



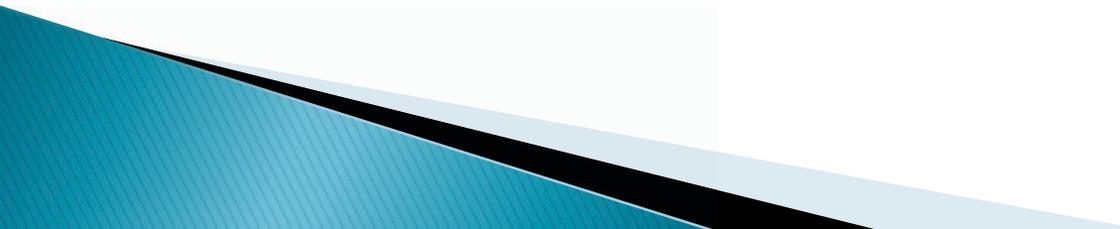
2011-2012

JumpStart

Age Determination

- ▶ The athlete will compete the age they will be on December 31 of the year State Testing is held.

State Testing

- ▶ All State Testing shall be held during the month of October.
- 

Testing Criteria: Strength and Flexibility

- ❖ Pike Sit and Reach
- ❖ Pike Leg Lifts
- ❖ V-ups (Pike Ups)
- ❖ Handstand Hold
- ❖ Straight Body Hold
- ❖ Shoulder Flexibility Test
- ❖ Cricket Push-ups
- ❖ Chin-ups
- ❖ 60-Foot Sprint
- ❖ Vertical Jump
- ❖ Split Test - left leg
- ❖ Split Test - right leg
- ❖ Jump Rope
- ❖ 10 Straight Bounces (Trampoline Only)

Pike Sit and Reach

EQUIPMENT NEEDED:

8" Mat

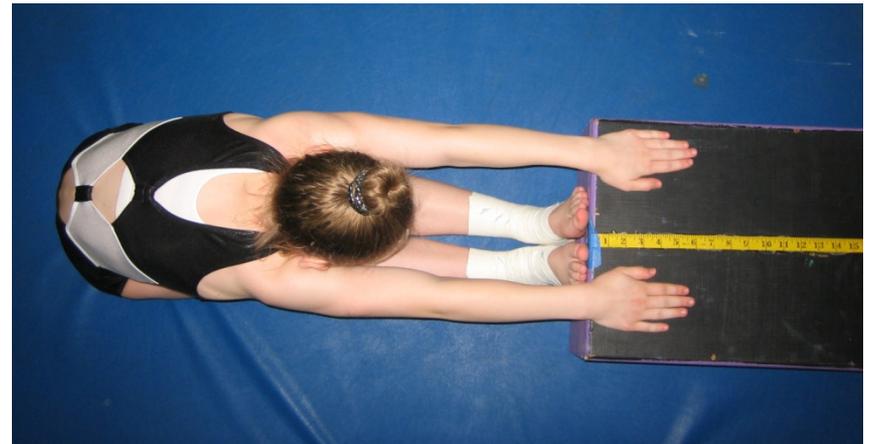
Tape Measure

Tape to secure tape measure

Ruler

SET-UP:

Secure tape measure to mat, lining up 0" with the edge of the mat.



STARTING POSITION (Figure 1):

Sit in pike position with arms up and feet flexed and pressed flat against the testing surface. Knees must remain tight and straight at all times during the test. The first tester will place their fingers under the knee and thumb on top of the knee cap to make sure the knees stay tight and straight. (Figure 4)

DIRECTIONS:

Reach forward in the pike position, placing hands on the mat on either side of the tape measure. Position must be held for three seconds. The second tester will place a ruler across at the farthest point of the reach (Figure 5). Measure to the nearest 1/4". If the hands are uneven, the hand with the shortest reach will be used (Figure 6).

NOTES:

Athletes may have two attempts at this test.

Record the better of the two attempts.

Bending the knees, "grabbing" and/or "pulling" on the mat to get a further reach will result in failed attempt.

Coaching hint: Using chalk on hands allows the athlete to see how far he/she can reach.

When measuring: if the measurement is above the 1/8" mark, round up to the nearest 1/4". If the measurement is below the 1/8" mark, round down to the nearest 1/4".

