

## **TENS PROGRAM**

The TENS Program is a four-stage program developed for pre-competitive athletes ages five to eight years old. The program is geared towards preparing young female gymnasts for the ASPIRE program and therefore is comprised of developmental skills accordingly ensuring that even if the gymnasts do not end up in the Aspire program, they have an excellent foundation and strong gymnastic basics for competitive programs. Although there is no age restrictions for the TENS Program, it is recommended to be used as a Pre-Competitive Program. Progression through the stages will be solely according to skill level and not age.

The number of attempts each gymnast has per skill is as follows:

- Pre TENS – gymnast is allowed two tries – best attempt counts
- TENS I– gymnast is allowed two tries – best attempt counts
- TENS II – gymnast is allowed two tries – best attempt counts
- TENS III – gymnast is only allowed one attempt per skill and may choose 1 skill per event to retry.

Each skill listed will be marked based on 3 categories: completion of the skill, minimal execution, and a specific technical criterion based on the skill. Number of attempts per skill will vary depending on the level. Each skill can receive a maximum of 3 points towards the athlete's final score. Each physical abilities skill has a maximum of one point towards the final score. There is no maximum number of testing sessions an athlete may remain at one stage.

Athletes will progress to the next stage upon completion of **80%** of the points on the associated list. However, coaches can decide to have their athlete repeat a level to achieve a higher score. For Pre TENS 80% is 65/81 points, TENS I is 66/82 points, TENS II is 68/85 skills, and TENS III is 72/90 points.

Warm-up at TENS Testing events will be a 15-minute general, followed by a minimum 5-minute group warm-up at the discretion of the event evaluator. Specific event warm-up may vary according to TENS skill level and/or number of athletes. For Uneven Bars strap skills, each athlete is allowed a maximum of 2 warm-up turns per strap skill.

If a gymnast is spotted during their Evaluation turn, they are only to be scored on Execution and can only receive 1/3 points for that skill.

**Pre TENS Record Chart**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**A=Completion; B=Execution; C=Technical Criteria**

	A	B	C	Comments
<b><u>Vault</u></b>				
Assemble from block to board, punch to block	---	---	---	_____
Handstand	---	---	---	_____
From knees - donkey kick to stomach on 20cm	---	---	---	_____
Run, Punch onto 20cm	---	---	---	_____

<b><u>Bars</u></b>				
1 Glide Swing	---	---	---	_____
5 Beat Swings	---	---	---	_____
Front support, roll over to hang	---	---	---	_____
Jump to squat on from Front Support - flr bar	---	---	---	_____
Ankles to Thigh Hold - hold 3 seconds	---	---	---	_____

<b><u>Beam</u></b>				
Straddle L - 5 seconds	---	---	---	_____
Pivot Turn	---	---	---	_____
Jump prep	---	---	---	_____
Bridge on Low beam	---	---	---	_____
3 Scissor Handstands	---	---	---	_____
Arabesque - 3 seconds	---	---	---	_____
Turn prep flat foot	---	---	---	_____
Lunge, Lever to Horizontal, Lunge	---	---	---	_____

<b><u>Floor</u></b>				
Turn Prep	---	---	---	_____
Bridge Stand onto 20cm	---	---	---	_____
R-off to Knees on 20cm	---	---	---	_____
Pike sit, Snap Open to Layout Position on 20cm	---	---	---	_____
Bwd Roll with Straight Arms	---	---	---	_____
Fwd Roll with Straight Arms	---	---	---	_____
Cartwheel	---	---	---	_____
Handstand to Bridge	---	---	---	_____

<b><u>Physical Abilities</u></b>			
3 Chin Ups	---	Right Split	---
Coordinated Sprint	---	Left Split	---
Half Handstand -10 sec	---	Middle Split	---
Rope Climb with Legs	---	Bridge	---

Overall Comments:

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**TENS Stage I Record Chart**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**A=Completion; B=Execution; C=Technical Criteria**

	A	B	C	Comments
<b><u>Vault</u></b>				
Run, Punch onto 60cm	---	---	---	_____
Jump to Stick off 60cm	---	---	---	_____
Handstand Flat-back from Block to Mini Tramp	---	---	---	_____
Handstand Flat-back on 20cm	---	---	---	_____

<b><u>Bars</u></b>				
5 Beat Swings to 5 Long Swings - Straps	---	---	---	_____
3 Glide Swings	---	---	---	_____
3 Casts - Feet at Bar Height	---	---	---	_____
Back Hip Circle	---	---	---	_____
Chin-up Pullover - From Stand or Jump	---	---	---	_____

<b><u>Beam</u></b>				
Straddle-L Press to Feet - Cross or Side	---	---	---	_____
Cartwheel to HS to Flat-Back	---	---	---	_____
Cartwheel on Low	---	---	---	_____
One Turn Prep - Each Leg	---	---	---	_____
Handstand Flat-Back - End of Beam	---	---	---	_____
Bridge Stand - Hands on End of Beam	---	---	---	_____
Straight Leg Leap	---	---	---	_____
3 Straight Jps Connected	---	---	---	_____

<b><u>Floor</u></b>				
½ Turn - Pivot	---	---	---	_____
Front Walkover	---	---	---	_____
Split Jump	---	---	---	_____
Split Leap	---	---	---	_____
Back Handspring to Support	---	---	---	_____
Back Handspring to Feet on Decline	---	---	---	_____
Back Walkover	---	---	---	_____
Round-off Punch to Flat-Back	---	---	---	_____

<b><u>Physical Abilities</u></b>			
5 Chin Ups	---	Right Split	---
5 Leg Lifts	---		
20m run in 4.5 sec	---	Left Split	---
HS on Wall -10 sec	---	Middle Split	---
Rope Climb 5 steps	---	Bridge	---

Overall Comments:

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**TENS Stage II Record Chart**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**A=Completion; B=Execution; C=Technical Criteria**

	A	B	C	Comments
<b><u>Vault</u></b>				
Run, Punch, Handspring Flat-Back	---	---	---	_____
Run, Punch onto 80cm	---	---	---	_____
Round-Off up to 20cm	---	---	---	_____
Handstand Pop to Flat-Back	---	---	---	_____

<b><u>Bars</u></b>				
5 Beat Swings to 5 Long Swings Above Bar - Straps	---	---	---	_____
Back Thigh Circle	---	---	---	_____
Glide Kip - Low or High Bar	---	---	---	_____
Cast Above Horizontal	---	---	---	_____
Squat On	---	---	---	_____

<b><u>Beam</u></b>				
Straddle-L - 1/2 Press to HS - Return to Straddle L	---	---	---	_____
1/2 Turn - Pivot	---	---	---	_____
Split Leap - 150°	---	---	---	_____
Split Jp	---	---	---	_____
Cartwheel on Medium Beam	---	---	---	_____
BWO on Low Beam	---	---	---	_____
Tic-Toc on Low Beam - Exit Optional	---	---	---	_____
Cartwheel Step In - Punch off Low Beam	---	---	---	_____

<b><u>Floor</u></b>				
FWO - Cartwheel - BWO	---	---	---	_____
Hurdle - FHS Two Feet	---	---	---	_____
Hurdle - Round-off - BHS	---	---	---	_____
Block to Board - Flyspring onto 20cm	---	---	---	_____
Block to Board - Dive Roll 40-60cm	---	---	---	_____
Leap Pass with Split Leap & Split/Straddle Jp	---	---	---	_____
Full Turn	---	---	---	_____
Backwards Roll to Front Support	---	---	---	_____

**Physical Abilities**

10 Chin Ups	---	Right Split	---	Right Front Kick	---
10 Leg Lifts	---	Left Split	---	Left Front Kick	---
20m run in <4.5 sec	---	Middle Split	---		
HS on Wall -30 sec	---	Bridge	---		
Rope Climb 10 steps	---				

Overall Comments:

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**TENS Stage III Record Chart**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**A=Completion; B=Execution; C=Technical Criteria**

	A	B	C	Comments
<b><u>Vault</u></b>				
Run, Punch, Handspring Flat-Back - 115cm	---	---	---	_____
RoundOff to Knees - 100cm	---	---	---	_____
Round-Off Punch from Board to Sit - 100cm	---	---	---	_____
Round-Off - BHS onto 40-60cm - No Board	---	---	---	_____

<b><u>Bars</u></b>				
3 Giants on Straps - Optional Entry	---	---	---	_____
Clear Hip on Straps - From Block to Block	---	---	---	_____
Cast to HS	---	---	---	_____
3 Kips in a Row	---	---	---	_____
Baby Giant from Cast	---	---	---	_____

<b><u>Beam</u></b>				
Press to HS - Return to Straddle-L	---	---	---	_____
Full Turn	---	---	---	_____
Split Leap - Straight Jp	---	---	---	_____
Split Jp - Straight Jp	---	---	---	_____
BWO	---	---	---	_____
FWO on Low Beam	---	---	---	_____
BHS - Step-out	---	---	---	_____
Round-off Punch off Floor or Low Beam	---	---	---	_____

