

LEVEL TESTING SYSTEM

Waverley Gymnastics Centre

Passing each level in the 1 – 10 program is generally based on a gymnast's 6 month journey, meaning most gymnasts should pass one level every 6 months.

Due to the complexity of the skills in the advanced and medallion modules, gymnasts may find moving through these levels is a lengthier process.

Gymnasts are tested twice per year over a two-week period, once in Term Two and again in Term Four.

Each level and apparatus have a testing sequence which is made up of gymnastics skills that have already been taught in class.

Blurb (pre req.)	Level	Prev Level Ref.	Class	Age
Beginner's welcome No experience required	1-3	1/2	1hr	5-7
Assessment during first lesson required	4-6 (could be 1-3 if no experience)	2/3	1hr to 1.5hr	7-9
Assessment during first lesson required	7-10 (could be 4-6 dependant on ability)	4,5,6,7	1.5hr to 2hr	9-11
Experience required Entry via assessment	Adv 1-4	7,8,9	2hr to 2.5hr	11-13
Experience required Entry via assessment	Bronze, silver, gold	New	2.5hr-5hr (Oakleigh only)	13+

**Please note the above table is used as a guide. All gymnasts have an individual gymnastics journey and progress at their own pace.*

LEVEL	FLOOR	BEAM	TRAMP MW	VAULT	BARS
1	<ol style="list-style-type: none"> 1. Tuck handstand 2. Rainbow cartwheel over block to star 3. Forward roll down wedge to stand 	<ol style="list-style-type: none"> 1. Mount, forward gymnastics walks, ¼ turn to side, rocket jump dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Arm circle jumps on spot, star jump, tuck snap to motorbike landing 	<ol style="list-style-type: none"> 1. Take off from board to crashmat to motorbike landing 	<ol style="list-style-type: none"> 1. Bent knee swings 2. Straddle hold on low bar
2	<ol style="list-style-type: none"> 1. Scorpion kick 2. Mini cartwheel over block to star 3. Forward roll on floor to stand 4. Backward roll down wedge to squat 	<ol style="list-style-type: none"> 1. Mount, Relevé hold, ¼ turn to side, side steps, straight jump with arm swing dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Arm circle jumps on spot, seat drop, jump ½ turn, motorbike landing 	<ol style="list-style-type: none"> 1. Jumps to tuck handstand with hands on box from mini tramp 	<ol style="list-style-type: none"> 1. Bent knee swings with re-grip 2. Jump to front support hold, forward roll over bar to tuck hold
3	<ol style="list-style-type: none"> 1. Handstand against wedge 2. Cartwheel to star with assistance 3. Bridge with feet on box 	<ol style="list-style-type: none"> 1. Mount, releve turn, straight jump with arm swing, ¼ turn, grapevine, star jump dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Forward roll with small jump into foam pit to tuck landing 	<ol style="list-style-type: none"> 1. Run, arm circle, rocket jump off board to crashmat to motorbike landing 	<ol style="list-style-type: none"> 1. Assisted pullover 2. Small cast, forward roll over bar to tuck hold
4	<ol style="list-style-type: none"> 1. Handstand 2. Cartwheel to star 3. Backward roll on floor 	<ol style="list-style-type: none"> 1. Mount, Side passé hold, pose, step kicks, backward scoops, ¼ turn with arms by ears, tuck jump dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Arm circle jumps on spot, straddle jump, angry cat bounce, donkey kicks 	<ol style="list-style-type: none"> 1. Jumps to tuck handstand, immediate forward roll down wedge to stand 	<ol style="list-style-type: none"> 1. High Bar: Dish and arch beats, Small dish swings
5	<ol style="list-style-type: none"> 1. Handstand hold 2. Cartwheel step in with assistance 3. Bridge on floor 4. Backward roll down wedge to straddle 	<ol style="list-style-type: none"> 1. Squat mount, arabesque, pose, backwards kicks, backward straight jump dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Arm circle, jump full turn, seat drop to ½ turn, pike jump to motorbike landing 2. Front sault to land on bottom in tuck in pit 	<ol style="list-style-type: none"> 1. Run, arm circle, tuck snap off board, motorbike landing 	<ol style="list-style-type: none"> 1. Glide swing, jump to straddle swings, controlled feet lowering down