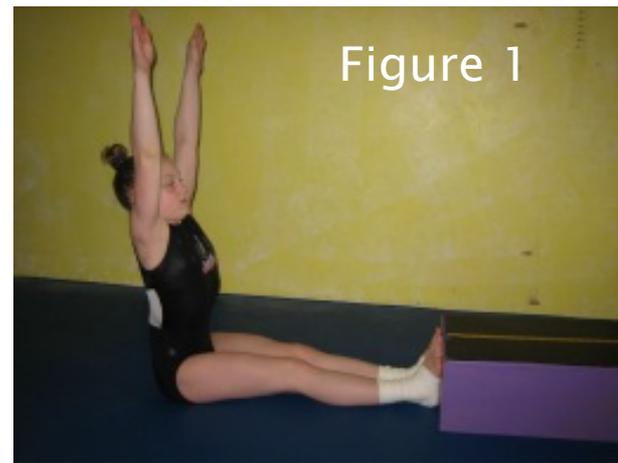


Figure 1



Figure 4



Figure 5



Figure 6

Pike Leg Lifts

EQUIPMENT NEEDED:

Wall mounted bar (a panel mat will be necessary if the bar is not close enough to the wall to maintain a 180° angle through the shoulders) or stall bars.

Stopwatch

STARTING POSITION:

Athlete hangs in a straight body position from the bar. Hands, shoulders, hips and feet should all be in a straight line. The shoulders are relaxed, head neutral, and the legs are tight.

DIRECTIONS:

The athlete lifts the legs forward and up and passes through the pike position with the legs completely extended and toes pointed until the top of the feet touch the bar. The athlete then lowers the legs to the L position with the low back touching the mat. The athlete then lifts the legs forward and up with the legs completely extended and toes pointed until the top of the feet touch the bar again. The athlete continues lifting and lowering the legs from the L to the bar.
Maximum 20 repetitions.

NOTES:

- ▶ Athlete will perform as many correct pike leg lifts as possible with a maximum 20 repetitions. Bent legs, flexed feet, head moving forward from neutral, legs dropping below 90°, or feet not touching the bar during the repetition will result in that repetition not counting. Test administrator will only count the number of successful repetitions.



[Click for video](#)

V-ups (Pike Ups on floor)

EQUIPMENT NEEDED:

- ▶ Stop Watch
- ▶ Padded floor

STARTING POSITION:

The athlete begins by laying on the floor on their back with arms above their head and legs tight.



Start and end position for all repetitions.

DIRECTIONS:

Athlete lifts the arms and legs to meet in a “V” position, then lowers back down to the flat lying position, without slamming against the floor. The athlete’s legs must remain straight, toes pointed, arms straight and behind the ears throughout the movement. The hands must touch the feet at the top of the V.



At the top of the skill the athlete should have straight legs, arms behind the ears, and touch the tops of the feet. This repetition would not count.

NOTES:

The attempt will not count if the athlete:

