

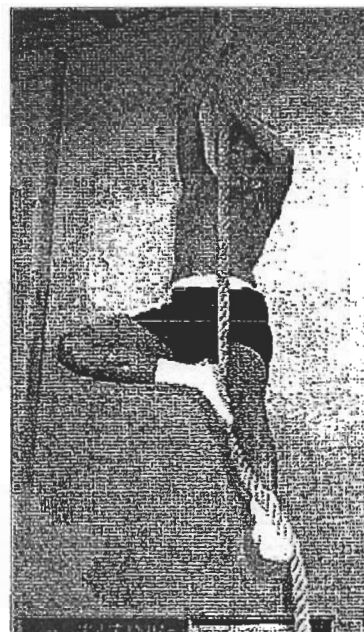
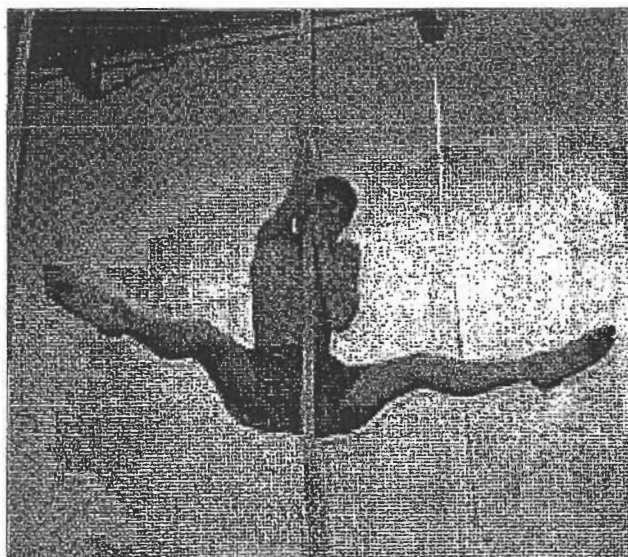
## FAB - Fitness Ability Basics for Men's Gymnastics

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### 1. Rope Climb (20 feet)

- Rope must be visibly marked at zero, 10 and 20 feet.
- Start with hands on the zero mark.
- Legs may not swing or touch to assist climb.
- Only one attempt will be allowed.
- There should be a landing mat under the rope.

| <u>Points</u> | <u>Criteria</u>                              |  |          |
|---------------|--|--|----------|
| 1             | arms and feet 10 foot climb (up and down)    |  |          |
| 2             | arms and feet (up and down)                  |  |          |
| 3             | arms only 10 foot climb (up and down)        | ½ climb no feet, straight legs, straddle L | (8sec)   |
| 4             | arms only full climb up, use legs down       | "  | (6 sec)  |
| 5             | arms only full climb (up and down once)      | "  | (4 sec)  |
| 6             | arms only full climb (up and down 1.5 times) | Full climb, straddle L                     | (10 sec) |
| 7             | arms only full climb (up and down 2 times)   | "  | (8 sec)  |
| 8             | arms only full climb (up and down 2.5 times) | "  | (6 sec)  |



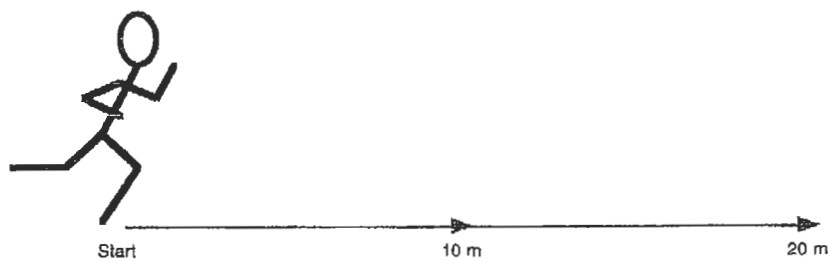
## FAB - Fitness Ability Basics for Men's Gymnastics

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### 2. Sprint – 20 Meters

- The 20 meter runway must be clear with an unobstructed finish line.
- Both the start and finish line must be clearly marked.
- Each athlete will be allowed two attempts with the best time to count.
- The gymnast starts with 1 foot on the start line.
- Tester says: "Ready".
- Timing starts with the gymnast's first movement and stops when the gymnast's body crosses the finish line.
- Note: If possible, use 2 timers with stop-watches.

| <u>Points</u> | <u>Criteria</u>     |
|---------------|---------------------|
| 1             | 5.1 seconds or less |
| 2             | 4.7 seconds or less |
| 3             | 4.3 seconds or less |
| 4             | 3.9 seconds or less |
| 5             | 3.5 seconds or less |
| 6             | 3.3 seconds or less |
| 7             | 3.1 seconds or less |
| 8             | 2.9 seconds or less |



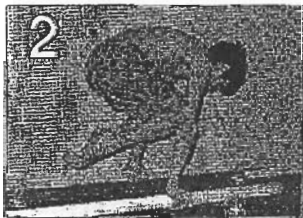
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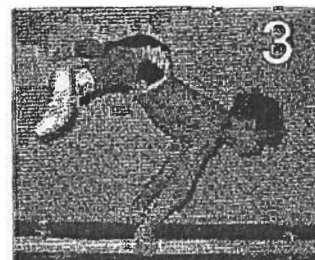
### 3. Planche

- A Planche position involves raising the body into horizontal position with support only on the hands. The gymnast's legs may be tucked, straddled, or together and straight.
- Use either parallel bars or paralettes. The starting position is optional.
- The gymnast will be given two attempts and the better result will count.
- Timing starts when the gymnast reaches the required position and stops when he no longer is in the correct position.
- The tester will count the seconds out loud.