<b><u>Floor</u></b>				
FHS - FHS	---	---	---	_____
Run, Punch, Flyspring	---	---	---	_____
Hurdle - R-off - 3 BHS	---	---	---	_____
R-off - BHS - Back Tuck	---	---	---	_____
Back Extension to HS	---	---	---	_____
Switch Leap	---	---	---	_____
1 1/2 Turn	---	---	---	_____
Front Tuck	---	---	---	_____

<b><u>Physical Abilities</u></b>							
15 Chin Ups	---	Right Split	---	R Front Kick	---	L Front Kick	---
15 Leg Lifts	---	Left Split	---	R Side Kick	---	L Side Kick	---
20m run in <4 sec	---	Middle Split	---	R Back Kick	---	L Back Kick	---
HS Hold - 10 sec	---	Bridge	---				
Rope Climb 15 steps	---						

Overall Comments:  
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## PRE-TENS PROGRAM

### VAULT – PRE-TENS

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Assemble from Block to Board, Punch to Block	Starting with two feet on a block, athlete performs an assemble onto the board and immediately punches onto another block. <ul style="list-style-type: none"> <li>• Feet must take-off and land at the same time.</li> <li>• Athlete must only touch the board once on rebound</li> </ul>	Gymnast must land standing tall on the block. <ul style="list-style-type: none"> <li>• Gymnast may step forward upon landing, if they show stretched position from the board to the block prior to the step(s)</li> <li>• If the gymnast falls backward, the skill is not considered complete</li> </ul>	Under-arm swing
Handstand	Starting in a lunge position or from stretch, gymnast levers into a handstand position, showing a straight body position before returning to a lunge.	Gymnast must show a lever action into and out of the handstand and reach vertical. <ul style="list-style-type: none"> <li>• Up to 2 steps on their hands</li> </ul>	Body alignment
From Knees – Donkey Kick to Stomach on 20cm	Gymnast starts on their knees on a 20cm mat and performs a donkey kick action, reaching their arms forwards onto their hands and immediately pushes to land on their belly	Gymnast must land on their stomach in a tight and straight body position	Body alignment throughout skill
Run, Punch onto 20cm	Starting less than 10 meters from the board, gymnast runs towards the board, performs a hurdle onto the board to immediate punch off onto 20cm height <ul style="list-style-type: none"> <li>• Feet must take-off and land at the same time</li> <li>• Athlete must only touch the board once on rebound</li> </ul>	Gymnast must land standing tall on the mat. <ul style="list-style-type: none"> <li>• Gymnast may step forward upon landing, if they show stretched position from the board to the block prior to the step(s)</li> <li>• If the gymnast falls backward, the skill is not considered complete</li> </ul>	Body alignment in jump

### BARS – PRE-TENS

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
1 Glide Swing	Starting from stand, athlete performs one piked glide swing to land back in a stand on the floor or block or other surface	Feet must remain together and legs straight throughout swing. <ul style="list-style-type: none"> <li>• Legs must be in piked position immediately following the jump from stand</li> </ul>	Straight body/open position in glide
5 Beat Swings	Starting from hang, the gymnast moves to outcurve position, 'beats' to incurve and repeats 5 times <ul style="list-style-type: none"> <li>• In incurve gymnast re-grasps the bar</li> </ul>	Athlete must show sufficient range of motion form incurve and outcurve positions, and must show a re-grasp in incurve position <ul style="list-style-type: none"> <li>• Feet must remain together throughout the 5 beat swings</li> </ul>	In/out curve positions
Front Support, Roll Over to Hang	Starting from a front support position on the low bar, gymnast rolls forward to a controlled hang	Legs must remain together with legs straight throughout the entire skill	Hollow body position throughout entire skill
Jump to Squat On from Front Support – Floor Bar	Gymnast starts in a front support with their hands on a floor bar on the ground. Gymnast then jumps to land with their feet also on the floor bar between their hands and then stands up and jumps off the bar.	Knees must remain together during the entire skill <ul style="list-style-type: none"> <li>• Shoulder must be no wider than shoulder-width apart</li> </ul>	Showing control throughout skill
Ankles to Thigh Hold – Hold 3 seconds	Gymnast starts in a hanging position with their ankles on the bar and then moves to a thigh hold position keeping legs close to the bar throughout the skill	Legs must remain together and straight throughout the skill <ul style="list-style-type: none"> <li>• Thigh hold position must be held for 3 seconds</li> </ul>	Head stays in

**BEAM – PRE-TENS**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Straddle-L – 5 Seconds	Starting in a straddle position, either cross or sideways on the beam, gymnast will lift so that their body and legs are off the beam, supporting on just their hands for 5 seconds	Legs must remain straight with feet above beam height for the entire 5 seconds	Feet at hip height or above
Pivot Turn	Starting on the beam in a relevé position with one foot slightly in front, gymnast will perform a pivot to finish in relevé	Gymnast must not wobble or pause during the pivot turn <ul style="list-style-type: none"> <li>• Straight body must be shown when in relevé</li> </ul>	Maintain relevé
Jump Prep	Starting in a stand position on the beam, gymnast moves to demi-plié and then lifts up to relevé reaching arms overhead and holding relevé for 3 seconds before returning to demi-plié	Gymnast must perform entire skill without any wobbles <ul style="list-style-type: none"> <li>• Straight body must be shown when in relevé</li> </ul>	Hold 3 seconds in relevé
Bridge on Low Beam	Starting laying on their back on low beam with hands on the beam and feet on the floor beside the beam, gymnast pushes up into a bridge position and then walks feet onto the beam and holds bridge for 3 seconds <ul style="list-style-type: none"> <li>• Must be performed on a floor beam or low beam with mats stacked on the sides of the beam</li> </ul>	Gymnast must perform the bridge with straight arms and legs once they have both hands and feet on the beam and hold for 3 seconds	Shoulders in line with hands
3 Scissor Handstands	Starting in a lunge position or from stretch, the gymnast performs a handstand on the beam, switching legs at the top to land with feet back on the beam. Gymnast then kicks back up and switches legs again and repeats until they have completed three times. <ul style="list-style-type: none"> <li>• Hands remain on the beam during the 3 scissor handstands</li> </ul>	Arms must remain straight with hands on the beam during the entire skill <ul style="list-style-type: none"> <li>• Legs must be straight when performing the scissor action</li> </ul>	Arms to ears throughout
Arabesque – 3 Seconds	Gymnast levers into an arabesque and holds for 3 seconds, returning to lunge	Gymnast must hold arabesque position with body upright and free leg at at knee height or above for 3 seconds <ul style="list-style-type: none"> <li>• Free leg must remain straight while in the air</li> </ul>	Foot placement – slightly turned out
Turn Prep – Flat Foot	Starting from stand, the gymnast moves into a passé with arms over head, holds for 3 seconds <ul style="list-style-type: none"> <li>• Various techniques may be used for entry/exit, however the key aspect of a turn prep is the ability to hold the passé with a straight body for 3 seconds</li> </ul>	Gymnast must hold the turn prep for 2 seconds <ul style="list-style-type: none"> <li>• No wobbles permitted when in the passé position</li> <li>• Athlete must show a straight body line and ample stretch on completion</li> </ul>	Foot must slide up against support leg
Lunge, Lever to Horizontal, Lunge	Starting from a lunge position or stretch, gymnast levers until arms, body and free leg are all horizontal, pause and then return to lunge.	Gymnast must hold arabesque position with body and free leg at horizontal for 3 seconds <ul style="list-style-type: none"> <li>• Free leg must remain straight while in the air</li> <li>• Arm position is overhead during lever</li> </ul>	Body alignment – levering action

