



Rolla Bolla Testing Stages

Step 1:

- * Balance 20sec
- * Jump on balance 10sec

Step 2:

- * Balance 40sec
- * Jump on with 1/2 turn, balance 10sec
- * Balance and manipulate @ L1 or higher 10sec

Step 3:

- * Balance & two ball cascade 20sec
- * Balance on table 20sec
- * Balance along board (1 or 2 feet) 20sec
- * Layered rolla bolla (i.e. rolla+board+blocks+board) x 20sec

Step 4: ON TABLE

- * Jump on and balance 20sec
- * Balance and manipulate @ L2 or higher 20sec
- * Crouch and touch board in front x2
- * Layered rolla bolla 20sec

Step 5: ON TABLE

- * Double layered rolla bolla with crouch to touch x4
- * Balance & three ball cascade 30sec
- * Balance & manipulate @ L3 or higher 30sec
- * Short routine (i.e. story line or five skills [i.e. morning tea])

Step 6: Four elements of your choice in a routine. i.e.

- * Balance & manipulate @ L4 or higher 30sec
- * Balance & three club cascade
- * Balance on a bowling ball
- * Balance on a round, foreign object
- * Two stack rolla bolla 20sec (one stack vertical)#
- * Two stack rolla bolla (both horizontal)#
- * Three stack rolla bolla (one stack horizontal, two vertical)#
- # Non-contact safety advised

NOTE:

- a. all skills & routines to end with style**
- b. Ls 1-3 allowed one break in a skill per level**
- c. Ls 1-3 on ground**
- d. Ls 4-6 allowed NO BREAKS in skills**
- e. Ls 4-6 on low table**