

Fast-Cat

TRAMPOLINE & TUMBLING
GYMNASTICS

Inter-Club Program
Technical Manual

2021-2022



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INTRODUCTION

What is FAST Cat?

The FAST Cat program is an introductory Gymnastics Saskatchewan Trampoline and Tumbling (T&T) program for athletes who are six years old and older. It provides gymnasts the opportunity to participate in four events (Trampoline, Double Mini Trampoline, Tumbling and Physical Testing) and progress through four levels. The program's main areas of focus are: fun, introduction to competition, physical literacy, technical skill preparation and development for both genders.

Gymnastics Saskatchewan has developed the FAST Cat Program to provide an avenue for athletes who want to transition from recreational to competitive structure. This program aims to offer the development of good basics so athletes will be prepared for competitive levels in the Trampoline and Tumbling discipline.

The program offers participation in FAST Cat events which allow the athletes an opportunity to perform and receive feedback from Trampoline & Tumbling Judges so they may refine their skills and progress through the levels.

Philosophy of the FAST Cat T & T Program

- Participation in the program will be fun and rewarding for all participants
- Participation will be emphasized above performance
- A happy, healthy and safe environment will be offered to all athletes
- The program will focus on basics and will welcome new clubs, coaches and gymnasts
- Clubs will be encouraged to develop a large base of developmental athletes in Trampoline and Tumbling
- FAST Cat Events provide fun and exciting challenges while working toward personal goals in sport. It is a means toward development of personal goals in sport without causing distress or discouragement.
- FAST Cat Events will help to motivate athletes throughout the year and provide them with feedback on how to refine their skills
- The athletes will be rewarded for participation and personal development

How does FAST Cat align with other programs in Saskatchewan?

The FAST Cat program allows clubs, gymnasts, coaches and judges to develop skills that could be transferred into the Provincial Stream program should they choose to pursue it. The program also contributes to alignment with the Long Term Athlete Development Program (LTAD).

Gymnastics Saskatchewan encourages cross over between gymnastics disciplines as a way of encouraging the development of physical literacy (Fundamental Movement Patterns).

ELIGIBILITY/REGISTRATION

Each club with FAST Cat athletes performing at an event must have a minimum club registration at an Inter-Club level. Please visit <http://www.gymsask.com/membership/> or contact Gymnastics Saskatchewan for more information. Every athlete who enters a FAST Cat event must be registered with

Gymnastics Saskatchewan at a minimum of an Inter-Club Trampoline & Tumbling Gymnast prior to the event. Athletes are permitted to register in other gymnastics disciplines as well, and at whichever level appropriate for that discipline. The athlete is not required to pay more than one fee, and the highest fee must be paid to Gymnastics Saskatchewan for the athletes' membership registration.

Recreational gymnasts are eligible to transfer to FAST Cat at any time, but will be required to pay the difference in fee to Gymnastics Saskatchewan.

Athletes participating in the provincial competitive program may not participate in FAST Cat events.

LEVELS & AGES

The FAST Cat program has four events:

- Trampoline
- Double Mini Trampoline (DMT)
- Tumbling
- Physical Testing

Trampoline, DMT and Tumbling have **four levels** designed to assist the athlete in developing proper technique. Athletes may perform in different levels for each apparatus and should participate at an appropriate skill level for each event to ensure their success in the program. Athletes must announce their level for each apparatus when registering for a Fast Cat event. Athletes should be presenting a routine that emphasizes execution and technique. Evaluations at the Fast Cat event will indicate mastery of that routine and should serve as a coaching tool to help determine if the individual should move into a more challenging level.

Athletes should be a minimum of 7 years old by December 31st of the competition year.

For the 2021-2022 season all FAST Cat athletes must be born in 2015 & earlier.

TRAINING RECOMMENDATIONS

Athletes in this program should train 1 to 2 times a week for 1 to 3 hours per class but not more than 6 hours per week of training.

