Singapore Gymnastics

Athlete Tracking Framework for spexCarding

Framework for spexCarding

Singapore Gymnastics

Overview

The aim of this document is to clearly outline the process Singapore Gymnastics (SG) goes through before recommending spexCarding athletes to SportSG.

This Framework represents the expansion of spexCarding to ensure that eligibility is open to more athletes in the pathway, specifically those training at the SG National Training Centre, at a club that is a member of SG, or an approved international club.

Eligibility for carding levels E3P and above is set by the Singapore Sports Institute. This document clarifies the eligibility for Y and Y+ carding, and details the process undergone.

Purpose

Gymnastics is an early specialization and maturing sport, which makes fulfilling the requirements for spexCarding challenging. This is particularly the case in demonstrating that athletes should be supported under Y and Y+ classification. For example, a 12 year old can be 4 years from South East Asian (SEA) Games selection, but not yet eligible for international standardised scoring. As such, SG proposes the structure outlined in this document to clarify the development stage of gymnasts, and identify which athletes are on track and therefore should be supported with spexCarding.

Primarily, the intention is to determine what the competition requirement would be to qualify for a particular event (eg: Youth Olympic Games (YOG) or South East Asian (SEA) Games for Y and Y+ candidates) and work backwards from there in a clear and transparent way, to determine what is required 4 (or 2) years prior. Once this process is clarified, the last step is to determine how to test for this.

As documented in the FY19 spexCarding Guide NSAv10 (pp28), there are three different categories which young gymnastics can be eligible for at different times:

1. Y – Major Games potential within 4 years
2. E3P – SEA Games Medal within 2 years
3. Y+ - YOG qualification within 2 years

Table 1 clarifies which athletes (by year of birth) will be eligible for which category, in what year. Note that this is simply eligibility by age, not by performance. Once we have established age-eligibility we will establish performance criteria for each age.

Y Carding

- SEA games selection for gymnastics is based on achieving the equivalent of 3rd place score from the previous SEA Games in each classification that. This means that you cannot know the requirement 4 years out from SEA Games. As such we will look for a different objective classification.
- The youngest objective classification we have, using full international (FIG) rules, is the score at Asian Junior Championships. Results at this competition are also the determinate for YOG qualification (in the year that is held).
- As such, we contend that it is appropriate to use the same objective process outlined below to determine eligibility for Y+ classification, as for Y classification

Example of Framework for Eligibility using Y+

1. To be eligible for Y+ carding an athlete has to demonstrate it is on track to be selected for the next YOG games. For gymnastics that means:
    a. MAG athletes need to turn 16/17 in 2022 (13/14 in 2019)
    b. WAG and RG athletes need to turn 15 in 2022 (12 in 2019)
2. Athletes qualify for YOG through Asian Junior Championships earlier that same year. The criteria is that Top 8 qualify, however there are country quota rules involved, which means (as determined on average of recent events), the requirements for Asian Junior Championships are top 12 finish. (For example, in 2018, 12th place for WAG qualified for YOG, 13th place for MAG qualified for YOG.)
3. It is impossible to demonstrate potential by comparing competition scores to international benchmarks as the competition rules for 12/13 year olds is very different to 14/15, therefore we need to determine a different criteria
4. To determine the technical requirements to finish 12th at Asian Championships the score for 12th place was determined. Then each routine was broken down to determine the critical elements, ie: skills that score points according to the FIG Code of Points
5. Once these elements were determined, they were broken down by experts to determine what skills would be required each year, moving backwards, in order to build the required skills
6. Once that list of skills was determined, testing protocols were developed to track the progress of all eligible athletes
7. Corresponding to this is that certain physical requirements to perform these skills, which will also be assessed, and a testing regime implemented

Table 1

MAG Eligibility for Y+ (yellow) and Y (green)

	YOG	SEA	OG	SEA	YOG	SEA	OG	SEA	YOG	SEA
	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027
2001 Born	17	18								
2002 Born	16	17	18							
2003 Born	15	16	17	18						
2004 Born	14	15	16	17	18					
2005 Born	13	14	15	16	17	18				
2006 Born	12	13	14	15	16	17	18			
2007 Born	11	12	13	14	15	16	17	18		
2008 Born	10	11	12	13	14	15	16	17	18	
2009 Born	9	10	11	12	13	14	15	16	17	18
2010 Born	8	9	10	11	12	13	14	15	16	17

	NOT eligible for carding
Y+	Eligible for YOG in 2 years
Y	Eligible for SEA in 4 years
E3P	Potential SEA Medal in 2 years

Y+	2 year window to YOG
Y	4 year window to Major Games

Possible eligibility classifications

YOG 2018	SEA Potential 2019	SEA Medal 2019	
YOG 2018	SEA Potential 2021	SEA Medal 2021	OG Potential 2020
	SEA Potential 2021	SEA Medal 2021	
	SEA Potential 2023	SEA Medal 2023	
YOG 2022	SEA Potential 2023	SEA Medal 2023	
YOG 2022	SEA Potential 2025	SEA Medal 2025	OG Potential 2024
	SEA Potential 2025	SEA Medal 2025	
	SEA Potential 2027	SEA Medal 2027	
YOG 2026	SEA Potential 2027	SEA Medal 2027	
YOG 2026	SEA Potential 2029	SEA Medal 2029	OG Potential 2028

WAG and RG Eligibility for Y+ (yellow) and Y (green)

	YOG	SEA	OG	SEA	YOG	SEA	OG	SEA	YOG	SEA
	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027
2003 Born	15	16								
2004 Born	14	15	16							
2005 Born	13	14	15	16						
2006 Born	12	13	14	15	16					
2007 Born	11	12	13	14	15	16				
2008 Born	10	11	12	13	14	15	16			
2009 Born	9	10	11	12	13	14	15	16		
2010 Born	8	9	10	11	12	13	14	15	16	
2011 Born		8	9	10	11	12	13	14	15	16

	NOT eligible for carding
Y+	Eligible for YOG in 2 years
Y	Eligible for SEA in 4 years
E3P	Potential SEA Medal in 2 years

Y+	2 year window to YOG
Y	4 year window to Major Games

Possible eligibility classifications

YOG 2018	SEA Potential 2019	SEA Medal 2019	
	SEA Potential 2021	SEA Medal 2021	OG Potential 2020
	SEA Potential 2021	SEA Medal 2021	
	SEA Potential 2023	SEA Medal 2023	
YOG 2022	SEA Potential 2023	SEA Medal 2023	
	SEA Potential 2025	SEA Medal 2025	OG Potential 2024
	SEA Potential 2025	SEA Medal 2025	
	SEA Potential 2027	SEA Medal 2027	
YOG 2026	SEA Potential 2027	SEA Medal 2027	

Note that results from the year prior to elibigility are used for Nov/Dec spexCarding nominations

Components of MAG Skill Testing

MAG skill testing will have two distinct components focussing on two different aspects, in order to suitably determine an athlete's capacity:

- Competition results
- Skill testing

Competition Results

Competition routines in Men's Artistic Gymnastics Pre-Junior levels have been designed to focus on the basic skills that provide the foundation for long term athlete development. Competency at these routines indicate athletes have the basis to develop bigger skills in the future and reduce overuse injury caused by poor technique.

