

Gymnastics Functional Measurement Tool (GFMT[®]) Score Sheet

Raw Scores can be used for monitoring individual test components and point scores should be used for overall fitness level determination.

Subject ID _____ Level _____ Date _____

*Any physical symptoms must be reported to the coach or test administrator and be documented

1. **Rope Climb:** Testing Muscular strength and muscular endurance **TEST SCORE /10** _____
- 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: _____

Symptoms and comments*

2. **Jump Test** – Testing power **TEST SCORE /10** _____
- 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)

Symptoms and comments*

3. **Hanging Pikes:** Testing Muscular strength and muscular endurance **TEST SCORE /10** _____
- 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)

Symptoms and comments*

4. **Shoulder Flexibility:** Testing Flexibility **TEST SCORE /10** _____
- 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)

Symptoms and comments*

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5. **Agility Sprint:** Testing Speed, endurance and agility **TEST SCORE /10** _____

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, 18.51-18.01 seconds = 8 pts, 18-17.5 seconds = 9 pts, <17.5 seconds = 10 pts)

Symptoms and comments*

6. **Over-grip Pull-ups:** Testing Muscular strength and muscular endurance **TEST SCORE /10** _____

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)

Symptoms and comments*

7. **Split Test: L, R, and Middle:** Testing Flexibility **TEST SCORE /10** _____

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

Symptoms and comments*

8. **Push-up Test:** Testing Muscular strength, muscular endurance **TEST SCORE /10** _____

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)

Symptoms and comments*

9. **20 Yard Sprint:** Testing Speed **TEST SCORE /10** _____

a. Time _____

0-10 Score: _____

- 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)

Symptoms and comments*

10. **Handstand Hold:** Testing Muscular endurance and balance **TEST SCORE /10** _____

a. Best time with 2 attempts

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

1. 0-10 Score: (0=0 pts, 1-7 seconds = 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)

Symptoms and comments*

TOTAL TEST SCORE /100 _____