



PHYSICAL TESTING

20 METER SPRINT

EQUIPMENT AND PERSONNEL:

- One electronic timer (see GENERAL ORGANIZATION- SCORING for example), if this is not available, 1 stopwatch is acceptable;
- One 30 meter flat and uniform surface- vault runway not crossing mats or obstacles;
- A start and finish line marked with white tape (at least 5 cm wide) placed outside the 20 meters; the start line is placed towards the beginning of the run;
- One assessor
- One vertical line (5 cm) marked on wall at finish line for assessors to see.

FORMAT:

- One warm-up run is allowed (optional);
- One gymnast at a time is assessed;
- Two attempts per gymnast; the second is optional;
- All gymnasts in the group perform their first attempt and then perform their second attempt (optional) in the same order.

START POSITION:

- The gymnast stands at the end of the runway. The stand position is optional as long as her feet are stationary and both hands and feet are behind the start line;
- The assistant stands at the start line.
- One assessor stands at the finish line opposite the 5 cm finish line;
- Timer option 1: The electronic timing device automatically starts timer as gymnast crosses laser;
- One assessor will announce in a clear and consistent rhythm "gymnast ready, set, GO". The assessor will begin the stopwatch at the word "GO".

MOVEMENT:

- The run is to be performed in bare feet or normal vaulting shoes;
- The gymnast should not prepare to finish (slowdown) until after passing the finish line.

Sept 23, 2022

SCORING:

- The stopwatch is stopped when any part of the gymnast's body intersects the finish line;
- If a gymnast performs a "false start" (crosses the start line before the assessor has announced "GO"), the assessor will say "STOP" immediately and loudly to notify the gymnast. The attempt is counted but receives no result;
- The gymnast may go again for a total of 3 attempts if there is a false start.
- Two attempts are authorized with the best time being recorded.
- Assessor records the two assessments and the official time for each attempt as well as the best time of the gymnast

Broad Jump

EQUIPMENT AND PERSONNEL:

- One competition floor;
- One tape measure at least 3 meters long;
- One stick of rectangular shape at least 1 meter long; (ideally meter stick)
- One wire brush;
- One start line marked with white tape (at least 5 cm wide) placed on the floor;
- One chalk box and at least 1 chalk block placed on the floor near the start line.
- One assessor and one assistant;

FORMAT:

- One warm-up jump is allowed (optional);
- One gymnast at a time is assessed;
- Two attempts per gymnast; the second is optional;
- The two attempts are performed in a row.

START POSITION:

- The gymnast applies a thick layer of chalk under and behind her heels (before each attempt) and then, without walking stands behind the start line;
- Assessor may ask the gymnast to apply additional chalk;
- The gymnast can stand on the tape (feet position optional) but her toes must not exceed the tape.

MOVEMENT:

- The general movement patterns selected to perform the long jump is optional, however the gymnast must take off with two feet from a fixed position.

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 complete centimeters (ex. 227 cm, 228 cm but not 228.5 cm) is recorded;
- Assessor states loudly the length for each attempt and records the length for each attempt as well as the best length.
- Assessor declares any invalid take-off.
- If the point of closest contact is not visible with the chalk, the assessor will determine this, and the gymnast will be asked to jump again immediately.
- HP scoring: total cm
- CCP & Youth scoring: total length of jump – height

Rope Climb

EQUIPMENT AND PERSONNEL:

- One good quality rope at least 4 meters in length,
- Rope with a 5 cm mark at 0 and 3 meters;
- The diameter of the rope must be similar to the diameter of a rail for uneven bars (i.e. 40 mm);
- One stopwatch;
- One assessor

FORMAT:

- One warm-up attempt is allowed (optional);
- Two attempts per gymnast; the second attempt is optional and will be allowed once the initial rotation of the group is completed.

START POSITION:

- The gymnast sits in a pike position on the mat, with her hips in line with her feet with one hand on the 0 meter mark and the other hand free;
- The bottom of the "0" mark must be at or above the gymnast's sternum to start.
- The gymnast is immobile for at least 3 seconds before she may start the climb.