Pre-Juniors

Athlete must be able to perform 'Stages' routines, as per age group criteria on all events (National Championships and Singapore Open). The Criteria for Competition Results will help act as a filter to ensure all athletes are capable of attempting the skills involved in the Skill Testing

Division	Age	IAA Score
Stage 4	11 (Under 12)	48.0
Stage 5	12 (Under 13)	48.0
Stage 6	13 (Under 14)	48.0

Execution score should not be more than 2.50 on each apparatus **AND/OR** Minimum Individual All-Around (IAA) score of 48.0. This is to ensure quality across all apparatus

Skill Testing

Minimum Difficulty on each apparatus count (5 counting elements), excluding Element Group Requirements (EGR):

Age	FX	PH	SR	PB	HB
11	1.3	1.0	1.0	1.2	1.0
12	1.4	1.1	1.1	1.3	1.1
13	1.5	1.2	1.2	1.5	1.2

Assessment will be made based on the following criteria (note, not the same as judging criteria in competition):

Rate	Description
1	Completed poorly, without being in control of the sequencing of motion. Skill Not Passed.
2	Completed with 2 or more major technical mistakes and no attention to execution. Skill Not Passed.
3	Completed with one major technical mistake and poor execution. Skill Not Passed.
4	Completed with no major technical mistakes, but with average deductions for execution. Skill Passed.
5	Completed full repetitions with minimal deductions due to form. Skill Passed.

Athletes should NOT be tested on any Skills they have little chance of achieving. The coach should ensure this happens. This is for both safety and accuracy purposes. The rating scale is a 5 point scale. **Athletes should not be tested unless the coach reasonably expects them to achieve a 4 or 5.**

Juniors

Scoring in gymnastics is made up of Elements, which have ascending value and are described A through F. To gain a competitive score, elements of different values must be in the routines. The table below indicates the minimum requirement in terms of elements in order to earn a D score which demonstrates the athlete is on track to achieve the competition outcome in the future.

When tested, the athlete's coach will choose any skills they want that fulfil the criteria below. They will be assessed biannually by approved assessors. Athletes should not be tested unless the coach reasonably expects them to succeed.

Minimum difficulty on each apparatus (5 counting elements), excluding Element Group Requirements (EGR):

Age	FX	PH	SR	PB	HB
14	2D, 3C	1D, 4C	4C, 1B	2D, 3C	5C
15	3D, 2C	2D, 3C	1D, 4C	3D, 2C	1D, 4C
16	1E, 4D	1E, 3D, 1C	2D, 3C	1E, 3D, 1C	3D, 2C
17	1E, 4D	1E, 3D, 1C	2D, 3C	1E, 3D, 1C	3D, 2C

Technical Requirements:

- Execution score should not be more than 2.50 on each apparatus
- All EGR must be fulfilled

An analysis of World Junior Championships and Asian Junior Championships and the standards for Individual All Around score were determined. This applies to 17 and 16 year olds. Based on these numbers, targets for 15 and 14 year olds were extrapolated based on anticipated improvement of D and E score for each year.

Age	IAA Score
14	70.00
15	71.00
16	72.50
17	74.00

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MAG Physical Test Protocols

Anthropometric

Height (cm)

Standing against a wall.
Heels on the ground.
Measure from straight ahead, not looking up or down.
Chin up. Think 'tall'.
Tape measure required.

Sitting Height (cm)

Measures of the length of the trunk.
Sit on a measuring box or level platform (or known height).
Both feet on the floor and hands flat on knees,the lower back and shoulders against the wall, looking straight ahead.
Measure from the ground to the top of the head and subtract the height of the box.
Tape Measure and Measuring box/platform required.

Weight (kg)

Measures the weight of the subject.
Athlete wearing only light clothes, no shoes.
Stand on scales.
Record the weight in kilograms.
Equipment - Scales.

Power - Strength

25 metre Sprint (s)

Stop watch starts when the athlete begins their sprint.
Athlete starts after "Ready, Set, Go".
Two Attempts. Record the lowest time.
Stopwatch or Lightgates required.

Target - 8yo	Excellent <= 5	Good <= 5.5	Fair <= 6	Poor <= 6.5	Very Poor > 6.5
Target - 9yo	Excellent <= 5	Good <= 5.5	Fair <= 6	Poor <= 6.5	Very Poor > 6.5
Target - 10yo	Excellent <= 4	Good <= 4.5	Fair <= 5	Poor <= 5.5	Very Poor > 5.5
Target - 11yo	Excellent <= 4	Good <= 4.5	Fair <= 5	Poor <= 5.5	Very Poor > 5.5

Long Jump (cm)

Perform a standing long jump.
Start in a standing position with toes just behind the line.
Jump off both feet as far as possible.
Measurements occurs at the heels/closest point to the take off position.
Tape Measure and chalk required.

Target - 8yo	Excellent >= 1.8	Good >= 1.7	Fair >= 1.6	Poor >= 1.5	Very Poor < 1.5
Target - 9yo	Excellent >= 1.8	Good >= 1.7	Fair >= 1.6	Poor >= 1.5	Very Poor < 1.5
Target - 10yo	Excellent >= 2	Good >= 1.9	Fair >= 1.8	Poor >= 1.7	Very Poor < 1.7
Target - 11yo	Excellent >= 2	Good >= 1.9	Fair >= 1.8	Poor >= 1.7	Very Poor < 1.7

Rope Climb (s)

Climb rope from sitting position at floor level, to the target height and back down. Target height is 5m from the end of the rope.
Athlete starts after "Ready, Set, Go".
Athlete uses their arms only and no use of the legs. Legs are kept clear of the rope.
** 8-9yo 8m, 10-11yo 10m (?)
Both hands must be above target height.
Test is complete when controlled descent to start position is complete (ie: not dropping).
Stopwatch required, Target height must be marked on the rope.