6	<ol style="list-style-type: none">1. Full handstand hold2. Cartwheel step in3. Bridge kickover4. Backflip over flipper	<ol style="list-style-type: none">1. Squat mount, ½ passé turn, needle kick, pose, punch jump dismount to motorbike landing	<ol style="list-style-type: none">1. Front sault to land on bottom in tuck on crashmat on the tramp	<ol style="list-style-type: none">1. Jump from box to mini tramp, immediate forward roll down wedge to stand2. Handstand flat back	<ol style="list-style-type: none">1. Pullover to immediate cast, forward roll to L hold
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LEVEL	FLOOR	BEAM	TRAMP MW	VAULT	BARS
7	<ol style="list-style-type: none"> 1. Full handstand hold for 3 Seconds, forward roll 2. Hurdle cartwheel step in 3. Tick tock with one foot on box 4. Handspring off bouncy box to crash mat 	<ol style="list-style-type: none"> 1. - Scorpion kick - Split jump (on each leg) - ½ passé turn connected to ½ turn on 2 feet - Tuck jump ½ turn dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Split jump on both legs, back drop, jump full turn to motorbike landing 2. Split change leap 	<ol style="list-style-type: none"> 1. Jump from box to mini tramp, immediate handstand 	<ol style="list-style-type: none"> 1. Glide swings with re grip returns to box 2. Jump to straddle swings, land in front of bar 3. High Bar: 2x Long swings
8	<ol style="list-style-type: none"> 1. Roundoff 2. Tick tock 3. Front sault onto crash mat landing in tuck 	<ol style="list-style-type: none"> 1. Front support mount, split jump (both legs), scorpion kick, pose, ½ passé turn connected to ½ turn on 2 feet, tuck jump ½ turn dismount to motorbike landing 	<ol style="list-style-type: none"> 1. Front sault to feet on mat, motorbike landing 2. Front handspring 	<ol style="list-style-type: none"> 1. Jump from box to mini tramp, front sault to land on crash mat 	<ol style="list-style-type: none"> 1. Chin up pullover 2. Cast, backhip circle
9	<ol style="list-style-type: none"> 1. Roundoff tuck snap rebound 2. Back or front walkover 3. Backflip from mini tramp 	<ol style="list-style-type: none"> 1. - Handstand - Cartwheel - Split leap - Full passé turn - Roundoff dismount 	<ol style="list-style-type: none"> 1. Back sault to land in foam pit 2. Front sault on tramp to feet 	<ol style="list-style-type: none"> 1. Run, hurdle to board handstand flatback to 2 crashmats 	<ol style="list-style-type: none"> 1. Chin up pullover 2. Glide to kip toe touch 3. Undershoot
10	<ol style="list-style-type: none"> 1. Hurdle handspring on air track 2. Handstand half pivot 3. Backward roll to front support feet on height 	<ol style="list-style-type: none"> 1. Tuck hold mount, full passé turn, handstand, split leap, roundoff dismount 	<ol style="list-style-type: none"> 1. Backflip on tramp 2. Flyspring 	<ol style="list-style-type: none"> 1. Run, front sault off board to land with assistance 	<ol style="list-style-type: none"> 1. Cast to horizontal 2. Cast straddle toeshoot 3. High Bar: 4x Long swings