**FLOOR – PRE-TENS**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Turn Prep	Starting from stand, the gymnast moves into passé on toe with arms over head, holds for 2 seconds <ul style="list-style-type: none"> <li>• Various techniques may be used for entry/exit, however the key aspect of a turn prep is the ability to hold the passé position on toe with a straight body for 3 seconds</li> </ul>	Gymnast must hold turn prep for 3 seconds in relevé <ul style="list-style-type: none"> <li>• No wobbles are permitted when in relevé</li> <li>• Athlete must show a straight body line when in relevé; and ample stretch on completion</li> </ul>	Relevé position
Bridge Stand – Hands onto 20cm	Starting from stand with arms overhead, gymnast bends backward to land in a bridge position. Gymnast then stands back up to finish in a stand position again	Gymnast may pause in the bridge position without moving their hands or feet before returning to stand <ul style="list-style-type: none"> <li>• Feet may be no wider than shoulder width apart</li> </ul>	Arms by ears throughout
Round-off to Knees on 20cm	Starting from a lunge on the floor, gymnast performs a round-off landing on their knees on a 20cm mat	Gymnast must land on their knees with their hips directly above their knees and body straight up <ul style="list-style-type: none"> <li>• If the gymnast leaves their chest down upon the landing, the skill is not considered complete</li> </ul>	Round shape
Pike Sit, Snap Open to Layout Position on 20cm	Starting in a pike sit on a 20cm mat, gymnast then snaps open to lay flat on the mat	Gymnast must land their upper body on the mat at the same time and finish with hips raised off the mat in a tight outcurve	Arms by ears throughout
Bwd Roll with Straight Arms	Starting from stand, gymnast rolls backward with straight legs to finish in a pike stand	Legs and arms must stay straight throughout the entire skill	Maintain piked position
Fwd Roll with Straight Arms	Starting from a stand, gymnast rolls forward with straight arms, bending knees only to stand up at the end	Arms must stay straight throughout the skill until <ul style="list-style-type: none"> <li>• Gymnast may bend their knees to stand up but may not use their hands</li> </ul>	Head in throughout
Cartwheel	Starting from a lunge or stretch, the gymnast performs a cartwheel finishing in a lunge position with square hips <ul style="list-style-type: none"> <li>• A hurdle off of two feet may be performed into the cartwheel if desired</li> <li>• Arms remain by ears</li> </ul>	Arms and legs must remain straight throughout the cartwheel and arms must remain by ears	Lever into and out of skill
Handstand to Bridge	Starting from a lunge or stretch, the gymnast performs a handstand finishing in a bridge	Arms and legs must remain straight throughout the skill <ul style="list-style-type: none"> <li>• Legs must not land more than shoulder-width apart</li> <li>• No 'hopping' or foot movement is allowed in the bridge position</li> </ul>	Body alignment throughout

**PHYSICAL ABILITIES – PRE-TENS**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>
3 Chin-ups	Starting from a still hang on the bar, the gymnast pulls on the bar to lift their chin over the bar, returns to still hang and repeats a total of 3 times. <ul style="list-style-type: none"> <li>• No 'beating' or bent knees permitted</li> <li>• Hands must be in over grip</li> </ul>	Gymnast must show their chin over the bar with each chin up and perform all 3 with no pauses in between. <ul style="list-style-type: none"> <li>• No 'beating' or bent knees permitted</li> </ul>
Coordinated Sprint	Starting from stand with both feet behind the start line, the gymnast sprints until they cross the finish line. <ul style="list-style-type: none"> <li>• Distance between the start and finish line is 20 meters</li> <li>• There is no time limit for Pre-TENS</li> </ul>	Gymnast must show coordination in sprint with proper arm swing.
Half Handstand – 10 Seconds	The gymnast performs a handstand with their feet elevated, creating a 90° angle at the hips	Gymnast must show proper straight body position from their hands to their hips.
Rope Climb with Legs	Starting from a straddle sit, the gymnast must climb the rope to the top (or 3 metres) while using their legs.	Gymnast must show proper climbing technique, stepping one hand over the other. Gymnast may use their legs.
Right/Left/Middle Split	Gymnast shows either right, left or middle splits on a line. For right and left leg splits, chest should be vertical; for middle splits, chest is laying on the floor.	Gymnast must show 1 of either right, left or middle splits within 3cm of the ground, <ul style="list-style-type: none"> <li>• Legs and feet must be clearly executed</li> <li>• For right and left splits, chest must be held vertical</li> </ul>
Bridge	Gymnast shows a bridge with their hands on a line, and hold until the tester indicates they are finished. <ul style="list-style-type: none"> <li>• Legs should be together, and both arms and legs should be straight</li> </ul>	Gymnast must show a bridge with shoulders directly above or past the line, with straight arms and straight legs.



## TENS I PROGRAM

### *VAULT – TENS I*

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Run, Punch onto 60cm	Starting less than 10 metres from board, athlete runs towards the board, performs a hurdle onto the board to immediate punch off onto 60cm height <ul style="list-style-type: none"> <li>• Feet must take-off and land at the same time</li> <li>• Athlete must only touch the board once on rebound</li> </ul>	Athlete must land standing tall on the 60cm height, landing on both feet at the same time <ul style="list-style-type: none"> <li>• Athlete may step forward upon landing, if they show stretched position from the board to landing on the height prior to the step(s)</li> <li>• If the athlete falls backwards, the skill is not considered complete</li> </ul>	Body alignment – straight body
Jump to Stick off 60cm	Starting with two feet together standing on a 60cm height (2 blocks), athlete performs a straight jump off height to land on floor <ul style="list-style-type: none"> <li>• 60cm is measured from floor to top of height gymnast will be taking off from</li> <li>• Height and landing must be a firm surface</li> </ul>	Athlete must show full extension off height and land in a 'stuck' position on floor <ul style="list-style-type: none"> <li>• On landing, feet must be no more than shoulder width apart and shoulders must be above hip height</li> <li>• If one or more feet move on landing, or feet are more than shoulder width apart, or shoulders are below the hips, the landing is not considered 'stuck'</li> </ul>	Body alignment – straight body in the air
Handstand Flat-back from Block to Mini-Tramp onto Height	Starting from two feet together on a block, the gymnast may perform an assemblé or hurdle to a mini trampoline and perform a handstand flatback onto a surface that is 20cm above mini-trampoline height	Gymnast must show a straight body handstand as she passes through vertical and maintain that position to land on back on the mat	Body alignment
Handstand Flat-back on 20cm	Starting from a lunge, athlete passes through a straight, vertical handstand and lands in a straight body position on 20cm mat <ul style="list-style-type: none"> <li>• No steps or hurdle are permitted before the handstand</li> </ul>	Gymnast must show a straight body handstand as she passes through vertical and maintain that position to land on back on the mat	Body alignment – straight body

### *BARS – TENS I*

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
5 Beat Swings to 5 Long Swings – Straps	Starting from a hang in straps, the gymnast moves to outcurve position, 'beats' to incurve and repeats five times, then lifts toes towards the bar, stretches out to a counter swing, then performs 5 long swings <ul style="list-style-type: none"> <li>• In the incurve of the beat swing and the back of the long swing, the gymnast re-grasps the bar</li> <li>• Athlete must show incurve in the back of the long swing and a 'beat' through to incurve in the front swing</li> </ul>	Athlete must show sufficient range of motion from incurve and outcurve positions in the beat swing. In the long swing, athlete must show incurve in the front and back swing and a 'beat' swing through the bottom <ul style="list-style-type: none"> <li>• Feet must remain together throughout all swings</li> <li>• Athlete must show sufficient stretch throughout the long swings, with shoulders remaining close to extension in the front of the swing</li> <li>• There is no height requirement for this level</li> </ul>	Incurve and outcurve positions
3 Glide Swings	Starting from stand athlete performs three piked glide swings in a row, to land back in stand on the floor <ul style="list-style-type: none"> <li>• Athlete is to show re-grasp in the back swing of each glide swing</li> <li>• Athlete may use a board or block to jump off of at the start</li> </ul>	Athlete must perform 3 piked glide swings in a row, showing a re-grasp in each swing <ul style="list-style-type: none"> <li>• Feet must remain together</li> <li>• Legs must be in piked position immediately following the jump from stand</li> </ul>	Stretch in the glide swing
3 Casts – Feet at Bar Height	Starting from front support on the low bar, gymnast performs three casts in a row with feet at bar height <ul style="list-style-type: none"> <li>• Athlete must be in a straight/hollow body position in the cast</li> </ul>	Athlete must show a cast with feet reaching bar height or higher <ul style="list-style-type: none"> <li>• Feet must remain together</li> <li>• 3 casts are to be performed continuously</li> </ul>	Straight/hollow body position – no arch
Back Hip Circle	Starting from front support on the low bar, gymnast performs one cast to immediate back hip circle <ul style="list-style-type: none"> <li>• Athlete must be in straight/hollow body position throughout the skill</li> <li>• Athlete finishes in front support position on the bar</li> </ul>	Athlete must remain on the bar in front support to finish the skill	Body alignment straight or incurve
Chin-up Pullover – from Stand or Jump	Starting from stand, the gymnast pulls their chin over the bar then pulls their toes over the bar through a pike position to a front support on the bar <ul style="list-style-type: none"> <li>• Pullover is to be performed on the low bar with hands in over grip</li> </ul>	Both feet must leave the floor at the same time for the pullover <ul style="list-style-type: none"> <li>• Skill must be performed in a continuous motion.</li> </ul>	Show chin above bar before pullover

