9/10/10

Please note the following updates and clarifications:

Beginning with the 2010 Nationals JumpStart Test Administrators Course, all testers will be certified for 2 years. Beginning at the 2011 JO Nationals, there will be both a short “recert” course and a full course for new JumpStart Test Administrators.

Athletes that participate in JumpStart National Testing must have competed in at least 1 sanctioned competition prior to National Testing.

**Skill Tests:**

**Cricket Push-ups**

Starting Position - Push-up position with hands shoulder width apart and facing forward, head neutral position, body in a **hollow position from the top of the head to the tips of the toes, legs straight and pointed.** There should be no arch or pike in the body, a hollow is required throughout the test. The athlete should begin the test in the up position.

**Chin-ups**

1. **If the coach touches the block during the repetition before it falls off, that repetition will not count.**
2. **Head must remain neutral at all times. If the athlete turns the head to pass the bar, that repetition will not count.**
3. **The athlete's legs and ankles are to remain together throughout the test. If the athlete crosses the feet, that repetition will not count.**
4. **The test administrator will count the repetitions at the bottom of the completed chin-up once the athlete has returned to the starting position and the block remains in the lap.**

**Power Jumps**

The athlete jumps to the top of the panel mats, then rebounds off the top, and returns to the floor with the arms above the head.

**National Testing**

**Tumbling Warm-up:**

- **7-8 year olds**
  - Skill Sets: 4 touches for all 3 skill sets (example: 1 of each skill set, then repeat 1 skill set again)
  - Passes: 1 run and 2 touches

- **9-10 year olds**
  - Skill Sets 1 & 2: 3 touches for the 2 skill sets (Athletes should know their marks. If an athlete goes backwards to mark their steps, this will count as a touch)
  - 3rd Skill Set and Passes: 1 run and 3 touches (per JO Code of Points)

- **11-12 year olds**
  - Skill Set 1: 2 touches (Athletes should know their marks. If an athlete goes backwards to mark their steps, this will count as a touch)
  - Skill Sets 2 & 3 and Passes: 1 run and 4 touches (per JO Code of Points)

**Trampoline Warm-up:** Each athlete will have 4 touches prior to performing the skill combinations.

**Competition:** The athletes will compete all three skill sets at one time. Athletes will:

- Solute the judges, perform skill set 1, salute again and wait while the judges figure their scores.
- Solute the judges, perform skill set 2, salute again and wait while the judges figure their scores.
- Solute the judges, perform skill set 3, salute.

Skill sets must be competed in order. If not competed in order, the judges will refer to the JO Guide for proper deductions.