



USA Gymnastics
National TOP Testing - 2014
Physical Abilities
Handstand Hold



Handstand Hold	Description	Scoring Criteria
	<ul style="list-style-type: none"> • The athlete kicks up into a handstand using a hard or padded non spring floor, a padded spring floor, a low beam or a high beam. • Fingers must face forward • The handstand CANNOT be performed on parallelles. • She must hold the handstand without any walking of the hands during the handstand. • 7-8 year olds will hold the handstand for a maximum of 30 seconds. • 9-10 year olds will hold the handstand for a maximum of 30 seconds. • If the athlete falls (or there is hand walking) within the first 5 seconds, she may have a second attempt. • Once 5 seconds have passed, the handstand test must continue and a second attempt will NOT be given. 	<p>A “start value” up to 10 points will be given for the amount of time the handstand is held. Deductions will be taken for:</p> <ul style="list-style-type: none"> • Body alignment (arch, pike and/or head out) • Bent arms • Shoulder alignment • Bent legs • Feet apart or not pointed <p>There are a maximum of 5 faults that can be taken.</p>
<p>Necessary equipment</p> <ul style="list-style-type: none"> • Padded spring floor, non spring floor, low beam or a high beam. • Parallelles are NOT permitted for this test. • A stop watch is needed to record the time the handstand is held. 	<p>Measurements</p> <ul style="list-style-type: none"> • Handstand Hold is recorded in time in hundredths of a second. • Maximum time is 30 seconds for 7-8 year olds and 9-10 year olds. • Evaluator should record the actual time the handstand is held. • The evaluator will then list the number of faults that occurred in the 30 seconds.. • The National Office will calculate the final time 	<p>Scoring – Test = 10 points</p> <ul style="list-style-type: none"> • Points will be awarded for length of time the handstand is held with deductions taken off of the actual time for any faults listed above. • 9-10 year olds <ul style="list-style-type: none"> ○ 2 seconds will be deducted from the total time for every fault. • 7-8 year olds <ul style="list-style-type: none"> ○ 2 seconds will be deducted from the total time for every fault. <p>Scores will be calculated at the end of the summer testing using Standard Deviations. Each age division will be calculated individually.</p>



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Cast Handstand



Cast	Description	Scoring Criteria
	<ul style="list-style-type: none"> • The gymnast begins in a front support on the low bar on a set of regular competition bars. • In addition to the regular matting, at least one 8 inch (20 cm) skill cushion must be placed under the low bar. • The gymnast is not permitted to wear grips. • The coach can stand next to the low bar for safety purposes, but cannot spot the gymnast. • The test begins when the gymnast first casts and then returns to the bar in a front support. • Once the hips leave the bar that will be considered as a cast attempt. • The athlete can only wait 2 seconds between cast attempts. • There is to be no excessive pumping before the cast attempt. • The athlete may have one fall; however, she must immediately remount the bar (with NO re-chalking) and CONTINUE her test. • After a fall, the test does not start over. • The test is over once there has been a second fall. • The 7-8 year olds will have 5 cast attempts and the 9-10 year olds will have 5 cast attempts. • After the 5 cast attempts, the test is over. 	<p>Only the properly executed cast are counted A fall is defined as:</p> <ul style="list-style-type: none"> • casting over the bar, • falling forward while returning to the bar • performing a back hip circle while returning to the bar. <p>If an athlete completes a properly executed cast and then falls, the cast will receive ½ credit on the casting angle attained with the proper body shape A properly executed cast handstand has:</p> <ul style="list-style-type: none"> • Legs straight throughout the cast, • Arms straight once the hips leave the bar, • To receive credit, the athlete MUST maintain a straight body position from the time their hips leave the bar to the time the hips return to the bar. This is HIGHEST PRIORITY! Any arching or piking of the body on the way up or the way down will result in a zero score for that attempt
Necessary equipment	Measurements	Scoring – Test = 10 points
<ul style="list-style-type: none"> • Test is performed on the low bar of a regulation set of uneven bars with at least 12 inches (30 cm) of matting but not more than 16 inches (40 cm) of matting placed under the low bar. • Single bar is NOT allowed 	<ul style="list-style-type: none"> • Evaluator awards successfully completed casts attempts and should record ONLY the number of successful casts. • Evaluator MUST count only properly executed casts • ONLY 5 casts attempts will be permitted for all age groups 	<p>9-10 year old</p> <ul style="list-style-type: none"> • Two points are awarded for each successfully completed cast to handstand. (max of 5 cast attempts) Handstands may be within 15 degrees of vertical • One point is awarded for each cast between 45 and 15 degrees of vertical <p>7-8 year old</p> <ul style="list-style-type: none"> • Two points are awarded for each successfully completed cast 45 degrees or above • One point is awarded for any cast between 90 and 45 degrees



