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KICKSTART - Level 3
Gymnastics BC

GymBC



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Resources

Gymnastics Canada: Physical Abilities Program; Pre-Novice Program
Gymnastics BC: GYMSTART
Gymnastics Ontario: Ontario Development program
COA: Long Term Athlete Development Model
USA Gymnastics: 2012 TOP Physical Abilities and Skill Requirements



Chin-ups (Level 3)

Format	Scoring		Goals
<p>30 second time limit</p> <ul style="list-style-type: none"> Gymnast starts in long hang position with straight legs - no beat swing permitted The gymnast performs as many chin ups as possible with chin touching the top of the bar Chin ups will only be counted if the athletes chin touches the bar Chin ups will not be counted if there is significant stagger in the initiation of the pull 	10	≥ 14	<ul style="list-style-type: none"> Maintain incurve position throughout
	9	13	
	8	12	
	7	11	
	6	10	
	5	9	
	4	7 – 8	
	3	5 – 6	
	2	3 – 4	
	1	1 – 2	
Deductions			
0.5 – incorrect body position/ excessive arching / excessive piking/ staggered pull			

Incurve hold (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> Gymnast lies on his back with feet and shoulders off the ground (approximately 10 - 20 cm) in an incurve position. Arms are at the head with straight arms Athlete is required to maintain pressure on the floor with the lower back throughout the test. Athlete will be given one warning to correct form before the test is terminated. 	10	≥ 45 seconds	<ul style="list-style-type: none"> Lower back maintains contact with the floor Shoulders and feet stay 10 - 20 cm from the floor
	9	40 – 44 seconds	
	8	35 – 39 seconds	
	7	30 – 34 seconds	
	6	25 – 29 seconds	
	5	20 – 24 seconds	
	4	15 – 19 seconds	
	3	10 – 14 seconds	
	2	5 – 9 seconds	
	1	1 – 4 seconds	
Deductions			
0.5 – 1.0 point – knees bent/ toes not pointed/ incorrect body position			

Pike hold (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> This exercise is performed on the floor. Gymnast starts sitting in a pike and pushes into a clear pike position with hands flat on the floor. Heels cannot touch the floor Legs cannot touch arms Weight bearing on the floor with heels, falling onto the rear or a significant change in body position will terminate the test. 	10	≥ 20 seconds	<ul style="list-style-type: none"> Straight legs Toes pointed and side by side
	9	18 – 19 seconds	
	8	16 – 17 seconds	
	7	14 – 15 seconds	
	6	12 – 13 seconds	
	5	10 - 11 seconds	
	4	8 – 9 seconds	
	3	6 – 7 seconds	
	2	4 – 5 seconds	
	1	1 – 3 seconds	
<p style="text-align: center;">Deductions</p> <p>0.5 – 1.0 point – knees bent, toes not pointed/ leg separation/ weight bearing with heels</p>			

Push ups (Level 3)

Format	Scoring		Goals
<p>45 second time limit</p> <ul style="list-style-type: none"> Performed with <u>hands on a line on the floor</u> starting in front support Hands placed between marks placed 40 cm apart Athlete must touch chin to a "target" area marked 15 cm from the line where hands are placed Shoulders should remain in line with hands throughout the push up Elbows should be angled slightly back towards feet but not all the way in 45° Test is terminated after gymnast performs three push-ups with a significant change in body line. 	10	≥ 25	<ul style="list-style-type: none"> Maintain straight body position Little to no rest between push ups
	9	23 - 24	
	8	21 - 22	
	7	19 - 20	
	6	17 - 18	
	5	15 - 16	
	4	13 - 14	
	3	11 - 12	
	2	5 - 10	
	1	1 - 4	
<p>Deductions</p> <p>0.5 – 1.0 point – change in body line (pike, arch, staggered push with shoulders, elbows angled too far out, shoulders and hands are not lined up)</p>			

Leg Lifts (Level 3)

