

THE GYMNASTICS ASSOCIATION OF HONG KONG, CHINA

Artistic Gymnastics Joint Selection Day

WAG Selection Content

Group	Flexibility	Physical fitness							VT	UB	BB	FX
5 years old	Flexibility + kicks + jumps	Leg lifts	Chin-up hold	Jumps on box	Straddle-hold on floor	Wall-bars climbing	HSTD on wall	Sit-up	• 20m sprint • run + straight jump from springboard (tramp)	• Pullover or chin-up hold • 2 casts 45° • Fwd roll to L-hang <i>(Do as routine)</i>	• Walk fwd to the middle • Straight jump • Relevé turn (180°) • Walk bwd to the end • Dismount - straight jump	• Fwd roll • Bwd roll • Headstand 2" • Candle stick 2"
Group	Flexibility	Physical fitness							VT	UB	BB	FX
6-7 years old	Flexibility + kicks + jumps	Leg lifts	Chin-ups	Jumps on box	Straddle-hold on floor	Rope climbing	HSTD on wall	Sit-up	• 20m sprint • run + straight jump from springboard (tramp) to mat 50cm	• Glide swing • Pullover • Cast 45° • Back hip circle • Dismount - cast 45° and landing on floor <i>(Do as routine)</i>	• Scale balance 2" • Walk fwd to the middle • Jump with 90° split • Relevé turn (180°) • Walk bwd to the end • Dismount - straight jump	• Fwd roll with straight legs • Bwd roll to front support position • Cartwheel • Fwd walkover • Bwd walkover
Group	Flexibility	Physical fitness							VT	UB	BB	FX
8-9 years old	Flexibility + kicks + jumps	Leg lifts	Chin-ups	Jumps on box	Press to HSTD	Rope climbing	HSTD	Cast to horizontal	• 20m sprint • run + jump from tramp to handstand on mat (70 cm) and fall to flat back	• Kip-up • Cast 90° • Back hip circle • Dismount - underswing dismount <i>(Do as routine)</i> • Swings (in straps)	• Mount - straddle press • Split leap + Split jump • 180° turn in passe • Cartwheel • Bwd walkover • Handstand • Dismount - straight jump	• Bwd roll to front support position • Fwd handspring • Fwd tuck • Round-off + back-handspring

Group	Flexibility	Physical fitness							VT	UB	BB	FX
10 years old	Flexibility + kicks + jumps	Leg lifts	Chin-ups	Jumps on box	Press to HSTD	Rope climbing	HSTD	Cast to HSTD	• Handspring (table - height 1m, can use tramp) • Yurchenko drill (RO + BH on 20cm mat)	• Glide kip • Cast 90° • Squat-on • Long hang kip • Back hip circle • Dismount – tap swing with 180° turn - dismount <i>(Do as routine)</i> • Bwd giants (in straps)	• Mount – straddle press to HSTD • Switch leap • Split jump + Sissonne • 360° turn in passe • Bwd walkover + back-handspring • Round off • Dismount – bwd straight jump	• Bwd roll to HSTD • Fwd handspring + fwd tuck • Round off + back-handspring + back tuck • Round off + back-handspring + back-handspring + back-handspring • Fwd aerial

Group	Flexibility	Physical fitness							VT	UB	BB	FX
11-12 years old	Flexibility + kicks + jumps	Leg lifts	Chin-ups	Jumps on box	Press to HSTD	Rope climbing	HSTD	Cast to HSTD	• Handspring (table - height 1.15m, can use tramp) • Yurchenko (table - height 1.15m, can use tramp)	• Glide kip • Cast to HSTD • Back hip circle to horizontal • Toe on circle • Long hang kip • “Baby” giant • Dismount – from swings back tuck <i>(Do as routine)</i> • Fwd, bwd giants (in straps)	• Mount – straddle press to HSTD • Switch leap • Split jump + Straddle jump • 360° turn in passe • Back-handspring + back-handspring • Fwd handspring • Dismount – Round off + straight jump	• Bwd roll to HSTD with 180° turn • Fwd handspring + fwd layout • Round off + back-handspring + back layout • Round off + back-handspring + back-handspring + back-handspring • Fwd aerial