



**2014-2015**



# JUMPSTART

# Age Determination



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

## Testing & Camp Dates

- ▶ All State Testing shall be held August 8-24, 2014.
- ▶ National Testing will be held Sept. 25-28, 2014.
- ▶ JumpStart National Team Camp, March 5-8, 2015.

# JumpStart Age Groups



There will be 3 age groups for JumpStart

8 Year Olds

9 Year Olds

10 Year Olds

Athletes may be levels 5-10

# JumpStart A Team



## Automatically Qualified, per Event

- ✦ 1 – 8 year old girl
- ✦ 1 – 9 year old girl
- ✦ 1 – 10 year old girl
- ✦ 1 – boy

## Additional A Team Members

- ✦ Up to 7 additional girls from the combined list
- ✦ Up to 5 additional boys from the combined list

# JumpStart B Team



Up to 20 additional girls per event from the combined list

Up to 15 additional boys per event from the combined list

# JumpStart National Team



There will be 2 JumpStart National Teams

A Team – The A Team will receive a leotard and warm-up. Automatically qualified athletes will have their camp fee paid.

B Team – The B Team will receive a leotard.

Both teams will attend the same camp. Transportation to and from camp and camp fees will be the responsibility of the athletes and coaches.

# Testing Criteria: Strength and Flexibility

## Strength Tests

- ❖ Pike Leg Lifts
- ❖ Handstand Hold
- ❖ Straight Body Hold
- ❖ 60-Foot Sprint
- ❖ Vertical Jump
- ❖ Backward Rolls
- ❖ Back Tucks
- ❖ 2 Foot Jumps to 8" box
- ❖ 10 Straight Bounces  
(Trampoline Only)

## Flexibility Tests

- ❖ Right Split
- ❖ Left Split
- ❖ Pike Sit and Reach
- ❖ Shoulder Flexibility

**Trampoline – Skills and Passes**

**Tumbling – Skills and Passes**

# 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.

## 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 back to the straight hanging position. The athlete continues lifting and lowering to a maximum of 20 repetitions.

## NOTES:

- Athlete will perform as many correct pike leg lifts as possible to a maximum of 20 repetitions.
- Bent legs, flexed feet, head moving forward from neutral, banging the legs against the mat, 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.
- If the athlete hangs for more than 5 seconds the test will be stopped.



# Handstand Hold

## EQUIPMENT NEEDED:

Free wall  
Count Down timer  
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.

Athlete must hold for 30 seconds or failed test.



**DIRECTIONS:**

The athletes will kick up into a handstand against the wall, with hands shoulder width apart and less than 8” from the wall. The tester will place the block at the top of the feet (Just touching the toes, not smashed down on the toes). The athlete will hold for 30 seconds. Failure to hold for the full 30 seconds will result in a failed test.

Points for infractions will be given as follows:

- 1 point each time the feet come off the block after the first warning.
- 1 point each time the athlete sagging in the shoulders and space can be seen after the first warning.

2 testers will be used for this test.

Tester 1: Will watch the body position and shoulders, the second will watch the feet on the block. If the athlete’s feet come off the block the tester remind them to push taller. Each time they are reminded to push taller one point will be given.

Tester 2: Will watch If the athlete is sagging in the shoulders, the tester will remind the athlete to push tall. Each time they are reminded to push taller one point will be given. If the athlete leans on the wall the test will be over.



Starting Position



Shoulders Correct



Sagging Shoulders  
1 Pt each occurrence



Toes on Block  
Correct



Toes off Block  
1 Pt each occurrence

# Straight Body Hold

## EQUIPMENT NEEDED:

- Flat stable surface (such as a rod floor)
- Spotter to hold the ankles of the athlete
- Count Down Timer
- Mat 3" below the athlete

## 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. Maximum time is 30 seconds.

Points will be given for the following:

- Arms bend, 1 point each occurrence
- Grabbing hands, 1 point each occurrence
- Hands not tight, 1 point each occurrence

Body must be held between horizontal and 30 degrees above horizontal. If the body rises above 30 degrees or below horizontal the test will be failed.