Target - All	Excellent <= 19	Good <= 20	Fair <= 21	Poor <= 22	Very Poor > 22

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MAG Physical Test Protocols

Floor V-Ups

Start in supine position on floor with arms overhead, finish on toe touch.

Straight knee and legs together.

Athlete starts after "Ready, Set, Go".

Attempt doesn't count if knees bend, legs come apart, or toes and fingers do not touch.

Coach tell athlete why, if they did not count an attempt.

Stopwatch required.

Target - 8yo	Excellent >= 35	Good >= 32	Fair >= 28	Poor >= 25	Very Poor < 25
Target - 9yo	Excellent >= 35	Good >= 32	Fair >= 28	Poor >= 25	Very Poor < 25
Target - 10yo	Excellent >= 35	Good >= 32	Fair >= 28	Poor >= 24	Very Poor < 24
Target - 11yo	Excellent >= 35	Good >= 32	Fair >= 28	Poor >= 24	Very Poor < 24

Endurance Strength

Circles on Mushroom

A circle is counted when the legs return to front support and both hands are on the mushroom.

Perform on a competition height mushroom stand.

Commence in front support and complete each circle with straight legs and straight body.

A circle is counted if the legs return to front support.

If an athlete slips after only a few circles are completed, an immediate restart is allowed.

Mushroom.

Target - 8yo	Excellent >= 60	Good >= 55	Fair >= 50	Poor >= 40	Very Poor < 40
Target - 9yo	Excellent >= 60	Good >= 55	Fair >= 50	Poor >= 40	Very Poor < 40

Circles on Pommels

A circle is counted when the legs return to front support position an both hands are on the handles

Perform on a floor height Pommel Horse.

Commence in front support and complete each circle with straight legs and straight body; the maximum number of circles should be performed.

The maximum number of circles should be perform; if a athlete slips after only a few circles are completed, an immediate restart is allowed.

Target - 10yo	Excellent >= 50	Good >= 45	Fair >= 40	Poor >= 30	Very Poor < 30
Target - 11yo	Excellent >= 50	Good >= 45	Fair >= 40	Poor >= 30	Very Poor < 30

Parallel Bar Dips

Start with body fully supported and arms straight. Dip as low as one fist from the rails.

A full dip is as low as one fist from the rails.

Resting in support, or otherwise, is not permitted.

Body must stay straight, straight with no swing.

If full extension is not reached, body doesn't remain straight, or there is swing, the attempt does not count and the athlete is notified, with correction, while the test continues.

Parallel Bars

Target - All	Excellent >= 28	Good >= 25	Fair >= 20	Poor >= 16	Very Poor < 16

Chin-Up

Starting from hang position with arms straight, chin is raised above the bar.

The chin up is counted once the chin rises above the bar.

If chin is not above bar, or arms are not straight, the athlete is notified the attempt didn't count, and receives corrective advice, during the test.

Elevated bar.

Target - 8yo	Excellent >= 22	Good >= 19	Fair >= 16	Poor >= 12	Very Poor < 12
Target - 8yo	Excellent >= 22	Good >= 19	Fair >= 16	Poor >= 12	Very Poor < 12

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MAG Physical Test Protocols

Back Tuck

Start on two feet, back tuck jump to land on two feet.

Attempt counts if athlete controls the landing without stepping.

Test on gymnastics floor.

Stopwatch required.

Target - 10yo	Excellent >= 25	Good >= 22	Fair >= 19	Poor >= 16	Very Poor < 16
Target - 11yo	Excellent >= 25	Good >= 22	Fair >= 19	Poor >= 16	Very Poor < 16

Leg Raises

Gymnast must perform as many straight legs raises as possible within 30 seconds.

Gymnast starts hanging on wallbar.

Toe touches the bar above and back to hang to count.

Control of body must be maintained at all times.

Flexion should hinge at the hips (not from the lower back).

Stopwatch required.

Target - All	Excellent >= 15	Good >= 13	Fair >= 11	Poor >= 9	Very Poor < 9

Handstand Dips on P Bars

The athlete must perform a full dip to touch his head on the floor each time

Perform on low parallel bars (top of the rail should be at least 10 cm off the floor).

The handstand push-ups must be completed to a fil arm extension with a straight body.

Any push-up with escessive body pike or arch or poor leg form will not be counted; if the athlete loses balance and falls from the handstand an immediate re-start is allowed (only once).

Target - All	Excellent >= 20	Good >= 17	Fair >= 14	Poor >= 10	Very Poor < 10
Target - All	Excellent >=	Good >=	Fair >=	Poor >=	Very Poor <

Static Strength

Press to Handstand

Lower to stradle stand and repeat.

Ensure a straddle stand, straight arm, straddle leg press to a handstand.

Lower to straddle L sit, repeat; arm bend of more than 15 degrees is not permitted.

Maximum of one attempt only.

Parallel Bars.

Target - 10yo	Excellent >= 18	Good >= 15	Fair >= 12	Poor >= 9	Very Poor < 9
Target - 11yo	Excellent >= 18	Good >= 15	Fair >= 12	Poor >= 9	Very Poor < 9

Press to Handstand on P Bars

The gymnast kicks to handstand on Parallel Bars and repeats as many times as possible.

Body position must be straight at all times.

If control is lost or hand position moves, the attempt ends.

Multiple athletes can be tested at the same time.

Once an athlete reaches the maximum score, they must stop.

Parellel Bars are required.

Target - All	Excellent >= 40	Good >= 35	Fair >= 30	Poor >= 25	Very Poor < 25

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MAG Physical Test Protocols

Handstand Hold on Rings

The gymnast must maintain a steady handstand and not touch the straps with the legs.
The athlete must press to handstand and hold for maximum time; The rings must be turned out or at least parallel
The time will cease if the athlete uses the straps for support with arms or legs in the handstand.
Body position must be straight at all times.
Multiple athletes can be tested at the same time.
Once an athlete reaches the maximum score, they must stop.
Stopwatch is required.

Target - 10yo	Excellent >= 31	Good >= 28	Fair >= 25	Poor >= 20	Very Poor < 20
Target - 11yo	Excellent >= 31	Good >= 28	Fair >= 25	Poor >= 20	Very Poor < 20

Push Ups

The total number of push ups is recorded as the athlete performs the movement while maintaining a neutral spine and no obvious winging of the scapular.
The athlete will set up in a push up position.
On a verbal cue "Ready, Set, Go" the athlete will perform as many push ups as possible.
The athlete lowers themselves until their chest touches a one inch high block placed directly under their chest.
Attempts will not count if spine 'sags', or their chest does not touch the block.
Athlete will be informed and correction given, while continuing the test.

