

Qualification to State Testing

In order to qualify for JumpStart testing at the **State Level**, athletes must meet or exceed 6 of the 12 following requirements at the Club Level:

| No. | Skill: | 7-8 yr. olds* | 9-10 yr. olds* | 11-12 yr. olds* | Formula |
|-----------------|-------------------------------|---------------------|---------------------|---------------------|---------------------------------------------|
| 1 | Pike Sit and Reach | Girls 6" Boys 3" | Girls 6" Boys 3" | Girls 7" Boys 3" | |
| 2 | Pike Leg Lifts | Girls 3 Boys 2 | Girls 4 Boys 3 | Girls 5 Boys 4 | |
| 3 | Handstand Hold | 35 sec. | 40 sec. | 45 sec. | |
| 4 | Straight Body Hold | 45 sec. | 45 sec. | 45 sec. | |
| 5 | Shoulder Flexibility | 1" | 1" | 1" | |
| 6 Trampoline | 10 Straight Bounces | 25% | 23% | 17% | Bounce/Weight |
| 6 Tumbling | Vertical Jump | 20% | 21% | 22% | (Jump height - Reach Height) / Reach Height |
| 7 | Split Test - left leg | Girls 4" Boys 6" | Girls 4" Boys 6" | Girls 4" Boys 6" | |
| 8 | Split Test - right leg | Girls 4" Boys 6" | Girls 4" Boys 6" | Girls 4" Boys 6" | |
| 9 | Cricket Push-Ups | 8 | 10 | 11 | |
| 10 | Chin-Ups | 3 | 4 | 4 | |
| 11 | 60-Foot Sprint | 3.9 sec. | 3.7 sec. | 3.6 sec. | |
| 12 | Power Jumps | 15 | 15 | 15 | |

Athletes must be proficient at all skill sequences and compulsory routines for their age group in order to qualify to the state level.

- JumpStart testing at the **State Level** will be held in November, 2008. The top-ranked athletes from **State Testing** will advance to **National Testing**.
- At **National Testing**, the top 3 athletes in each age group (according to rank, regardless of gender) will be named to the team. The remaining athletes from all age groups will then be ranked together and the next 12 athletes will be named to the **2009 JumpStart National Team** (21 total).

NOTE: Each club/coach/athlete is responsible for ALL EXPENSES related to JumpStart testing.

* Age as of December 31, 2008.