MOVEMENT:

- The gymnast climbs the rope in a pike position with feet together as fast as possible to touch the 3 meters mark or higher. She must continue to climb until she hears the word "GOOD" or "BON" from the assessor. Any contact with the tape or higher indicates 3 meters. (The 0 and 3 meter marks start and finish at the bottom of the respective tapes.)
- Contact with the floor following the start is not allowed;
- The legs may be no more than 30° below horizontal and the knees bent no more than 30°;
- **Support** of the body on the rope with the legs is not allowed;
- Kicking, swinging or scissoring of the legs upward is not allowed.

SCORING:

- The stopwatch is started with the first movement of any part of the body of the gymnast and stopped upon contact of the fingers with the 3 meter mark;
- Assessor times the attempt;
- The touch of the 3 meter mark or higher must be evident for the stopwatch to be stopped;
- Assessor will state "GOOD" when the gymnast has touched the mark to his/her satisfaction;
- The watch stopped if the gymnast:
 - Pushes feet off floor to start;
 - Supports her body on the rope with her legs;
 - Bends one or two legs more than 30° for more than one second;
 - Has one or two legs lower than 30° below horizontal for more than 1 second;

Sept 23, 2022

*In all cases above the attempt interrupted by the assessor, who will state loudly "STOP". The attempt is counted and the gymnast receives no result. Assessor will state the reason for the interruption of the attempt.

- The assessor takes one decimal into consideration. The additional decimals are dropped (there is no rounding up).
- Assessor states loudly and records the time for the attempt;

LEG LIFTS

EQUIPMENT AND PERSONNEL:

- Wall bars
- One stopwatch;
- One assessor

FORMAT:

- No warmup
- One attempt per gymnast

START POSITION:

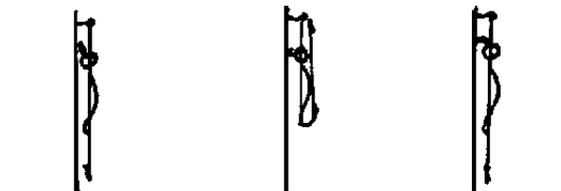
- Wall bar: from an overgrip long hang position, with hands shoulder width apart
- The gymnast is immobile for at least 2 seconds before she may start the movement.

MOVEMENT:

- The gymnast flexes at the hips, raising her legs towards her face. With minimal shoulder extension, the gymnast touches her feet to the bar, and then extends again to a straight hang.
- She will continue until she hears the word "STOP" from the assessor or until she cannot continue any longer.
- Kicking, bending, or scissoring of the legs upward is not allowed.

SCORING:

- The stopwatch is started with the first movement of any part of the body of the gymnast and stopped after 15 seconds.
- Assessor commands "Ready", "Set", and "Go" and starts timing when he/she says go. If the gymnast has a form deduction of (greater than 0.1) that leg lift will not count. The assessor counts loudly the number of acceptable leg lifts and repeats the preceding number in case of an unaccepted leg lift. Ex, 1, 2, 3, 4, 5, 5, (not acceptable) 6, 7, 7 (not acceptable).
- Time stops at 15 seconds.



Press to Handstand

EQUIPMENT AND PERSONNEL:

- Adjustable competitive beam for 110 cm or 125 cm
- One assessor

FORMAT:

- One warm-up attempt is allowed (optional);
- Gymnasts are assessed one at a time;
- Two attempts are permitted per gymnast; the second attempt is optional;
- All gymnasts in the group perform their first attempt; then they perform their second attempt (optional) in the same order.

START POSITION:

- Gymnast starts in straddle L sit on the beam

MOVEMENT:

- From the straddle L sit the gymnast performs a straddled press to handstand with straight arms and straight legs and returns to the straddle L sit (together) as many times as possible;
- Legs must be together in the handstands for the handstand to be counted.
- The last complete press is counted if it reaches handstand legs together even if the gymnast falls out of handstand.
- Handstand is defined as per level testing: HP: 10° JO and Aspire: 20°
- Handstand must be marked;
- The repetition is not accepted if :
 - The legs are not together in handstand.
 - The bend in the elbows or in the knees receives a total deduction of 0.30.
The start of the element must be done without acceleration (at a slow pace)
 - The gymnast fails to “mark” the handstand with feet together

SCORING:

- Assessor counts loudly the number of acceptable presses and repeats the preceding number in case of an unacceptable press Ex 1,2,3,4,5,5 (unacceptable),6,7,7 (unacceptable);
- The last full press is counted if the gymnast reached the handstand with legs together and had less than 0.30 deductions and then falls out in any direction;
- Counting stops when any part of the body touches the floor or the bars (except the hands);
- Assessor checks that a press technique is used, that the required leg position is used and counts the successful press loudly;
- Assessor determines the deductions for each press and records the number of successful presses for each attempt as well as the highest number.
- **CCP & Youth: Press to straddle handstand will count for .50 presses.**

Left & Right Split

EQUIPMENT AND PERSONNEL:

- One 10 cm wide straight line on floor;
- 20 cm high hard mat

FORMAT:

- No warm-up allowed in front of the assessor;
- One gymnast at a time is assessed;
- One completed attempt per gymnast (held three seconds).

START POSITION:

- The gymnast does the left split followed by the right split;
- The front leg is the farthest away (outside leg) from the assessor.

MOVEMENT:

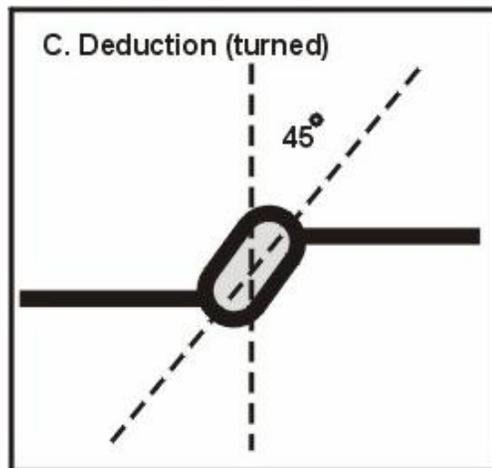
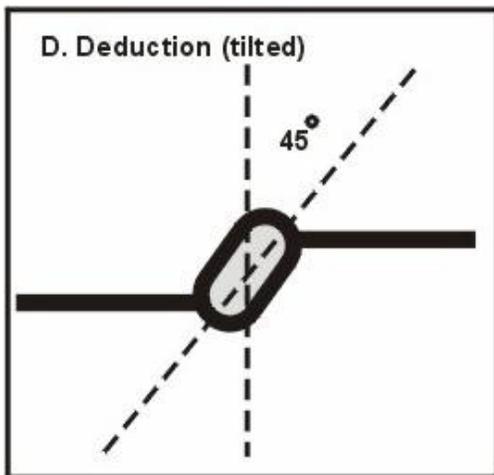
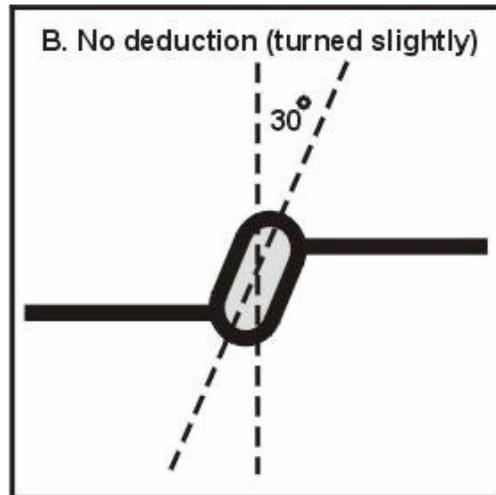
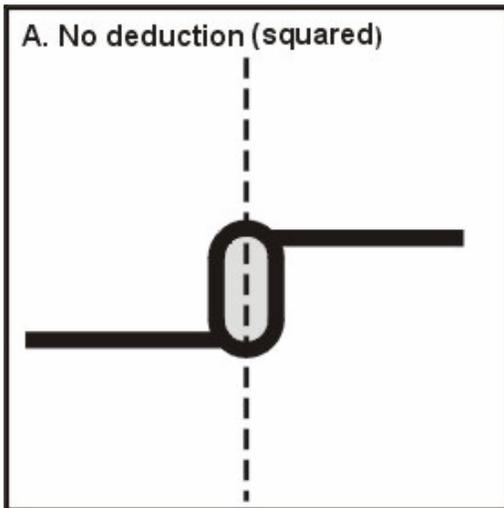
- The gymnast performs a split on the straight line on the floor, with the front heel on the 20 cm mat, and holds the position for **3 seconds**;
- She starts with the left leg forward.
- The correct body position is:
- Hips squared and vertical; a slight deviation is acceptable (diagrams A and B) a 45° deviation is not acceptable (diagrams C and D);
- Straight legs;
- Both legs touching the floor completely;
- Chest vertical;
- Shoulders squared;
- Arms horizontal;
- Head up;
- The placement of the knee of the back leg is optional. It may be facing the floor, or turned out.