GYMNAST ATTIRE

- **Women** must wear a leotard with either long sleeves or sleeveless
- **Men** must wear gymnastics shorts and a singlet or sleeveless shirt on DMT and Tumbling. Competitive longs are preferable on trampoline but shorts are acceptable at this level.
- Competitors are required to wear gym slippers or white socks on Trampoline and DMT. White socks or bare feet are permitted on Tumbling.
- All forms of jewelry are prohibited for safety reasons and must be removed before the event (watches, rings, earrings, body piercing etc.)
- Medical bracelets should be taped to the body to prevent snagging
- All long hair must be tied back away from the athlete's eyes

MATERIALS

The FAST Cat manual, evaluation sheets, video of routines and skills, physical testing protocol and physical testing score sheets can be found online at www.gymsask.com. You can also contact Gymnastics Saskatchewan to request any items you may need.

COACHING

Each coach must have completed the Gymnastics Canada online Respect in Sport modules.

For trampoline and double mini trampoline, coaches must be Gymnastics Foundations Trampoline Certified (or Level 1 Certified in Trampoline Gymnastics) to coach Levels 1 & 2. Coaches must be Level 2 Trampoline Technical TRAINED to coach Levels 3 & 4.

For tumbling, it is recommended that coaches be Gymnastics Foundations Artistic TRAINED for Levels 1 & 2 and must have completed the Competition 1 WAG/MAG tumbling module (or Level 2 Artistic Technical trained) for Levels 3 & 4.

SAFETY

Trampoline

It is recommended that four spotters be present positioned at the four corners of the trampoline. Spotters will not be required on an in-ground trampoline provided that safety mats cover the springs and landing mats are on all sides.

Double Mini Trampoline

Every athlete must have a spotter present for safety assurance. This spotter may not interfere with the view of the evaluators. Any skill performed with the assistance of a coach will be marked 'assisted'. If two mini trampolines are being used the frames must be covered with mats for athlete safety.

EVALUATORS

It is recommended that there be 3-6 evaluators per FAST CAT event. If three events are running at the same time only one evaluator per panel is required. Please contact the Gymnastics Saskatchewan T&T Judging Representative to locate judges for your event.

EQUIPMENT REQUIREMENTS

Trampoline

- Option 1: Competitive bed trampoline (rectangular shape with bed size of at least 6 feet wide by 12 feet long).
- Option 2: A rectangular trampoline which has a black Neoprene bed

Double Mini Trampoline

We have provided three possible options to make DMT accessible to all areas of the province.

- Option 1: Competitive DMT
- Option 2: Use of an in ground trampoline. Step on, first bounce on the first line of the box, second bounce with skill after the X or centre mark, third bounce on the end of the trampoline to dismount into a pit with stable, level landing mats.
- Option 3: Use two mini trampolines with a mat covering the frame area that the athletes travel over. The first mini trampoline should be slanted towards the runway; the second should be level similar to the design of a DMT.

Tumbling

- Option 1: Competitive Rod Tumbling Track
- Option 2: 40 feet X 40 feet artistic competition floor
- Extra equipment needed for tumbling drills:
 - Three 20 cm mats
 - Port-a-pit
 - Incline mat
 - Cylinder
 - 3 Trapezoid boxes
 - Mini trampoline
 - 2 folding mats

PREPARING FOR AN EVENT

Make copies of the Evaluation Sheets for both the Technical and Physical evaluation.

- Evaluation sheets (chits) should be prepared with the names and the levels of all the athletes taking part in the event so that judges can complete the evaluations. Chits for each level and each event are available on the Gymnastics Saskatchewan website.
- Athletes should have one evaluation sheet for each event they are participating in.

Confirm entries

- Make sure all entries have been received. Call the clubs if needed.
- Organize the athletes into rotation groups.
- Rotation groups should be defined according to skill level, age, and club if needed. Athletes are to be divided into flights of up to 10 as much as possible. Ideally, flights are to be made up of only one category when participation numbers are high enough.

AT THE EVENT

- Have a detailed schedule posted for everyone to see – events, times & rotation schedules.
- Athletes will receive a timed warm up on each event and will have a minimum 2 touch for each routine. The amount of time for each event warm up will be determined by the head judge. When modified equipment is used for an event, additional warm-up time may be provided.