Target - 8yo	Excellent >= 45	Good >= 40	Fair >= 35	Poor >= 30	Very Poor < 30
Target - 9yo	Excellent >= 45	Good >= 40	Fair >= 35	Poor >= 30	Very Poor < 30

Muscle Up

Athletes starts from hang with arms straight and rings turned out.
Muscle up is counted when the arms are straight in support and rings turned out.
One attempt only.

Target - 10yo	Excellent >= 14	Good >= 11	Fair >= 8	Poor >= 4	Very Poor < 4
Target - 11yo	Excellent >= 14	Good >= 11	Fair >= 8	Poor >= 4	Very Poor < 4

Straddle Planche (s)

Athlete will hold a Straddle Planche for as long as possible.
One attempt on floor parallel bar.
Coach start stopwatch when gymnast body hits horizontal and stop when feet touches the ground.
Stopwatch is required.

Target - All	Excellent >= 15	Good >= 10	Fair >= 7	Poor >= 3	Very Poor < 3

Support on Rings (s)

The gymnast must
Body position must be straight at all times.
Multiple athletes can be tested at the same time.
Once an athlete reaches the maximum score, they must stop.
Stopwatch is required.

Target - 8yo	Excellent >= 60	Good >= 50	Fair >= 40	Poor >= 30	Very Poor < 30
Target - 9yo	Excellent >= 60	Good >= 50	Fair >= 40	Poor >= 30	Very Poor < 30

Handstand (hold) on P Bars

The gymnast kicks to handstand and holds the position for maximum time
Body position must be straight and points can be deducted for poor handstand position

Target - 8yo	Excellent >= 40	Good >= 35	Fair >= 30	Poor >= 25	Very Poor < 25
Target - 9yo	Excellent >= 40	Good >= 35	Fair >= 30	Poor >= 25	Very Poor < 25

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MAG Physical Test Protocols

Endurance

2.4km Run (s)

Athlete runs for 2.4km.

6 laps of the gym.

Stopwatch is required. Thresholds taken from NAPFA Standards for 14 year olds.

Target - All	Excellent <= 11	Good <= 12	Fair <= 13	Poor <= 14	Very Poor > 14

The follow Tests should be completed at least twice each year with qualified coaches making the assessments.

Athletes should NOT be tested on any Skills they have little chance of achieving. The coach should ensure this happens. This is for both safety and accuracy purposes. The rating scale is a 5 point scale. **Athletes should not be tested unless the coach reasonably expects them to achieve a 4 or 5.**

If an athlete does not successfully complete a skill, they may be able to attempt a precursor skill from an earlier age, if one exists.

Gymnasts receive points for each test and the totals give an overview of the physical capacity of the gymnast. The targets for these totals are below.

TARGETS

9 and 10 years

Points	1	2	3	4	5	6	7	8	9	10
Physical	34 – 37%	38 – 41%	42 – 45%	46 – 49%	50 – 53%	54 – 57%	58 – 61%	62 – 65%	66 – 69%	≥ 70%
Technical	15 – 18%	19 – 22%	23 – 26%	27 – 30%	31 – 34%	35 – 38%	39 – 42%	43 – 46%	47 – 49%	≥ 50%

Objective: 11pts

11 and 12 years

Points	1	2	3	4	5	6	7	8	9	10
Physical	44 – 47%	48 – 51%	52 – 55%	56 – 59%	60 – 63%	64 – 67%	68 – 71%	72 – 75%	76 – 79%	≥ 80%
Technical	30 – 33%	34 – 37%	38 – 41%	42 – 45%	46 – 49%	50 – 53%	54 – 57%	58 – 61%	62 – 64%	≥ 65%

Objective: 13 pts

The criteria is the number of points you scored by adding your score (in %) for the physical test and your score (in %) for the skill test.

- Example
  - Assume the maximal score for the physical test is 100 points. Gymnast A (10 years old) scores 57 points, that is 57% of the maximal score.
  - Look in Table 1and see 57 is between 54 – 57 means overall score for Physical test = 6 points.
  - At the Skill test she scores 40%, this equals 7 points.
  - Total score Physical and Skill test is 6 + 7 = 13 points, and meets the criterion.

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WAG Skill Testing

Singapore Gymnastics

	9 years	10 years	11 years	12 years
VAULT	Stack 90: front hspr on back	Stack 110: hspr on feet	T120/S130: hspr on feet	T125: front hspr
		Tramp: layout fwd	Rbr: hspr feet +30 cm	Rbr: hspr belly +30 cm
	Stack 90: to hst - in hst ½tr	Stack 110: 1e p tsuk knees	T120/S130: 1p Tsuk feet	T125/S135: 1p tsuk back
		Rbr: 1e p tsuk on feet eq lev	Rbr:tsuk tuck back	Rbr:tsuk tuck (pit/spot)
	TT: roff vertc jump stack +20	TT: roff layout	Stack 80: 1e p Yourt knees	T90/S110: 1p yourt feet
	T: table	Tramp: big tramp	TT: Tumble Track	
	Stack: pile of mats	Rbr: rebounder/incline board		

	9 years	10 years	11 years	12 years
BARS	LB: 5 kip swings			
	LB: 3 rocker kips			
	LB: 3/5 kip cast 90°	LB: 3/5x kc hst straddle	LB: 3/5 kc hst cloased (foam)	LB: kc hst stay 2 sec
		LB: free hip 135 dgr	LB: kc free hip hst	LB: 3x kc hst free hip hst
		LB: stalder 135 dgr	LB: cast stalder hst	LB: kc stalder hst
				LB: cast toe o/o hst
		HB: kc hst 5/8x giant	HB: kc hst 5/8x giant	HB: from sup sw ½tr
			HB: from sup sw back (+30cm)	HB: from sup fl.awy straight
		HB: kc hst 5/8x giant	HB: kc hst 5/8x giant	HB: from sup sw ½tr
			HB: cast 3x giant	HB: kc hst 8/10 giants
			HB: from sup sw back (+30cm)	HB: from sup fl.awy straight
	S: free hip 135°	S: 3/5x free hip hst	S: 3x kc hst free hip hst	
		S: stalder 135°	S: 3x stalder hst	S: 3x kc hst stalder hst
		S: toe o/o to support 135°	S: toe o/o hst	S: 3x kc hst toe o/o hst
	S: 10x sw 45°<>315°	10x giants		
			S: 10xsw 45°<>315° giant fw	S: 10x giants fwd
	LB: low bar	HB: high bar	sup: support	uitleg over losom/stalder/toe on/off
	S: strips	kc: kip cast	sw: swing	