SCORING:

- The maximum deduction for amplitude and body posture is 0.50 p. per split;
- Assessor determines the total deductions for the split, and takes two deductions into consideration;
- Assessor states loudly the official total deductions for the split;

The deductions for amplitude/body posture are as follows:

Hips turned sideways:	
Slightly	0.00
45 degrees	0.10
Hips tilted forward	
Slightly	0.00
45 degrees	up to 0.15
Chest not vertical and/or arms not horizontal	0.05
Legs not completely touching the floor up to	0.25
One or two legs bent (more than relaxed) up to	0.10
Split not held three seconds	0.10



Center Split

EQUIPMENT AND PERSONNEL:

- 10 cm wide straight line on floor
- Tape marked at 5.0, 2.5, 0, 5.0 and 10.0 cm
- Two assessors.

FORMAT:

- No warm-up in front of the assessors;
- One gymnast at a time is assessed;
- One completed attempt per gymnast (held three seconds).

START POSITION:

- Sitting with legs straddled, facing the assessor.

MOVEMENT:

- The gymnast performs a split on the straight line on the floor and holds the position for three seconds;
- Both heels must be on the tape;
- The correct body position is:
- Hips vertical (tucked under);
- Hips and legs on a straight line;
- Both legs touching the floor completely;
- Chest vertical and straight;
- Shoulders squared;
- Arms horizontal or one arm horizontal/UP and the other hand touching the floor to maintain balance;
- Head up.
- The assessor will stand and/or move around the athlete to observe the body position.

SCORING:

- The maximum deduction for amplitude and body posture is 0.50 p.;
- Assessor determines the total deductions for the split and takes two deductions into consideration;
- Assessor states loudly and records the official total deductions for the split;

Sept 23, 2022

The deductions for amplitude/ body posture are:

Hips 5 cm in front of the line	0.00
Hips 2.5 cm in front of the line	0.05
Hips on the line	0.1
Hips 5 cm behind the line	0.15
Hips 10 cm or more behind the line	0.2
Hips tilted forward	
Slightly	0.05
45°	0.10
Knees not facing upward	0.05
One or two legs bent (more than relaxed)	up to 0.10
Chest not vertical and/or arms not horizontal	0.05
Split not held three seconds	0.10

Hip Flexion

EQUIPMENT AND PERSONNEL:

- Two 5 cm wide straight lines on the floor at a 90° angle;
- Two 10 cm high hard mats
- One assessor

FORMAT:

- No warm-up in front of the assessor;
- One gymnast at a time is assessed;
- One completed attempt per gymnast (held 3 seconds).

START POSITION:

- The gymnast sits on the lines on the floor;
- The legs must be at a 90° angle for the assessment to occur.

MOVEMENT:

- The gymnast places each heel up on a 10 cm hard mat
- The gymnast leans forward, arms overhead, assumes the correct body position and holds it for 3 seconds;
- The correct body position is:
 - Stomach, chest and arms on the floor;
 - Arms are parallel;
 - Back flat and head between the arms;
 - Legs straight;
 - Knees facing upward and back of the knees touching the floor.

SCORING:

- The maximum deduction for amplitude is 0.50 p.;
- Assessor determines the total deductions for the straddle hip flexion, and takes two decimals into consideration;
- Assessor states loudly and records the official total deductions;

The deductions for amplitude/ body posture are:

Back rounded	0.1
Hip bone almost touching the floor, or	0.1
More space between chest and floor	0.2
Knees relaxed forward (not facing upward) or,	0.05
Knees tilted forward (more error than relaxed)	0.1
Knees bent	0.1
Hip flexion not held 3 seconds	0.1

Bridge

EQUIPMENT AND PERSONNEL:

- One 5 cm line on the floor;
- One panel board with one vertical line. The vertical line should be aligned with the line on the floor.
- One assessor

FORMAT:

- No warm-up in front of the assessor;
- One gymnast at a time is assessed;
- One completed attempt per gymnast (held 3 seconds)

START POSITION:

- The gymnast lies on her back, places the palms of her hands (shoulder width) on the line and pushes up to a bridge position.