RESULTS & AWARDS

AFTER THE EVENT FAST CAT ROUTINES

TRAMPOLINE				
Each routine & skill must have a minimum of 5 pre-bounces. Out bounce is optional.				
LEVEL	ROUTINE	SKILL 1	SKILL 2	SKILL 3
1	1. Tuck jump 2. Seat drop 3. To feet 4. Pike jump 5. ½ twist 6. Pike straddle jump	Front drop, to feet	Back drop, to feet	Seat drop, swivel hip, to feet
2	1. Back drop 2. To feet 3. Tuck jump 4. Seat drop 5. Swivel hip 6. To feet 7. Pike straddle jump 8. Full twist	Back drop, to front drop, to feet	Front drop, to feet, back drop, to feet	Airplane (½ twist, to front drop, to feet)
3	Level 1 Compulsory 1. Pike jump 2. Seat drop 3. ½ twist to seat 4. ½ twist to feet 5. Tuck jump 6. Front drop 7. To feet 8. Pike straddle jump 9. Back drop 10. To feet	Hand/knee salto to feet	Front drop, to back drop, to feet	Back pullover
4	1. Airplane 2. To feet 3. Pike straddle jump 4. Back drop 5. To feet 6. Pike jump 7. ½ twist to seat 8. ½ twist to feet 9. Tuck jump 10. Full twist	Front tuck (with kick-out)	Back tuck (with kick-out)	

****Use progressions when teaching all of these skills. Progressions can be found in your Gymnastics Foundations Trampoline manual or Level 2 Trampoline Technical manual.**

DOUBLE MINI TRAMPOLINE			
LEVEL	ROUTINE 1	ROUTINE 2	ROUTINE 3
1	Mount: Straight jump Spotter: Tuck jump Dismount: Pike jump	Mount: Straight jump Spotter: Pike straddle jump Dismount: ½ twist	Mount: Straight jump Spotter: ½ twist Dismount: Straight jump
2	Mount: Tuck jump Dismount: Pike straddle jump	Mount: Straight jump Spotter: ½ twist Dismount: ½ twist	Mount: Straight jump Spotter: Full twist Dismount: Straight jump
3	Mount: Straight jump Spotter: Straight jump Dismount: Front tuck	Mount: Straight jump Spotter: Pike straddle jump Dismount: Full twist	Mount: Straight jump Spotter: Full twist Dismount: Tuck jump
4	Mount: Straight jump Spotter: Tuck jump Dismount: Front tuck	Mount: Straight jump Spotter: Straight jump Dismount: Front pike	Dismount: Jump, back tuck

***BHS = Back handspring**

***RO = Round-off**

TUMBLING				
LEVEL	SKILL 1	SKILL 2	SKILL 3	SKILL 4
1	**Hip & trunk extension drill on floor (for *BHS) – repeat 3x	Jump to back on stack of mats (40-60 cm) (for BHS)	Cartwheel snap to toes (feet together & on line) – fall to back on port-a-pit	Backward roll on floor or down incline
2	BHS drill on cylinder to front support	2-Foot power hurdle, RO* (on line) punch to back (in ‘position’) on port-a-pit	RO from knee on a box, push to stand, punch backwards (stay on feet)	
3	Spotted standing BHS down incline to push to back (on port-a-pit)	2-Foot power hurdle, RO, BHS spotted to knees	Back tuck drill	
4	BHS down incline, BHS in a row . . . up to 4 BHS with a straight jump after last BHS (first BHS must be spotted)	RO, BHS . . . up to 4 with straight jump after last BHS	Spotted back tuck off box	

****For detailed descriptions of tumbling drills see pages 11-13 and view the videos.**

TECHNICAL CLARIFICATIONS

Specific criteria for each skill will be evaluated as indicated on the evaluation sheets.

Trampoline

- The routine should look like any standard competitive trampoline routine, flowing, high and with a stuck landing after the last skill OR an out bounce and then a stuck landing. Focus on shapes, rhythm/maintenance of height, stretch and line. Each individual skill is considered to be a routine and should include salutes and a landing.
- The evaluators will indicate errors on the evaluation sheet. If an athlete performs the wrong skill in their routine the evaluator should make note on the evaluation sheet why the routine would have been terminated in a provincial competition.
- Each routine and skill must have a minimum of 5 pre-bounces (straight jumps) prior to executing the routine or skill. An out bounce (straight jump) after the last skill is optional.
- Every skill should start and finish with arms by the ears.
- Tuck, pike and pike straddle jumps are feet to feet skills. Meaning they always start and finish on the feet.
- For pike jump, legs should be at horizontal.
- For pike straddle jump, legs should be 90° apart.
- Back drop, to front drop, to feet and Front drop, to back drop, to feet should aim to have a straight body during the aerial phase.
- Kick-out for front and back tuck should occur at 12 o'clock.