If the athlete does not hold for 30 seconds, the test will be failed.



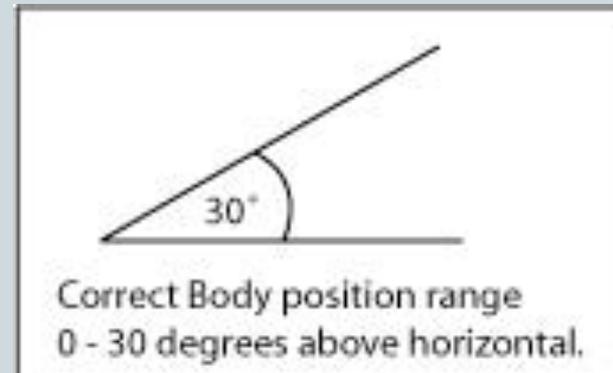
Preferred position



Too High



Arms too low, stomach touching mat



# 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. Athletes must start in this position, no other start positions will be allowed. Power hurdles are not allowed.

## **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



## 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)

## 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".



Figure 1



# Backward Rolls



## Equipment Needed

Rod floor  
Stop watch



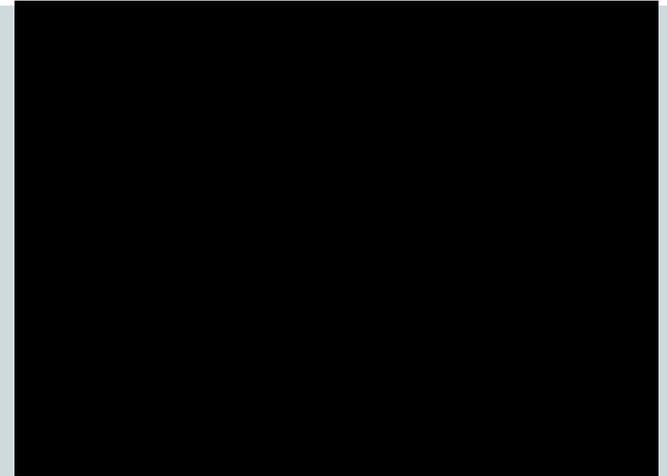
Starting Position

## Starting position

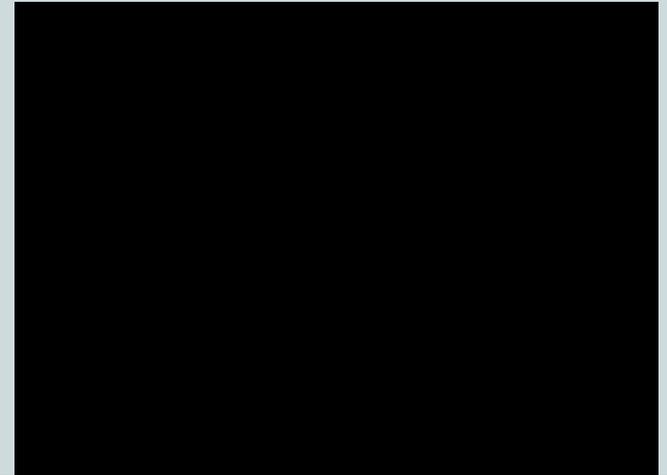
The athlete begins in a squat position on the floor.

## Directions:

The timer will say Ready, Set, Go. The time begins as soon as the athlete moves. The athlete will perform 8 backward rolls as fast as they can. The time ends at the completion of the last roll. If the athlete's elbows or knees touch the floor, that repetition will not be counted and the tester will instruct the athlete to do another roll.



As you can see this athlete is not in a tight tuck, so she cannot roll very fast.



This athlete has good form and is able to roll much faster.

# Back Tucks



- The athlete will begin standing on the Rod Floor.
- The athlete will perform 3 standing back tucks.
- The number of successful repetitions (max. 3) will be recorded.