Bends the knees

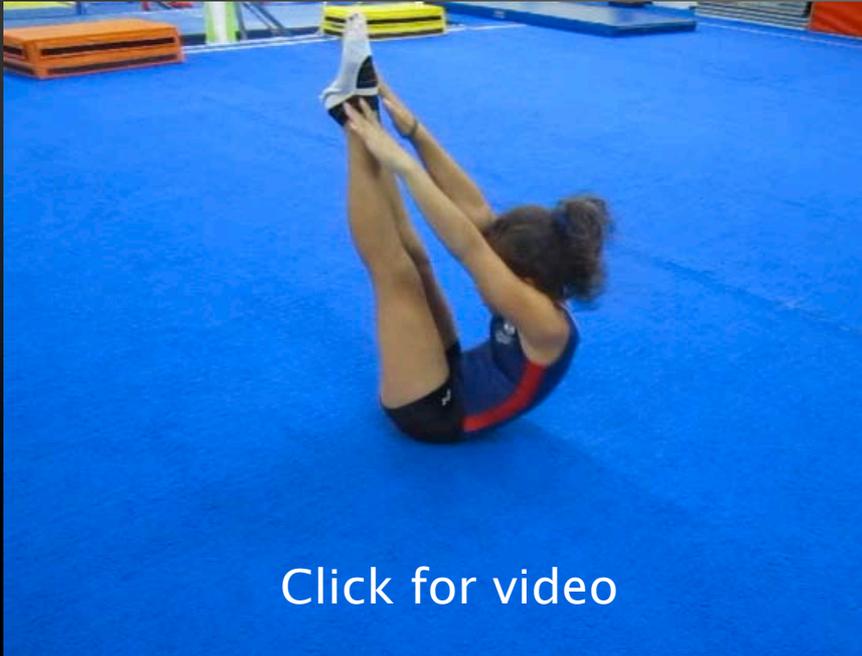
Arms come in front of the ears

Flexes the feet

Does not return to the proper start position

The athlete has 20 seconds to perform as many correct repetitions as possible.

Pike-Up/V-Up Videos



[Click for video](#)

Most of these repetitions would not count due to bent legs or arms coming in front of the ears.



[Click for video](#)

This athlete should be touching the floor on each repetition. If feet were touching the floor, most of the repetitions would count. Only a few would not count due to arms coming in front of the ears.

Handstand Hold

EQUIPMENT NEEDED:

Free wall

Sponges or foam, 1" in thickness

Stop watch

Block with Velcro

STARTING POSITION (Figure 1):

Athlete holds a handstand position facing wall. Hands should be shoulder width apart, with fingers facing forward.

Shoulders must be fully extended with no "space" between the shoulders and ears. Nose should be to the wall.



DIRECTIONS:

While the athlete is in position, the first test administrator will place the sponges between the athlete's shoulders and head. The second test administrator will place the block at the toes. The test will end when the athlete can no longer hold the handstand position with shoulders fully extended, nose to the wall, toes touching the block (Figure 2), and sponges to the head. (Figures 4) The athlete will be allowed one warning from the tester. If he/she does not return to the correct position immediately, then the test is over. Maximum time allowed is 60 seconds.

NOTES:

Coaching hint: Using the sponges and block allows the athlete to "feel" if he/she is not extending their shoulders.



Straight Body Hold

EQUIPMENT NEEDED:

- Flat stable surface (such as a rod floor)
- Spotter to hold the ankles of the athlete
- Stopwatch

STARTING POSITION:

The athlete lies on their stomach with the bend of their hips on the edge of the Stable surface, arms covering the ears.

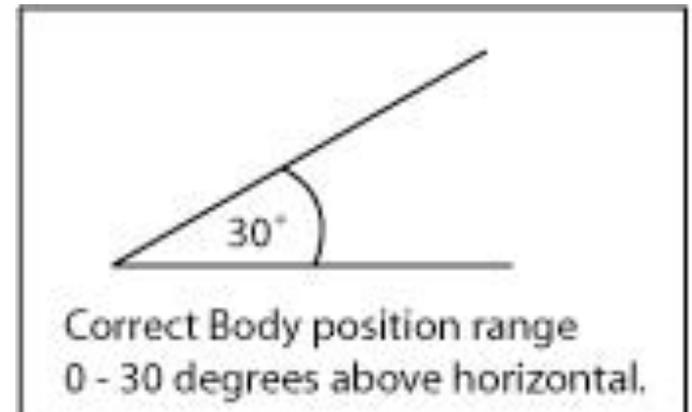
A spotter holds the athlete's ankles.

DIRECTIONS:

The athlete lifts their upper body up so their body is parallel to the floor. Arms must be straight, covering the ears, with hands tight, fingers together, palms facing the floor. Maximum time is 60 seconds.



Preferred position



NOTES:

Body must be held between horizontal and 30 degrees above horizontal. If the body rises above 30 degrees or below horizontal will end the test. If fingers come apart, arms bend, head drops or raises out of alignment, or other breaks in form, the test will be stopped.