Double Mini Trampoline

- The athlete has the option of using an incline mat or a beat board in front of the DMT to assist in mounting the DMT.
- If the athlete mounts with a one foot landing or stays in the mount zone for more than one bounce the evaluators should record this. The evaluator will continue to evaluate the athlete and indicate the error on their evaluation sheet.
- If the athlete performs too many bounces in their routine the evaluators should make note of this. The evaluator will continue to evaluate the athlete and indicate the error on their evaluation sheet.
- If an athlete performs the wrong skill the evaluator will circle the skill and continue evaluating the rest of the routine.
- Every skill should start and finish with arms by the ears.
- Landings should be stuck with hands in front, extended, and pointed at the floor or directly in front, not upwards. Knees should be over feet with a straight back, not hunched over.
- Most routines start with a straight jump mount that is not judged. Routine 1 in Level 2 has a tuck jump mount, this mount will be evaluated.
- For pike jump, legs should be at horizontal.
- For pike straddle jump, legs should be 90° apart.
- Front tuck, back tuck and front pike should all include kick-out.
- A maximum of 5 straight jumps before the 'jump, back tuck' (Level 4 – Routine 3) is recommended.

Tumbling

Athletes in all levels should be working various handstand drills.

Level 1

Skill 1 (Hip & trunk extension drill for BHS)

- Sit in pike sit, round shoulders and reach down for feet
- Sit up and throw arms above head while lying back and opening hips
- Finish with head, arms, shoulders and heels touching the floor
- Body will be in a tight outcurve position with back, hips and legs off the floor

Skill 2 (Jump to back drill for BHS)

- Stand in front of stack of mats (40-60 cm tall), with back facing the mats and arms beside ears
- Initiate arm swing, while bending at hips and knees (chair position).
- **Keep chest up** and lean back while springing from legs and hips
- Land on back on stack of mats in a tight outcurve position with arms by ears. Lower back and bum should not be touching the mat.

Skill 3 (Cartwheel snap to back)

- Cartwheel with feet on the line, snap to toes
- Fall to back on stack of mats (or port-a-pit)
- Land with arms down, slightly away from body and fingers pointing towards toes. Body position should be hollow and tight, with head slightly in and eyes looking at toes.

Skill 4 (Backward roll)

- Start standing, bend to squat, backward roll down incline or on floor to stand.

Level 2

Skill 1 (BHS drill with cylinder)

- Choose the right size cylinder for the athlete. Place folding mats under the two edges of the cylinder to encourage the athletes to jump into the half back handspring. The height of the folding mats can vary depending on the height of the athlete.
- Athlete stands in front of cylinder, leans and jumps backwards to spring over the cylinder **in a tight outcurve position**
- Athlete is permitted to contact the cylinder while traveling over it
- Pull toes over and snap shoulders to land in front support on mat
- Front support position should be rounded in the shoulders with bum and body tight

Skill 2 (Power hurdle RO to back)

- The power hurdle must be from two feet without being preceded by any steps, jumps or punches
- The punch to back should be done onto a port-a-pit or rezy mat. Four stacked 20 cm mats may also be substituted if no other option is available. Care should be taken to ensure that the mats do not slide.
- The punch to back after the round-off is expected to propel backwards and be in the proper **“position”** with arms straight, pointed toes in the direction they came from. The body position should be hollow and tight.
- The **“position”** on the mat should be held for 3 seconds.

- There is no deduction for arm position but we should be aiming for keeping them down even as they land on the port-a-pit.

