

**2014-15**

**KICKSTART - Level 1**  
**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



## “L” Hang (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>• The gymnast hangs on the bar with flat back and legs held at 90° (together and straight).</li> <li>• The assessor starts the stop watch when the gymnast is in the proper position.</li> <li>• The assessor stops the stop watch if the position is compromised. A warning may be given if the gymnast compromises the position.</li> <li>• The position is compromised and watch stopped if the gymnast:                             <ul style="list-style-type: none"> <li>○ bends the legs or arms within 15°</li> <li>○ drops the legs 30° below horizontal</li> <li>○ does not correct body positions upon warning</li> </ul> </li> </ul>	10	≤ 20 seconds	<ul style="list-style-type: none"> <li>- Flat back</li> <li>- Head neutral</li> <li>- Straight arms</li> <li>- Straight legs</li> <li>- Legs at 90°</li> </ul>
	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	
<b>Deductions</b>			
0.5 – 1.0 point – knees bent, toes/ not pointed/ leg separation			

## Flex Arm Hang (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>The coach assists the gymnast into the flexed arm position with the chin above bar height.</li> <li>The gymnast hangs with bent arms in forward grip on the bar for as long as possible with straight legs and incurve position.</li> <li>The assessor starts the timing of the gymnast as soon as the coach releases the gymnast.</li> <li>The timing will continue as long as the gymnast keeps the eyes above the bar.</li> <li>The gymnast may not rest the chin on the bar.</li> <li>The assessor will warn the gymnast if the chin touches for one second. The time will be stopped if the chin remains or touches a second time.</li> </ul>	10	≤ 20 seconds	<ul style="list-style-type: none"> <li>Incurve position</li> <li>Chin above bar</li> </ul>
	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	
<b>Deductions</b>			
0.5 – 1.0 point – knees bent, toes/ not pointed/ incorrect body position			

## Incurve Hold (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>Gymnast lies on his back with feet and shoulders off the ground (approximately 10 - 20 cm) in an incurve (hollow body) position.</li> <li>Arm position is at the gymnasts thighs.</li> <li>Athlete is required to maintain pressure on the floor with the lower back throughout the test as well as hold the incurve position for as long as possible.</li> </ul>	10	≤ 20 seconds	<ul style="list-style-type: none"> <li>Lower back maintains contact with the floor</li> <li>Shoulders and feet stay 10 - 20 cm from the floor</li> </ul>
	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	
	<b>Deductions</b>		
	0.5 – 1.0 point – knees bent, toes/ not pointed/ incorrect body position		

## Push Ups (Level 1)

Format	Scoring		Goals
<p><b>30 second time limit</b></p> <ul style="list-style-type: none"> <li>Performed with <u>hands on a trapezoid box</u> starting in front support.</li> <li>Hands placed between marks set 30 cm apart</li> <li>Touch chin to box in a “target” area that is marked 10 cm from the edge of the box.</li> <li>Shoulders remain in line with hands throughout the push up.</li> <li>Elbows should be angled back towards feet (triceps push-up).</li> <li>Athlete maintains a straight body position.</li> <li>Push up does not count if there is significant change in body line (pike, arch, staggered push with shoulders, elbows angled too far out, shoulders and hands are not lined up).</li> <li>Athlete must remain in front support on at least one arm at all times (no sitting or resting).</li> </ul>	10	10 +	<ul style="list-style-type: none"> <li>Maintain straight body position</li> <li>10 repetitions</li> </ul>
	9	9	
	8	8	
	7	7	
	6	6	
	5	5	
	4	4	
	3	3	
	2	2	
	1	1	
<p style="text-align: center;"><b>Deductions</b></p> <p>0.5 – 1.0 point – change in body line</p>			