Format	Scoring		Goals
<p>30 second time limit</p> <ul style="list-style-type: none"> • Leg lifts are performed on wall bars with a flat mat placed over the bars behind athletes back. • Athlete will keep the legs straight and lift legs to touch the bar with the front of the foot. • Feet must touch bar to count • Head must remain neutral throughout the leg lift • Legs must remain together throughout. If leg lift separation deduction is greater than 5 cm the leg lift will not be counted. 	10	≥15	<ul style="list-style-type: none"> - Toes and knees stay together - Little rest between repetitions
	9	14	
	8	13	
	7	12	
	6	11	
	5	10	
	4	9	
	3	8	
	2	7	
	1	≤6	
<p style="text-align: center;">Deductions</p> <p>0.5 point – leg separation/ knees bent, flexed feet</p>			

3 m rope climb (Level 3)

Format	Scoring		Goals
<p>30 second time limit</p> <ul style="list-style-type: none"> Athlete starts sitting with one hand on the 0 m mark. Time starts when the athlete pulls himself up with arms lifting from a straddle sit. If athlete uses feet to push off the mat test will stop and athlete will be given a second try. After two attempts athlete will be given a zero. Athlete climbs to the 3 m mark without using feet, but may use "scissor" technique. Time ends at 30 seconds or when the athlete reaches the top whichever is first. Top is reached when athletes face is level with 3 m mark Athlete uses hand over hand climbing. Test terminates if athlete dismounts the rope or max time is reached. 	10	3.0 m	<ul style="list-style-type: none"> Quick hand over hand climbing
	9		
	8	2.5 m	
	7		
	6	2.0 m	
	5		
	4	1.5 m	
	3		
	2	1.0 m	
	1	≤ 1.0 m	
Deductions			
1 point – not using hand over hand climbing (i.e. arms straighten while climbing)			

Standing long jump (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> Athletes height is taken before starting Performed on an unsprung surface such as a vault runway Best of two attempts will be recorded Athlete places chalk on both heels, stands with toes behind the "0" mark and performs a long jump. Assessor marks where chalk marks are closest to "0" using a straight edge to line up chalk mark to measuring tape. the difference between athlete's height and jump is calculated for points. 	10	≥40 cm	<ul style="list-style-type: none"> Jumping past height
	9	36 – 39 cm	
	8	32 – 35 cm	
	7	28 – 31 cm	
	6	24 – 27 cm	
	5	20 – 23 cm	
	4	15 – 19 cm	
	3	10 – 14 cm	
	2	5 – 9 cm	
	1	0 – 4 cm	
Deductions			

Box jumps (Level 3)

Format	Scoring		Goals
<p style="text-align: center;">30 second time limit</p> <ul style="list-style-type: none"> Exercise is performed on a sprung floor using two trapezoid boxes. When time starts athlete begins jumping up onto the box and back off the box continuously for 30 seconds. Repetitions are counted every time the athlete lands on top of the box. Both of the athlete's feet must touch the top of the box in order for a repetition to be counted. 	10	≥ 20	<ul style="list-style-type: none"> Little rest between repetitions
	9	18 – 19	
	8	16 – 17	
	7	14 – 15	
	6	12 – 13	
	5	10 – 11	
	4	9	
	3	8	
	2	7	
	1	≤ 6	
Deductions			
0.5 point – only a portion of the foot makes it onto the box			

20 m sprint (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> Performed on an unprung surface such as a vault runway. Best of two attempts will be recorded. Toes not past 0 m line at start – recommended starting position is with toes together at the line, then rise up on toes before stepping forward. Assessor says “ready” while raising a hand and athlete starts within 10 seconds. Time starts when the athletes first step forward contacts the floor. Time stops when hips pass 20 m mark. 	10	≤ 3.65	<ul style="list-style-type: none"> Running with long, fast steps while using arms to drive momentum forward.
	9		
	8	3.66 – 3.70	
	7		
	6	3.71 – 3.74	
	5		
	4	3.75 – 3.80	
	3		
	2	3.81 – 3.84	
	1	≥ 3.85	
Deductions			

Shuttle run (Level 3)