Too High



Too Low

(Figure 1)
Correct

Shoulder Flexibility

EQUIPMENT NEEDED:

- Padded Floor
- Yard stick or
- Tall T or L-square (preferred)

Starting Position

▶ **STARTING POSITION:** The athlete begins by lying on their stomach on a folded panel mat with arms stretched overhead, chin on the front of the mat. The athlete then grasps a dowel rod with both hands. Touching the tips of the thumbs along the dowel rod separates the hands. (Figure 3)

Directions:

While keeping the chin in full contact with the front edge of the mat at all times, the athlete lifts the arms up as high as possible. The wrists of the athlete must remain straight. (Figures 1 & 2) The athlete must maintain a straight line from the elbows to the knuckles of the hand. (Figure 2) The tester will use the t-square to measure the distance from the floor to the bottom of the dowel rod (Figure 6), then subtract the height of the panel mat from the total. The athlete is encouraged not to allow the shoulder blades to flare out beyond the body line, thus allowing the shoulders to roll within the socket. (Figure

NOTES:> Prior to testing, a measurement must be taken. Measure the athlete from the top of the shoulder to the bottom of the knuckles with a closed fist. This will be the "arm length measurement." (Figure 6)> The second measurement will be the distance from the floor to the bottom of the rod floor, minus the panel mat height.> If thumbs come apart, arms bend, nose comes up off the floor, or line breaks at the wrist, or the shoulders begin to roll, the test will be stopped. (Figures 3, 4, 5, 6)> The coach may not hold the athlete's feet during the test.



Figure 1 Correct



Figure 2 Correct



Figure 3
Correct Hand Placement



Figure 4 **NOT** Correct
Shoulder Blades Flaring Out



Figure 5 **NOT** Correct
Wrists Bent



Figure 6 Measurement
Arm Length & Mat Height

Cricket Push-ups

EQUIPMENT NEEDED:

- Flat surface
- Stopwatch



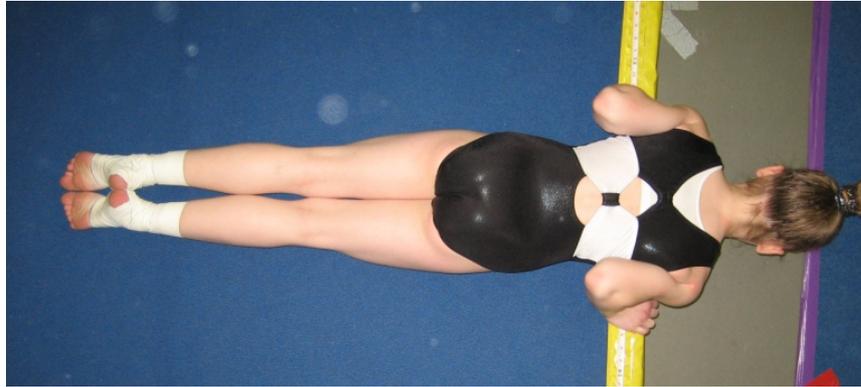
STARTING POSITION (Figure 1):

Push-up position with hands shoulder width apart and facing forward, head in neutral position, body in a completely straight line from top of head to tips of toes, legs straight and toes pointed. There should be no arch or pike in the body, a slight hollow is allowed.

DIRECTIONS:

Athlete lowers to “cricket” position (Figure 2) by bending the arms while keeping the elbows close to the body. Body should be 1–2” from the ground at knees, hips, chest and forehead at this stage of the push-up. The athlete’s body may brush the ground, but not put weight on it. The position of the body, legs, and head should stay exactly the same as the body moves up and down (Figure 3).

CRICKET PUSH-UP



NOTES:

The attempt will not count if the athlete:

- Leans on the elbows or lets the elbows separate more than 1” from the body
- Does not lower down to within 1–2” of the ground
- Flexes the feet
- Changes the body position (arches, pikes, etc.)
- Bends the knees
- Drops or raises the head
- Does not return to the proper start position

The athlete has 20 seconds to perform as many **correct** repetitions as possible.

Chin Ups



EQUIPMENT NEEDED:

- Bar with enough clearance for athlete to hang free from the wall or other obstacles
- 2" x 4" x 12" wood block or large sponge approximately the same size

STARTING POSITION:

The athlete hangs in an under-grip position with arms shoulder width apart. Knees are bent with thighs at a 90° angle. An assistant places the block on the athlete's lap. Block may not touch the torso.