Skill 3 (RO from knee off box)

- The round-off should start from the knee (with leg and feet in a straight line)
- Arms should be beside ears
- Extend and push from back leg while bending and pushing from front leg
- Place hands near end of box with second hand turned in (T position)
- Round-off off of the box and finish on feet in hollow position
- Punch backwards is encouraged

Level 3

Skill 1 (Spotted standing BHS down incline to push to back)

- Start standing tall on top of incline mat, feet together, arms on ears.
- Spotted BHS down inline
- Push to back on port-a-pit
- Land in correct “position” (as described in Level 2 Skill 2).

Skill 2 (Power hurdle, RO, BHS spotted to knees)

- Set up the equipment depending on the height of your athletes. The taller the athletes, the more boxes you will need. Line up the boxes with the narrowest box at the start and the widest (most stable) box at the end. After the last box, leave 2 feet of floor space and then have two 20 cm mat on the floor. The third 20 cm mat can go on top of the other two 20 cm mats and back from the start of the first 20 cm mat.
- The gymnast will 2-foot power hurdle down the boxes.
- Their hands will be on the edge of the box for the round-off, feet on the open floor space, back handspring so their hands land on the first 20 cm mat and then land on knees on the area where there is two 20 cm mats stacked on top of each other.
- Finish with arms down, slightly in front of body and body in a TIGHT hollow position (bum squeezed).

Skill 3 (Back tuck drill)

- Set up the equipment depending on the height of your athletes. Stack mats 60-100 cm tall and put a mini trampoline in front of the stack of mats. **Make sure the mini tramp is set with the lower side against the stack of mats and the taller side away from the mats. Then place an incline mat on top of the mats with the tall end towards the mini tramp.
- Have the athlete stand on top of the incline, with arms beside ears, lead with one leg and step down to the mini tramp. The athlete must contact the mini tramp with both feet at the same time and keep their body RIGID on contact.
- The first time the athlete tries this skill, have them rebound from the mini tramp and land in seat drop on the incline.
- When they are confident with the seat drop, have them progress to landing on their seat with their arms by their ears, then rolling to candle.
- The final step is to:
 - Step down from the incline with arms **beside their body**
 - Rebound with 2 feet from the mini tramp
 - Swing their arms up to their ears
 - Land on mat and roll through candle to finish in mean cat position on the incline

Level 4

Skill 1 (BHS down inline (spotted), BHS in a row – up to 4 with a straight jump after last BHS)

- First BHS down incline must be spotted
- Push with legs and snap with arms to generate momentum for BHS in a row
- Complete up to 4 BHS with a straight jump after last BHS, then stick landing

Skill 2 (RO, BHS . . . up to 4 with straight jump after last BHS)

- 2-Foot power hurdle round-off, connect up to 4 BHS with a straight jump after the last BHS and then stick landing

Skill 3 (Spotted back tuck off box)

- SPOTTED standing back tuck off 30 cm box
- Keep head neutral
- Lift through hips
- Normal landing deductions apply

FAST Cat Physical Testing Sheet

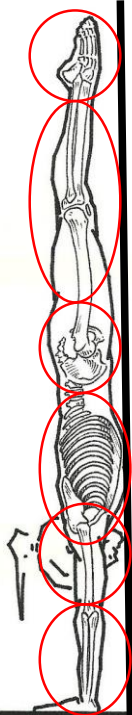
Name: _____ Club: _____ Date: _____

Double Mini Tramp Level: 1 2 3 4 Athlete's Height (cm): _____

Rope Climb (3m):	Broad Jump (cm):	Leg Lifts (# or time):
20 m Sprint (sec):	V-snaps (#):	Chin-ups (hold, # or time):
Tramp – 10 Bounces Timed (sec 2 decimals):	Tumble – 10 Rebounds Timed (sec 2 decimals):	DMT – Timed (3) Bounces (sec 2 decimals): <small>(L1 & L2 have different arm positions)</small>
Hip Flexion (cm): <small>(pike straddle position)</small>	Pike Stretch (cm 1 decimal):	Active Shoulders (cm):

Handstand Testing Sheet

"3" = Excellent "2" = Satisfactory "1" = Needs Improvement



1 TOES POINTED	3 2 1
2 LEGS STRAIGHT	3 2 1
3 HIPS OPEN	3 2 1
4 SHOULDERS STRETCHED	3 2 1
5 HEAD IN-LINE	3 2 1
6 ARMS STRAIGHT / HANDS FORWARD	3 2 1

Timed Handstand (sec) _____

PHYSICAL TESTING PROTOCOL

This year Gymnastics Saskatchewan will be collecting data to track norms for the physical testing tasks so that each physical testing item can be accurately graphed on a point system. Please remember to send Gymnastics Saskatchewan the physical testing results from all club Invitationals using the FAST CAT Physical Testing Recording excel document.

