SK First Physical Testing Protocol

- **Athletes trialling for the National Sask First Team who are 14 years of age or younger as of December 31st, 2022 will be tested based off the provincial physical testing scoring**
- **Athletes who do not compete trampoline do not have to do timed tramp jumps but can choose to. If their time raises their overall score it will be kept. If it lowers their overall score it will be dropped.**
- **Athletes who do not compete DMT do not have to do timed DMT jumps but can choose to. If their time raises their overall score it will be kept. If it lowers their overall score it will be dropped.**
- **Athletes who do not compete tumbling do not have to do timed rebounds but can choose to. If their time raises their overall score it will be kept. If it lowers their overall score it will be dropped.**
- **Level 2 athletes are not required to do 10 timed standing back tucks but may choose to. ***If athletes are able to perform 10 standing back tucks within the time frame it will count as bonus points toward their total. For example: a 3 event level 2 athlete is scored out of 130. If they receive points for standing back tucks their total will still be out of 130.*****

Sprint (sec 2 decimal places)
- Athlete starts with toes behind start line (0m mark)
- Timer starts when athlete's first step touches the ground past the start line
- Timer ends when athlete crosses the 20m mark. Note: that it is when the athlete crosses the line (like in track) not when their foot hits the ground past the 20m mark.
- Two attempts will be given

Relative Vertical Jump (whole number in cm)
- Have athlete stand next to wall with one arm extended up reaching as high as they can (on flat feet).
- Mark where athlete's fingertips are on the wall when standing.
- Have athlete put chalk on fingertips
- Athlete then jumps and touch wall as high as they can.
- Measure distance from where fingertips were at standing height to where fingertips touch at jump height- this is athletes relative vertical jump height
- Two attempts will be given

Relative Broad Jump (whole number cm)
- Measure athletes standing height (ground to top of head)

- Have athlete put chalk on heels
- Athlete will stand with toes behind start line (0cm) and then jump forward as far as they can
- Mark where the closest contact of body lands on floor- ideally this is their heels
- Measure from start line (0cm) to where they made contact with the floor
- To get relative jump take the distance they jumped and subtract their height to get relative Broad Jump
- Jump - Height= Relative Broad Jump
- Two attempts will be given

Handstand Hold (sec. 2 decimal places)
- Athlete will hold a freestanding handstand for as long as they can, up to 1 minute on the floor
- Athlete must have a straight body, legs must be straight and together. A warning will be given for breaks in form, if a second break in form occurs time will be stopped
- Timer will start when athlete's hands touch the ground
- Timer will stop when athlete's foot or other body part touches the ground
- Athletes will be allowed to hold handstand for a maximum of 1 minute
- Athletes can choose to hold their handstand on any flat floor surface (no beams or parallel bars, etc.)
- Up to 5 attempts will be given

10 V-snaps Timed (sec. 2 decimal places)
- Athlete begins by lying flat on a 20 cm (8inch) mat. Arms on ears legs straight and together
- Timer begins at first movement of athlete
- Timer stops when athlete has completed 10 V-snaps (timer stops when athlete's touch ankles on the 10th v-snap)
- For a V-snap to count athletes must touch both ankles at the same time and arms and legs must hit the mat on opening at the same time
- Each time the athlete touches ankles that is one V-snap
- If athlete's have bent knees, fail to touch ankles or do not slap arms and legs at same time, the rep will not be counted
- One attempt will be given

Chin-ups (#)
- Athletes begin hanging in over-grip on bar
- Athletes can begin their chin-ups anytime they wish and continue until they can no longer do a chin-up
- For chin-ups to count athlete's chin must get over bar
- No beating into the chin-up will be allowed

- Athletes can have a maximum of 5sec between chin-ups
- Any break longer than 5sec and the athlete will be terminated
- Athlete's legs must remain straight for the chin-up to count
- One attempt will be given

10 Timed Standing Back Tuck (sec. 2 decimal places)
- Athletes begin standing on rod floor
- Timer begins as soon as athlete's feet leave the floor
- Timer ends when 10th counting Back Tuck is completed
- **Provincial** athletes may perform Back Tuck on Rod floor or off a box, NO spotting will be allowed. **National** athletes will not be permitted to use a box, they must take-off and land on rod floor.
- If athlete's hands or any part of the body other than feet touch the ground upon landing a back tuck that back tuck does not count
- Level 2 athletes are not required to perform standing back tucks but they can if they would like to. Any points received will be awarded as bonus points toward their total
- One attempt will be given

10 Timed Rebounds on Rod Floor (sec. 2 decimal places)
- When ready, athlete will start by jumping off the floor, timer will start when the athlete touches the rod floor after this jump and timer will say "start"
- Athlete will perform 10 rebounds, timer will count out loud each time the athlete contacts the floor
- Time stops when the timer says "ten" and the athlete contacts rod floor after the 10th rebound.
- One attempt will be given

10 Timed Trampoline Jumps (sec. 2 decimal places)
- Athlete begin standing on trampoline
- When ready, athlete will begin jumping and the timer will count out 5 prep jumps by saying the following words when athlete contacts the trampoline:
    o Ready
    o And
    o One
    o Two
    o Three
- Time will begin upon contact with the bed after the 5th jump, or on the word "three"
- Timer will restart the count at one and will count out loud each time the athlete makes contact with the bed until they get to ten
- Timer stops on the word "ten"
- Athlete will only be given a second attempt if they fall off, no more than two attempts

3 Timed Jumps on DMT (sec. 2 decimal places)
- Time starts as soon as the athlete contacts the DMT
- Athlete performs three straight jumps as high as possible, with the third one dismounting the DMT and landing on landing zone
- Time stops when the athlete contacts the landing zone
- Two attempts will be given, the best attempt will be counted

Leg Lifts
- Athlete begins hanging on wall bar (or on high bar with boxes below bar to stop feet from swinging behind bar)
- Athlete will lift feet to bar with completely straight legs up to ten times
- Timer will count out loud each time the athlete contacts the bar up to ten
- Athlete's feet/ankles must contact the bar and legs must be completely straight throughout for the leg lift to count
- Repetition will not count if athlete has bent legs or if their feet do not contact bar
- Athletes may hang up to 5sec between reps, any longer than that and they will be terminated
- Only one attempt will be given but athlete can do a few for warm-up

10 Narrow arm Push-ups Timed (sec. 2 decimal places)
- Athlete begins in front support position
- Timer begins when athlete begins to do push ups
- Timer stops once athlete's chin touches the ground in their 10th counting push up
- Athlete's chin must touch the ground for the push up to count
- Only one attempt will be given

Active Shoulder Stretch (cm- whole number)
- Athlete begins lying face down with straight arms holding a dowel. Thumbs must be touching while holding the dowel
- Athlete then lifts dowel as high as they can with straight arms while thumbs remain touching
- Distance from ground to bottom of dowel is measured
- Only one attempt will be given

Pike Stretch (cm- whole number)
- Athlete begins by standing on hard box with feet together
- Athlete reaches as far as they can down the side of the box in their pike stretch
- Leg must remain straight
- Distance from the top of the box (where athletes feet are) to the tip of their fingertips is measured