## Notes:

The back tucks are not being done for speed and should not be connected.

The athlete may choose to land on the landing zone of the rod floor.

If the athlete lands on the knees, touches their hands, falls, or is spotted that attempt will not count as a successful attempt.

If the athlete stands for more than 5 seconds between attempts the test will be terminated.

# Two Foot Jumps to 8" Mat

## **EQUIPMENT NEEDED:**

Count down timer  
8" High Box

## **STARTING POSITION:**

The athlete begins standing on the floor with feet together.

## **DIRECTIONS:**

The timer will say Ready, Set, Go, when the athlete's feet touch the box, the time is started. The athlete will jump up and down, on and off the box for 20 seconds. The athlete will perform as many successful repetitions as possible in 20 seconds.

## **NOTES:**

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



# 10 Straight Bounces

## Trampoline Only



### 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.)

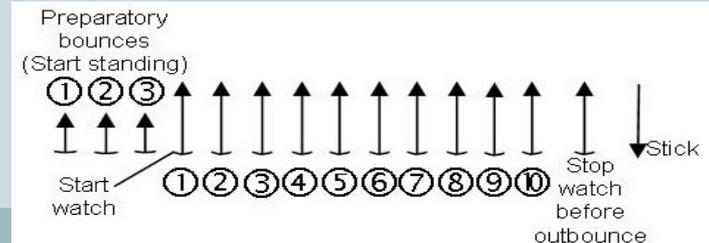
**Stick** = To remind the athlete to stick the out-bounce.

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



**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.

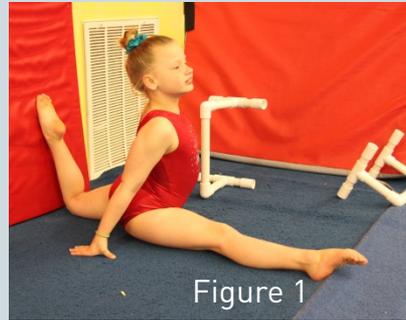


# Left & Right Split Tests



## EQUIPMENT NEEDED:

- Ruler
- Padded wall
- Parallettes



## 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  $\frac{1}{4}$ ".

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  $\frac{1}{8}$ " mark, round up to the nearest  $\frac{1}{4}$ ".

If the measurement is below the  $\frac{1}{8}$ " mark, round down to the nearest  $\frac{1}{4}$ ".

# Pike Sit and Reach



## EQUIPMENT NEEDED:

8" Mat

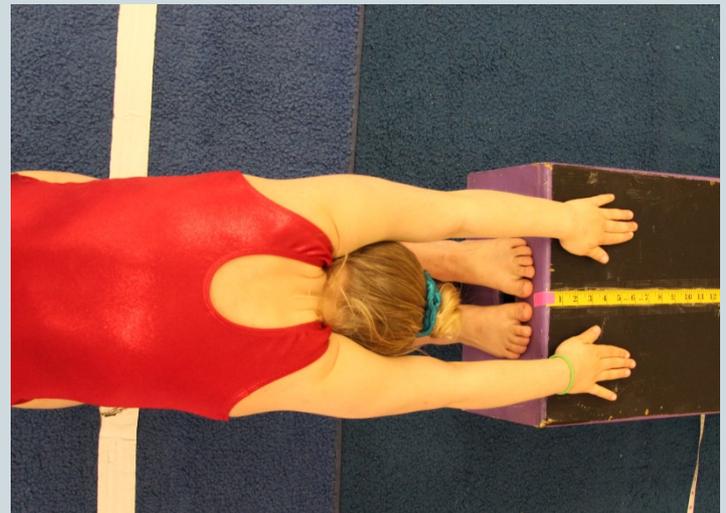
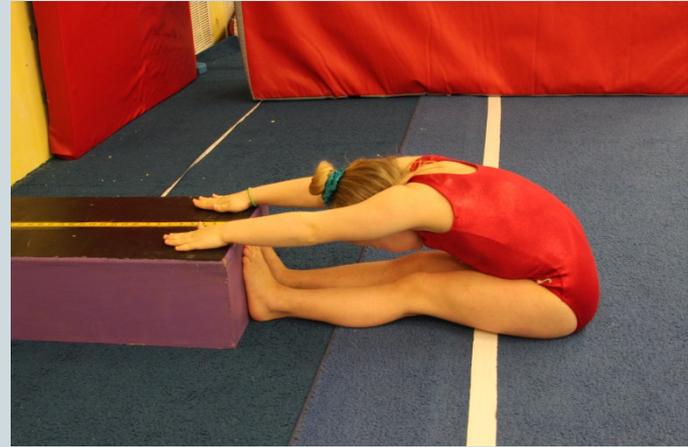
Tape Measure