| <u>Points</u> | <u>Criteria</u>          |  |
|---------------|--------------------------|--|
| 1             | tucked planche           | back horizontal (3 seconds)                  |
| 2             | tucked planche           | back horizontal (6 seconds)                  |
| 3             | legs straddled           | 10-30° above or below horizontal (3 seconds) |
| 4             | legs straddled           | horizontal (3 seconds)                       |
| 5             | legs straddled           | horizontal (6 seconds)                       |
| 6             | legs straddled           | horizontal (9 seconds)                       |
| 7             | legs straight & together | horizontal (3 seconds)                       |
| 8             | legs straight & together | horizontal (6 seconds)                       |



Tucked Planche



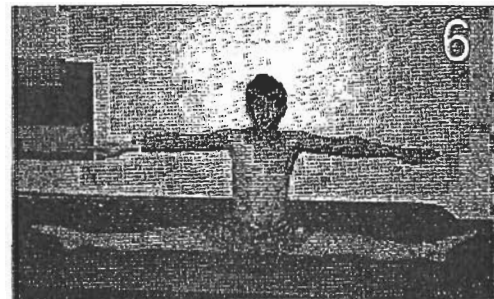
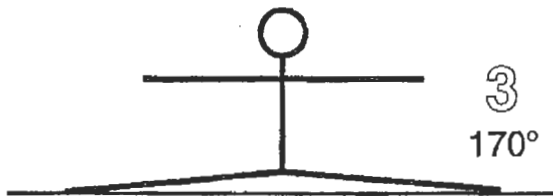
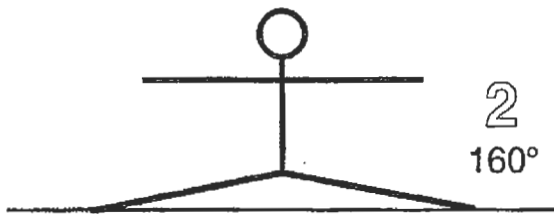
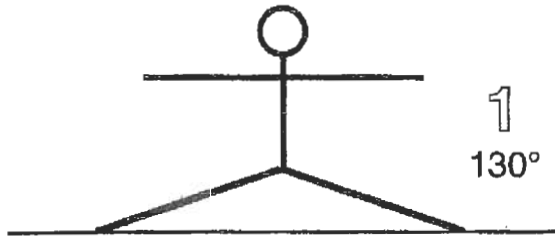
Straddled Planche

## FAB - Fitness Ability Basics for Men's Gymnastics

### 4. Center Splits

- Perform the center splits on a line, with the feet in line with the hips.
- Hands may be used for balance on the floor.
- Knees face the ceiling with pointed toes and straight legs.
- Hold the position for 3 seconds.

| <u>Points</u> | <u>Criteria</u>                                    |
|---------------|--|
| 1             | 130° to 159° between legs                          |
| 2             | 160° to 169° between legs                          |
| 3             | 170° to 179° between legs                          |
| 4             | 180° splits (flat to ground)                       |
| 5             | 180°: splits knees pointing up                     |
| 6             | 180°: hips aligned on wall and knees pointing up   |
| 7             | 180°: same as 6 (One leg elevated on beat board)   |
| 8             | 180°: same as 6 (Both legs elevated on beat board) |



## FAB - Fitness Ability Basics for Men's Gymnastics

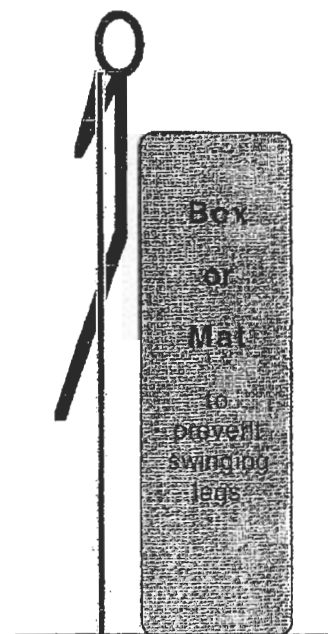
### 5. Chin ups

- Do as many as possible in 30 seconds.
- Only one attempt is allowed for chin ups.
- Start with an over grip position with the hands shoulder width apart.
- No beat at bottom allowed Use a box or mat to prevent legs swinging.
- Chin must go higher than the bar for attempt to count.
- The tester will count successful attempts out loud.

| <u>Points</u> | <u>Criteria</u> |                         |
|---------------|-----------------|-------------------------|
| 1             | 6 chin ups      | consecutive (not timed) |
| 2             | 8 chin ups      | "                       |
| 3             | 10 chin ups     | "                       |
| 4             | 12 chin ups     | "                       |
| 5             | 14 chin ups     | "                       |
| 6             | 16 chin ups     | "                       |
| 7             | 18 chin ups     | "                       |
| 8             | 20 chin ups     | "                       |



Tip: Use an egg timer to measure 30 seconds



Side View

## FAB - Fitness Ability Basics for Men's Gymnastics

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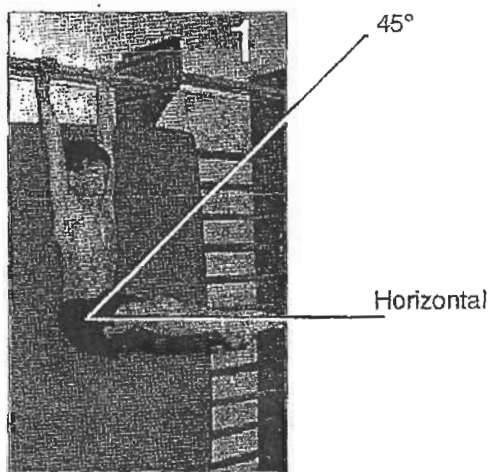
### 6. Leg Lifts From Hang