	9 years	10 years	11 years	12 years
BEAM	LB: 5x crtw connected	LB: crtw f.f str jump	LB: roff straight jump	LB: roff layout (spot)
	LB: 3 forms of hst (1 each)	LB: hst legs split - flick	LB: 2 flick connected	LB: 3 flick connected
	LB: walkover bwd			
		LB: walkover fwd	LB: free cartwheel	LB: free arial fwd
		HB: 5x crtw connected	HB: crtw f.f str jump	HB: roff straight jump
		HB: 3 forms of hst (3 each)	HB: hst legs split - flick	HB: 2 flick connected
		HB: walkover fwd	HB: walkover fwd	HB: free cartwheel
	GE: ½tr passe par R + ½tr R	GE: pir passe par + ½tr L	GE: 1½ pirouette	GE: pirouette min B
	GE: ½tr passe par L + ½tr L	GE: pir passe par + ½tr R		
	GE: split leap fwd L	GE: 2 split leap L connected	GE: 3x split jump L	GE: spl lp R-spl lp L connect
	GE: split leap fwd R	GE: 2 split leap R connected	GE: 3x split jump R	GE split leap ½tr
	GE: strechted jump ½tr L	GE: str jump ½tr L-split jump	GE: 3x sissonne connected	
	GE: strechted jump ½tr R	GE: str jump ½tr R-spl jump	GE: fouette hop ½tr	GE: straight jump 1/1 tr
			GE: leap fwd leg change L	GE: 2 lp fwd lg change connected
			GE: leap fwd leg change R	
	HB: high beam (120)	crtw: cartwheel	pas par: passe parrallel	R: right
	LB: low beam (20/40 cm)	f.f: foot-foot	pir: pirouette	L: left
	GE: gymnastical element	str: straight	ju: jump	spl lp: split leap

	9 years	10 years	11 years	12 years
FLOOR	Afwd: salto fwd tuck	Afwd: 2x tuck fwd	Afwd: fwd layout	Afwd: layout ½tr
				Afwd: fwd layout 1/1
	Afwd: front hspr overload	Afwd: hspr - rebound	Afwd: hspr - tuck	Afwd: hspr - layout
	Abwd: Roff +20 cm	Abwd: roff 3 flick connected	Abwd: roff flick tuck	Abwd: roff flick layout
	Abwd: Roff back +20cm	Abwd: roff flick reb +20cm	Abwd: roff fl ¾ layout stack	
			Abwd: roff fl ¾ lay ½tr stack	Abwd: roff flick layout ½tr
	Abwd: flick	Abwd: 3 flick	Abwd: roff layout	Abwd: roff whip
	Ab: hst 30 sec	Ab: hst ½tr - ½tr		
	Ab: 3x press to hst	Ab: hst role - press hst 1/1		
	Ab: role bwd into hst	Ab: role bwd to hst ½ tr		
	GE: pirouette passe L	GE: 2/1 pirouette passe L	GE: pirouette fr.leg horz+ L	GE: pirouette min C
	GE: pirouette passe R	GE: 2/1 pirouette passe R	GE: pirouette fr.leg horz+ R	
	GE: 3 split leaps L	GE: 4 split leaps connected		
	GE: 3 split leaps R			
	GE: split jump L	GE: split leap ½tr L		
	GE: split jump R	GE: split leap ½tr R		GE: leap 2 min B
	GE: leap fwd leg change L	GE: 3 leaps fwd leg change L	GE: 2 lps fwd leg change connected	GE: leap 2 min C
	GE: leap fwd leg change R	GE: 3 leaps fwd leg change R	GE: leap fwd leg change½tr	GE: leap fwd leg change 1/1
		G: foueté hop	GE: split leap 1/1	
	Afwd: Acro element fwd	Ab: Acro basic elements	horz+: above horizontal	fr.leg: free leg
	Abwd: Acro element bwd	reb: rebound	stack: pile of matts	

	9 years	10 years	11 years	12 years
TRAMP	Fwd: tuck open early	Fwd: double tuck	Fwd: double tuck	Fwd: double pike
	Fwd: layout	Fwd: layout ½ tr		
		Fwd: layout 1/1	Fwd: layout 1½ tr	Fwd: layout 2/1
				Mix: arabian tuck
				Mix: arabian tuck ½tr
	Bwd: layout	Bwd: layout ½	Bwd: layout 1½	Bwd: layout 2½
		Bwd: layout 1/1	Bwd: layout 2/1	
		Bwd: tuck	Bwd: double tuck	Bwd: double pike
	Fwd: Forward	Bwd: backward	Mix: backward > forward	

SPEED

Rope Climb

Equipment

1 Rope with a mark at 4 meters.

Description

Start from sitting on the ground. legs straight and hands at the rope just above head height. The gymnast can start whenever she wants. During the complete climb the legs are spread and the rope has to stay in between the legs. Time stops when the gymnast touches the 4 metre mark. The first time the gymnast bends one of her knees she will get a warning. each next "mistake" will be penalized by adding 1 sec to the score. The first time the angle between upper body and legs isn't 90 degrees (or less). the gymnast will be warned. Each next time will be penalized by adding 1 sec to the score. In case of a repetition of "fouls" time will be stopped.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9	20	19	18	17	16	15	14	13	12	11
10 – 11	17	16	15	14	13	12	11	10	9	8
12 – 13	14	13	12	11	10	9	8	7	6	5

Drop Jump

Equipment

1 box

1 Force platform and conversion system. (Table for conversion flight time flight time flight height.)

Description

The test takes place on a competition floor area. The gymnast starts on the box with hands on hips and jumps off her own initiative. Hands on the hips during the complete test. The first rebound is followed by a second. After a first practice attempt, the gymnast has 2 scoring attempts. The best result counts. Height is measured to an accuracy of 0.5 cm.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9	28.5	30	31	32	33.5	34.5	35.5	37	38	39
10	29.5	30.5	32	33	34	35.5	36.5	37.5	39	40

11	33.5	34.5	35.5	37	38	39	40	41	42	43.5
12	36.5	37	38	39	40	41	41.5	42.5	43.5	44.5
13	38	39	40.5	41.5	42.5	43.5	44.5	45.5	47	48

Counter Movement Jump

Material
1 Force platform and conversion system. (Table for conversion flight time flight time flight height.)