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Rope Climb



Rope Climb	Description	Scoring Criteria
	<ul style="list-style-type: none"> • The gymnast starts by sitting in a piked position (legs together) on at least an 8 inch mat located directly under a rope. (see below for height measurements) • <u>The athlete MUST start the test with her heels completely off of the mat.</u> • The test begins when the athlete starts to climb the rope. • The evaluator will start the stopwatch when the athlete begins her first movement. • The evaluator will stop the watch when the athlete touches a mark on the rope at 12 feet. All ages now use the same height. • The coach is responsible for holding the rope under the athlete during the test. • There will be no evaluation of the athlete coming down the rope. • If the gymnast uses her legs on the rope or the floor to facilitate the climb - score = 0. • If the gymnast fails to reach the required 12 - score = 0 • The gymnast's legs must remain in a piked (legs together) position and held at horizontal throughout the test. • Legs must remain to one side of the rope (NO STRADDLE) during the climb 	<p>Form deductions will be taken as follows:</p> <ul style="list-style-type: none"> • Legs slightly bent during the test - add 1 second • Legs severely bent during the test - add 2 seconds • Legs apart during the test - add 1 second • Legs falling below horizontal, but not lower than 45 degrees below horizontal, during the test - add 1 second • Legs falling below 45 degrees from horizontal during the test - add 3 seconds <p>Once the athlete has a fault, the deduction should be taken. If the athlete corrects the fault and then repeats the fault, additional deductions should <u>not</u> be taken the same fault</p> <p>Note: There is no deduction for the legs being above horizontal</p>
<p>Necessary equipment</p>	<p>Measurements</p>	<p>Scoring – Test = 10 points</p>
<ul style="list-style-type: none"> • A hemp style rope (pictured above) that can reach from the padded floor to a mark of 6 and 12 feet. • There should be no other marks (tape) on the rope. • A 8 inch skill cushion must be placed at the bottom of the rope. • A stopwatch is need to record the time. 	<ul style="list-style-type: none"> • The 6 and 12 foot measurement is from the top of the mat which the athlete is sitting to the 6 and 12 foot height. • Time is recorded in hundredths of a second. 	<p>Scores will be calculated at the end of the summer testing using Standard Deviations. Each age division will be calculated individually.</p>



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Press Handstand



Press Handstand	Description	Scoring Criteria
	<ul style="list-style-type: none"> The gymnast starts in a straddle L position on a low beam, high beam, floor or parallettes. She then straddle presses to a handstand with straight arms and legs. Once the handstand is attained, she then straddle presses back down to the original starting position (straddle L). Maximum number of repetitions is 10 for the 9-10 year olds and 5 for the 7-8 year olds. All attempts must be in succession with no more than a 2 second rest at any one position. In order for any press to count, the athlete must have a successful attempt on the up phase. If the gymnast “walks” on her hands during any attempted press, the attempted press will NOT count. However, she may continue her attempts. The test is not over. If the athlete falls on her first press handstand attempt (or walks on her hands), she may have a second attempt. However, once the first press is completed, there will be NO retest given. The athlete may NOT rest or push off of her elbows at the straddle L position. The press will not count. 	<ul style="list-style-type: none"> The hands cannot be farther apart than the width of the athlete’s shoulders. Fingers must face forward The press MUST come to a completely straight handstand with the shoulders open. Legs must come to a horizontal position at the straddle L position at the beginning and end of EACH press. Athlete cannot “bounce” off of her arms at the beginning of each press Press handstand deductions will be strictly enforced <ul style="list-style-type: none"> Bent arms Bent legs Failure to achieve handstand Resting on arms Failure to attain L position Bouncing off arms at beginning of each press Resting or bouncing off of elbows
Necessary equipment	Measurements	Scoring – Test = 10 points
<ul style="list-style-type: none"> The press handstand can be performed on either a low beam, high beam, the floor area or on parallettes. The parallettes CANNOT be higher than 6 inches from the floor. 	<ul style="list-style-type: none"> The evaluator should record ONLY the actual number of successfully completed press handstands. If a 7-8 year old completes 5 presses, then record ONLY 5. The National Office will make the conversion. 	<ul style="list-style-type: none"> The 7-8 year old athlete will receive 1 point for pressing up to handstand and 1 point for pressing back to the straddle L position. The 9-10 year old athlete will receive ½ point for pressing up to handstand and ½ point for pressing back to the straddle L position.



