

## 4. STRAIGHT BODY HOLD



(Figure 1) Correct



(Figure 2) Incorrect – too high



(Figure 3) Incorrect – arms bent



(Figure 4) Incorrect – arms & body below horizontal

### EQUIPMENT NEEDED:

- Flat stable surface (such as a rod floor)
- Spotter to hold the ankles of the athlete
- Stopwatch

### STARTING POSITION:

The athlete lies on their stomach with their hips on the edge of the stable surface, arms covering the ears.

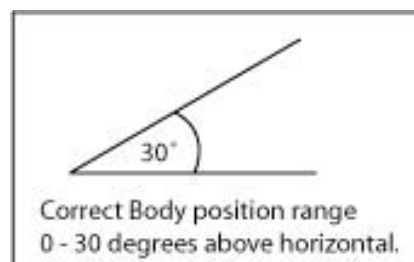
A spotter holds the athlete's ankles.

### DIRECTIONS:

The athlete lifts their upper body up so their body is parallel to the floor. Arms must be straight, covering the ears, with hands tight, fingers together, palms facing the floor. Maximum time is 60 seconds. (Figure 1)

### NOTES:

Body must be held between horizontal and 30 degrees above horizontal. If the body rises above 30 degrees or below horizontal will end the test. If fingers come apart, arms bend, head drops or raises out of alignment, or other breaks in form, the test will be stopped. (Figures 2, 3, 4)



## 5. SHOULDER FLEXIBILITY



(Figure 1)  
Correct



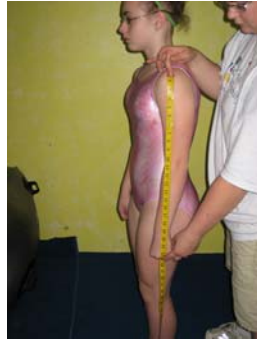
(Figure 2)  
Correct



(Figure 3)  
Correct Hand Placement



(Figure 4)  
Incorrect – wrists bent



(Figure 5)  
Arm length measurement



(Figure 6)  
Incorrect, shoulder blades  
flaring out

### EQUIPMENT NEEDED:

- Panel Mat
- Dowel Rod
- Sponge
- Cloth Tape measure
- Yard stick or T-square/L (preferred)

### STARTING POSITION:

The athlete begins by lying on their stomach on a folded panel mat with arms stretched overhead, chin on the sponge at the front of the mat. The athlete then grasps a dowel rod with both hands. Touching the tips of the thumbs along the dowel rod separates the hands. (Figure 3)

### DIRECTIONS:

While keeping the chin in full contact with the sponge & the front edge of the mat at all times, the athlete lifts the arms up as high as possible. The wrists of the athlete must remain straight. (Figures 1 & 2) The athlete must maintain a straight line from the elbows to the knuckles of the hand. (Figure 2) The tester will use the t-square to measure the distance from the floor to the bottom of the dowel rod (Figure 5), then subtract the “Mat Height” from the total. The athlete is encouraged not to allow the shoulder blades to flare out beyond the bodyline, thus allowing the shoulders to roll within the socket. (Figure 6) If this happens, the athlete will be asked to lower the arms until the shoulders are in the correct position.

### NOTES:

- > Prior to testing, 2 measurements must be taken. 1<sup>st</sup> measure the athlete from the top of the shoulder to the bottom of the knuckles with a closed fist. This will be the “arm length measurement.” (Figure 5)
- > 2<sup>nd</sup>, measure the height of the mat from the floor to the top of the mat. This will be the “Mat height” measurement.
- > If thumbs come apart, arms bend, sponge drops or moves to the top of the mat, or line breaks at the wrist, or the shoulders begin to roll, the test will be stopped.