Rope Climb:

- Preparation:
 - Each meter marked with tape up to 3 meters (starting tape is zero and is 1 meter from floor). There will be 4 tape lines total (0m, 1m, 2m, 3m).
 - One stopwatch
 - Make sure the athletes identify what type of rope climb they will be doing and record it on their individual recording sheet.
- The Start:
 - For climbing with legs, the athlete should start couched down with hands between chest and chin height and on the 0 m tape line
 - For climbing with no legs, the athlete will start sitting on a mat or box with their hands between chest and chin height and on the 0 m tape line
- The Test:
 - Athlete may choose to:
 - Climb with legs up & down
 - Climb with legs to 3 meter mark and be timed
 - Climb with no legs up & down
 - Straight legs should be encouraged and in straddle position
 - Climb with no legs up & down to 3 meter mark and be timed
 - Straight legs should be encouraged and in straddle position
- Scoring:
 - A point is given for each meter that the athlete travels up the rope and down (e.g. 1 point if the athlete climbs up to 1 meter and down to mat).
 - 3 meter Timed rope climbs with or without legs should be recorded to 1 decimal point
 - Timer starts as the athlete begins to climb and ends when they touch 3 meters. If the athlete climbed the rope with no legs they should be encouraged to go back down the rope with no legs.

Broad Jump:

- Preparation:
 - Measure athlete's height and record it in 'cm' on the athletes individual physical testing recording sheet
 - Have a thick Velcro line for the athletes to stand on
 - Measuring tape starts at the edge of the line, stretch it out at least 3 meters long
 - Have chalk available
 - A meter stick or broom is handy to help read the measurement
 - One evaluator and one recorder. Recorder also measures athlete's height.
- Format:
 - One warm-up jump is allowed (optional)

- One athlete at a time is assessed
- Two attempts per athlete; the second is optional
- The two attempts are performed in a row
- The Start:
 - Athletes must use chalk on their heels to help record their distance
 - The athletes can stand on the tape (feet position optional) but their toes must not exceed the tape
- The Test:
 - The athlete will perform a standing long jump from two feet
- Scoring:
 - The distance of the jump is measured on the floor surface from the start line (excluding the tape) to the closest contact of the body with the floor surface at the finish of the jump
 - For each attempt, the number of completed centimeters (ex. 187 cm, no decimal places) is recoded
- Data Entry:
 - Subtract the jump distance in cm minus the athlete's height in cm when recording broad jump in the FAST CAT Physical Testing Recording excel document (ex. 187 cm jump distance – 130 cm athlete's height = 57 cm)

Leg Lifts:

- Preparation:
 - Wall bar or high bar
 - One stopwatch
 - Athlete must tell the evaluator if they will be counting leg lifts or timing 10
- The Start:
 - Hang in an overgrip long hang position, with hands shoulder width apart for 2 seconds before starting
- The Test:
 - Athletes may choose to:
 - Perform leg lifts up to 10 lifts
 - Time 10 leg lifts
 - The athlete must flex at the hips, lifting with straight legs until the tops of his or her feet contact the bar. Head should remain neutral.
 - The athlete will continue until they hear the word "STOP" from the evaluator or until he or she cannot continue any longer
 - Kicking, bending or scissoring of the legs upward is not allowed
- Scoring:
 - Evaluator records the number of leg lifts the athlete performs up to 10. Tops of the feet must contact the bar to count.
 - For timed leg lifts:
 - The evaluator must say "Ready", "Set", "Go" and start timing when he/she says go. If the athlete does not contact the bar that leg lift will not count. The evaluator will count out loud and indicate the number of acceptable leg lifts and repeat the preceding number in case of an unaccepted leg lift (Ex. 1, 2, 3, 3 (not acceptable), 4 . . .)
 - Time stops at 15 seconds