**BEAM – TENS I**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Straddle-L, Press to Feet – Cross or Side	Starting in a straddle-L cross or side, gymnast performs the first part of a press to handstand, bringing their feet together to land in a pike or straddle stand on the beam <ul style="list-style-type: none"> <li>Legs remain straight throughout the skill to the stand</li> <li>Space between hands and feet in the stand should be relatively small</li> </ul>	Gymnast must show a supported straddle-L hold with feet above beam to start <ul style="list-style-type: none"> <li>Athlete must remain on the beam, showing control in the stand.</li> </ul>	Hold straddle-L for 3 seconds prior to press
Cartwheel to Handstand Flat-back	Starting from lunge or stretch, the gymnast performs a cartwheel on the beam, stopping in a handstand position and then falling to their back on a mat on the side of the beam	Gymnast must pass through vertical showing a handstand position before the flat-back <ul style="list-style-type: none"> <li>If shoulders, hips or heels clearly land first, the straight body position is considered to be broken and the skill is not completed</li> </ul>	Lever into the handstand position
Cartwheel on Low Beam	Starting from lunge or stretch, gymnast performs a cartwheel on the low beam to land in a lunge with hips square and arms in preferred presentation position <ul style="list-style-type: none"> <li>Cartwheel may alternatively start from a front kick entry</li> </ul>	Gymnast must perform a cartwheel that passes through near the vertical mark and hold the landing position	Lever action in and out of skill
One Turn Prep on Each Leg	Starting from stand, the gymnast moves into a passé on toe with arms over head, holds for 3 seconds, then repeats on the other leg <ul style="list-style-type: none"> <li>Various techniques may be used for entry/exit, however the key aspect of a turn prep is the ability to hold the passé position on toe with a straight body for 3 seconds</li> </ul>	Gymnast must hold each turn prep for 3 seconds in relevé <ul style="list-style-type: none"> <li>Athlete must show a straight body line when in relevé; and ample stretch on completion</li> </ul>	3 second hold
Handstand Flat-back – End of Beam	Starting from a lunge or stretch, gymnast performs a handstand at the end of the beam, and then falls to their back onto a mat with a straight body	Gymnast must show a straight body position in the handstand and when landing on their back	Lever in
Bridge Stand – Hands on End of Beam	Starting from a stand position with their feet on either side of a low beam or at the end of a low beam, gymnast reaches back to a bridge position with their hands on the beam and then returns to stand	Gymnast must not stop in bridge position for more than 3 seconds before returning to stand <ul style="list-style-type: none"> <li>Feet must remain in place throughout the skill without any steps</li> </ul>	Arms by ears throughout
Straight Leg Leap	Starting from stand on the beam, gymnast may take no more than 2 steps and then perform a straight leg leap showing a minimum of 90° split, landing in an arabesque position	Gymnast must show at least 90° split in the leap <ul style="list-style-type: none"> <li>Gymnast must land in arabesque without hops on the landing</li> </ul>	Arabesque hold 2 seconds
3 Straight Jumps Connected	Starting from stand, the gymnast performs three connected straight jumps taking off and landing on both feet simultaneously <ul style="list-style-type: none"> <li>Arms swing from the hips when initiating the first jump, to over head when in the air</li> <li>Legs are straight and together throughout both jumps and hips are stretched in the air, to show the straight position</li> <li>Immediate connection is to be shown between the jumps</li> </ul>	Gymnast must show amplitude off the beam and a straight body in the air for both jumps <ul style="list-style-type: none"> <li>Jumps must be connected</li> </ul>	Body alignment – straight body position

**FLOOR – TENS I**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech Criteria</b>
½ Turn – Pivot	Starting from stand, the gymnast moves into a passé on toe with arms over head with a ½ turn to relevé, then immediately performs half turn on two feet in relevé <ul style="list-style-type: none"> <li>• Various techniques may be used for entry/exit, however the key aspect of a ½ turn - pivot turn is the ability to hold the passé position in the first half, then show control into the pivot turn in relevé</li> <li>• Both turns are to be performed one after another, in a continuous movement</li> </ul>	Gymnast must perform the ½ turn on one foot immediately following a pivot turn on two feet <ul style="list-style-type: none"> <li>• Athlete must show a straight body line when in relevé; and ample stretch on completion</li> </ul>	Maintain relevé position throughout
Front Walkover	Starting from lunge or front kick, the gymnast performs a front walkover finishing standing tall	Arms must remain by the ears throughout the entire skill <ul style="list-style-type: none"> <li>• Gymnast must show control upon completing the walkover without hops upon the landing</li> </ul>	Showing handstand position
Split Jump	Starting with two feet together, the gymnast performs a vertical jump to a split position, then lands with two feet together <ul style="list-style-type: none"> <li>• At the top of the jump, the gymnast should show a split near the 180° mark, the chest is to remain vertical, and arms should be in a stretched position to either side</li> </ul>	Gymnast must show between a 135° and 180° split, with chest remaining near the vertical mark <ul style="list-style-type: none"> <li>• Both feet must leave the floor then make contact with the floor at the same time on take-off and landing.</li> <li>• Legs must be straight in the split position</li> </ul>	Sufficient amplitude
Split Leap	Starting with one foot in front, the gymnast performs a chassé, followed directly by a vertical take-off from one foot to a split position, then lands with the opposite foot from take-off <ul style="list-style-type: none"> <li>• At the top of the leap, the gymnast should show a split near the 180° mark, the chest is to remain vertical, and arms should be in a stretched position</li> <li>• Exit out of the split leap may be landing in arabesque, a step forward, or followed by a second chassé</li> </ul>	Gymnast must show between a 135° and 180° split, with chest remaining near the vertical mark <ul style="list-style-type: none"> <li>• Gymnast must take-off from one foot and land with the opposite foot touching first</li> <li>• Legs must be straight in the split position.</li> </ul>	Arabesque position upon landing
Back Handspring to Support	Starting from two feet on a 20cm mat, gymnast jumps backwards through a handstand position to finish in a front support	Gymnast must show control throughout the entire skill <ul style="list-style-type: none"> <li>• Both feet must take-off and at the same time, staying together throughout the skill</li> <li>• If gymnast's head touches the floor – completion is not given</li> </ul>	Finish position – incurve
Back Handspring to Feet on Decline	Starting from two feet at the top of a decline, gymnast jumps backwards through a handstand position to finish in a stand with two feet together	Both feet must take-off and land at the same time, staying together throughout the skill <ul style="list-style-type: none"> <li>• If gymnast's head touches the floor, completion is not given</li> </ul>	Incurve position upon landing
Back Walkover	Starting in a tall stand position, with one foot in front, the gymnast bends backwards into a bridge position, kicks through a split handstand and finishes in a lunge <ul style="list-style-type: none"> <li>• As the gymnast bends backwards, the foot starting in front lifts towards the vertical mark</li> <li>• When the hands touch the floor in the bridge position, only the base leg should still be in contact with the floor</li> </ul>	Gymnast must show control throughout the back-walkover, including the split handstand phase <ul style="list-style-type: none"> <li>• Split should be observed in the handstand phase</li> </ul>	Showing handstand position
Round-off Punch to Flat-back	Starting from a lunge, or hurdle, the gymnast performs a round-off connected directly to a punch backwards to land in a stretched position on a 20cm mat	Gymnast must perform the round-off passing near the vertical mark, connected directly to the punch and land flat-back <ul style="list-style-type: none"> <li>• Arms must remain by ears and straight throughout the entire skill</li> </ul>	Showing round position – no pike

**PHYSICAL ABILITIES – TENS I**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>
5 Chin-ups	Starting from a still hang on the bar, the gymnast pulls on the bar to lift their chin over the bar, returns to still hang and repeats a total of 5 times. <ul style="list-style-type: none"> <li>No 'beating' or bent knees permitted</li> <li>Hands must be in over grip</li> </ul>	Gymnast must show their chin over the bar with each chin up and perform all 5 with no pauses in between. <ul style="list-style-type: none"> <li>No 'beating' or bent knees permitted</li> </ul>
5 Leg Lifts	Starting from a still hang on the bar, the gymnast raises their legs through puke position to touch their toes to the bar, and repeat five times <ul style="list-style-type: none"> <li>Legs lifts should be performed on wall bars if available, with hands in over grip</li> <li>If not performed on wall bars, at the hang phase of the leg lift, the gymnasts feet are to remain in front of their body</li> </ul>	Gymnast must perform all five leg lifts with no pauses <ul style="list-style-type: none"> <li>Feet must touch the bar on each leg lift</li> <li>Legs must remain together and straight throughout all five leg lifts</li> </ul>
20m Run in 4.5 seconds	Starting from stand with both feet behind the start line, the gymnast sprints until the crosses the finish line. <ul style="list-style-type: none"> <li>Distance between the start and finish line is 20 meters</li> <li>Time starts when the tester says "go: and ends when the gymnast is completely across the finish line</li> </ul>	Gymnast must pass the 20m mark in the 4.5 second time mark <ul style="list-style-type: none"> <li>The gymnasts entire body must be past the finish line by the 4.5 second time mark</li> <li>The gymnast must not start before the tester says "go"</li> </ul>
Handstand against Wall – 10 seconds	With the stomach facing towards the wall, the gymnast holds a handstand balancing against the wall for 10 seconds <ul style="list-style-type: none"> <li>Entry into the handstand is optional</li> </ul>	Gymnast must remain in handstand for the complete 10 seconds, with a straight body position <ul style="list-style-type: none"> <li>Gymnast must show a proper body position throughout the 10 seconds. if bending of the arms, legs or arching of the back is observed the skill is not considered completed</li> </ul>
Rope Climb – 5 steps without legs	Starting from a straddle sit/pike sit, the gymnast performs 5 steps/pulls up the rope, while holding their legs in the straddle position <ul style="list-style-type: none"> <li>Legs are not to close on the rope until 5 steps are completed</li> <li>Each time one hand passes over the other it is considered 1 step</li> </ul>	Gymnast must perform all 5 steps without closing the legs on the rope <ul style="list-style-type: none"> <li>Legs are preferred to be held in a horizontal straddle or pike, however the steps may be counted if the legs drop slightly. The steps may not count if the legs bend</li> </ul>
Right/Left/Middle Splits	Gymnast shows either right, left or middle splits on a line. For right and left leg splits, chest should be vertical; for middle splits, chest is laying on the floor.	Gymnast must show 1 of either right, left or middle splits all the way to the ground, <ul style="list-style-type: none"> <li>Legs and feet must be clearly executed</li> <li>For right and left splits, chest must be held vertical</li> </ul>
Bridge	Gymnast shows a bridge with their hands on a line, and hold until the tester indicates they are finished. <ul style="list-style-type: none"> <li>Legs should be together, and both arms and legs should be straight</li> </ul>	Gymnast must show a bridge with shoulders directly above or past the line, with straight arms and straight legs.

