, 6th = 50		Place-	Points-
Max Possible score: 320 points		Final Score:	

British Gymnastics Squad Testing Criteria 2021-23

Development Squad (12/13-14 and *15 years old)

***Gymnasts to be tested in year group: Aged 13 and 14 on 1st Jan 2023**

Gymnast Name	Club	Coach	Home Nation
DOB:	Age on 1st Jan 2022		
Test Name	Description	Raw Score	Points
1. Rope Climb	From sit to 1 hand on mark at 5 metres. Timed and fastest =10, 2 nd = 9 etc		
2.. Double leg circles on Handles	1 point for every 6, maximum 60 for 10 points		
3. Muscle ups	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.		
4. Held Handstand on rings	1 attempt from any lift. Time starts when feet and arms are clear of wires. 1 point for each 3 seconds up to max 30 seconds, then minus fig deductions from total. Max 10 points		
5. Lift to Handstand on Paralettes	1 point for pike, half point for straddle- Maximum 10 pike or 20 straddle or mix for 10 points max.		
6. Splits 3 ways	Take execution deductions as fig from all 3 splits and deduct from 10 points for score from 10.		
7. Pike fold	Judged out of 10. Stand on end of board. Jonny to provide measure.		
8. 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.		
9.. Straddle top planche on rings- 5 second hold. Or cross.	2 points for each second up to 5 then deduct as fig for final score- maximum 10 points if perfect.		
10. 25 metre run, timed.	Fastest time = 10 points, 2 nd = 9 etc.		
11. Ankle flexibility	Stand facing wall and measure distance when knee is touching with flat foot. Jonny to provide parameters.		
12. 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 120 points	

Part 2: Element testing: Development Squad			
1- 5 consecutive flairs on floor	1 point each plus up to 5 points for good technique- max 10 points		
2. 2 consecutive straight fronts on floor.	From 2 to 3 steps. Marked from 10 points. 0 score if not completed consecutively.		
3. From standing, Round off flik straight back/full/double twist	From 5 for straight, 7 for full, 10 for double and fig deduct at end.		
4. 10 circles on 1 handle on normal horse	1 attempt- 1 point for each and fig deductions at end.		
5. 10 flairs anywhere on normal horse.	1 point each minus technical deductions at end. Max 10 points		
6. 4 swings each side in straddle support	From 10 points. Technical mark for height and form.		
6. 4 swings each side on rings	From 10 points- technical mark for height and form.		
7. Any B or more lift to handstand on rings	From 10 if completed, marks off for technical errors as fig.		
8. Undersomersault on P Bars	5 points to support, 7 points to 45 degrees, 10 points to handstand and fig deductions at end.		
9. Any C or more above bar swinging element.	From 10 points and fig deductions.		
10. Consecutive stalders or endos on chalk bar.	1 go, maximum 10 in a row. Must be within 45 degrees of handstand to count		
		Maximum combined score: 220 points	
Elite Grade Result: 1st = 100, 2nd = 90, 3rd = 80 4th = 70, 5th = 60, 6th = 50		Place-	Points-
Maximum possible score = 320 points		Final Score:	

To complement the written text, routine videos have been produced and will be available via the BG Academy. The National Elite Grades remain as the principle route for selection into the Foundation and Development Squads, with a potential to contribute just under **50% of the gymnasts' total selection score:**

1st Place = 100 Points.

2nd Place = 90 Points

3rd Place = 80 Points

4th Place = 70 Points

5th Place = 60 Points

6th Place = 50 Points

***Any gymnasts who want to get into Foundation or Development Squad should take part in the Elite Grades. The above scores will be added to the total score from the testing day of individual gymnasts. Only Top 6 gymnasts from each group will receive this bonus.**