DIRECTIONS:

The athlete flexes the arms and lifts the body until the chin is above the bar while the head is held in a neutral position. The athlete then lowers back down to the starting position. If at any time during or after the repetition the athlete drops the block, then the repetition does not count. The block is then immediately replaced by the assistant and the athlete continues the test. The athlete will perform as many correct repetitions as possible up to a maximum of 20 repetitions. A pause longer than two seconds the tester will begin counting 1, 2, 3, 4, 5 if the athlete has not restarted, the test will end (except when waiting for replacement of the block). If the athlete fails to perform three consecutive repetitions, the test will be stopped. The coach or test administrator will not touch the block at any time unless it falls to the floor.

NOTES:

If at any time the athlete lets go of the bar or touches the floor, the test is interrupted. Only valid chin-ups *before* the interruption will count. If the athlete pulls with one arm before the other, that repetition will not count.

The tester should be at eye level to the bar, to ensure they can tell the chin clears the bar.

60 Foot Sprint

EQUIPMENT NEEDED:

80' Open running area (preferably rod tumbling floor)

Tape measure

Designated start and finish lines

Stop watch

Immovable object for start

SET UP:

The tester will clearly mark a starting line at the beginning of the run and a finish line 60' from the start line. This may be done with chalk, Velcro or athletic tape. There must be at least 20' of open space at the end of the run that will allow the athlete to safely "run through" the 60' and slow to a stop AFTER crossing the finish line.

STARTING POSITION:

The athlete assumes a starting position by placing one foot behind the starting line and the other against a wall or other immovable object.

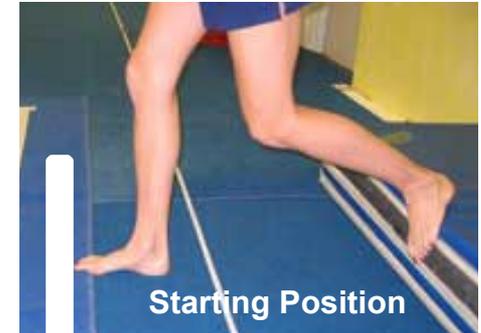
DIRECTIONS:

The tester starts the stopwatch when the athlete's foot first strikes the floor past the starting line. The stop watch is stopped when the athlete's foot crosses the finish line.

NOTES:

The athlete will be allowed two attempts at the sprint.

The faster of the two attempts will count.



Vertical Jump

Vertical Jump will now be used for both Tumbling and Trampoline.

EQUIPMENT NEEDED:

- Open wall area
- Tape measure or marked wall
- Level
- Calculator

SET UP:

Secure a tape measure to the wall starting with 0" at the floor. Permanent marks may also be made on the wall in 1/4" increments.

STARTING POSITION:

Have the athlete stand with back against the wall with feet flat, fully extended shoulders, and straight arms. Measure to the nearest 1/4", using a level to guide you to the tape measure. This is the athlete's **reach height**. (Figure 1)

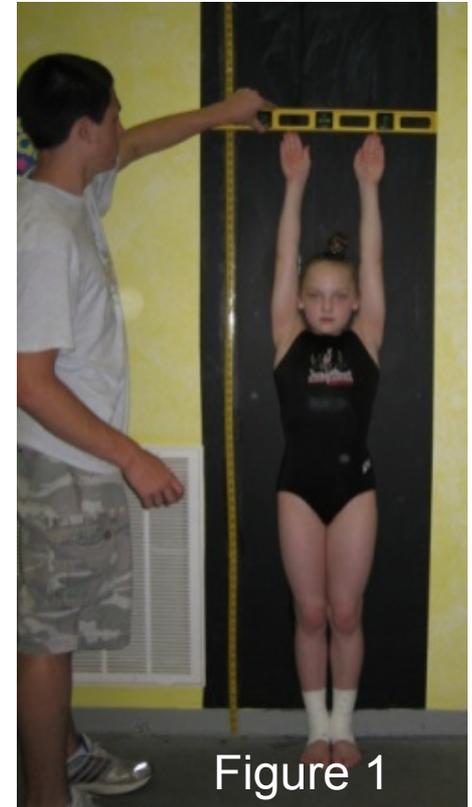


Figure 1

DIRECTIONS:

Athlete faces perpendicular to the wall in a standing position. Athlete then bends knees and swings arms down and then up and jumps into the air touching the highest point possible on the marked wall. Jumps with extra hops in the preparation swing are considered to be failed attempts.