## TENS II PROGRAM

### *VAULT – TENS II*

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Run, Punch, Handspring Flat-back	Starting from a run approach, athlete performs a hurdle onto the board to immediate handspring flat-back over the vault <ul style="list-style-type: none"> <li>80cm is measured from the floor to the top of the mats</li> <li>Board may be placed at desired distance from mats</li> </ul>	Athlete must show extension form the board, through contact with the vault and to land on back on mats <ul style="list-style-type: none"> <li>Athlete may only touch the board once</li> <li>Two hands must take-off the vault surface at the same time. No steps permitted</li> </ul>	Body alignment
Run, Punch onto 80cm	Starting less than 10 metres from board, athlete runs towards the board, performs a hurdle onto the board to immediate punch off onto 80cm height <ul style="list-style-type: none"> <li>Feet must take-off and land at the same time</li> <li>Athlete must only touch the board once on rebound</li> </ul>	Athlete must land standing tall on the 80cm height <ul style="list-style-type: none"> <li>Athlete may step forward upon landing, if they show stretched position from the board to landing on the height prior to the step(s)</li> <li>If the athlete falls backwards, the skill is not considered complete</li> </ul>	Body alignment
Round-off up to 20cm	Starting in a lunge, gymnast performs a round-off with their hands on the ground, landing with their feet on a 20cm mat <ul style="list-style-type: none"> <li>Landing position after the stand out of the round-off is optional. Gymnast can fall to their back if they wish</li> </ul>	Both hands must leave the ground and the same time and both feet must land on the 20cm mat at the same time	Incurve position upon completion of skill
Handstand Pop to Flat-back	Starting from a lunge, gymnast performs a handstand pop on the ground, landing onto their back on a 20cm mat	Arms must be straight during the repulsion phase so that the repulsion is done through the shoulders	Must show post flight

### *BARS – TENS II*

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
5 Beat Swings to 5 Long Swings Above Bar – Straps	Starting from a hang in straps, the gymnast moves to outcurve position, 'beats' to incurve and repeats five times, then lifts toes towards the bar, stretches out to a counter swing, then performs 5 long swings <ul style="list-style-type: none"> <li>In the incurve of the beat swing and the back of the long swing, the gymnast re-grasps the bar</li> <li>Athlete must show incurve in the back of the long swing and a 'beat' through to incurve in the front swing</li> </ul>	Athlete must show sufficient range of motion from incurve and outcurve positions in the beat swing. In the long swing, athlete must show incurve in the front and back swing and a 'beat' swing through the bottom <ul style="list-style-type: none"> <li>Feet must remain together throughout all swings</li> <li>Athlete must show sufficient stretch throughout the long swings, with shoulders remaining close to extension in the front of the swing</li> <li>Swings must go above bar height in both the front and back of the long swing</li> </ul>	Incurve and outcurve positions
Back Thigh Circle	Starting from front support on the low bar, gymnast performs one cast to immediate back thigh circle - much like a back hip circle, but with thighs on the bar instead of hips <ul style="list-style-type: none"> <li>Athlete must be in a hollow body position throughout the skill</li> </ul>	Athlete must show a hollow body position throughout the circle around the bar <ul style="list-style-type: none"> <li>Hips must not touch the bar</li> </ul>	Body alignment – straight/hollow throughout
Glide Kip – Low or High Bar	Starting from a stand (low bar) or from a swing (high bar), athlete performs a piked glide swing/long swing, pikes toes to the bar and performs a counter swing with piked hips to finish in front support on the bar <ul style="list-style-type: none"> <li>Athlete must show sufficient stretch in the glide swing before piking toes to the bar</li> <li>Finishing front support should be completed with minimal arm bend</li> <li>Athlete may use a board or block to jump off of at the start</li> </ul>	Athlete must finish in front support on the bar or roll over the bar forwards.	Stretch in the glide swing
Cast Above Horizontal	Starting from front support on the low bar, gymnast performs a cast above horizontal <ul style="list-style-type: none"> <li>Athlete must be in a straight/hollow body position in the cast</li> </ul>	Athlete must show a cast with body reaching above horizontal	Body alignment – straight or hollow – no arch
Squat On	Starting from front support on the bar, athlete performs a cast to put feet on the bar in either a squat or piled position, followed by a straight jump off the bar <ul style="list-style-type: none"> <li>Both feet must land on the bar at the same time</li> </ul>	Athlete must perform a cast to squat or pike on, followed by a straight jump over the bar <ul style="list-style-type: none"> <li>Feet must remain close together and both landing on the bar simultaneously</li> <li>Athlete must land on the opposite side of the bar. If the gymnast puts their feet on but falls backwards, the skill is not completed</li> </ul>	Must show control throughout skill

**BEAM – TENS II**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Straddle-L – ½ Press to HS – Return to Straddle-L	Starting in a straddle-L cross or side, gymnast performs the first part of a press to half handstand with legs straddled, holding and then returning to straddle-L <ul style="list-style-type: none"> <li>Legs remain straight throughout the skill to the stand</li> </ul>	Gymnast must show a supported straddle-L hold with feet above beam to start <ul style="list-style-type: none"> <li>Athlete must remain on the beam, showing control in the handstand. Even if the gymnast shows the ½ press, but then jumps/falls off, the skill is not considered completed</li> </ul>	3 Second hold at highest point
½ Turn – Pivot	Starting from stand, the gymnast moves into a passé on toe with arms over head with a ½ turn to relevé, then immediately performs half turn on two feet in relevé <ul style="list-style-type: none"> <li>Various techniques may be used for entry/exit, however the key aspect of a ½ turn - pivot turn is the ability to hold the passé position in the first half, then show control into the pivot turn in relevé</li> <li>Both turns are to be performed one after another, in a continuous movement</li> </ul>	Gymnast must perform the ½ turn on one foot immediately following a pivot turn on two feet <ul style="list-style-type: none"> <li>Athlete must show a straight body line when in relevé; and ample stretch on completion</li> </ul>	Must maintain relevé throughout
Split Leap (150°)	Starting with one foot in front, the gymnast takes maximum 2 steps followed directly by a vertical take-off from one foot to a split position, then lands with the opposite foot from take-off <ul style="list-style-type: none"> <li>At the top of the leap, the gymnast should show a split near the 150° mark, the chest is to remain vertical, and arms should be in a stretched position</li> <li>Exit out of the split leap may be landing in arabesque or a step forward</li> </ul>	Gymnast must show at least 150° split in the leap, with chest remaining near the vertical mark <ul style="list-style-type: none"> <li>Gymnast must take-off from one foot and land with the opposite foot touching first</li> </ul>	Arabesque hold upon landing skill
Split Jump	Starting with two feet together on the beam, the gymnast performs a vertical jump to a split position, then lands with two feet together <ul style="list-style-type: none"> <li>At the top of the jump, the gymnast should show a split near the 180° mark, the chest is to remain vertical, and arms should be in a stretched position to either side</li> </ul>	Gymnast must show between a 135° and 180° split, with chest remaining near the vertical mark <ul style="list-style-type: none"> <li>Both feet must leave the beam then make contact with the beam at the same time on take-off and landing.</li> </ul>	Amplitude – must have enough height to point toes
Cartwheel – Medium Beam	Starting from lunge or stand, gymnast performs a cartwheel on the medium beam to land in a lunge with hips square and arms in preferred presentation position <ul style="list-style-type: none"> <li>Cartwheel may alternatively start from a front kick entry</li> </ul>	Gymnast must perform a cartwheel that passes through near the vertical mark and hold the landing position for 2 seconds <ul style="list-style-type: none"> <li>If the cartwheel kicks around the side it will not count as a ‘pass’, even if the gymnast remains on the beam</li> <li>Gymnast must show minimal to know wobble on the landing of the cartwheel</li> <li>Legs and arms must remain straight throughout the skill</li> </ul>	Lever in and out of skill
Back-walkover – Low Beam	Starting from a stand on one leg, athlete bends backwards to a bridge to kick-over to land in lunge on the low beam <ul style="list-style-type: none"> <li>Preferred start is with free leg lifting to at least hip height</li> </ul>	Gymnast must show control throughout the back-walkover, including the split handstand phase	Must show split In the handstand
Tic-Toc, Exit Optional – Low Beam	Starting from a lunge or stand, or front kick entry, the gymnast kicks into a split handstand, opening the shoulders to move into a bridge with one leg remaining in the air <ul style="list-style-type: none"> <li>In the bridge, the leg in the air should remain straight and near the vertical mark</li> <li>After holding for two seconds, gymnast may exit the bridge position using various techniques</li> <li>Skill is only judged up until the point where the leg is held up for 2 seconds</li> </ul>	Gymnast must show control through the handstand phases and into the bridge <ul style="list-style-type: none"> <li>Second leg over into the bridge should remain above horizontal</li> <li>No hopping or foot movement is allowed in the bridge position</li> </ul>	Must hold 2 seconds with leg up
Cartwheel Step in, Punch – Low Beam	Starting from a lunge or stand, gymnast performs a cartwheel on the low beam, stepping their second foot in to meet the first foot upon landing and immediately punching off the beam to land on the floor, or a mat at the end of the beam	Gymnast must keep a straight body position upon the landing of the cartwheel and use a levering action <ul style="list-style-type: none"> <li>Arms must remain by ears throughout the skill</li> </ul>	Foot placement – straight or turned out, not turned in