- Do as many straight leg lifts as possible in 30 seconds.
- Use wall bars or a single bar with a box to prevent legs swinging backward.
- Start in over grip position with hands shoulder width apart.
- Only one attempt is allowed.
- The tester will count the repetitions out loud.

| <u>Points</u> | <u>Criteria</u>                                      |
|---------------|--|
| 1             | 6 times to horizontal <i>consecutive (not timed)</i> |
| 2             | 6 times to 45° or greater above horizontal "         |
| 3             | 6 times to vertical; toes must touch top "           |
| 4             | 8 times to vertical; toes must touch top "           |
| 5             | 10 times to vertical; toes must touch top "          |
| 6             | 12 times to vertical; toes must touch top "          |
| 7             | 14 times to vertical; toes must touch top "          |
| 8             | 16 times to vertical; toes must touch top "          |



Tip: Use an egg timer to measure 30 seconds



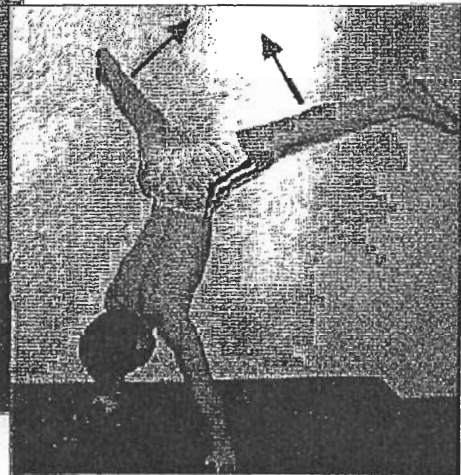
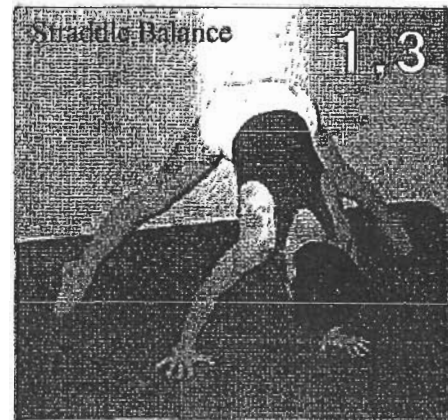
# FAB - Fitness Ability Basics for Men's Gymnastics

## 7. Press Handstand

- (1-3) Start in pushup and lift to straddle balance position or handstand.
- (4-8) Perform a straddle press to handstand with straight legs and arms.
  - Use either parallel bars or paralettes. Start in an L sit with legs together.
  - The gymnast's legs remain together back down to L sit.
  - Handstands and L-sit positions must be clearly marked for one second.
  - The press is counted when the gymnast reaches the handstand position.

### Points   Criteria

|   |  |
|---|--|
|   | - Start from pushup position on floor for next 3 skills            |
| 1 | press to momentary straddle balance                                |
| 2 | press to handstand no hold and position                            |
| 3 | press to straddled balance (feet straddled above floor) 5 sec hold |
|   | - Start from L-sit (1 sec) on bars or paralettes for these skills  |
| 4 | 1 rep - press to handstand (1 sec) lower to L sit (1 sec)          |
| 5 | 2 reps - "   |
| 6 | 3 reps - "   |
| 7 | 5 reps - "   |
| 8 | 7 reps - "   |

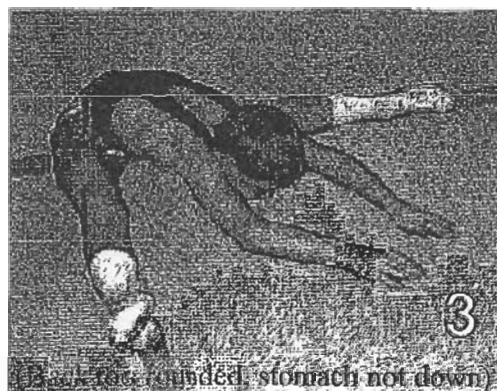


## FAB - Fitness Ability Basics for Men's Gymnastics

### 8. Pancake Position

- Sit in a straddle position with legs at 90° or greater and lean forward with stomach and chest on the ground.
- Ideally, the back should be flat, not rounded.
- Knees must be straight and facing the ceiling and arms straight out in front.
- The gymnast must hold the position for three seconds.
- If the gymnast uses the mats (#5), they are to be positioned under the feet with arms and chest flat on the ground.

| <u>Points</u> | <u>Criteria</u>   |
|---------------|---|
| 1             | pancake, leg separation greater than 90°, chest down                  |
| 2             | pancake, leg separation greater than 90°, chest and stomach down      |
| 3             | pancake, leg separation 90°, chest on floor                           |
| 4             | pancake, leg separation 90°, chest and stomach flat on floor          |
| 5             | pancake, leg separation 90°, chest flat (feet elevated 10 cm on mats) |





## FAB - Fitness Ability Basics for Men's Gymnastics

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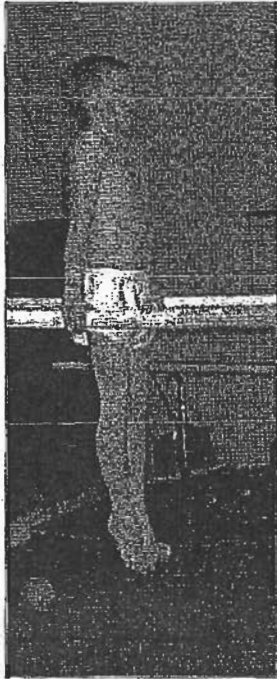
### 9. Dips on Parallel Bars