20 m Sprint:

- Preparation:
 - 30 m runway
 - One stopwatch
 - A start line and a finish line visibly marked (preferably with 5 cm Velcro)
- Format:
 - No warm-up run
 - Athlete has two tries with the best counting
 - All athletes in the group perform their first attempt and then perform their second attempt in the same order
- The Start:
 - Athlete starts from feet together and toes behind 0m mark
- The Test:
 - Athlete sprints through 20m
- Scoring:
 - Timer starts when athlete's first step touches the ground past the 0m line
 - Timer ends when athlete crosses the 20m mark. Note that it is when the athlete crosses (like in track) not when their foot hits the ground past the 20m mark.

V-Snaps:

- Preparation:
 - Floor space
 - Athlete must tell the evaluator if they will be performing tuck or straight leg V-Snaps so the evaluator can record this on their individual physical testing recording sheet
- The Start:
 - Athlete will lie flat on back with arms straight above head and legs straight and together
 - They may begin after being still for 2 sec
- The Test:
 - Athletes may choose to:
 - Perform tuck v-snaps up to 10
 - Perform straight leg v-snaps up to 20
 - Arms should stay on ears and legs should remain straight and together for straight leg v-snaps
 - The athlete will continue until they hear the word "STOP" from the evaluator or until he or she cannot continue any longer
- Scoring:
 - Evaluator must record type of snaps and the number of completed snaps
 - The evaluator may ask the athlete to stop if the straight leg v-snaps have leg separation or if legs bend to tuck shape

Chin-ups:

- Preparation:
 - High bar
 - One stopwatch
 - Athlete must tell the evaluator if they will be performing a chin-up hold, counting chin-ups or if they will be doing timed chin-ups

- The Start:
 - Hang in an overgrip long hang position, with hands shoulder width apart for 2 seconds before starting
- The Test:
 - Athletes may choose:
 - 30 sec chin-up hold
 - Perform chin-ups up to 10
 - Time 10 chin-ups
 - No beating will be permitted
 - Chin must be bar height or higher to count
- Scoring:
 - 30 sec chin-up hold:
 - Evaluator will start the timer when the athlete's chin is at or above bar height and will stop the timer when the athlete's chin is below bar height or when they reach 30 sec
 - 10 chin-ups:
 - Evaluator records the number of chin-ups the athlete performs up to 10. Chin must be at or above bar height to count.
 - Chin-up will not be recorded if the athlete is beating
 - Evaluator must count out loud and indicate the number of acceptable chin-ups and repeat the preceding number in case of an unaccepted chin-up
 - Timed 10 chin-ups:
 - The evaluator must say "Ready", "Set", "Go" and start timing when he/she says go. If the athlete does not have their chin at or above bar height it will not count. The evaluator will count out loud the number of chin-ups and indicate the number of acceptable chin-ups and repeat the preceding number in case of an unaccepted chin-up (Ex. 1, 2, 3, 3 (not acceptable), 4 . . .)
 - Time stops at 10 seconds

Tramp – 10 Straight Jumps Timed:

- Preparation:
 - One stopwatch
 - Trampoline
- The Start:
 - Standing start (no bed movement)
- The Test:
 - Athlete jumps up and rebounds 15 times as high as possible
 - The last 10 bounces are timed
 - Athlete has two tries with the best counting
- Scoring:
 - Timer starts at the 5th contact with the trampoline after starting bouncing
 - Timer ends at the 15th contact
 - The tester must call out "Ready, and, 1, 2, 3" (here starts the timer); then "1, 2, 3, 4, 5, 6, 7, 8, 9, 10" (here stops the timer).

Tumble – 10 Rebounds:

- Preparation:
 - One stopwatch
 - Rod floor (preferred) or Artistic floor
- The Start:
 - Athlete stands with feet together
- The Test:
 - Athlete performs a standing 2-foot jump and rebounds 11 times as high as possible
 - The last 10 bounces are timed
 - Athlete has two tries with the best counting
 - Arms cannot do a full arm circle, legs must be straight
- Scoring:
 - Timer starts at the 1st contact with the tumbling strip after the standing jump
 - Timer ends at the 11th contact
 - The tester must call out “And,” (here starts the timer); then “1, 2, 3, 4, 5, 6, 7, 8, 9, 10” (here stops the timer).