Description
The test takes place on a competition area. The gymnast stands on the force platform. Her hands are on her hips throughout the test. The gymnast slowly bends her knees and performs a "straight upward jump" with maximum strength and height, directly followed by a second rebound jump. After a first try each gymnast has two scoring attempts. The best score counts. Height is measured to an accuracy of 0.5 cm.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9	23.5cm	24.5	25.5	26	27	28	29	29.5	30.5	31.5
10	25	25.5	26.5	27.5	28.5	29	30	31	31.5	32.5
11	26.5	27.5	28	28.5	29.5	30	31	31.5	32.5	33
12	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34.5
13	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5	38.5	39.5

Sprint 20m

Material
20 meters of obstacle-free runway.

Ideally, 1 set of light gates connected with a laptop computer. Start and finish are marked. A pre-start line on 50cm before the official start line.

Description
The gymnast starts on her own initiative from a position on the pre-start line and crosses the 20m track as fast as possible. The track must continue past the 20m mark to ensure the gymnast can be at maximum speed when they cross the line. A test run is possible, but it is not mandatory. Each gymnast has 2 attempts, the best one counts. (Accuracy 1/10 seconds.)

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9	3.82	3.79	3.76	3.73	3.69	3.65	3.63	3.60	3.56	3.53
10	3.66	3.64	3.61	3.59	3.56	3.54	3.51	3.49	3.45	3.44

11	3.61	3.58	3.55	3.52	3.49	3.45	3.42	3.39	3.36	3.33
12	3.44	3.42	3.40	3.38	3.36	3.34	3.32	3.30	3.28	3.26
13	3.27	3.27	3.25	3.23	3.22	3.20	3.19	3.17	3.16	3.15

STRENGTH ENDURANCE

Pull Ups

Equipment

A single high bar.
2 foam blocks or boxes.

Description

The gymnast hangs at the high bar with completely open shoulders (180 degrees). The feet may not touch the ground. The distance between the hands must not exceed the width of the hips. The distance between the two blocks is 40cm. (Centre line - box = 20 cm). From this starting position the gymnast must bend her arm (raise her head) until the chin is above the bar. "Schnepper" or a "Kourbet/snap movement" is not allowed. Throughout the test the body and legs must remain straight. If the gymnast does not bring her chin above the bar the attempt is invalid. In case of an error the gymnast receives a warning. Only valid repetitions are counted. Slight alterations on the blocks are allowed (the purpose is to prevent contrary movements). The test ends when the gymnast misses 3 attempts in a row, or releases the bar.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 10	9	10	11	12	13	14	15	16	17	18
11 – 13	11	12	13	14	15	16	17	18	19	20

Press to Handstand

Equipment

1 pair of floor bars.

Description

Start from straddle support. Press to hst with clean technique. Backwards lifting of the hip isn't allowed. The lift has to be executed with straight legs. Legs should remain close to the upper body with straight knees. The final position (hst) must be maintained for a short time (1s). The descent must be controlled, arms straight.
A point is scored when:

- arms and legs are stretched.
- the legs are held at a 90-degree angle to the upper body.

	- hst is reached with open shoulders and open hip position (180 degree angle). The test ends when the gymnast loses her balance or after the maximum number of reps. In the case of a score below 5 points the gymnast may start a second attempt.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 10	1	2	3	4	5	6	7	8	9	10
11 – 13	3	4	5	6	7	8	9	10	11	12

Handstand on a Single ground bar

Equipment
1 bar on the ground.

Description
The gymnast swings to hst. As soon as she reaches the final position (legs together controlled stay in hst) time measurement begins. In the event of a visible correction the evaluator removes 1 point (announced). Maximum 3 possible corrections. If the gymnasts loses her control over the final position time is stopped at the previous whole second.
If the score is less than 5 points a second try is possible.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9	1	2	3	4	5	6	7	8	10	12
10 – 11	2	3	4	5	6	7	9	11	13	15
12 – 13	2	4	6	8	10	12	14	16	18	20

FLEXIBILITY - HIPS

Split Leap

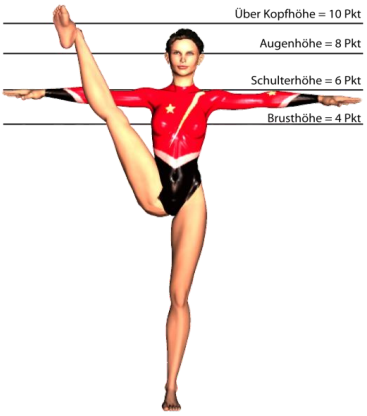
Equipment
Competition floor.
1 Camera connected to a laptop computer with appropriate software for video acquisition and angle measurement.

Description
The gymnast performs 3 split leaps with her right leg in front and 3 with her left leg in front. From each side the best attempt is evaluated. When the two legs are not at the same height (unequal distribution) a point is deducted.

Suggestion: Draw a square on the ground from which the jump should start and where it should land.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13		150°	155°	160°	165°	170°	175°	180°		≥ 180°

Sideways Leg Lifting



Equipment
1 Dance Bar/Spaces.

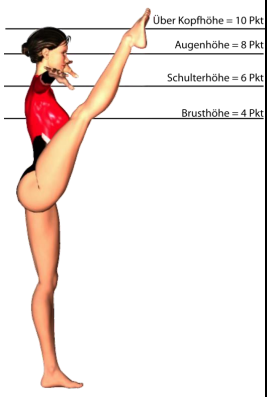
Description
Back to the wall and hands on the dance bar, feet and hips perpendicular to the shoulders, the gymnast lifts her leg(s) to the side. Focus on a correct hip position (hip at the lifting side down). Hold the leg at the highest possible height for 3 seconds. Both sides are measured, toes are decisive. From the two measurements the average is taken. The score is given by the table.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13		Hip height			Shoulder height			Eye high		Above the head

Forward Leg Lift

Equipment
1 Dance bar or wall bars.

Description
Side to the wall and hand (same side) on the dance bar,



feet and hips perpendicular to the shoulders, the gymnast lifts her leg(s) forward. Focus on a correct hip position (hip at the lifting side down). Hold the leg at the highest possible height for 3 seconds. Both sides are measured. toes are decisive. From the two measurements. the average is taken. The score is given by the table.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13		Hip height			Shoulder height			Eye high		Above the head

Sit in split with back leg 90 degree bent in the knee.