LEVEL	FLOOR	BEAM	TRAMP MW	VAULT	BARS
Adv 1	<ol style="list-style-type: none"> 1. Split change leap 2. Backflip with assistance 3. Back sault to crash mat from mini tramp 	<ol style="list-style-type: none"> 1. Cartwheel 2. Front handspring dismount 	<ol style="list-style-type: none"> 1. Pike front sault 	<ol style="list-style-type: none"> 1. Run, hurdle, to vault handspring flatback with assistance 	<ol style="list-style-type: none"> 1. Drop kip 2. Cast straddle toeshoot ½ turn 3. High Bar: Long hang, kick start, long swings
Adv 2	<ol style="list-style-type: none"> 1. Wolf turn 2. Side aerial from height 3. Forward pike roll to stand 	<ol style="list-style-type: none"> 1. Wolf jump 	<ol style="list-style-type: none"> 1. Back sault 	<ol style="list-style-type: none"> 1. Run, front sault off board to motorbike landing 	<ol style="list-style-type: none"> 1. Chin up pullover, immediate cast to horizontal 2. Cast pike toeshoot 3. High Bar: Wrap around
Adv 3	<ol style="list-style-type: none"> 1. Tourjetté 2. Back handspring 3. Back sault off height 	<ol style="list-style-type: none"> 1. ½ Wolf turn 	<ol style="list-style-type: none"> 1. Backflip connected to flyspring 	<ol style="list-style-type: none"> 1. Roundoff over vault 	<ol style="list-style-type: none"> 1. Kip 2. Cast pike toe shoot ½ turn 3. High Bar: Cast away to 3x long swings
Adv 4	<ol style="list-style-type: none"> 1. Round off, backflip 2. Side aerial on air track 3. Run, front sault to feet 	<ol style="list-style-type: none"> 1. Front OR back walkover 	<ol style="list-style-type: none"> 1. Front layout onto back landing on crash mat 	<ol style="list-style-type: none"> 1. Run to board, handspring over vault 	<ol style="list-style-type: none"> 1. Fronthip circle 2. Backhip circle to front support hold

MEDALLION PROGRAM

The Waverley Gymnastics Medallion Program is for gymnasts who have achieved levels 1 – 10 and the advanced 1 – 4 modules. The Medallion program sees gymnasts undertake two days of training (optional) at our Oakleigh Campus and works through the most challenging skills of the educational curriculum.

Please note due to the complexity of the skills within this program, gymnasts are expected to move through the levels at a slower pace.

LEVEL	FLOOR	BEAM	TRAMP MW	VAULT	BARS
Adv Bronze	<ol style="list-style-type: none"> 1. Backward roll to handstand 2. Leg at horizontal full turn 3. Roundoff connected to Immediate backflip 	<ol style="list-style-type: none"> 1. Front sault dismount 	<ol style="list-style-type: none"> 1. Front layout 	<ol style="list-style-type: none"> 1. Run to board OR mini tramp, handspring to feet over FIG vault 	<ol style="list-style-type: none"> 1. Kip to immediate cast 2. High Bar: Long swings wrap around, backhip circle, cast away to small swing ½ turn dismount
Adv Silver	<ol style="list-style-type: none"> 1. Side aerial on floor 2. Backward roll to handstand ½ turn 3. Run, punch front sault rebound 	<ol style="list-style-type: none"> 1. Low Beam: Split change 2. Cartwheel, back sault dismount 	<ol style="list-style-type: none"> 1. Backflip connected to back sault 	<ol style="list-style-type: none"> 1. Run to board OR mini tramp, handspring to feet over FIG vault up to crash mats 2. Run to board OR mini tramp, roundoff to feet over fig vault up to crash mats 	<ol style="list-style-type: none"> 1. Glide kip cast, backhip circle 2. Cast to handstand 3. High Bar: Flyaway into foam pit
Adv Gold	<ol style="list-style-type: none"> 1. Roundoff backflip back sault 2. Standing back sault 3. Cartwheel connected to back handspring 	<ol style="list-style-type: none"> 1. Low Beam: Sheep jump 2. Back sault dismount 	<ol style="list-style-type: none"> 1. Front layout connected to front sault 	<ol style="list-style-type: none"> 1. Tsukahara from mini tramp into foam pit with assistance 	<ol style="list-style-type: none"> 1. Hiccup 2. High Bar: Baby giant 3. High Bar: Flyaway to crash mat