



2021-2022 GYM CAN GROUP SELECTION
TEST SHEETS

ATHLETE: _____

BODY DIFFICULTIES WITHOUT APPARATUS

One attempt permitted per body difficulty unless request is made by adjudicator(s) to repeat.
Scoring: Excellent (E) = 5, Good (G) = 3, Needs Improvement (NI) = 1

BALANCES	Defined & fixed shape	Execution Amplitude Shape held	Score/10
Fouette side-side-passe MG (passe to MG remain in releve)	E (5) – G (3) – NI (1)	E (5) – G (3) – NI (1)	
Penche	E (5) – G (3) – NI (1)	E (5) – G (3) – NI (1)	
TOTAL SCORE:	/20		

ROTATIONS	Defined & fixed shape Releve	Execution Amplitude in shape Shape held Travelling/sliding/hopping Axis	Score/10
Fouette 2-2-2 (high tempo-one spot)	E (5) – G (3) – NI (1)	E (5) – G (3) – NI (1)	
Penche 1080	E (5) – G (3) – NI (1)	E (5) – G (3) – NI (1)	
TOTAL SCORE:	/20		

JUMPS	Defined & fixed shape Height	Execution Amplitude Light landing	Score/10
Jete entourant	E (5) – G (3) – NI (1)	E (5) – G (3) – NI (1)	
Split Arch	E (5) – G (3) – NI (1)	E (5) – G (3) – NI (1)	
TOTAL SCORE:	/20		

Body Difficulty Scoring Matrix:

Results:	/60	Score:	/40%
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RISKS

One attempt permitted.

Scoring: successful attempt = 5, non-successful attempt = 0

Ball

Throw 3 front rolls & catch on the floor with legs	Score	/5
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APPARATUS DIFFICULTIES

One attempt permitted unless request is made by adjudicator(s) to repeat.

Scoring: successful attempt = 5, non-successful attempt = 0

Ball

Standing: throw & catch behind the head with arms straight	Score	/5
Standing: throw & catch with one hand during back walkover or in MG	Score	/5

Hoop

Standing: foot on hoop in sagittal plane - throw from foot into marked penche	Score	/5
Catch: standing roll across arms in frontal plane	Score	/5
Standing: foot on hoop in sagittal plane - throw from foot into front walkover	Score	/5
Catch: 1/2 turn standing catch between legs – no hands	Score	/5
Standing: hoop on floor in traverse plane - throw from foot illusion	Score	/5
Catch: 1/2 turn moving down to floor and catch with legs in straddle	Score	/5
Rotating forward throw hoop – one step split leap roll – catch standing with rotation	Score	/5

Ribbon

Standing: throw ribbon and catch under the leg in kneeling position	Score	/5
Standing: spiral with left arm, transfer to right and throw forward by going under arm	Score	/5

Risk & Apparatus Difficulty Scoring Matrix:

Results:	/60	Score:	/30%
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FLEXIBILITY

Scoring: Excellent (E) = 5, Good (G) = 3, Needs Improvement (NI) = 1

Right leg: on back hold leg without help	E (5) – G (3) – NI (1)
Left leg: on back hold leg without help	E (5) – G (3) – NI (1)
Straddle split on a line (knees facing ceiling)	E (5) – G (3) – NI (1)

Flexibility Scoring Matrix:

Results:	/15	Score:	/10%
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OVERALL IMPRESSION

Overall impression will consider factors based on observations from adjudicators and GymCan staff from video submissions and during training sessions/test days that include, but are not limited to the following:

General Impressions	Score
Athlete arrives on the carpet on time and ready to work	E (5) – G (3) – NI (1)
Athlete brings required equipment and is fully prepared for selection/training	E (5) – G (3) – NI (1)
Physical Ability	E (5) – G (3) – NI (1)
Difficulty – Collaborations	E (5) – G (3) – NI (1)
Difficulty – Exchanges	E (5) – G (3) – NI (1)
Ballet	E (5) – G (3) – NI (1)
Work ethic, initiative, and drive	E (5) – G (3) – NI (1)
Expression, musicality, and connection with audience	E (5) – G (3) – NI (1)
Courage and risk-taking qualities	E (5) – G (3) – NI (1)
Interactions/communication with other athletes	E (5) – G (3) – NI (1)
Leadership and teamwork	E (5) – G (3) – NI (1)
Demonstration of problem-solving abilities and “thinking on the feet”	E (5) – G (3) – NI (1)
Overall fit and harmonious appearance with the rest of the group members	E (5) – G (3) – NI (1)
Athlete’s overall health and injury status	E (5) – G (3) – NI (1)
Interactions with adjudicators/coaches and GymCan staff	E (5) – G (3) – NI (1)
Ability to accept feedback and respond positively and appropriately	E (5) – G (3) – NI (1)

General Impressions Scoring Matrix:

Results:	/80	Score:	/20%
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