Format	Scoring		Goals
<p>90 second time limit</p> <ul style="list-style-type: none"> • Test on sprung competition floor with 12 m x 12 m boundary lines. • Gymnast lies on his stomach, hands and chin on boundary line of floor, toes together. • Time starts when whistle blows. • On whistle, gymnast stands up and runs to the opposite side of the floor and touches the boundary line with one hand. • Each touch of the boundary lines counts as one. • At the end of the exercise a whistle will blow. • Athletes remain on the spot while the assessor records number of lines including 1/4, 1/2 or 3/4. 	10	≥ 22	
	9	21.5 – 21.75	
	8	21 – 21.25	
	7	20.75 – 20.5	
	6	20 – 20.25	
	5	19.75 – 19	
	4	17 – 18.75	
	3	15 – 16.75	
	2	13 – 14.75	
	1	11 – 12.75	
<p style="text-align: center;">Deductions</p>			
<p>Line does not count if athlete does not touch the line or past the line</p>			

Right and left splits (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> Splits are performed on a line Athlete keeps both legs and torso over the line, square hips, square shoulders, torso vertical, back knee under, front knee straight, toes pointed, and arms out to side. Athlete holds for 15 seconds. For gaps under the hips, a measurement is taken with a ruler from the hip of the athlete's front leg to the floor. Points are given for measurement (i.e. the smaller the gap the more points given). Points may be deducted for incorrect position. 	10	0 – 2 cm	<ul style="list-style-type: none"> Torso vertical Square hips Front leg flat on line Legs straight Pointed toes
	9	3 – 4 cm	
	8	4 – 5 cm	
	7	5 – 6 cm	
	6	6 – 7 cm	
	5	8 – 9 cm	
	4	10 cm	
	3	11 cm	
	2	12 cm	
	1	≥13 cm	
	<p style="text-align: center;">Deductions</p> <p>0.5 – 1.0 point – shoulders unsquare</p> <p>0.5 – 1.0 point – torso not vertical</p> <p>0.5 – 1.0 point – hips unsquare (foot off the line, back knee and heel turned out)</p> <p>0.5 – 1.0 point – front knee bent, front foot turned in</p> <p>0.5 – 1.0 point – toes not tight (Achilles tendon must be rigid)</p>		

Centre splits (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> A measured line is made extending from the floor up the wall in 1 cm increments The athlete performs splits with the heels and rear against the wall holding the position for 15 seconds. Athlete's arms are extended as far to the sides as possible and the head cannot touch the ground. Athlete should maintain a curved back. A measurement is taken from the inside of the athletes left leg to see how far the athlete is from the floor. 	10	0 – 2 cm	<ul style="list-style-type: none"> Curved/flat back Pointed toes Straight knees
	9	3 – 4 cm	
	8	4 – 5 cm	
	7	5 – 6 cm	
	6	6 – 7 cm	
	5	8 – 9 cm	
	4	10 cm	
	3	11 cm	
	2	12 cm	
	1	≥13 cm	
	<p style="text-align: center;">Deductions</p> <p>0.5 – 1.0 point – knees bent</p> <p>0.5 – 1.0 point – toes not tight (rigid Achilles tendon)</p> <p>0.5 – 1.0 point – back arched (i.e. hips tilted forward)</p>		

Pike hip flexion (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> Performed on a box that has a 30 cm ruler taped to the side with the 10 cm mark at the top of the box. Athlete stands on the box with the feet together, toes together and behind the ruler. Athlete bends over to full pike hang. Arms reach down. Head must be in. Athlete keeps knees straight and holds position for 10 seconds. Assessor records where the athletes fingertips were while holding the pike position. 	10	≥ 21 cm	<ul style="list-style-type: none"> Hold for 15 seconds Forehead touching legs Toes together Knees straight
	9	19 – 20 cm	
	8	17 – 18 cm	
	7	15 – 16 cm	
	6	13 – 14 cm	
	5	11- 12 cm	
	4	10 cm	
	3	9 cm	
	2	8 cm	
	1	≤ 7 cm	
Deductions			
0.5 – 1.0 point – knees bent / fall/ head sticking out			