- From support position, bend arms at least 90° and push back to support.
- Do as many as possible in 30 seconds. One trial only.
- Use adjustable parallel bars with a box behind legs to prevent swinging.
- The tester will count the repetitions out loud.

| <u>Points</u> | <u>Criteria</u>                |
|---------------|--------------------------------|
| 1             | 5 dips consecutive (not timed) |
| 2             | 10 dips u                      |
| 3             | 15 dips u                      |
| 4             | 20 dips u                      |
| 5             | 25 dips u                      |
| 6             | 30 dips u                      |
| 7             | 35 dips u                      |
| 8             | 40 dips u                      |



Tip: Use an egg timer to measure 30 seconds



## FAB - Fitness Ability Basics for Men's Gymnastics

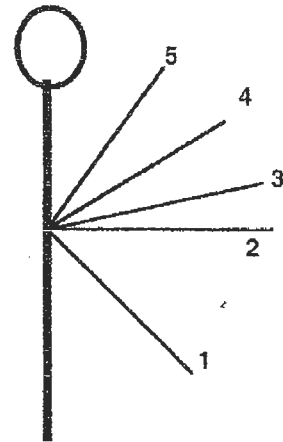
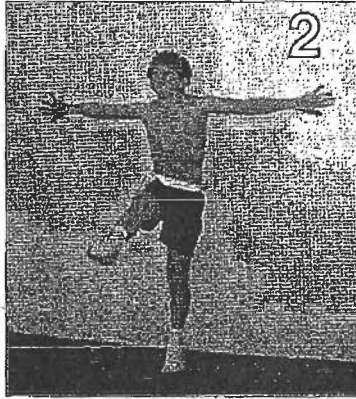
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### 10. & 11. Forward Leg Lifts: Right & Left

- Raise the leg forward as high as possible, keeping it straight.
- The gymnast starts with back on wall and heel about 5 cm from wall.
- Chest must be vertical, with both bottom and held legs straight.
- Arm position is optional.
- The gymnast must hold the position for 3 seconds.

(Note: Both of these should be tested at one station.)

| <u>Points</u> | <u>Criteria</u>                       |
|---------------|---------------------------------------|
| 1             | leg at 45° below horizontal           |
| 2             | leg near or at horizontal             |
| 3             | leg above horizontal (about 20-30°)   |
| 4             | leg near shoulder height (about 45°)  |
| 5             | leg above shoulder height (about 60°) |



## FAB - Fitness Ability Basics for Men's Gymnastics

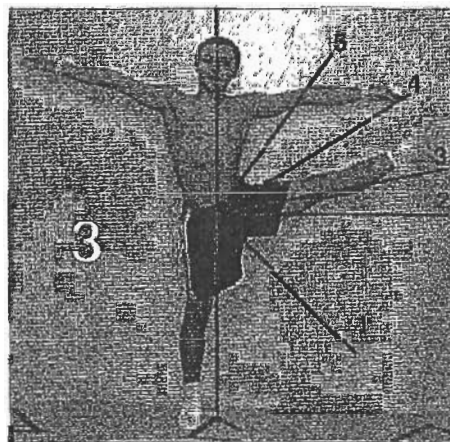
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### 12. & 13. Sideward Leg Lift: Left & Right

- Raise the leg to the side as high as possible, keeping it straight.
- The gymnast stands with back facing wall and heel about 5 cm from wall.
- Chest must be kept almost vertical, with both bottom and held legs straight.
- Arm position is optional.
- The gymnast must hold the position for 3 seconds.

(Note: Both of these should be tested at one station.)

| <u>Points</u> | <u>Criteria</u>                       |
|---------------|---------------------------------------|
| 1             | leg at 45° below horizontal           |
| 2             | leg near or at horizontal             |
| 3             | leg above horizontal (about 20-30°)   |
| 4             | leg near shoulder height (about 45°)  |
| 5             | leg above shoulder height (about 60°) |

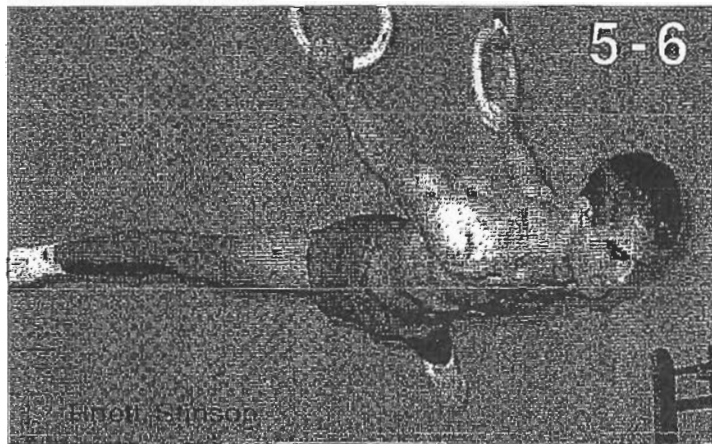


## FAB - Fitness Ability Basics for Men's Gymnastics

### 14. Long Hang To Skin-the-Cat Pull Outs / Back Lever

- Start from a normal long hang on rings.
- If performing the skin-the-cat pull outs, all repetitions must be continuous with no pronounced stop on either the front or the back end of the skill.
- If performing a back lever with legs straddled or together, the shoulders, hips and the legs should be close to a horizontal line.