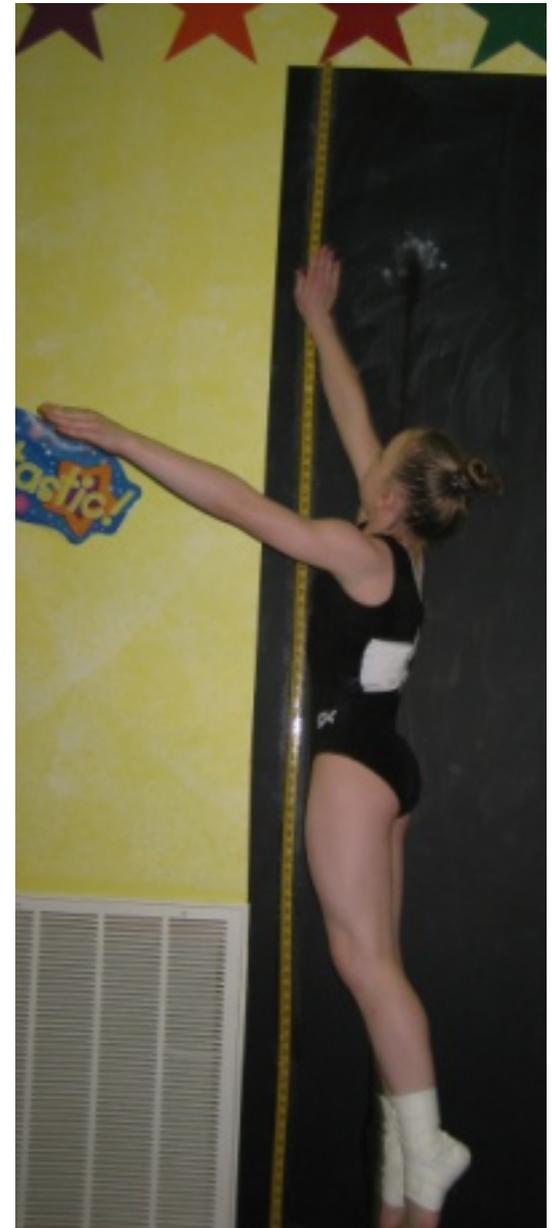
NOTES:

The athlete is allowed three attempts. The Tester will determine the highest number (measured to the QUARTER INCH) that the athlete is able to reach. The highest jump out of the three attempts is counted as the **jump height**.

To determine **jump height** in relation to **reach height**, use the following formula:

$(\text{JUMP HEIGHT} - \text{REACH HEIGHT}) \div \text{REACH HEIGHT} = \text{JUMP PERCENTAGE}$

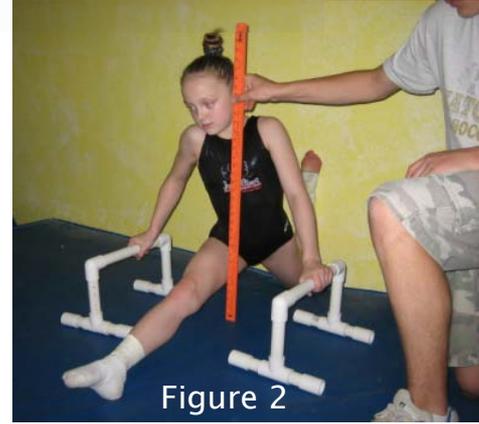
When measuring: if the measurement is above the 1/8" mark, round up to the nearest 1/4". If the measurement is below the 1/8" mark, round down to the nearest 1/4".



Left & Right Split Tests

EQUIPMENT NEEDED:

- Ruler
- Padded wall
- Parralettes



STARTING POSITION:

The athlete begins by placing the right shinbone against a padded wall in a vertical position with the right knee on the floor and against the wall.

DIRECTIONS:

The athlete slides the left foot forward and away from the wall, performing a split. The athlete's back must be in a vertical position and the shoulders and **hips must be square during the entire test**. The athlete may use parallettes at her sides to assist in keeping her back straight and hips square and shoulders placed directly above the hips. A measurement is taken with a ruler from the floor to the mid-point under the leg at the top of the hamstring. This measurement is taken in inches to the nearest 1/4".