MOVEMENT:

- The gymnast performs a bridge with the correct body position and holds the maximum stretch for 3 seconds;
- The correct body position is:
- Hands are shoulder width apart and fingers point towards the feet;
- Feet are together with heels on the floor;
- Arms and legs are straight.

SCORING:

- The maximum deduction for amplitude and body position is 0.50 p.;
- The assessor will remind the athlete to:
- Keep legs together and heels on the floor;
- Hold the position for 3 seconds before doing the assessment.
- Assessor determines the total deductions for the bridge and takes two decimals into consideration;
- Assessor states loudly and records the official total deductions;

Sept 23, 2022

The amplitude deductions are:

Amplitude

Armpit clearly past vertical of the line	0.0
Armpit vertical	0.1
Armpit clearly between wrist and finger tips	0.2
Armpit slightly in front of finger tips	0.3
Armpit further than finger tips	0.4

Body Posture

Feet and/or knees apart	.05
Legs bent	.05
Arms bent	.05
Hands more than shoulder width apart	.05
Heels not on floor	.05
Bridge not held 3 seconds	.10

***Note:** *hyper extended elbows are not bent arms.
The focus should be on the position of the shoulders*

ACTIVE SHOULDERS

EQUIPMENT AND PERSONNEL

- One evaluator
- ½- 1 inch wooden dowel
- Meter stick
- Marker

FORMAT

- 1 attempt per gymnast
- Prior to shoulder flexibility testing, the gymnast's arm length is measured from the tip of the acromion process to the wooden dowel grasped by both hands while holding her shoulders flexed to 90 degrees.

START POSITION

- The gymnast lies prone on a firm floor with her chin and nose touching the floor.
- Both arms are held parallel to the body with the shoulders flexed to 180 degrees
- The gymnast grasps the dowel with an overhand grip, hands shoulder width apart.

MOVEMENT

- The gymnast is asked to maximally flex her shoulders while maintaining **her wrists in neutral position**, elbows extended and her nose and chin in contact with the floor.
- The wooden dowel must be kept parallel to the floor.
- Once the gymnast has raised her arms to their maximum height, the distance from the dowel, where her thumbs are touching, to the floor is measured and recorded to the nearest 1/2 centimeter using a rigid meter stick.
- The gymnast must hold this position for 3 seconds

SCORING

- The shoulder flexibility test raw score is calculated by dividing the dowel height attained by the length of the athlete's arm.
- If the dowel is vertical or past vertical, the score will be 10 points.



Leg Kicks

EQUIPMENT AND PERSONNEL:

- 10 cm and 20 cm deep lines marked with tape on floor to indicate the vertical start position. Two panels surrounding the 10 cm vertical and floor line marking the angles as seen in diagrams A, B and C below. The horizontal should correspond to the hip level of each gymnast.
- One assessor for each leg
- iPad if app is available for testing

FORMAT:

- No warm-up in front of the assessor;
- One gymnast at a time is assessed;
- One completed attempt per gymnast

START POSITION:

- The gymnast starts standing (without hand or body support) with arms up, trunk vertical and feet together;
- The gymnast begins with the left leg forward kick followed by the left leg sideward kick and then the left leg backward kick. This completes the evaluation of the left split;
- For the leg kick forward, the gymnast stands with back to the wall with her heel on the 10 cm line, and feet together
- For the leg kick sideward, the gymnast turns 90° with her shoulder to the wall, with her foot on the 20 cm line, and her feet in 3rd position.
- For the leg kick backward, the gymnast has her stomach to the wall, toe on the 10 cm line, and feet together.
- Gymnast moves to the next station and repeats on her right leg.

MOVEMENT:

- The gymnast starts in stationary position, and kicks her right or left leg once as high as possible.
- The gymnast may not support the leg with her arms at any time;
- Both legs are straight
- For all leg kicks the body and hands must not touch or rest against the wall.