DMT – 3 Straight Jumps:

- Preparation:
 - One stopwatch
 - Double mini tramp with runway and landing zone
- The Start:
 - Athlete runs, and hurdles to the bed in their usual way
- The Test:
 - Athlete performs a straight jump mount, straight jump spotter and straight jump dismount as high as possible
 - Athlete has two tries with the best counting
 - **Arm Positions:**
 - Level 1 athletes must have their arms on their ears for all jumps
 - Level 2 athlete must have their arms down by their sides for all jumps
 - Level 3 & 4 athletes must do arm circles
- Scoring
 - Timer starts at the 1st contact with the mini after the hurdle
 - Timer ends at the 3rd contact
 - If the athlete accidentally bounces more than 3 times only the first 3 are timed
 - Any 1 foot contact results in no time

Hip Flexion:

- Preparation:
 - Two 5 cm Velcro lines (corner of Artistic floor)
 - Broom or long dowel
 - Measuring tape
- The Start:
 - Athlete sits in the corner of an Artistic floor with one leg on each line

- The Test:
 - Athlete must keep their legs straight and knees pointing up to the ceiling while reaching forward as far as possible for at least 5 seconds
- Scoring:
 - A broom stick or dowel is placed at the athlete's heels
 - Measure (in cm) from the edge of the broom stick to tips of fingers
 - Record the measurement that they stayed past for 5 seconds (not how far they were able to bounce down to)

Pike Stretch:

- Preparation:
 - Box or bench
 - Measuring tape
- Format:
 - The athletes have a couple of minutes to warm-up if they wish
- The Start:
 - The athlete stands on a bench (or box) with feet together, legs straight and toes at the edge
- The Test:
 - Athlete reaches as far past the bench (or box) as possible for at least 5 seconds
- Scoring:
 - Measure (in cm) from the top of the bench to tips of fingers
 - Record the measurement that they stayed below for 5 seconds (not how far they were able to bounce down to)
 - Legs must remain straight

Active Shoulders:

- Preparation:
 - Short dowel
 - Meter stick
- The Start:
 - The athlete lies on their stomach on the floor with their feet together and arms straight above their head
 - Their face should be up with their chin resting on the floor
 - The athlete will hold the dowel with two hands in overgrip position and their thumbs touching in the middle
- The Test:
 - The athlete must extend their arms as high as they can while keeping their chin on the floor and hold for at least 5 seconds
- Scoring:
 - Measure (in cm) with a meter stick from the floor to the top of the athlete's right wrist
 - Record to the nearest cm (no decimals)

Handstand Hold & Technique:

- Preparation:
 - Clear wall space with a solid (not squishy) area to place hands
 - One stopwatch

- One evaluator and one assistant to help mark tips of toes
- The Start:
 - Athlete maneuvers to a handstand with stomach facing the wall
- The Test:
 - Athlete stays in line, against wall and holds their best handstand shape for 15 seconds and then continues to hold their handstand up to 60 seconds
 - Athletic tape (or two fingers) is placed so that the top is at the tip of the toes this is the allowable margin for sagging
 - Nose remains against wall throughout
- Scoring:
 - One evaluator times and records points, another watches the nose and toes
 - Timer begins as soon as nose touches wall
 - Timer stops as soon as either the nose comes away from the wall or the toes fall below the bottom of tape
 - Evaluator has 15 seconds to evaluate the handstand shape:
 - 6 points are evaluated: toes, legs, hips, shoulders, head, arms/hands
 - Evaluator would give each point a score out of 3
 - 3 = excellent
 - 2 = satisfactory
 - 1 = needs improvement
 - To record, use the diagram on the individual physical testing sheet

PHYSICAL TESTING EQUIPMENT LIST

Specific Equipment:

- 8 stopwatches
- 4 measuring tapes (type of measuring tape used to mark runways)
- 2 meter sticks
- 1 broom stick or long dowel
- 1 short dowel
- Chalk blocks
- Colored duct tape

Basic Equipment:

- Marked rope
- High bar
- Velcro strips
- Marked 30 m runway
- Box or bench