| <u>Points</u> | <u>Criteria</u>                                      |
|---------------|--|
| 1             | Skin-the-Cat & pullout - 2 reps                      |
| 2             | Skin-the-Cat & pullout - 4 reps                      |
| 3             | Skin-the-Cat & pullout - 6 reps                      |
| 4             | Skin-the-Cat & pullout - 8 reps                      |
| 5             | Back Lever - horizontal straddled 5 second hold      |
| 6             | Back Lever - horizontal straddled 10 second hold     |
| 7             | Back Lever - horizontal legs together 5 second hold  |
| 8             | Back Lever - horizontal legs together 10 second hold |



## FAB - Fitness Ability Basics for Men's Gymnastics

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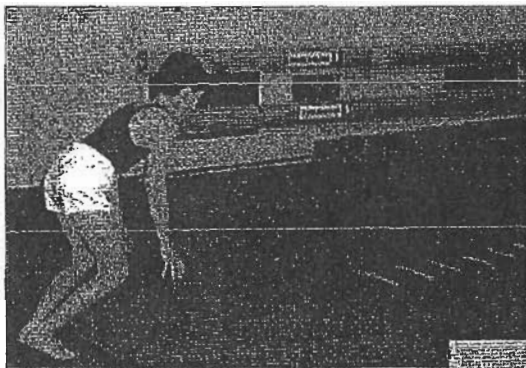
### 15. Broad Jump From Stand

- Jump as far forward as possible. Distance is measured to the closest heel mark.
- Distance is recorded in cm's beyond the gymnast's height.
- Start with toes on line at zero mark. Be sure to chalk heels.
- Two attempts are allowed with the greater distance counting.
- Tip for quick evaluation:
  - Use tape to mark intervals 0 cm, 30 cm, 40 cm, ... up to 100 cm.
  - Have the gymnast lie down flat on back with his head at the 0 mark and place a bean bag or other marker at his feet. That becomes the jump starting point.
  - The score is determined by which tape mark is reached.

| <u>Points</u> | <u>Criteria</u>                |
|---------------|--------------------------------|
| 1             | 30 cm or more (beyond height)  |
| 2             | 40 cm or more (beyond height)  |
| 3             | 50 cm or more (beyond height)  |
| 4             | 60 cm or more (beyond height)  |
| 5             | 70 cm or more (beyond height)  |
| 6             | 80 cm or more (beyond height)  |
| 7             | 90 cm or more (beyond height)  |
| 8             | 100 cm or more (beyond height) |

|               |       |
|---------------|-------|
| 100 cm - 8 pt | ===== |
| 90 cm - 7 pt  | ===== |
| 80 cm - 6 pt  | ===== |
| 70 cm - 5 pt  | ===== |
| 60 cm - 4 pt  | ===== |
| 50 cm - 3 pt  | ===== |
| 40 cm - 2 pt  | ===== |
| 30 cm - 1 pt  | ===== |

0 cm - 0 pt



## FAB - Fitness Ability Basics for Men's Gymnastics

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### 16. Muscle Ups On Rings

- Start in hang on high rings with a false grip (ring under wrist too).
- Perform as many muscle ups to a straight arm support position as possible.
- Return to a hang with elbows extended fully each time. ← revised: Feb. '00
- Bending at the hips is allowed on any phase of the muscle up.

| <u>Points</u> | <u>Criteria</u> |
|---------------|-----------------|
| 1             | 1 muscle up     |
| 2             | 2 muscle ups    |
| 3             | 3 muscle ups    |
| 4             | 4 muscle ups    |
| 5             | 5 muscle ups    |
| 6             | 6 muscle ups    |
| 7             | 7 muscle ups    |
| 8             | 8 muscle ups    |

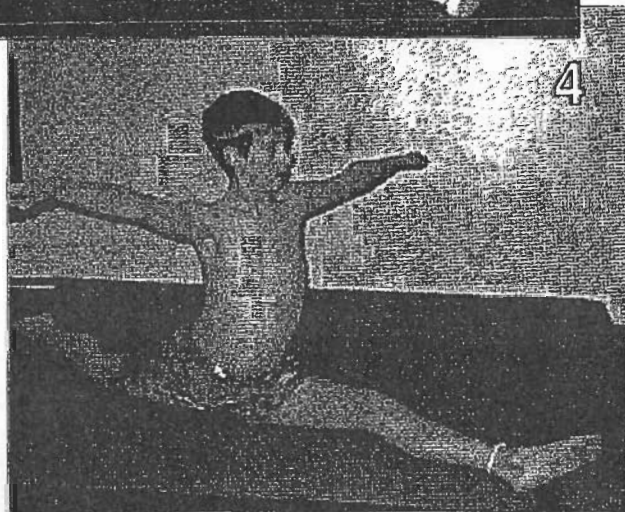
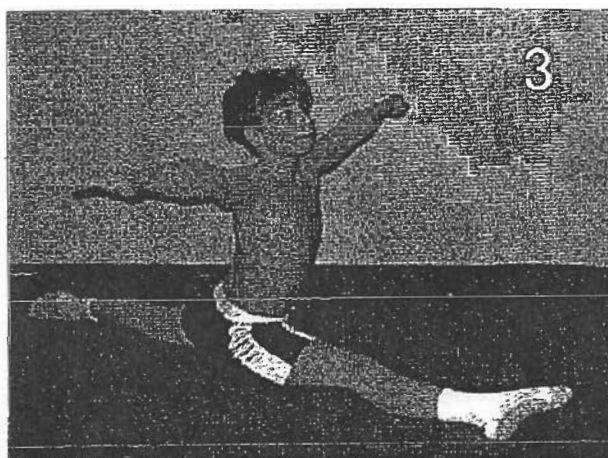
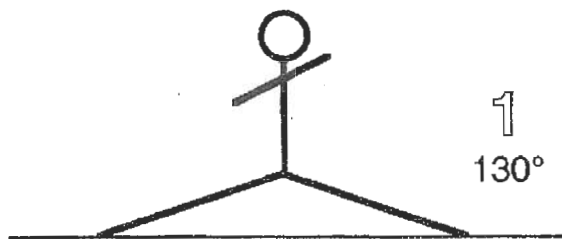