**FLOOR – TENS II**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
FWO – Cartwheel – BWO	Starting from lunge or front kick, the gymnast performs a front-walkover directly connected to a cartwheel, followed by a back-walkover to finish in lunge or arabesque <ul style="list-style-type: none"> <li>• A swing through of the back leg from the cartwheel into the back-walkover may be permitted</li> <li>• Arms should remain by the ears for all three skills</li> <li>• No foot movements during connection of skills</li> </ul>	Gymnast must directly connect the three skills, with no steps, hops, or pauses in between <ul style="list-style-type: none"> <li>• Arms are to remain near the ears throughout the skills until the landing</li> <li>• If performing a swing through technique from the cartwheel into the back-walkover, the gymnast must be in continuous movement and show control to receive the connection</li> </ul>	Must show handstand positions throughout
Hurdle – FHS Two Feet	Starting from a lunge or hurdle entry, the gymnast performs a front handspring landing on two feet simultaneously on the floor in a stretched position <ul style="list-style-type: none"> <li>• In the handstand phase, the gymnast must show repulsion through the shoulders</li> <li>• Exit out of the skill may be punch, step out or stuck</li> </ul>	Gymnast must show flight off the hands to land two feet simultaneously on the floor <ul style="list-style-type: none"> <li>• Flight must come from repulsion of the shoulders</li> </ul>	Arms must remain by ears throughout skill
Hurdle – Round-off – BHS	Starting from two feet, the gymnast performs a power hurdle into a round-off connected directly to a back-handspring two-feet on the floor <ul style="list-style-type: none"> <li>• Exit out of the back-handspring may be a punch, step out or stuck</li> </ul>	Gymnast must perform the round-off passing near the vertical mark, connected directly to the back-handspring, taking off and landing on two feet <ul style="list-style-type: none"> <li>• Arms should remain by ears and straight throughout the skills</li> <li>• No steps permitted prior to the hurdle</li> </ul>	Feet together in the round-off to BHS
Block to Board – Flyspring onto 20cm	Starting from two feet on a block, gymnast jumps onto a board and immediately reaches hands onto a 20cm mat performing a flyspring <ul style="list-style-type: none"> <li>• In the handstand phase, the gymnast must show a repulsion through the shoulders</li> <li>• Exit out of the skill may be punch, step out or stuck</li> </ul>	Gymnast must show flight off the hands to land two feet simultaneously on the floor <ul style="list-style-type: none"> <li>• Flight must come from repulsion of the shoulders</li> </ul>	Arms must remain by ears throughout
Block to Board – Dive Roll to 40cm	Starting from two feet on a block, gymnast jumps onto a board and immediately reaches into a dive roll onto 40cm	Gymnast must show flight from the board onto the hands <ul style="list-style-type: none"> <li>• Must show a stretched or hollow body position prior to hands coming in contact with the mat and performing the roll</li> </ul>	Arms to ears on take-off
Leap Pass with Split Leap & Split or Straddle Jump	Starting with one foot in front, the gymnast performs a chassé, followed directly by a vertical take-off from one foot to a split position, then lands with the opposite foot from take-off. Gymnast then directly connects a split jump or a straddle jump from the split leap <ul style="list-style-type: none"> <li>• At the top of the leap, the gymnast should show a split near the 180° mark, the chest is to remain vertical, and arms should be in a stretched position</li> </ul>	Gymnast must show between a 135° and 180° split, with chest remaining near the vertical mark <ul style="list-style-type: none"> <li>• Gymnast must take-off from one foot and land with the opposite foot touching first</li> </ul>	Amplitude
Full Turn	Starting from stand, the gymnast moves into a passé position on toe with arms overhead and performs a 360° turn <ul style="list-style-type: none"> <li>• Various techniques may be used for entry/exit</li> </ul>	Gymnast must perform the complete 360° turn on one foot <ul style="list-style-type: none"> <li>• Athlete must show a straight body line when in relevé and ample stretch on completion</li> </ul>	Must maintain relevé throughout skill
Backwards Roll to Front Support	Gymnast performs a backwards roll to land in a front support <ul style="list-style-type: none"> <li>• Arms remain straight throughout the entire skill</li> <li>• Entry into the roll is optional</li> </ul>	Gymnast must perform the backwards roll with straight arms in the support and show control throughout <ul style="list-style-type: none"> <li>• If the arms bend during the roll, the skill is not awarded</li> </ul>	Body alignment – hollow, no arch

**PHYSICAL ABILITIES – TENS II**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>
10 Chin Ups	Starting from a still hang on the bar, the gymnast pulls on the bar to lift their chin over the bar, returns to still hang and repeats a total of 10 times. <ul style="list-style-type: none"> <li>No 'beating' or bent knees permitted</li> <li>Hands must be in over grip</li> </ul>	Gymnast must show their chin over the bar with each chin up and perform all 10 with no pauses in between. <ul style="list-style-type: none"> <li>No 'beating' or bent knees permitted</li> </ul>
10 Leg Lifts	Starting from a still hang on the bar, the gymnast raises their legs through puke position to touch their toes to the bar, and repeat ten times <ul style="list-style-type: none"> <li>Legs lifts should be performed on wall bars if available, with hands in over grip</li> <li>If not performed on wall bars, at the hang phase of the leg lift, the gymnasts feet are to remain in front of their body</li> </ul>	Gymnast must perform all ten leg lifts with no pauses <ul style="list-style-type: none"> <li>Feet must touch the bar on each leg lift</li> <li>Legs must remain together and straight throughout all ten leg lifts</li> </ul>
20m Run in <4.5 seconds	Starting from stand with both feet behind the start line, the gymnast sprints until the crosses the finish line. <ul style="list-style-type: none"> <li>Distance between the start and finish line is 20 meters</li> <li>Time starts when the tester says "go: and ends when the gymnast is completely across the finish line</li> </ul>	Gymnast must pass the 20m mark before the 4.5 second time mark <ul style="list-style-type: none"> <li>The gymnasts entire body must be past the finish line by the 4.49 second time mark</li> <li>The gymnast must not start before the tester says "go"</li> </ul>
Handstand against Wall – 30 seconds	With the stomach facing towards the wall, the gymnast holds a handstand balancing against the wall for 30 seconds <ul style="list-style-type: none"> <li>Entry into the handstand is optional</li> </ul>	Gymnast must remain in handstand for the complete 10 seconds, with a straight body position <ul style="list-style-type: none"> <li>Gymnast must show a proper body position throughout the 10 seconds. if bending of the arms, legs or arching of the back is observed the skill is not considered completed</li> </ul>
Rope Climb – 10 Steps Without Legs	Starting from a straddle sit/pike sit, the gymnast performs 10 steps/pulls up the rope, while holding their legs in the straddle position <ul style="list-style-type: none"> <li>Legs are not to close on the rope until 10 steps are completed</li> <li>Each time one hand passes over the other it is considered 1 step</li> </ul>	Gymnast must perform all 10 steps without closing the legs on the rope <ul style="list-style-type: none"> <li>Legs are preferred to be held in a horizontal straddle or pike, however the steps may be counted if the legs drop slightly. The steps may not count if the legs bend</li> </ul>
Right/Left/Middle Splits	Gymnast shows right, left and middle splits on a line. For right and left leg splits, chest should be vertical; for middle splits, chest is laying on the floor.	Gymnast must show 2 of 3 of either right, left or middle splits all the way to the ground, <ul style="list-style-type: none"> <li>Legs and feet must be clearly executed</li> <li>For right and left splits, chest must be held vertical</li> </ul>
Bridge	Gymnast shows a bridge with their hands on a line, and hold until the tester indicates they are finished. <ul style="list-style-type: none"> <li>Legs should be together, and both arms and legs should be straight</li> </ul>	Gymnast must show a bridge with shoulders directly above or past the line, with straight arms and straight legs.
Right/Left Front Kick	Starting from a lunge or single leg stand, the gymnast lifts one leg forwards towards the vertical mark with sufficient force to show a near-split position. <ul style="list-style-type: none"> <li>Support leg must remain straight during the kick and chest at vertical</li> </ul>	Gymnast must show both right and left leg front kicks, with kicking leg reaching above the 135° mark (or 45° from vertical) <ul style="list-style-type: none"> <li>Both legs must remain straight during the kick, with the chest remaining near the vertical mark. Arm placement is optional but should be in a stretched position</li> <li>Gymnast may come from a lunge position, but no 'swing through' of the kicking leg is permitted</li> <li>One hand may be placed on wall (or other suitable object) for balance</li> </ul>