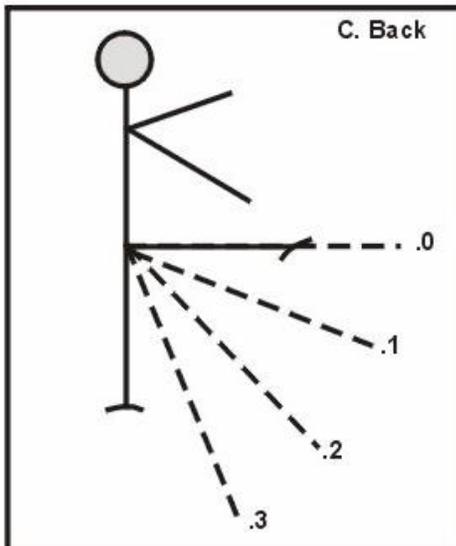
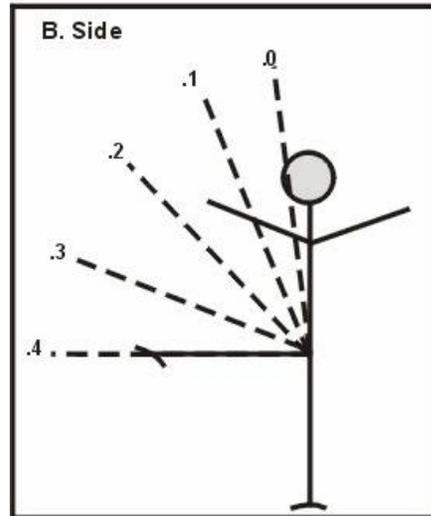
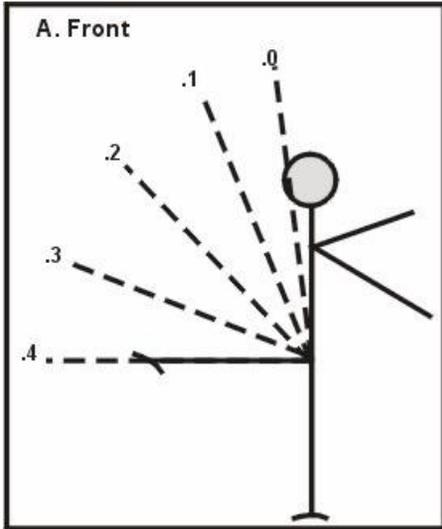
SCORING:

- The maximum deduction for amplitude and body posture is 0.50 p. per leg kick;
- Assessor determines the total deductions for each kick, and takes two decimals into consideration;
- Each assessor sits or stands in front of the station facing the wall using the panels and vertical indicators as guides in the assessments.
- Assessor states loudly and records the official total deductions for the leg kick;

The deductions for body posture are:

Support or free leg bent (each)	0.05
Trunk/chest slightly off vertical	
Very small error	0.05
More than slightly off	up to 0.20
Leg not directly in front or side or back of the body	
Slight	0.05
Moderate	0.10
Wobble(s)	up to 0.10

The deduction for amplitude is taken according to the following diagrams and is in increments of 0.05 p.



Kip Cast to Handstand

Kip Cast to Handstand (within 10° or 20°)

EQUIPMENT AND PERSONNEL:

- Uneven bars;
- One assessor

FORMAT:

- One warm-up attempt is allowed (optional);
- One gymnast at a time is assessed;
- Two attempts per gymnast;
- All gymnasts in the group perform their first attempt, and then they perform their second attempt (optional) in the same order.

START POSITION:

- Standing in front of the low bar.

MOVEMENT:

- The gymnast performs as many kip-cast to handstand straight arms and legs as possible;
- **Kips and casts can be straddled, but all positions will count as 1 kip handstand.**
- CCP and Youth casts will count within 20° of handstand
- High performance: casts must be within 10° of handstand

SCORING:

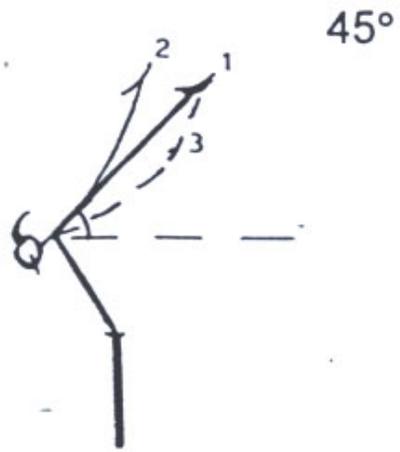
- The assessor counts loudly the number of acceptable casts and repeats the preceding number in case of an unaccepted cast. Ex, 1, 2, 3, 4, 5, 5, (not acceptable) 6, 7, 7 (not acceptable);
- The kip-cast will not be counted if:
 - There is an execution deduction of 0.30 or more in the cast with the following exception: bent arms, arched body, bent/separated legs **IN HANDSTAND (to avoid loss of balance)**.
- The last cast is counted if the gymnast performed the required cast and reached the required angle and has less than 0.30 deductions;
- Counting stops if there is a stop in support, an extra swing/element or if any part of the body touches the floor or the bars (except the hands);
- An extra swing is defined as a cast that fails to reach horizontal
- Any cast above horizontal, the athlete may continue but that repetition is not counted.
- The assessor records the number of successful casts for each attempt as well as the highest number.