## FAB - Fitness Ability Basics for Men's Gymnastics

### 17. & 18. Right & Left Stride Splits

- Legs should be straight and hips square (facing front foot).
- Back knee should be under with the heel facing the ceiling.
- Chest must be vertical with arms placed out to the side.
- The gymnast may choose the over-split option using a beat board or mat to elevate the front or back leg.

| <u>Points</u> | <u>Criteria</u>   |
|---------------|---|
| 1             | Splits, 130° to 159° separation                                     |
| 2             | Splits, 160° to 179° separation                                     |
| 3             | Splits, 180° separation – hips turned or chest leaning forward      |
| 4             | Splits, 180° separation – hips aligned and square                   |
| 5             | Splits, 180° separation – hips aligned and square shoulders upright |
| 6             | Splits, 180° separation – same as 6 – One leg elevated              |
| 7             | Splits, 180° separation – same as 6 – Both legs elevated            |



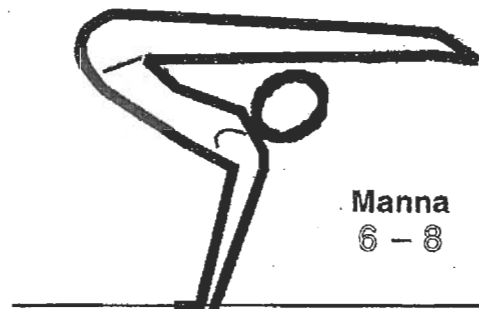
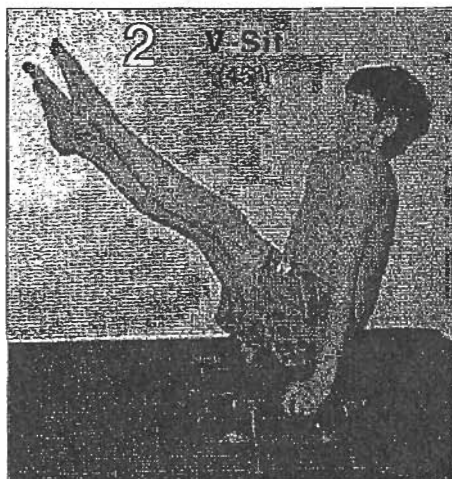
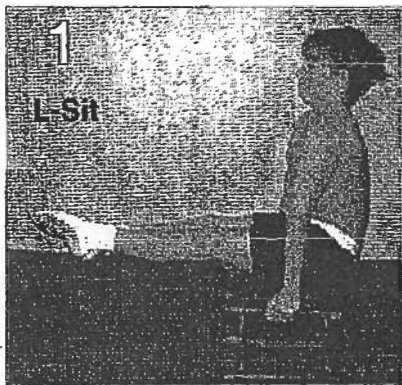


## FAB - Fitness Ability Basics for Men's Gymnastics

### 19. L-Sit / V-Sit / Manna

- Hold an L-sit, V-sit or manna position for the required time.
- Use either parallel bars or paralettes.
- Two attempts are permitted; the better result will count.
- Legs and arms must be straight with toes pointed.
- Time will start when the gymnast reaches the required position; the tester will count the seconds out loud.

| Points | Criteria                             |   |                                       |
|--------|--------------------------------------|---|---------------------------------------|
| 1      | L-sit                                | legs horizontal   | 3 seconds                             |
| 2      | V-sit                                | legs at least 45°   | 3 seconds                             |
| 3      | V-sit                                | legs vertical   | 3 seconds                             |
| 4      | V-sit                                | legs past vertical  | 3 seconds                             |
| 5      | V-sit                                | legs past vertical  | 5 seconds                             |
| 6      | <del>V-sit</del><br><del>manna</del> | <del>legs past vertical</del><br><del>legs horizontal</del> | <del>10</del><br><del>2</del> seconds |
| 7      | <del>V-sit</del><br><del>manna</del> | <del>legs past vertical</del><br><del>legs horizontal</del> | <del>15</del> seconds                 |
| 8      | manna                                | legs horizontal   | 53 seconds                            |