## TENS III PROGRAM

### *VAULT – TENS III*

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Run, Punch, Handspring Flat-back – 115cm	Starting from a run approach, athlete performs a hurdle onto the board to immediate handspring flat-back onto the mats <ul style="list-style-type: none"> <li>• 115cm is measured from the floor to top of the mats</li> <li>• Board may be placed at desired distance from the mats</li> </ul>	Athlete must show extension from the board, through contact with the mats and to land on back on mats <ul style="list-style-type: none"> <li>• Athlete may only touch the board once.</li> <li>• Two hands must take-off vault at same time.</li> </ul>	Must show post-flight
Round-off to Knees – 100cm	Starting from a run approach, athlete performs a hurdle onto the board to immediate half-on onto the mats to land on knees on mats <ul style="list-style-type: none"> <li>• 100cm is measured from the floor to top of the mats</li> <li>• Board may be placed at desired distance from the mats</li> </ul>	Athlete must show extension from the board, through contact with the vault and to land on knees on mats <ul style="list-style-type: none"> <li>• Athlete may only touch the board once.</li> <li>• The repulsion is done through the shoulders.</li> <li>• Two hands must take-off mats at same time.</li> </ul>	Body alignment – hollow/incurve body position upon completion of skill
Round-off, Punch from Board to Sit – 100cm	Starting from a run approach, athlete performs a hurdle round-off onto board, immediately punching to land in a seated position on the mats <ul style="list-style-type: none"> <li>• 100cm is measured from the floor to top of the mats</li> <li>• Board may be placed at desired distance from the mats</li> <li>• Collar and hand mat must be used for safety</li> </ul>	Gymnast jumps vertically from board and lands in seated position on mats <ul style="list-style-type: none"> <li>• Athlete may only touch the board once</li> </ul>	Must show extension of body in the air before landing in seated position
Round-off – BHS onto 40-60cm – No Board	Starting from a run approach, athlete performs a hurdle round-off on the floor, immediately punching to perform a back-handspring onto stacked mats <ul style="list-style-type: none"> <li>• Gymnast may land on their stomach, knees or feet</li> </ul>	Gymnast must show extension from the floor in the round-off to the back-handspring on stacked mats	Hands must be at least 30cm from edge of mat

### *BARS – TENS III*

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
3 Giants on Straps – Optional Entry	Starting from cast or swing, the gymnast shows an incurve position on the descending swing, 'beats' at the bottom of the swing, then shows an incurve position on the ascending swing to pass over the top of the bar and repeat 2 more times	Athlete must show a 360° swing around the bar in straight body position, starting and finishing in handstand position <ul style="list-style-type: none"> <li>• Feet must remain together</li> <li>• If using the swing to handstand entry option, athlete may only perform a maximum of 3 preliminary swings to hit the beginning handstand mark</li> </ul>	Body position – must show hollow or straight body when going over the top
Clear Hip on Straps – From Height or Cast, to Below Bar Height	Starting from stand on a height or from cast, athlete performs a clear hip circle around the bar to finish in support on a height <ul style="list-style-type: none"> <li>• Clear hip is to be shown on straps</li> </ul>	Athlete must show support on their hands before returning to the height <ul style="list-style-type: none"> <li>• Hips must not touch the bar</li> </ul>	Body alignment – hollow or incurve position
Cast to Handstand	Starting from front support on the bar, athlete performs a cast to handstand using straight body technique <ul style="list-style-type: none"> <li>• Preferred dismount from the handstand is back to front support on the bar</li> </ul>	Athlete must perform a straddle or straight body cast to handstand (within 10°), showing full body extension at the vertical mark <ul style="list-style-type: none"> <li>• Preferred dismount is back to front support. Athlete may dismount on the opposite side of the bar if the handstand position is shown prior to falling over.</li> </ul>	Straight body – if straddle is performed, Technical Criteria is not given Must reach min 45° to get Tech. Criteria
3 Kips in a Row	Starting from stand, athlete performs a glide swing, pikes toes to the bar and performs a counter swing with piked hips to front support on the bar, immediately following a cast into another kip, and then repeats for a total of 3 kips. <ul style="list-style-type: none"> <li>• Athlete must show sufficient stretch in the glide swing before piking toes to the bar</li> <li>• Athlete may use a board or block to jump off at the start</li> </ul>	Athlete must show minimal arm bend in the connection of the kips. <ul style="list-style-type: none"> <li>• Athlete must be in a straight or hollow body position during the cast</li> </ul>	Feet must cast to at least bar height before each kip
Baby Giant from Cast	Starting from a cast on the high bar, gymnast must swing down in an incurved body position, perform a 'beat' at the bottom of the swing and then return to incurve to perform a pullover to finish in a support or underswing on the bar <ul style="list-style-type: none"> <li>• Athlete must show sufficient stretch in the cast and continuing into the swing</li> </ul>	Legs are to remain straight and together throughout the skill <ul style="list-style-type: none"> <li>• If the gymnast pauses during the pullover part of the baby giant before being upright on the bar, the skill is not awarded</li> <li>• Exit is optional</li> </ul>	Straight body/incurve – no pike

**BEAM – TENS III**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
Press to Handstand – Return to Straddle-L	Starting in straddle-L hold, gymnast performs a press to handstand in straddle, then returns down through straddle handstand to hold straddle-L <ul style="list-style-type: none"> <li>• Legs and arms remain straight throughout the skill</li> <li>• Athlete must show stretched handstand position</li> <li>• May be performed in either direction - cross or side</li> </ul>	Gymnast must show a supported straddle-L with feet above the beam to start and finish <ul style="list-style-type: none"> <li>• Legs and feet must come together in the handstand</li> <li>• Athlete must show control up to and down from handstand</li> </ul>	Hold handstand for 3 seconds before returning to straddle-L
Full Turn	Starting from stand, the gymnast moves into a passé position on toe with arms overhead and performs a 360° turn <ul style="list-style-type: none"> <li>• Various techniques may be used for entry/exit</li> </ul>	Gymnast must perform the complete 360° turn on one foot <ul style="list-style-type: none"> <li>• Athlete must show a straight body line when in relevé and ample stretch on completion</li> </ul>	Maintain relevé throughout
Split Leap – Straight Jump	Starting from stand on the beam, gymnast may take no more than 2 steps and then perform a straight leg leap showing a minimum of 150° split, landing in an arabesque position and immediately connecting a straight jump	Gymnast must show at least 150° split in the leap <ul style="list-style-type: none"> <li>• Gymnast must connect both skills</li> </ul>	Amplitude
Split Jump – Straight Jump	Starting with two feet together on the beam, the gymnast performs a vertical jump to a split position, then lands with two feet together and immediately connects a straight jump <ul style="list-style-type: none"> <li>• At the top of the split jump, the gymnast should show a split near the 180° mark, the chest is to remain vertical, and arms should be in a stretched position to either side</li> </ul>	Gymnast must show between a 135° and 180° split, with chest remaining near the vertical mark <ul style="list-style-type: none"> <li>• Both feet must leave the beam and make contact with the beam at the same time on take-off and landing of each jump..</li> </ul>	Amplitude – must be able to point toes off beam
BWO on Medium Beam	Starting from a stand on one leg, athlete bends backwards to a bridge to kick-over to land in lunge on the low beam <ul style="list-style-type: none"> <li>• Preferred start is with free leg lifting to at least hip height</li> </ul>	Athlete must perform a back-walkover that passes through a vertical, controlled handstand to land in lunge <ul style="list-style-type: none"> <li>• Entry may be from front leg lifted or slightly touching the beam</li> </ul>	Must pass through handstand showing split position
FWO on Low Beam	Starting from a lunge or front kick, the gymnast performs a front walkover finishing standing tall	Arms must remain by ears throughout the entire skill <ul style="list-style-type: none"> <li>• Gymnast must show control upon completing the walkover without any hops upon the landing</li> </ul>	Must pass through handstand showing split position
BHS Step Out	Starting from a stand, athlete jumps backwards through a handstand and steps down to finish in a lunge	Athlete must perform a back-handspring that passes through a vertical handstand phase to land in lunge	Head position – must not be thrown back
Round-off, Punch – Floor/Low Beam	Starting from a lunge or a step, gymnast performs a round-off on a floor or low beam, immediately punching off the beam to land on the floor or a mat	Gymnast must show extension into the round-off with no hesitation <ul style="list-style-type: none"> <li>• Punch must immediately follow the round-off</li> <li>• Punch from the beam must go straight</li> </ul>	Foot placement should be slightly staggered and parallel