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".

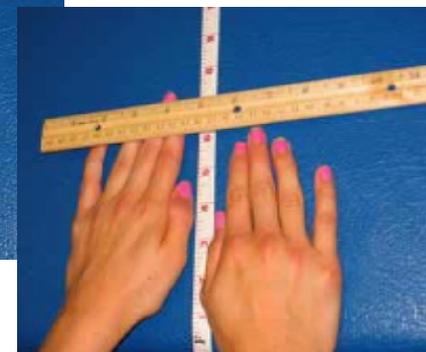
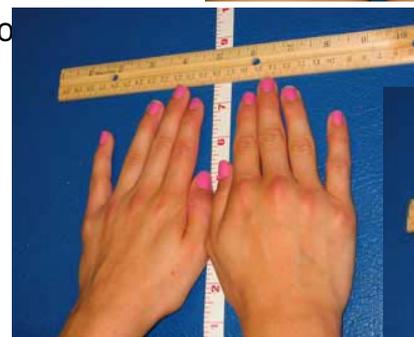
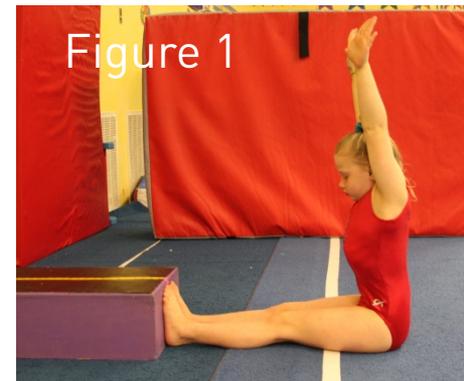


Figure 6

# Shoulder Flexibility

## EQUIPMENT NEEDED:

- Panel Mat or trainers table
- Goniometer

## Starting Position

The athlete begins by lying on their stomach, with the forehead on the table, arms above the head, thumb up. (Fig. 1). Place the center of the goniometer in line with the center of the shoulder joint. Line one arm of the goniometer in line with the center of the ribcage. Place the other arm of the goniometer in line with the Humerus of the upper arm (Fig. 2).

## Directions:

While holding the goniometer in place, the athlete will lift their arm above their head as far as they can. The thumb must remain up (fig: 3), once the athlete reaches as far as they can go, look at the goniometer and write down the reading (Fig. 5). If the athlete tilts their ribcage up in an effort to increase the range of motion, they will not gain anything as the goniometer remains inline with the ribcage (Fig. 3). The athlete's head must remain on the table or panel mat. The athlete should try to keep the chest flat on the mat. If the athlete twists the body, have them lower back down and start again. (Fig. 4) Measure both sides.

Note: Normal shoulder range of motion ranges from 160-180 degrees.



Fig. 1 - Starting Position



Fig. 2 - Position of Goniometer



Fig. 3 - Arm fully extended  
This athlete has a measurement of 155 degrees



Fig. 4 - Athlete twisting as arm lifts. Thumb not facing the ceiling



Fig. 5 - Goniometer Reading  
(140 degrees)

# Skills and Routines



- State Testing

All skill sets and routines will be judged for score.

1 judge (minimum of FIG) or 2 judges (minimum of Cat. 2) will be used.