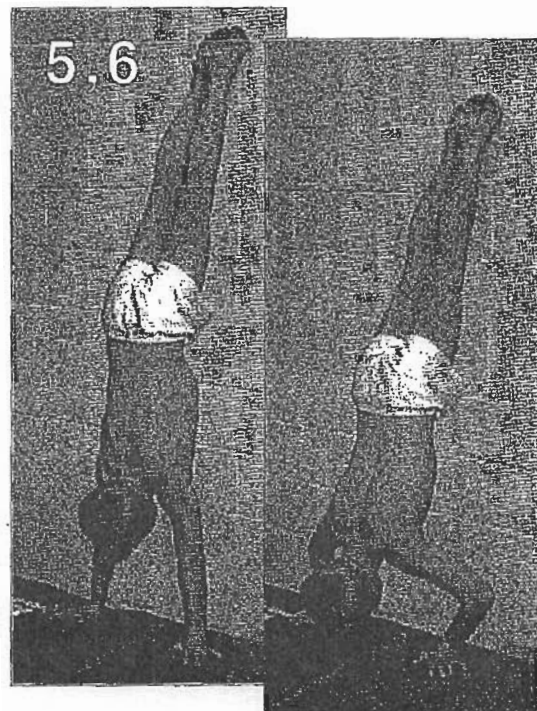
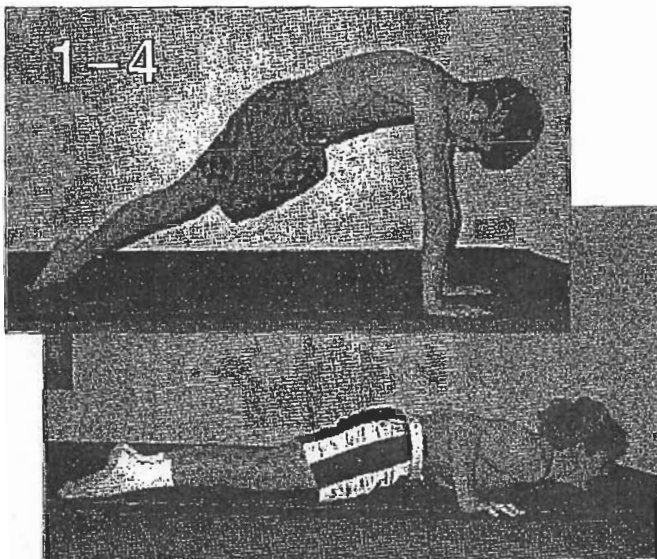


## FAB - Fitness Ability Basics for Men's Gymnastics

### 20. Pushups or Handstand Pushups

- When performing pushups, each pushup must be completed with a straight tight body. The top position of the pushup must show a hollow long support position and at the bottom, the chest must touch the floor.
- When performing wall handstand pushups, only the toes may support on the wall. The gymnast body must be straight and tight. The gymnast's head must touch the floor on each repetition.
- When performing a free handstand pushup, parallel bars or paralettes may be used. The arms must bent at least 90° and the body must remain tight; however a small pike in the hips is allowed.

| <u>Points</u> | <u>Criteria</u>  |
|---------------|--|
| 1             | 5 pushups (straight tight body)  |
| 2             | 10 pushups (straight tight body)   |
| 3             | 15 pushups (straight tight body)   |
| 4             | 20 pushups (straight tight body)   |
| 5             | 5 handstand pushups (toes only on wall) head must touch floor each time  |
| 6             | 10 handstand pushups (toes only on wall) head must touch floor each time |
| 7             | 5 handstand pushups (parallel bars) arms must flex 90° on each pushup    |
| 8             | 10 handstand pushups (parallel bars) arms must flex 90° on each pushup   |



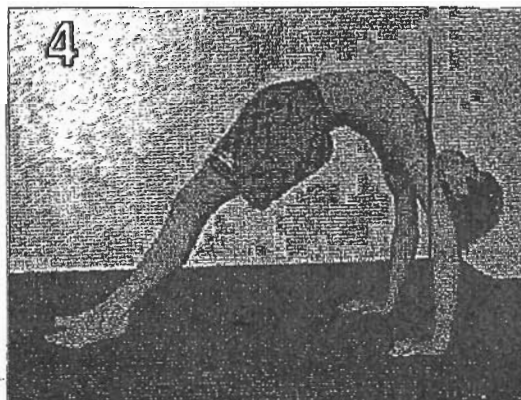
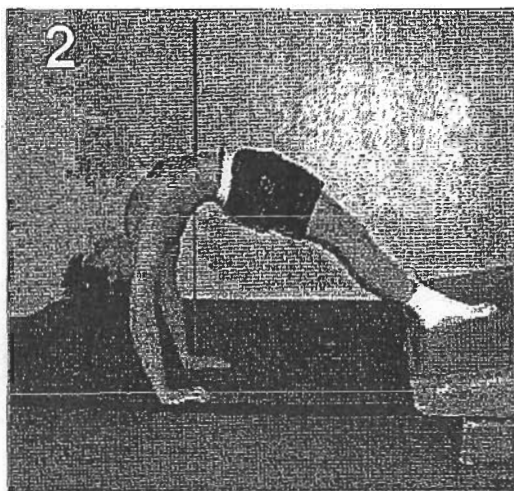
## FAB - Fitness Ability Basics for Men's Gymnastics

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### 21. Bridge

- Perform a bridge with straight legs and arms.
- Feet must be together and hands shoulder width apart.
- The feet may be elevated but no higher than horizontal.
- The gymnast must hold the position for 3 seconds.

| <u>Points</u> | <u>Criteria</u>   |
|---------------|---|
| 1             | elevated bridge with legs straight and arms vertical      |
| 2             | elevated bridge with legs straight and arms past vertical |
| 3             | bridge; legs straight and arms 30° off vertical           |
| 4             | bridge; legs straight and arms at vertical                |
| 5             | bridge; legs straight and arms past vertical              |



## FAB - Fitness Ability Basics for Men's Gymnastics

### 22. Handstand - Timed

- Perform a handstand on low parallel bars or paralettes. Two attempts allowed.
- The gymnast may hold the handstand with his feet against the wall (1 pt. only).
- Time will begin when the gymnast reaches a handstand position and continues until the gymnast falls or remains in a poor position such as excessive arm bend, hip bend or back arch for more than three seconds.
- The tester will count every 5 seconds out loud.

| <u>Points</u> | <u>Criteria</u>                             |
|---------------|---|
| 1             | 60 seconds hold - feet resting against wall |
| 2             | 5 seconds hold - on bars; no support        |
| 3             | 10 seconds hold "                           |
| 4             | 15 seconds hold "                           |
| 5             | 30 seconds hold "                           |
| 6             | 45 seconds hold "                           |
| 7             | 60 seconds hold "                           |
| 8             | 75 seconds hold "                           |