Equipment

A wall or a padded block.

A pair of small bars.

A measuring device.

Description

From the rear leg, the knee and tibia are against the wall. Upper body must be completely straight. The shoulders and hips are square. The gymnast can support on the ground bars. Measurement at the highest point of the basin in cm (to the nearest ½). Both legs are measured, the average is determined. Score is given confirm the table.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13	25	22.5	20	17.5	15	12.5	10	7.5	5	2.5

Sit in Split Sideways

Equipment

A wall or foam block.

A measuring device.

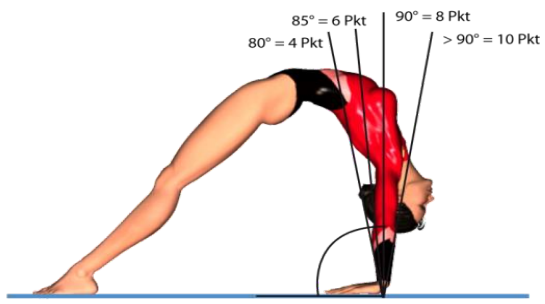
Description

The gymnast sits with her back and hips against the wall. The knees point upwards and the legs are open as far as possible. The distance between the knee and the wall is measured.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13	25	22.5	20	17.5	15	12.5	10	7.5	5	2.5

FLEXIBILITY - SHOULDERS

Bridge



Equipment

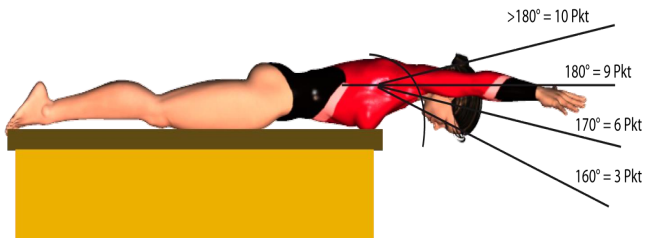
1 mat.
A measuring device.

Description

From a lying position the gymnast pushes a bridge. Straight legs and tight knees. The arms width of the shoulders. Measurement of the angle between the floor and the wrist line at the shoulders.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13		75		80		85		90		≥ 90

Open Shoulders



Equipment

1 skirting board head.
A measuring device.

Description

The gymnast lies on the box with her shoulders just past the edge. Legs tightened. Thumbs left and right in contact to define the width of the shoulders. Open the shoulders as much as possible, the head stays between the arms. The angle between the arms and trunk is measured. Hyperextension of the thoracic spine is prohibited.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9 – 13			160			170			180	≥ 180

ENDURANCE

800m Run

	Equipment Stopwatch. Running track of 800m. **Description** The gymnast has to run as fast as possible a distance of 800 meters.

Age	1 Pt	2 Pts	3 Pts	4 Pts	5 Pts	6 Pts	7 Pts	8 Pts	9 Pts	10 Pts
9	3:57	3:53	3:48	3:44	3:40	3:35	3:32	3:28	3:25	3:21
10 – 11	3:46	3:42	3:39	3:35	3:32	3:28	3:25	3:21	3:18	3:14
12 – 13	3:40	3:36	3:31	3:27	3:22	3:18	3:13	3:09	3:04	3:00

Testing Rationale

The purpose of skill testing is to determine if an athlete is learning the underlying skills to ensure they will be able to perform a high difficulty in the future. As such the focus on testing is DB and Risk. Apparatus difficulties are important but are not necessary to determine if an athlete is on track.

Scores in Rhythmic Gymnastics

Score in Rhythmic gymnastics is the addition of 'Body Difficulty' (DB) and 'Apparatus Difficulty' (DA), minus penalties. A key component of DA is Risk. Between them, DB and Risk make up the bulk of an RG score.

BDG = Body Difficulty Group. Specifically this means Leap/Jump, Rotation, Balance. This is a requirement in competition and in testing there also must be at least one of these in the Body Difficulty testing.

Process

To determine the targets for RG, the Risk and DB of top 12 performances in Asian Junior Championships 2018 were determined and extrapolated back for younger athletes, to ensure the building blocks are being developed at the appropriate ages.

Testing

Athletes should NOT be tested on any Skills they have little chance of achieving. The coach should ensure this happens. This is for both safety and accuracy purposes. Athletes should not be tested unless the coach reasonably expects them to achieve a passing score, ie: TE faults > 0.1.

ATRAX

RG Skill Testing

Singapore Gymnastics

Age	Body Skills		Risks					
	Test Requirements	Score	Test Requirements	Rope	Hoop	Ball	Clubs	Ribbon
16+	9 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	5.0	5 Risks for each apparatus	x	3.0	3.0	3.0	3.0
15	8 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	4.4	5 Risks for each apparatus Best 4 of 5 apparatus count	2.5	2.5	2.5	2.5	2.5
14	7 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	4.0	4 Risks for each apparatus Best 4 of 5 apparatus count	2.0	2.0	2.0	2.0	2.0
13	7 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	3.8	3 Risks for each apparatus Best 4 of 5 apparatus count	1.5	1.5	1.5	1.5	1.5
12	6 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	3.5	2 Risks for each apparatus Best 4 of 5 apparatus count	1.0	1.0	1.0	1.0	1.0
11	6 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	3.0	2 Risks for each apparatus Best 4 of 5 apparatus count	0.8	0.8	0.8	0.8	0.8
10	5 BD Min 1 each BDG Paid BDs must be without TE faults > 0.1	2.5	1 Risk for each apparatus Best 4 of 5 apparatus count	0.4	0.4	0.4	0.4	0.4

1. Gymnasts must achieve passing scores in their DB, and passing score for **in at least 4 apparatus**
2. Gymnasts must participate in the skills as they are set up by the assessors. Appropriate time will be given on apparatus changes.
3. A maximum of 2 attempts may be made per skill
4. Body Skills and Risks have high values so give a clear indication of a gymnast's D score development. Apparatus skills are important but a not tested

ATRAX

RG Physical Test Protocols

Anthropometric

Height (cm)

Standing against a wall.
Heels on the ground.
Measure from straight ahead, not looking up or down.
Chin up. Think 'tall'.
Equipment - preferably Stadiometer, otherwise, tape measure, hard folder (or ruler) and stool.