The back leg (shinbone) **MUST** remain at the vertical position during the test. A good indication that the hips are not square is when the back leg moves from the vertical position. (Figure 3)

When measuring: if the measurement is above the 1/8" mark, round up to the nearest 1/4".

If the measurement is below the 1/8" mark, round down to the nearest 1/4".

Jump Rope

EQUIPMENT NEEDED:

Stop Watch

Speed Rope with handles

STARTING POSITION:

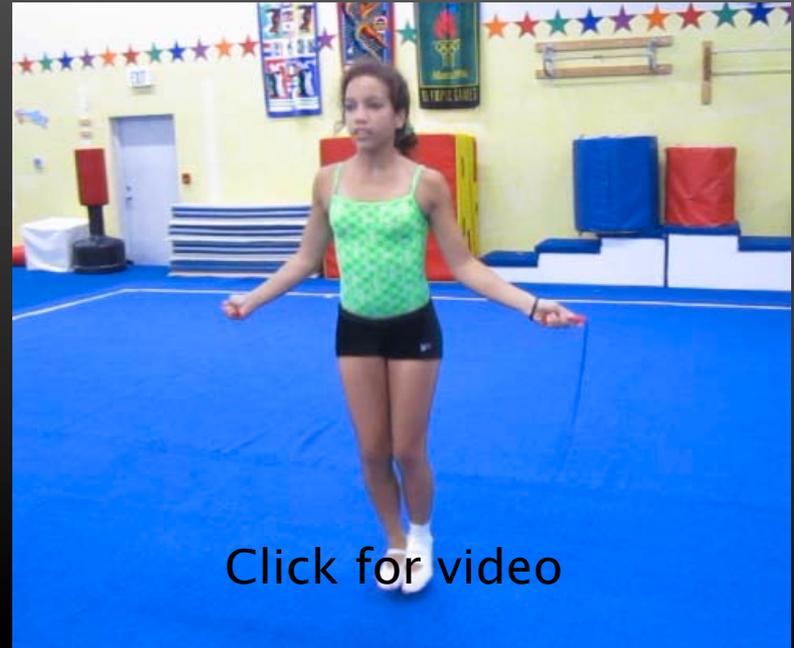
The athlete begins standing on the floor with the rope behind the feet.

DIRECTIONS:

The athlete will jump rope on two feet for as many successful repetitions as possible in 60 seconds.

NOTES:

If the athlete trips on the rope, that attempt will not count.



[Click for video](#)

10 Straight Bounces

Trampoline Only



State testing – Bounce times will be timed with a stop watch.

National Testing – The Airtime program and timing machine will be used. We will be using the AIRTIME setting.

We will no longer be using the athlete's weight to figure Jump percentage.

EQUIPMENT NEEDED:

- Trampoline
- Stopwatch for State testing, Airtime Timing Machine for National Testing

STARTING POSITION:

Athlete stands on the trampoline with arms at sides. From a stand, the athlete will be allowed three preparatory bounces and then the tester will time ten straight bounces. The athlete will be allowed one out-bounce followed by a stick.

DIRECTIONS:

The tester will give the following verbal cues:

Ready = The athlete is standing still and preparing to bounce.

One, Two, Three = The athlete is performing the three preparatory bounces.

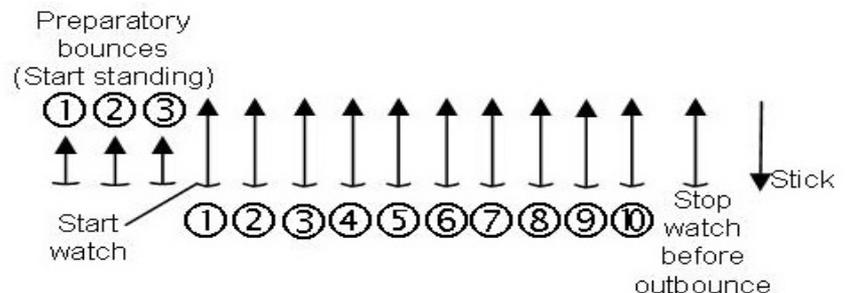
(Tester is counting at the top of the bounce.)