# FITNESS ABILITY BASICS REPORT CARD



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

Club: \_\_\_\_\_

Birth date: \_\_\_\_\_  
Year      Month      Day

Testing Location: \_\_\_\_\_

Testing date: \_\_\_\_\_

Current Age: \_\_\_\_\_ years

Points Description (maximum)

- |   |  |
|---|--|
| 1. _____ Rope Climb – 20 feet (8)       | 12. _____ Sideward Leg Lift: Right Leg (5)       |
| 2. _____ Sprint – 20 meters (8)         | 13. _____ Sideward Leg Lift: Left Leg (5)        |
| 3. _____ Planche (8)                    | 14. _____ Skin-the-Cat pullouts / Back Lever (8) |
| 4. _____ Center Splits (8)              | 15. _____ Broad Jump From Stand (8)              |
| 5. _____ Chin Ups (8)                   | 16. _____ Muscle Ups on Rings (8)                |
| 6. _____ Leg Lifts From Hang (8)        | 17. _____ Stride Splits: Right Leg (7)           |
| 7. _____ Handstand – Press (8)          | 18. _____ Stride Splits: Left Leg (7)            |
| 8. _____ Pancake Position (5)           | 19. _____ L-Sit / V-Sit / Manna (8)              |
| 9. _____ Dips On Parallel Bars (8)      | 20. _____ Pushups / Handstand Pushups (8)        |
| 10. _____ Front Leg Lift: Right Leg (5) | 21. _____ Bridge (5)                             |
| 11. _____ Front Leg Lift: Left Leg (5)  | 22. _____ Handstand - Timed (8)                  |
| _____ sub-total                         | _____ sub-total                                  |

**Total Points:** \_\_\_\_\_ / 156      **Award Earned:** \_\_\_\_\_

## FAB Award Levels Reference Chart: (maximum = 156 for all 22 skills)

| Award          | Age--> | 6  | 7  | 8  | 9  | 10 | 11 | 12  | 13  | 14  | 15  | 16  |
|----------------|--------|----|----|----|----|----|----|-----|-----|-----|-----|-----|
| <b>Diamond</b> |        | 66 | 72 | 78 | 84 | 90 | 96 | 102 | 108 | 114 | 120 | 126 |
| <b>Gold</b>    |        | 44 | 49 | 54 | 59 | 64 | 69 | 74  | 79  | 84  | 89  | 94  |
| <b>Silver</b>  |        | 33 | 37 | 41 | 45 | 49 | 53 | 57  | 61  | 65  | 69  | 73  |
| <b>Bronze</b>  |        | 22 | 25 | 28 | 31 | 34 | 37 | 40  | 43  | 46  | 49  | 52  |

# FAB - Fitness Ability Basics for Men's Gymnastics

## FAB Testing – Group Summary Score Form

Testing date: \_\_\_\_\_  
Year      Month      Day

Testing Location: \_\_\_\_\_

**Gymnast's Name:** \_\_\_\_\_

Birth date (yr/mon/day): \_\_\_\_\_

Age this year (years): \_\_\_\_\_

Club: \_\_\_\_\_

|               |                                    | Max. Pts |  | # | Pts | # | Pts | # | Pts | # | Pts |
|---------------|------------------------------------|----------|--|---|-----|---|-----|---|-----|---|-----|
| 1             | Rope Climb – 20 feet               | 8        |  |   |     |   |     |   |     |   |     |
| 2             | Sprint – 20 meters                 | 8        |  |   |     |   |     |   |     |   |     |
| 3             | Planche                            | 8        |  |   |     |   |     |   |     |   |     |
| 4             | Center Splits                      | 8        |  |   |     |   |     |   |     |   |     |
| 5             | Chin Ups                           | 8        |  |   |     |   |     |   |     |   |     |
| 6             | Leg Lifts From Hang                | 8        |  |   |     |   |     |   |     |   |     |
| 7             | Handstand – Press                  | 8        |  |   |     |   |     |   |     |   |     |
| 8             | Pancake Position                   | 5        |  |   |     |   |     |   |     |   |     |
| 9             | Dips On Parallel Bars              | 8        |  |   |     |   |     |   |     |   |     |
| 10            | Front Leg Lift: Right Leg          | 5        |  |   |     |   |     |   |     |   |     |
| 11            | Front Leg Lift: Left Leg           | 5        |  |   |     |   |     |   |     |   |     |
| 12            | Sideward Leg Lift: Right Leg       | 5        |  |   |     |   |     |   |     |   |     |
| 13            | Sideward Leg Lift: Left Leg        | 5        |  |   |     |   |     |   |     |   |     |
| 14            | Skin-the-Cat pullouts / Back Lever | 8        |  |   |     |   |     |   |     |   |     |
| 15            | Broad Jump From Stand              | 8        |  |   |     |   |     |   |     |   |     |
| 16            | Muscle Ups on Rings                | 8        |  |   |     |   |     |   |     |   |     |
| 17            | Stride Splits: Right Leg           | 7        |  |   |     |   |     |   |     |   |     |
| 18            | Stride Splits: Left Leg            | 7        |  |   |     |   |     |   |     |   |     |
| 19            | L-Sit / V-Sit / Manna              | 8        |  |   |     |   |     |   |     |   |     |
| 20            | Pushups / Handstand Pushups        | 8        |  |   |     |   |     |   |     |   |     |
| 21            | Bridge                             | 5        |  |   |     |   |     |   |     |   |     |
| 22            | Handstand - Timed                  | 8        |  |   |     |   |     |   |     |   |     |
| <b>Total:</b> |                                    | 156      |  |   |     |   |     |   |     |   |     |