Sept 23, 2022

(A)



(B)



Handstand Hold

EQUIPMENT AND PERSONNEL:

- Hard floor surface or equivalent of floor tumbling strip placed directly on the floor or hard surface covered with carpet;
- Available area identified with tape on the floor;
- One stopwatch per assessor;
- One assessor per gymnast;

FORMAT:

- No warm-up in front of the assessor, but warm-up must be available on same floor surface as assessment surface;
- More than one gymnast at a time may be tested provided there is a free space of at least 2 meter radius around each gymnast;
- One attempt per gymnast, a gymnast may do a second attempt if she had not reached 30 seconds in her first attempt;
- All gymnasts in the group perform their first attempt; then the gymnasts who are allowed a second attempt perform in the same order;
- Gymnasts may wear wrist protection.

MOVEMENT:

- The start position is optional;
- The gymnast performs a handstand on both arms with the legs together for as long as possible.

SCORING:

- The assessor says "GOOD" as soon as the gymnast reaches the handstand position with legs together and starts the stopwatch;
- The assessor counts loudly every 10 seconds: ex. 10 seconds, 20 seconds, 30 seconds, etc.;
- The assessor repeats the word "WARNING" when the gymnast gets close to the unacceptable position;
- The assessor states "FINISH" once the unacceptable position is reached and stops the stopwatch.
- The timing will cease when:
 - The gymnast loses balance and a part of the body touches the floor;
 - There is any hand movement
 - The legs reach the split position;
 - The legs are apart (much less than the split position) for more than three seconds at a time;
 - The elbows are relaxed or bent for more than three seconds at a time;
 - The body has a significant arch or pike beyond the acceptable range (0.30) for more than 3 seconds at a time.
- Once the stopwatch is stopped, it can no longer be started again even if the gymnast resumes the acceptable position;
- The assessor takes one decimal into consideration. The additional decimals are dropped. i.e. there is no rounding up;
- The assessor stated loudly the time for the attempt and records it.

Shuttle Run

EQUIPMENT AND PERSONNEL:

- Regular competition floor with 12m X 12m boundary lines;
- 10 cm wide tape across each $\frac{1}{4}$ floor section;
- One stopwatch;
- One timer/recorder;
- Two assistants per gymnast;

FORMAT:

- No warm-up on competition floor;
- Six gymnasts can be tested at a time;
- Maximum one attempt per gymnast.

START POSITION:

- The gymnast lies on the stomach, legs together and stretched on the floor, feet together and pointed on the floor, arms and hands stretched forward on the floor, fingers behind the boundary line of the floor area.
- The timer gives the command "SET" followed immediately by the command "GO";
- On the command "GO", the gymnast stands up and runs to the opposite side of the floor touching the boundary line or beyond with the fingers of one hand. She then runs to the opposite side of the floor to touch the boundary line or beyond with the fingers of one hand. The shuttle continues for 90 seconds.

SCORING:

- The stopwatch is started on the command "GO";
- The timer counts loudly "30 seconds", "60 seconds", "80 seconds" and gives the whistle signal at 90 seconds;
- If a gymnast assumes an incorrect position just before the command "GO" or performs a "false start" (moves before the command "GO"), she will need to start again.
- The assistants, one on each side of the mat, monitor the start and confirm the touch of each boundary line or beyond for each lap.
- A lap (one way run) is not counted if the gymnast omits to touch the boundary line or beyond with fingers of one hand;
- The assessor counts the number of valid laps PLUS the last $\frac{1}{2}$ lap if the corresponding point of the floor has been intersected by any part of the body at the "STOP" signal;