Skill sets – Judge 1 - Superior Judge, Judge 2 - Execution.

Passes – Judge 1 - Execution Judge, Judge 2 - DD Judge.

Use the JumpStart Judging guidelines on the website.

- National Testing

All skill sets and routines will be judged for score.

2 judges (minimum of Cat 2) will be used.

Skill sets – Judge 1 - Superior Judge, Judge 2 - Execution.

Passes – Judge 1 - Execution Judge, Judge 2 - DD Judge.

Use the JumpStart Judging guidelines on the website.

# Skills and Passes



**All trampoline skills and passes will be timed.**

State testing – Stop watch will be used.

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 and have **Time of Flight**. See JumpStart Trampoline Judges Guidelines.

## *8 Year Olds*

*Skill 1: Back Straight, Jump Full Turn*

*Skill 2: Front Pike land arms down, jump half turn arms down*

*Skill 3: Back Tuck, Front Tuck land arms down.*

## *9 Year Olds*

*Skill 1:  $\frac{3}{4}$  front straight, Ball out Tuck*

*Skill 2:  $\frac{3}{4}$  back straight, Cody Tuck*

*Skill 3: Back Tuck, Barani Tuck*

## *10 Year Olds*

*Skill 1: Back Straight, Back Full*

*Skill 2: Back Tuck, Rudi*

*Skill 3: Back Straight, Back Double-Tuck*

# Trampoline Passes



**The trampoline routine for time will be timed on the same routine as the score is given.**

## **8 Year Olds**

1 Optional Routine

1 element landing on the front of the body

Routine must have 4 somersaults with a minimum of 360 degrees of rotation with or without twist

No skills with more than 450 degrees of rotation. Maximum of 540 degrees of twist.

Maximum Pass DD 5.5

## **9 Year Olds**

1 Optional Routine

1 element landing on the back of the body

Routine must have 5 somersaults with a minimum of 360 degrees of rotation with or without twist

Double Somersaults may not contain more than 180 degrees of twist.

Maximum Pass DD 7.1

## **10 Year Olds**

1 Optional Routine

1 element landing on the front of the body or 1 element landing on the back on the body

Routine must have 6 somersaults with a minimum of 360 degrees of rotation with or without twist

No triple somersaults.

Double Somersaults may not contain more than 540 degrees of twist.

Maximum Pass DD 9.5

# Tumbling Skill Sequences



Skill sequences will be judged using the judging guidelines. [JumpStart Tumbling Judges Guidelines.](#)

## **8 Year Olds:**

*Skill 1: Power Hurdle (PH), Round-off, back handspring(BHS), to hollow on back onto 24" mat*

*Skill 2: PH, Roundoff, BHS, block to feet onto 16" mat*

*Skill 3: PH, 3 BHS, back tuck*

## **9 Year Olds:**

*Skill 1: PH, Round-off, BHS, whip, to hollow to back onto 24" mat*

*Skill 2: PH, Round-off, BHS, back tuck to feet onto 16" Mat*

*Skill 3: PH, Round-off, 3 BHS, whip, BHS, hollow run back*

## **10 Year Olds:**

*Skill 1: PH, Round-off, BHS, back pike to feet onto 16" mat*

*Skill 2: PH, Round-off, whip, 3 bhs, hollow run back*

*Skill 3: Run, Round-off, whip, bhs, whip, bhs, whip, hollow run back.*

# Tumbling Passes



## 8 Year Olds

Pass 1 – Run round-off 3 back handsprings, back somersault tuck

Pass 2 – 8 skill optional pass. Min DD 1.4, Max DD 2.1 per pass

## 9 Year Olds

Pass 1 – Run, Round-off, whip, 5 bhs, back tuck

Pass 2 – 8 skill optional pass. Min DD 2.0, Max DD 2.2 per pass

## 10 Year Olds

Pass 1 – Run, Round-off, whip, whip, 4 bhs, back pike

Pass 2 -- skill optional pass. Min DD 2.1, Max DD 2.4 per pass