Bridge (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> Athlete places hands on a 30 cm horizontal line set 20 cm from the wall. Athlete pushes up into a bridge keeping elbows straight. Hold position for 15 seconds. Toes and heels together, heels down and knees together. Assessor records how far the athletes shoulders are from the wall using a meter stick. Measurement is taken from the wall to the athletes underarm. 	10	≤ 5cm	<ul style="list-style-type: none"> Feet flat Knees & heels together Straight knees Straight elbows Fingers pointing toward feet
	9	6 – 7 cm	
	8	8 – 9 cm	
	7	10 – 11 cm	
	6	12 – 13 cm	
	5	14 – 15 cm	
	4	16 cm	
	3	17 cm	
	2	18 cm	
	1	≥ 19 cm	
	Deductions		
	0.5 – 1.0 point – toes AND heels apart		
	0.5 – 1.0 point – knees bent		
	0.5 – 1.0 point – elbows bent		

Spin the cat hold (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> • On a bar or rings the athlete performs a “spin the cat” and holds the position for 30 seconds once inverted • Coach may assist the athlete into position. Time starts when the athlete is in position. • Shoulders open. • Arms straight. • Hips flat. • Knees should be tight. • Toes pointed. • Test is terminated when maximum time is reached or athlete dismounts the apparatus. 	10	≥ 30 seconds	<ul style="list-style-type: none"> - Incurve body position - Open hips - Straight legs - Pointed toes
	9	28 – 29 seconds	
	8	26 – 27 seconds	
	7	24 – 25 seconds	
	6	22 – 23seconds	
	5	20 – 21 seconds	
	4	15 – 19 seconds	
	3	10 – 14 seconds	
	2	5 – 9 seconds	
	1	1 – 4 seconds	
<p style="text-align: center;">Deductions</p> <p>0.5 – 1.0 point – athlete is bent at the hips, knees or toes are not pointed</p>			

Handstand balance (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> • Performed on a large box or two trapezoids. • Athlete places hands flat on the floor with finger tips touching the box. • Head only touching the box, back and shoulders do not touch. Ears are between arms. • Time starts when the athlete is in the correct position. Coach may assist athlete into position. • Time is finished when athlete receives 2 warnings for form breaks or reaches 30 seconds. • Correct Form <ul style="list-style-type: none"> ○ fingers pointing forward ○ straight arms ○ flat back ○ elevated in shoulder (ears covered) ○ neutral head position ○ ribs tucked under ○ toes/knees together 	10	≥ 30 seconds	<ul style="list-style-type: none"> - Maintain correct form throughout - Still handstand – no “wobbles”
	9	28 – 29 seconds	
	8	26 – 27 seconds	
	7	24 – 25 seconds	
	6	22 – 23 seconds	
	5	20 -21 seconds	
	4	19 seconds	
	3	18 seconds	
	2	17 seconds	
	1	≤16 seconds	
<p style="text-align: center;">Deductions</p> <p>0.5 point - for each break in form i.e. – bent arms (0.5) and an arched back (0.5) would equal 1.0 deduction</p>			

Active press (Level 3)

Format	Scoring		Goals
<ul style="list-style-type: none"> • Exercise is performed on parallettes • Athlete starts in clear straddle support • Press up to 45° followed by lowering back to clear support. • Back remains rounded throughout even if reaching full extension in the shoulders. • Repetitions will not be counted if execution deductions are greater than 1.5. 	10	5 press up and down	<ul style="list-style-type: none"> - Tight legs - Elbows locked - Good leg, hip and trunk position - Showed balance and control throughout
	9	5 press up	
	8	4 press up and down	
	7	4 press up	
	6	3 press up and down	
	5	3 press up	
	4	2 press up and down	
	3	2 press down	
	2	1 press up and down	
	1	1 press up	
	Deductions		
	0.5 points – bent knees, bent elbows, arched back, unpointed toes		