Sitting Height (cm)

Measures of the length of the trunk.
Sit on a measuring box or level platform (or known height).
Both feet on the floor and hands flat on knees,the lower back and shoulders against the wall, looking straight ahead.
Measure from the ground to the top of the head and subtract the height of the box.
Equipment - preferably Stadiometer, otherwise, tape measure and hard folder (or ruler).

Weight (kg)

Measures the weight of the subject.
Athlete wearing only light clothes, no shoes.
Stand on scales.
Record the weight in kilograms.
Equipment - Scales.

Flexibility

Sit and Reach

Athlete reaches forward in a controlled manner. Athlete goal is to touch chest, stomach and chin to legs.
Instruct the athlete to sit on the ground in front of the sit and reach box with shoes removed.
Legs are stretched out with straight knees and feet flexed.
Bending forward at the hips, the goal is to touch chest, stomach and chin to legs.
Score is one point for each touch, with a bonus for all three.
Equipment - Flat surface for athlete to sit on.

Target - All	Excellent >= 4	Good >= 3	Fair >= 2	Poor >= 1	Very Poor < 1

Forward-Backward Splits (cm)

The result is the average of the left and right leg.
Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
The final position without hand support must be held for 2 seconds.
Hips must be perfectly square.
Equipment - mats/Blocks up to 30cm. Tapemeasure.

Target - All	Excellent >= 30	Good >= 15	Fair >= 8	Poor >= 4	Very Poor < 4

Leg Raise Sideways - Left and Right (degrees)

The result is the average of the left and right leg.
The gymnast lies on her side against a wall.
Feet start together then one leg is raised, sliding along the wall.
Hips must be perfectly square to the wall.
Final position must be held for 2 seconds.
Equipment - removable tape or chalk for the wall. Protractor (app?)

Target - All	Excellent >= 90	Good >= 60	Fair >= 30	Poor >= 1	Very Poor < 1

ATRAX

RG Physical Test Protocols

Arm-Trunk Angle Backwards (cm)

The gymnast lies on her stomach on a hard surface, forehead on the ground.
Hands held together and reached forward as far as possible. Feet stay together.
Raise hands as far as possible.
Final position must be held for 2 seconds.
Measure distance from the floor to the hands.
Equipment - tape measure.

Target - All	Excellent >= 22	Good >= 15	Fair >= 10	Poor >= 4	Very Poor < 4

Balance Test (s)

Start timing when demi-point is high and stable.
Record the number of seconds the gymnast holds relevé with balance and shape.
Age 7-8 - on 2 feet, releve.
Age 9-10 - average of each leg.
Age 11+ average of each leg with free leg in forward passe.
Test ends with any steps, major wobbles or if relevé is not high enough or recognised.
Equipment - stopwatch.

Target - All	Excellent >= 20	Good >= 15	Fair >= 8	Poor >= 2	Very Poor < 2

Strength, Power & Endurance

Standing Broad Jump (cm)

Standing broad jump to maximum distance, on rhythmic gymnastics floor.
Toe to heel measurement.
Maximum jump from two feet, landing on two feet.
Maximum 2 tries, best of 2 tries.
Equipment - tape measure.

Target - All	Excellent >= 200	Good >= 175	Fair >= 150	Poor >= 125	Very Poor < 125

Sprint 20m (s)

Stop watch starts when the athlete begins their sprint
Athlete starts after the ready, Set, Go count
Ideally two timers are used and averaged.

Target - 9yo	Excellent <= 3.6	Good <= 3.8	Fair <= 4.1	Poor <= 4.5	Very Poor > 4.5
Target - 10yo	Excellent <= 3.6	Good <= 3.8	Fair <= 4.1	Poor <= 4.5	Very Poor > 4.5
Target - 11yo	Excellent <= 3.6	Good <= 3.8	Fair <= 4.1	Poor <= 4.5	Very Poor > 4.5
Target - 12yo	Excellent <= 3.2	Good <= 3.4	Fair <= 3.7	Poor <= 4.1	Very Poor > 4.1
Target - 13yo	Excellent <= 3.2	Good <= 3.4	Fair <= 3.7	Poor <= 4.1	Very Poor > 4.1

Kick Up To Hold Handstand (s)

Stop watch starts with athlete reaches handstand position.
Kick with fully stretched body, head between arms to handstand.
No travelling is allowed.
Test ends with any steps or major major wobbles.
Equipment - stopwatch.

Target - All	Excellent >= 10	Good >= 7	Fair >= 3	Poor >= 1	Very Poor < 1

ATRAX

RG Physical Test Protocols

Lift Upper Body (degrees)

The gymnast lies on her stomach on a hard surface, forehead on the ground.
Hands held together and reached forward as far as possible. Feet stay together.
Lift body from floor.
Final position must be held for 5 seconds.
Angle of arms to hips is measured.
Equipment - removable tape or chalk for the wall. Protractor (app?)

Target - All	Excellent >= 90	Good >= 60	Fair >= 30	Poor >= 1	Very Poor < 1

Coordination

Throw and Catch - L

1.5 m from wall.
Throw and catch and tennis ball with the same hand.
Feet must remain stationary.
5 attempts.
Equipment - tennis ball, flat wall.

Target - 9yo	Excellent >= 4	Good >= 3	Fair >= 2	Poor >= 1	Very Poor < 1
Target - 10yo	Excellent >= 4	Good >= 3	Fair >= 2	Poor >= 1	Very Poor < 1
Target - 11yo	Excellent >= 5	Good >= 4	Fair >= 3	Poor >= 2	Very Poor < 2
Target - 12yo	Excellent >= 5	Good >= 4	Fair >= 3	Poor >= 2	Very Poor < 2
Target - 13yo	Excellent >= 5	Good >= 4	Fair >= 3	Poor >= 2	Very Poor < 2

Throw and Catch - R

1.5 m from wall.
Throw and catch and tennis ball with the same hand.
Feet must remain stationary.
5 attempts.
Equipment - tennis ball, flat wall.

Target - 9yo	Excellent >= 4	Good >= 3	Fair >= 2	Poor >= 1	Very Poor < 1
Target - 10yo	Excellent >= 4	Good >= 3	Fair >= 2	Poor >= 1	Very Poor < 1
Target - 11yo	Excellent >= 5	Good >= 4	Fair >= 3	Poor >= 2	Very Poor < 2
Target - 12yo	Excellent >= 5	Good >= 4	Fair >= 3	Poor >= 2	Very Poor < 2
Target - 13yo	Excellent >= 5	Good >= 4	Fair >= 3	Poor >= 2	Very Poor < 2