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Leg Flexibility



Leg Flexibility Test	Description kicks	Description holds
<p>Sequence of kicks and flexibility hold test video link</p> <p>www.usagym.org/pages/women/video/tops.html</p>	<ul style="list-style-type: none">• Six kicks with the athlete holding onto the end of the beam.• The kicks are to lift directly from the floor with no back swing before the kick.• The gymnast begins on toe with her left hand on the beam. She kicks the right leg forward high and straight. Turn and place the right hand on the beam for the left leg forwards kick.• Turn and place the left hand on the beam for the right leg side kick. Turn and place the right hand on the beam for the left side kick.• Turn and place the left hand on the beam for the right leg back kick. Turn and place the right hand on the beam for the left leg back kick.	<ul style="list-style-type: none">• Six holds with the athlete holding onto the end of the beam.• The holds are to lift directly from the floor with no back swing before the kick.• The gymnast begins on toe with her left hand on the beam. She lifts and holds the right leg forward high and straight. Turn and place the right hand on the beam for the left leg forwards hold.• Turn and place the left hand on the beam for the right leg side hold. Turn and place the right hand on the beam for the left side hold.• Turn and place the left hand on the beam for the right leg back hold. Turn and place the right hand on the beam for the left leg back hold.
Necessary equipment	Measurements	Scoring – Test = 12 points
<ul style="list-style-type: none">• A high beam for support	<ul style="list-style-type: none">• Height –• Squared hips –• Squared Shoulders –• Body posture –• Leg form – The straightness of the athlete’s legs.	<ul style="list-style-type: none">• Each kick and hold is scored with 0 to 3 points• The total points are then divided by 3 for a maximum of 12 points



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Leg Lift



Leg Lift	Description	Scoring Criteria
	<ul style="list-style-type: none"> • The gymnast begins in a <u>straight</u> hanging position grasping a leg lift bar with both hands in an over grip and her body in a full hip and shoulder extension. • The gymnast then performs a leg lift by bending at the hips to bring her feet to touch the bar. • The legs must remain straight throughout the entire lift. The gymnast must either touch the bar or pass under the bar with her feet. • She then returns to a HORIZONTAL (90 degree) position then performs another leg lift by touching the bar. • All leg lifts are to return to a HORIZONTAL (90 degree) position. • If the athlete's legs fall below the horizontal position, the leg lift will not count. • The test will conclude after 20 leg lifts are ATTEMPTED or after 5 unsuccessful attempts in a row. • The evaluator should have a padded stick (or place their arm) at the horizontal position so the athlete is aware of the horizontal position (90 degrees) 	<ul style="list-style-type: none"> • Athletes will perform 20 leg lifts only. Leg Lifts will NOT for the following faults <ul style="list-style-type: none"> ○ Failure to touch or pass under the bar ○ Legs bent during the lift ○ Failure to return to a horizontal (90 degree) position • If the athlete's legs fall to a straight hanging position, the test is over!
<p>Necessary equipment</p>	<p>Measurements</p>	<p>Scoring – Test = 10 points</p>
<ul style="list-style-type: none"> • Leg lift test requires a leg lift bar (preferably a stall bar) against a padded wall. • The bar which the athletes are required to touch should be padded. • The evaluator should have a padded stick (or place their arm) at the horizontal position so the athlete is aware of the horizontal position (90 degrees) 	<ul style="list-style-type: none"> • The evaluator is to record the number of successful leg lifts completed out of 20 attempts keeping in mind that the maximum number possible is 20. • The athlete can only attempt 20 Leg Lifts • Leg lifts will NOT be timed 	<p>Scores will be calculated at the end of the summer testing using Standard Deviations. Each age division will be calculated individually</p>



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Sprint Test



20 Meter Sprint	Description	Scoring Criteria
	<ul style="list-style-type: none"> • The 20-meter dash is performed on the vault runway or similar running area. • The athlete assumes a starting position by placing one foot behind the starting line and the other against a wall or other immovable object. • The administrator is positioned at the finish line of the 20-meter. • The administrator starts the stopwatch when the gymnast's foot first strikes the floor past the starting line. • The watch is stopped when any part of the gymnast's torso crosses the finish line. • Gym shoes CANNOT be used during the test. 	<ul style="list-style-type: none"> • Time is recorded to the hundredth of a second. • Two attempts should be permitted with the best attempt counting as the final score. • At National Testing, the 20-meter sprint test may be conducted electronically.
<p>Necessary equipment</p>	<p>Measurements</p>	<p>Scoring – Test = 10 points</p>
<ul style="list-style-type: none"> • 30 meters (or more) of a clear area is to be used for the 20 meter sprint. • The test is usually conducted on a vault runway. • A spring floor area is NOT to be used. • There is an immovable backstop object for the rear foot to push off the start. • A clear area of at least 10 meters long is needed for the athlete to run at the end of the 20 meters. • A stopwatch is needed to record the time. 	<ul style="list-style-type: none"> • Time is recorded in hundredths of a second. • Both times are to be recorded with the fastest time to be used for the score calculation. • If available, electronic timers will be used at the National Testing. • Electronic timers are NOT to be used for a State test. 	<p>Scores will be calculated at the end of the summer testing using Standard Deviations. Each age division will be calculated individually.</p>