**BGA Physical Preparation Testing Guidelines**

**(may be updated before 2019 comp season)**

**CHIN UPS**

Chin ups will be performed on a high wooden bar, against a tall box. The gymnast must hold a hollow shape throughout the movement and keep a “slider” pressed between their feet and the box. If the slider falls out it may be replaced by the coach, however the chin up it fell out on will not count. Chin must reach bar height with both arms pulling evenly. Gymnast’s may not stop for more than 2s.

No slider for Level 1/2.

**LEG LIFTS**

**Full leg lifts** will be performed on the wooden wall bars against a slope. Gymnast must start flat against the box (no double bouncing) and lift their legs to the bar (or pass through vertical). Gymnast’s feet must stay together with both legs straight. Gymnast ‘s may not stop for more than 2 secs.

**L – Leg lifts** will be performed in the same manner with each Leg lift starting at horizontal. Once feet fall below horizontal they are finished.

**Above horizontal** – Level 1 gymnasts may perform 5 leg lifts to above horizontal if they can not complete a full leg lift.

**ROPE**

**Feet**  - Gymnasts may use their feet on the rope in any technique they like

**Snaps** – Gymnasts may wrap their legs around the rope, however their feet may not touch

**No legs** – Gymnasts legs may not touch the rope, however do not need to stay tight

**Clear** – May be preformed in L or straddle, and legs must remain straight throughout.

Up down up – Gymnasts must complete a full rope without legs, return to the bottom and immediately restart climbing without legs touching the rope throughout. Legs do not need to remain tight to count.

**Steps** – Each alternate hand movement will be counted as a step

**Distances** – will be clearly marked on the rope with coloured tape

Start - All rope climbs must start standing in pit or sitting on mat in pit. For full rope, gymnasts last hand placement must be above the final tape marking 40cm from the top of the rope.

**PRESS HANDSTANDS**

**Straddle hold** – Legs must be straight and clear of arms, the entire leg must be off the floor.

**Press roll** – Gymnasts must press through to a roll with straight legs and without heir feet touching the floor

**Press up** – Gymnast must press to a full handstand

**Press up/down** – Gymnasts must press to full handstand and return to sit or straddle hold with some amount of control

**Clear press** – Gymnasts legs must not touch arms at start or end of press.

**Continuous presses** – the last press will count as long as there is a clear marked handstand at the top

Gymnasts may have 2 or 3 attempts

**HANDSTANDS**

**Level 1** – Gymnasts must lie on stomach and show their best handstand shape. 4 points will be given for ideal shape, 2 points will be given for ideal shape with prompting from coach.

**Level 2** – As above, however gymnast will perform spotted handstand, 4 points ideal shape, 2 points ideal shape with prompting.

**Ideal shape** – Hands forwards, arms straight, shoulders on ears (no gaps), eyes on hands with head between arms, chest in, abs tight, hips under, straight tight legs, toes pointed

**Level 3 and above** – timed handstand – 3 attempts (best score to count)

Gymnast may either kick or press up to handstands (floor) or press to HS beam and performed a tight balanced handstand. Timing will start once legs join at top. For each form break or step, 1 second will be subtracted from total time.

**FLEXIBILITY**

**Right and Left Leg splits -** Will be performed on floor. 1 point will be given at all levels if the gymnast is down and 2 points if gymnast is down square with good form.

**Middle splits** – Gymnasts may either sit up or lie down in splits. Hips must be flat to floor for 1 point. Gymnasts may lie on back and push their own legs to feet touching floor for 2 points.

**Pike flat down** – Gymnast must perform flat pike hold, with no gaps between upper body and straight legs for 1 point or pike stand with chest flat on legs for 2 points

**Pancake** – Gymnast must perform straddle flat down for 1 point, as above with knees to ceiling for 2 points.

**Bridge** – Gymnasts must perform bridge with thumbs touching. Legs must be straight and together. 1 point for shoulders on top of hands, 2 points for shoulders clearly past hands.