**FLOOR – TENS III**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>	<b>Tech. Criteria</b>
FHS – FHS	Starting from a power hurdle or maximum 3 running steps, gymnast performs a front-handspring step-out directly connected to a front-handspring landing on two feet <ul style="list-style-type: none"> <li>Exit can be a punch, step-out or stuck</li> </ul>	Front-handspring step-out must show a repulsion through the shoulders <ul style="list-style-type: none"> <li>Must show repulsion through the shoulders</li> <li>Gymnast must show direct connection between the two skills without any extra foot placements</li> </ul>	Arms must remain by ears throughout
Run, Punch, Flyspring	Starting from a run, gymnast then hurdles and punches into a flyspring <ul style="list-style-type: none"> <li>Exit can be step-out, punch or stuck</li> </ul>	Gymnast must show extension throughout the entire skill <ul style="list-style-type: none"> <li>Athlete must show repulsion through the shoulders</li> <li>Maximum 3 steps and a hurdle</li> </ul>	Arms must remain by ears throughout
Hurdle or 3 steps – Round-off – 3 BHS	Starting from two feet, the gymnast performs a power hurdle to round-off connected directly to three back-handsprings with feet together <ul style="list-style-type: none"> <li>Exit out of the third back-handspring may be punch, step backwards or stuck</li> </ul>	Gymnast must perform the round-off passing near the vertical mark, connected directly to the three back-handsprings, taking off and landing on two feet <ul style="list-style-type: none"> <li>Arms should remain by ears throughout the skills</li> </ul>	Feet must be together
Hurdle – Round-off – BHS – Back Tuck	Starting from a power hurdle, the gymnast performs a round-off connected directly to a back-handspring following immediately with a back salto in the tucked position <ul style="list-style-type: none"> <li>Exit out of the back tuck may be a punch, step backwards or stuck</li> </ul>	Gymnast must show sufficient height and tuck position in the salto	Head position in set – must not throw head back
Back Extension to HS – Pike Down or Hollow Down	Gymnast performs a backwards roll to land in a handstand, exiting out by closing the hips to finish with the feet on the floor near the feet <ul style="list-style-type: none"> <li>Arms remain straight throughout the entire skill</li> <li>Entry into the back extension is optional</li> </ul>	Gymnast must perform the backwards roll to handstand and show relative control during the pike down exit <ul style="list-style-type: none"> <li>A stretched handstand position must be shown prior to piking/hollowing down</li> </ul>	Body alignment – including straight arms
Switch Leap	Starting with one foot in front, the gymnast performs a chassé, followed directly by a vertical take-off from one foot to a split position, then lands with the opposite foot from take-off. Gymnast then directly connects a split leap with a step or a second chassé <ul style="list-style-type: none"> <li>At the top of the leaps, the gymnast should show a split near the 180° mark, the chest is to remain vertical, and arms should be in a stretched position</li> </ul>	Gymnast must show between a 135° and 180° split, with chest remaining near the vertical mark in both leaps <ul style="list-style-type: none"> <li>Exit out of the switch leap is optional</li> </ul>	Amplitude
1 ½ Turn	Starting from stand, the gymnast moves into a passé position on toe with arms overhead and performs a 540° turn <ul style="list-style-type: none"> <li>Various techniques may be used for entry/exit</li> </ul>	Gymnast must perform the complete 540° turn on one foot <ul style="list-style-type: none"> <li>Athlete must show a straight body line when in relevé and ample stretch on completion</li> </ul>	Must maintain relevé throughout
Front Tuck	Starting from a run entry, athlete performs a punch into a front tucked somersault, taking off and landing on two feet <ul style="list-style-type: none"> <li>Exit out of the skill may be a punch, step, or stuck</li> </ul>	Gymnast must show sufficient height and tuck position in the salto <ul style="list-style-type: none"> <li>Maximum 3 steps and a hurdle</li> </ul>	Amplitude

**PHYSICAL ABILITIES – TENS III**

<b>Skill</b>	<b>Description</b>	<b>Completion Criteria</b>
15 Chin Ups	Starting from a still hang on the bar, the gymnast pulls on the bar to lift their chin over the bar, returns to still hang and repeats a total of 15 times. <ul style="list-style-type: none"> <li>No 'beating' or bent knees permitted</li> <li>Hands must be in over grip</li> </ul>	Gymnast must show their chin over the bar with each chin up and perform all 15 with no pauses in between. <ul style="list-style-type: none"> <li>No 'beating' or bent knees permitted</li> </ul>
15 Leg Lifts	Starting from a still hang on the bar, the gymnast raises their legs through puke position to touch their toes to the bar, and repeat fifteen times <ul style="list-style-type: none"> <li>Legs lifts should be performed on wall bars if available, with hands in over grip</li> <li>If not performed on wall bars, at the hang phase of the leg lift, the gymnasts feet are to remain in front of their body</li> </ul>	Gymnast must perform all fifteen leg lifts with no pauses <ul style="list-style-type: none"> <li>Feet must touch the bar on each leg lift</li> <li>Legs must remain together and straight throughout all fifteen leg lifts</li> </ul>
20m Run in <4 seconds	Starting from stand with both feet behind the start line, the gymnast sprints until the crosses the finish line. <ul style="list-style-type: none"> <li>Distance between the start and finish line is 20 meters</li> <li>Time starts when the tester says "go: and ends when the gymnast is completely across the finish line</li> </ul>	Gymnast must pass the 20m mark before the 4 second time mark <ul style="list-style-type: none"> <li>The gymnasts entire body must be past the finish line by the 3.99 second time mark</li> <li>The gymnast must not start before the tester says "go"</li> </ul>
HS Hold – 10 seconds	The gymnast holds a still handstand balancing for 10 seconds with no steps <ul style="list-style-type: none"> <li>Entry into the handstand is optional</li> </ul>	Gymnast must remain in handstand without taking steps on their hands for 10 consecutive seconds <ul style="list-style-type: none"> <li>Gymnast must show a proper body position throughout the 10 seconds. If major bending of the arms, legs or arching of the back is observed, the sill is not considered completed</li> </ul>
Rope Climb – 15 Steps Without Legs	Starting from a straddle sit/pike sit, the gymnast performs 15 steps/pulls up the rope, while holding their legs in the straddle position <ul style="list-style-type: none"> <li>Legs are not to close on the rope until 15 steps are completed</li> <li>Each time one hand passes over the other it is considered 1 step</li> </ul>	Gymnast must perform all 15 steps without closing the legs on the rope <ul style="list-style-type: none"> <li>Legs are preferred to be held in a horizontal straddle or pike, however the steps may be counted if the legs drop slightly. The steps may not count if the legs bend</li> </ul>
Right/Left/Middle Splits	Gymnast shows right, left and middle splits on a line. For right and left leg splits, chest should be vertical; for middle splits, chest is laying on the floor.	Gymnast must show right, left and middle splits all the way to the ground, <ul style="list-style-type: none"> <li>Legs and feet must be clearly executed</li> <li>For right and left splits, chest must be held vertical</li> </ul>
Bridge	Gymnast shows a bridge with their hands on a line, and hold until the tester indicates they are finished. <ul style="list-style-type: none"> <li>Legs should be together, and both arms and legs should be straight</li> </ul>	Gymnast must show a bridge with shoulders directly above or past the line, with straight arms and straight legs.
Right/Left Front, Back, Side Kicks	Starting from a lunge or single leg stand, the gymnast lifts one leg forwards towards the vertical mark with sufficient force to show a near-split position. This same movement is also performed to the side and back with the same leg <ul style="list-style-type: none"> <li>Support leg must remain straight during the kick and chest at vertical</li> <li>The goal height for the back kick is above waist height</li> </ul>	Gymnast must show both right and left leg kicks in the front, side and back positions <ul style="list-style-type: none"> <li>The kicking leg for front and side must reach above the 135° mark (or 45° from vertical). For the back kick, the kicking leg must reach hip height or above.</li> <li>Both legs must remain straight during the kick, with the chest remaining near the vertical mark. Arm placement is optional but should be in a stretched position</li> <li>Gymnast may come from a lunge position, but no 'swing through' of the kicking leg is permitted</li> <li>One hand may be placed on wall (or other suitable object) for balance</li> </ul>