

1. **Rope Climb:** Testing Muscular strength and muscular endurance

- a. Form
- | | |
|---|-------|
| i. Hand over hand climb – 90 degree hip flexion | 5 pts |
| ii. Hand over hand climb – hips not maintained at 90 degree flexion | 4 pts |
| iii. Hand over hand climb with help of legs | 3 pts |
| iv. Hand to hand climb, with help from legs | 2 pts |
| v. Unable to complete | 1 pts |
| vi. Unable to climb | 0 pts |
- b. Time _____
- i. 0-10 seconds = 5 points, 10.1-12 seconds = 4 points, 12.1 -14 seconds = 3 points, 14.1-16 seconds = 2 points, 16.1 seconds – 18 seconds = 1 point, > 18 seconds = 0 points
- c. Total score/10: _____

Description:

The rope climb test will assess the gymnast's strength and endurance, as well as body control. The gymnast will start in a seated pike position (legs together or straddling the rope) directly under the hanging rope. The test and timing begin as soon as she starts the climb and actually leaves the floor. The goal is for the gymnast to climb a 15-foot rope as fast as she can while maintaining the pike position. The tester will stop timing when the gymnast touches the 15-foot mark with her hand. While one tester records time and takes notes, another tester will hold the rope at the base for stability throughout the test. Notes will be taken on the gymnast's technique with regard to their leg position, hand movement, and if she needs to use her hands to complete the climb. There will be the equivalent of 2-eight inch crash mats under the rope for the gymnast's protection. Time will be taken with a stopwatch and recorded in seconds.
Any physical symptoms must be reported to the coach or test administrator and be documented.

2. **Vertical Jump Test** – Testing power

- a. Difference in the distance between static stand and reach height and maximal height achieved with a vertical counter movement jump.
- i. 0-10 Score:
1. (< 19cm=0 pts, 19-22cm=1 pts, 23-26cm=2 pts, 27-30cm=3 pts, 31-34cm=4 pts, 35-38cm=5 pts, 39-42cm=6 pts, 43-46cm=7 pts, 47-50cm=8 pts, 51-54cm=9 pts, >54cm=10 pts)

Description:

The jump test is a jump for height and is designed to measure gymnasts' power. Before the test, the gymnast will place chalk on her fingers so that accurate measurements can be made. The gymnast will stand with the dominant side of her body flat against the wall. Then, standing flat-footed, she will reach with the chalked hand directly overhead and touch the wall, leaving a chalk mark at the highest point. The gymnasts will then stand with her dominant side next to the wall (but not against it) and jump as high as she can. She will touch the wall placing another mark of chalk at the top of her jump. Using a ruler or tape measure, the tester will measure the distance between the two chalk marks.

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3. **Hanging Pikes:** Testing Muscular strength and muscular endurance

- a. Number of pikes achieved to touch the bar
 - i. Pikes MUST be carried out without the generation of momentum from the pike carried out prior
 1. Number of completed Pikes _____
 - a. 1-10 Score: (0 = 0 pts, 1-4=1, 5-8=2, 9-12=3, 13-16=4, 17-20 =5, 21-24 = 6, 25-28=7, 29-32=8, 33-36 = 9, >36 =10)

Description:

The hanging pikes is a measure of abdominal strength, hip flexor strength, and flexibility. The gymnast will begin this test from a dead hang, without the use of handgrips, on a standard horizontal bar. Then she will pike-up at the hips with her legs together and attempt to touch her toes to the bar. Between pike attempts, she must be in a momentary dead hang to prevent the use of momentum from the prior pike to help her next attempt. The tester will record the number of hanging pikes that are performed.

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4. **Shoulder Flexibility:** Testing Flexibility

- a. Shoulder flexion angle
 - i. Distance From Floor _____ cm
 - ii. Arm length (Acromium process to wooden rod) _____ cm
 1. 0-10 Score:
 - a. (20 degrees=0 pts, 20-25 degrees=1 pts, 26-30 degrees=2 pts, 31-35 degrees=3 pts, 36-40 degrees=4 pts, 41-46 degrees=5 pts, 47-50 degrees=6 pts, 51-55 degrees=7 pts, 56-60 degrees=8 pts, 61-65 degrees=9 pts, >65 degrees=10 pts)

Description:

The shoulder Flexibility Test is intended to assess the athlete's shoulder flexion flexibility. Prior to shoulder flexibility testing, the gymnast's arm length will be assessed while holding a 1/2-inch dowel in front of her body so her shoulders are flexed to 90 degrees. While the gymnast holds a wooden dowel out in front of her so that her arms are parallel to the floor, the tester will measure the distance from the AC joint of the shoulder to the dowel. The gymnast will lie prone with her arms over her head and elbows kept straight. She will grasp a 1/2-inch wooden bar with an overhand grip and thumbs touching. The gymnast will lift both arms up off the mat while keeping her elbows and wrists straight and forehead and nose on the floor. The bar must be kept parallel to the floor. Once she gets her arms as high as she can, the distance from the bar to the floor will be measured. The gymnast must be able to hold this position long enough to perform the measurement. The angle of shoulder flexion will be calculated to the nearest degree using the length of the arm, the distance of the dowel to the floor at terminal flexion and the trigonometric equation of sine.

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5. **Agility Sprint:** Testing Speed, endurance and agility

- a. Time _____
- i. 0-10 Score:
1. (>22 seconds = 0 pts, 22-21.5 seconds =1 pts, 21.51-21.0 seconds = 2 pts, 21.01-20.5 seconds = 3 pts, 20.51-20 seconds =4 pts, 20.01-19.5 seconds =5 pts, 19.51-19.0 seconds =6 pts, 19.01-18.5 seconds =7 pts, 18.51-18 seconds =8 pts, 18.01-17.5 seconds =9 pts, <17.5 seconds =10 pts)

Description:

The agility sprint test will be utilized to measure speed, endurance, and agility. Two 6-inch foam blocks will be placed at the opposite corners of the 12m x 12m floor. The gymnast will run across the floor and touch the cones five times. The will start standing in one corner of the floor as if she were going to do a tumbling pass. When the gymnast is ready, she will sprint across the floor, slow down and touch the foam block and then turn and repeat the run. The will do this five times, ending in the opposite corner from which she started. The time will be stopped when any part of her body crosses the finish line. Time will be recorded to the nearest one-tenth of a second with a stopwatch.

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6. **Over-grip Pull-ups:** Testing Muscular strength and muscular endurance

- a. Number of completed Chin-ups _____
- i. 0-10 Score:
1. (0=0 pts, 1-2=1 pts, 3-4=2 pts, 5-6=3 pts, 7-8=4 pts, 9-10=5 pts, 11-12=6 pts, 13-14=7 pts, 15-16=8 pts, 17-18=9 pts, >18=10 pts)

Description:

The over-grip Pull-up test will measure upper extremity strength and endurance. The gymnast will begin this test in a hanging position from a standard horizontal bar with her hips and knees flexed to 90 degrees. She will use an over-hand grip and will not use handgrips. A 16x4-inch piece of wood will be placed on her thighs at the hips. She will complete as many pull-ups as possible while maintaining the initial leg position with the wood on her thighs. A complete pull-up is defined as starting in a full hang position (elbows straight) and pulling herself up so that her chin clears the horizontal bar completely. A pull-up will not count if her chin does not clear the bar, if she does not start from a dead hang or if the block of wood falls off her thighs. The test can continue as long as the grip is maintained and the tester replaces the block of wood. The tester will record the number of completed chin-ups.

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7. **Split Test: L, R, and Middle** (Position must be defined): Testing Flexibility

- a. Score will be combination of Distances from the floor for all three splits (“-“=standard split, “+” = over-split)
- i. Leg Length (cm) L _____ R _____
 1. L split (-) _____ cm Over split (+) _____ cm _____ degrees (see table 2)
 2. R split (-) _____ cm Over split (+) _____ cm _____ degrees (see table 2)
 3. Middle split (-) _____ cm Over split (+) _____ cm _____ degrees (see table 2)
 - ii. 0-10 Score: <-30 degrees = 0, (-)30 degrees - (-)24 degrees =1 pts, , (-)23.9 degrees - (-)18 degrees =2 pts, , (-)17.9 degrees - (-)12 degrees =3 pts, , (-)11.9 degrees - (-)6 degrees =4, (-)5.9 degrees - (+)1 degrees =5 pts, , (+)1.1 degrees – (+)7 degrees =6 pts, , (+)7.1 degrees - (+)13 degrees =7 pts, (+)13.1 degrees - (+)19 degrees =8 pts, (+)19.1 degrees - (+)25 degrees =9 pts, > (+)25 degrees = 10 pts

Description:

The split test will be used as a measure of pelvis and lower extremity flexibility. Performance of the splits test will involve doing a left, right and middle split. First, the tester will measure the distance between the gymnast’s anterior iliac superior spine to the medial malleolus to be used calculations of split angle. During the left and right splits, the gymnast will place her back leg up against a wall in a vertical position and then slide her front foot into a split position along a line on the floor. Her back must be held in an upright position and hips and shoulders should be parallel to the wall. In order to help maintain this position, the gymnast will be allowed to use paralleltes or stacked mats on either side to support herself with her arms. This position will ensure her pelvis is in a neutral position for standardization of the testing. The tester will measure the distance between the gymnast’s highest point of clearance and the floor in cm. This measurement will be referred to as negative (-) cm. If the gymnast is able to achieve full contact during a split, an over-split will be performed. An over-split requires that a second tester lift the gymnast’s front leg off the floor while maintaining a neutral pelvis and full knee extension. Her leg will be lifted until the gymnast says, “stop.” The tester will measure the height from her lateral malleolus to the floor and record the distance in cm. This measurement will be referred to as positive (+) cm. The middle split test will be performed on a straight line on the floor. The gymnast will be instructed to start the test in a standing position with her heels on the line and feet perpendicular to it. She will be asked to slide into the split position, keeping her feet and legs on the line. She will lean forward and place her chest on the ground. The tester will measure the distance between her highest point of clearance from the floor in cm. If she achieves full contact with the floor during the middle split, then an over-split may be carried out and measured in the same manner as described above. The gymnast’s dominant lower extremity will be used for over-split measurements. All split angles will be calculated utilizing the trigonometric equation of sine.

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8. **Push-up Test:**Testing Muscular strength, muscular endurance

- a. Number of completed Push-ups _____
- i. 0-10 Score: (0=0 pts, 1-5=1 pts, 6=10=2 pts, 11=15=3 pts, 16-20=4 pts, 21-25=5 pts, 26-30=6 pts, 31-35=7 pts, 36-40=8 pts, 41-45=9 pts, 45= 10 pts)

Description:

The push-up test will measure shoulder and upper extremity strength. The gymnast will start with her hands shoulder width apart on a low beam. Her thumbs will be placed directly under her shoulders and her elbows at her sides. The gymnast's feet will be placed on a panel mat at the same height as the beam. The push-up will be performed with a straight, horizontal body position. The gymnast will lower herself until she touches a one-inch tall block with her chest. Following contact, she must extend her elbows until they are straight. The slowest rate at which she can do the push-ups is 1 second up and 1 second down. Push-ups do not count if she fails to reach the wooden block or if she does not fully extend her elbows; however the test can proceed until she is unable to perform any more push-ups. The tester will record the number of completed push-ups.

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9. **20 Yard Sprint:** Testing Speed

a. Time _____

0-10 Score: >4.3 seconds= 0, 4.29-4.14= 1 pts, 4.13-3.98=2 pts, 3.97-3.83= 3 pts, 3.82-3.67= 4 pts, 3.66-3.52= 5 pts, 3.51-3.36= 6 pts, 3.35-3.21= 7 pts, 3.20-3.05= 8 pts, 3.04-2.91= 9 pts, <2.90=10 pts)

Description:

The 20-Yard sprint will be used to measure a gymnast's speed and power. This test will be performed on the vault runway with sufficient space past the finish line to ensure the gymnast has adequate space in which to slow down. She will begin with one foot on the start line and one foot against a wall or other immovable object. She will be able to start when she is ready, and the tester will start the stopwatch when her foot leaves the starting line. The time will stop when any part of her body crosses the finish line. The tester will record her time with a stopwatch.

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10. **Handstand Hold:** Testing Muscular endurance and balance

a. Best time with 2 attempts

i. Time held trial #1 _____ Time held trial #2 _____

0-10 Score: (0=0 pts, 1-7=1 pts, 8-14=2 pts, 15-21=3 pts, 22-28=4 pts, 29-35=5 pts, 36-42=6 pts, 43-49=7 pts, 50-57=8 pts, 58-64=8 pts, 65-71=9 pts, >71=10 pts)

Description:

The Handstand test is a measure of strength, endurance and balance. For this test, a handstand is defined as any position where the gymnast's total body weight is supported by her hands. The gymnast will perform a handstand on a balance beam of any height. She can maintain her legs and back in any position. Timing will begin when her feet leave the beam and timing will stop when any one part of her body (other than her hands) touches the beam or floor. Timing will also stop if either of her hands moves from their original position (no walking allowed). The tester will record the time to the nearest hundredth of a second with a stopwatch. The gymnast will be given two tries and her best time will be the one recorded.

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