And One = The tester begins timing AS THE ATHLETE PUSHES OFF THE TRAMPOLINE for the first timed bounce.

Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten = The athlete PUSHES OFF and jumps at maximum controlled height. The tester will stop the timer as the athlete's feet touch the trampoline bed on the LANDING of the tenth bounce. (Count as the athlete pushes off the bed; stop the watch as they touch when you would say eleven.)

Stick = To remind the athlete to stick the out-bounce.

Notes: If an athlete falls prior to the completion of the test, **one** restart will be allowed.



Skills and routines

All trampoline skills and routines will be timed.

State testing – Each State may choose to use a stop watch. **Beginning 2013 we will be using the Airtime Program.**

National Testing – The Airtime program and timing machine will be used. We will be using the AIRTIME setting.

Trampoline Skill Sequences

Two-skill sequences will be judged based upon performance, height, and amplitude. The overall performance of the **entire skill sequence** will be given a score valued between 1 and 10.

See Trampoline Judging Guidelines. *Video of the passes and skills are available on the JumpStart DVD.*

AGE

REQUIRED SKILLS

7 to 8

1. Front tuck, Jump 1/2 turn with arms to side
2. Back pike, Pike jump
3. Seat drop*, Hands & Knees drop*, 3/4 front straight return to feet

*Prep skills – these skills will be judged, but no performance scores will be given.

9 to 10

1. 3/4 Back tuck, return to feet
2. 3/4 Front straight, return to feet
3. Back straight, Straddle jump

11 to 12

1. Back tuck, Barani tuck
2. 3/4 Front Straight, Ballout tuck
3. Back straight, Barani straight

Tumbling Skill Sequences

Skill sequences will be judged using the judging guidelines. Click on the links to see full descriptions of the skills.

[See Tumbling Judging Guidelines.](#) *Video of the passes and skills are available on the JumpStart DVD.*

AGE	REQUIRED SKILLS
<u>7 to 8</u>	<ol style="list-style-type: none">1. Power hurdle handstand shoulder block to flat shape2. Power hurdle round off, two back handsprings, hollow landing with run back3. Angle two back handsprings to hollow on tumble track
<u>9 to 10</u>	<ol style="list-style-type: none">1. Power hurdle roundoff rebound to back in a hollow shape on a raised mat2. Power hurdle roundoff back handspring block to raised mat3. Power hurdle three back handsprings, back tuck
<u>11 to 12</u>	<ol style="list-style-type: none">1. Power hurdle back handspring, back tuck to raised mat2. Power hurdle three back handsprings, whip, hollow landing with run back3. Power hurdle three back handsprings, back pike

7-8 year old Trampoline Pass

- ▶ Back tuck
- ▶ Tuck jump
- ▶ Full twist
- ▶ Seat drop
- ▶ 1 / 2 turn to feet
- ▶ Straddle jump
- ▶ Airplane
- ▶ Return to feet
- ▶ Pike jump
- ▶ Front pike

9–10 year old Trampoline Pass

- ▶ Back pike
- ▶ Tuck jump
- ▶ Full twist
- ▶ Straddle jump
- ▶ Back tuck
- ▶ Barani tuck
- ▶ Seat drop
- ▶ 1 / 2 turn to feet
- ▶ Pike jump
- ▶ Barani pike

11-12 Trampoline Pass

- ▶ Back straight
- ▶ Barani straight
- ▶ Pike jump
- ▶ Back pike
- ▶ Barani pike
- ▶ Straddle jump
- ▶ Back tuck
- ▶ Tuck jump
- ▶ 3/4 front
- ▶ Barani ball-out
or ball-out

7-8 Tumbling Passes

Pass 1 -- Run roundoff four back handsprings, rebound to stick

Pass 2 -- Run roundoff two back handsprings, hollow landing with run back

9-10 Tumbling Passes

Pass 1 – Run roundoff six back
handsprings, back somersault tuck

Pass 2 – Run roundoff, three back
handsprings, whip, back handspring,
hollow landing with run back

11-12 Tumbling Passes

Pass 1 – Run roundoff, back handspring, whip, two back handsprings, whip, back handspring, hollow landing with run back

Pass 2 -- Run roundoff, six back handsprings, back pike