

Trampoline Only
6. 10 STRAIGHT BOUNCES



(Figure 1)



(Figure 2)

EQUIPMENT NEEDED:

- Trampoline
- Stopwatch

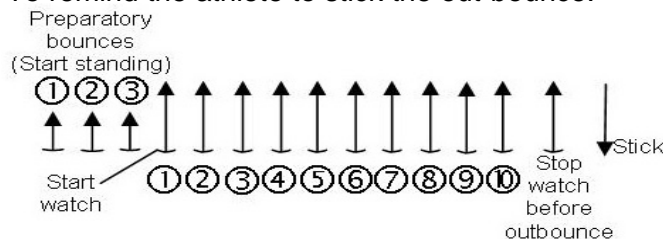
STARTING POSITION (Figure 1):

Athlete stands on the trampoline with arms at sides. From a stand, the athlete will be allowed three preparatory bounces and then the tester will time ten straight bounces. The athlete will be allowed one out-bounce followed by a stick.

DIRECTIONS:

The tester will give the following verbal cues:

- **Ready** = The athlete is standing still and preparing to bounce.
- **One, Two, Three** = The athlete is performing the three preparatory bounces.
(Tester is counting at the top of the bounce.)
- **And One** = The tester begins timing AS THE ATHLETE PUSHES OFF THE TRAMPOLINE for the first timed bounce.
- **Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten** = The athlete PUSHES OFF and jumps at maximum controlled height. The tester will stop the timer as the athlete's feet touch the trampoline bed on the LANDING of the tenth bounce. (Count as the athlete pushes off the bed; stop the watch as they touch when you would say eleven
- **Stick** = To remind the athlete to stick the out-bounce.



Notes: If an athlete falls prior to the completion of the test, **one** restart will be allowed.

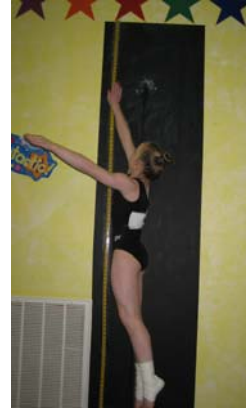
Tumbling Only
6. VERTICAL JUMP



(Figure 1)



(Figure 2)



(Figure 3)

EQUIPMENT NEEDED:

- Open wall area
- Tape measure or marked wall
- Level
- Calculator

SET UP:

Secure a tape measure to the wall starting with 0" at the floor. Permanent marks may also be made on the wall in 1/4" increments.

STARTING POSITION:

Have the athlete stand with back against the wall with feet flat, fully extended shoulders, and straight arms. Measure to the nearest 1/4", using a level to guide you to the tape measure. This is the athlete's **reach height**. (Figure 1)

DIRECTIONS:

Athlete faces perpendicular to the wall in a standing position. (Figure 2) Athlete then bends knees and swings arms down and then up and jumps into the air touching the highest point possible on the marked wall. (Figure 3) Jumps with extra hops in the preparation swing are considered to be failed attempts.

NOTES:

The athlete is allowed three attempts. The Tester will determine the highest number (measured to the QUARTER INCH) that the athlete is able to reach. The highest jump out of the three attempts is counted as the **jump height**.

To determine **jump height** in relation to **reach height**, use the following formula:

$$(\text{JUMP HEIGHT} - \text{REACH HEIGHT}) \div \text{REACH HEIGHT} = \text{JUMP PERCENTAGE}$$

When measuring: if the measurement is above the 1/8" mark, round up to the nearest 1/4". If the measurement is below the 1/8" mark, round down to the nearest 1/4".

7. Split Test Left Leg



(Figure 1) Correct



(Figure 2) Correct



(Figure 3) Incorrect, knees bent, chest forward



(Figure 4) Incorrect – back leg not vertical

EQUIPMENT NEEDED:

- Ruler
- Padded wall
- Parralettes

STARTING POSITION:

The athlete begins by placing the right shinbone against a padded wall in a vertical position with the right knee on the floor and against the wall.

DIRECTIONS:

The athlete slides the left foot forward and away from the wall, performing a split. The athlete's back must be in a vertical position and the shoulders and **hips must be square during the entire test**. The athlete may use parralettes at her sides to assist in keeping her back straight and hips square and shoulders placed directly above the hips. A measurement is taken with a ruler from the floor to the mid-point under the leg at the top of the hamstring. This measurement is taken in inches to the nearest 1/4".

The back leg (shinbone) **MUST** remain at the vertical position during the test. A good indication that the hips are not square is when the back leg moves from the vertical position. (Figure 4)

When measuring: if the measurement is above the 1/8" mark, round up to the nearest 1/4". If the measurement is below the 1/8" mark, round down to the nearest 1/4".

8. Split Test Right Leg

Exactly the same as #7 using the opposite leg.