## Leg Lifts (Level 1)

Format	Scoring		Goals
<p><b>30 second time limit</b></p> <ul style="list-style-type: none"> <li>Performed on high bar with a box placed behind the legs to stop from swinging.</li> <li>Athlete will tuck the legs and then straighten to touch the bar with the front of the foot.</li> <li>Must touch bar to count.</li> <li>Legs must remain together throughout. If leg lift separation deduction is greater than 0.5 the leg lift will not be counted.</li> </ul>	10	10 +	<ul style="list-style-type: none"> <li>Toes and knees stay together</li> <li>Little rest between repetitions</li> </ul>
	9	9	
	8	8	
	7	7	
	6	6	
	5	5	
	4	4	
	3	3	
	2	2	
	1	1	
<b>Deductions</b>			
0.5 point – leg separation more than 5 cm			

## 3m rope climb (Level 1)

Format	Scoring		Goals
<p style="text-align: center;"><b>20 Second time limit</b></p> <ul style="list-style-type: none"> <li>• Athlete starts sitting with one hand on the 0 m mark.</li> <li>• Time starts when the athlete pulls himself up with arms and lifts from a sitting position</li> <li>• NO pushing off mat with feet.</li> <li>• Climb using hand over hand and pushing with feet.</li> <li>• Time starts when the athlete lifts off the mat/box. Time ends at 20 seconds or when the athlete reaches the top whichever is first.</li> <li>• Top is reached when athletes face is level with 3 m mark.</li> <li>• Test terminates if athlete dismounts the rope or max time is reached.</li> </ul>	10	3 m	<ul style="list-style-type: none"> <li>- Climb to the top (3 m) in less than 20 seconds</li> </ul>
	9		
	8	2.5 m	
	7		
	6	2 m	
	5		
	4	1.5 m	
	3		
	2	1 m	
	1	Less than 1 m	
<b>Deductions</b>			
1.0 point – feet push off the mat /not using hand over hand climbing			



## Standing long jump (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>• Athlete's height is taken.</li> <li>• Performed on an unsprung, padded but firm surface (ex. vault runway).</li> <li>• Best score of two attempts is recorded.</li> <li>• Chalk is placed on both of the athletes heels.</li> <li>• Standing with toes behind the "0" mark the athlete performs a long jump.</li> <li>• Assessor marks where chalk mark is closest to "0" mark.</li> <li>• The difference between athlete's height and jump is calculated for points.</li> </ul>	10	+10 cm	<ul style="list-style-type: none"> <li>- Jump more than height</li> </ul>
	9	+6 to +9 cm	
	8	+1 to +5 cm	
	7	0 to -4 cm	
	6	-5 cm to -9 cm	
	5	-10 cm to -14 cm	
	4	-15 cm to -19 cm	
	3	- 20 cm to -24cm	
	2	-24 cm to -30 cm	
	1	-31 cm to -35 cm	
<p style="text-align: center;"><b>Deductions</b></p> <p>1.0 point – stepping over the 0 mark</p>			

## Box jumps (Level 1)

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

## 20 m sprint (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>Performed on an unprung surface.</li> <li>Best of two attempts is recorded.</li> <li>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.</li> <li>Assessor says “ready” and athlete starts within 15 seconds. Time starts when the athletes first step forward contacts the floor.</li> <li>Time stops when hips pass 20 m mark</li> </ul>	10	$\leq 4.70$	<ul style="list-style-type: none"> <li>Run with quick, long steps on the balls of feet</li> </ul>
	9		
	8	4.71 – 4.75	
	7		
	6	4.76 – 4.80	
	5		
	4	4.81 – 4.85	
	3		
	2	4.86 – 4.90	
	1	$\geq 5.0$	
<b>Deductions</b>			

## Shuttle run (Level 1)

Format	Scoring		Goals
<p><b>60 second time limit</b></p> <ul style="list-style-type: none"> <li>• Test on sprung competition floor with 12 m x 12 m boundary lines.</li> <li>• Gymnast lies on his stomach, hands and chin on line of floor, toes pointed and together.</li> <li>• Whistle blows and the time starts.</li> <li>• On whistle, gymnast stands up and runs to the opposite side of the floor touching the boundary line with one hand.</li> <li>• Each touch of the end lines counts as one.</li> <li>• Whistle will blow to end the exercise</li> <li>• Athletes remain on the spot the Assessor records number of lines including 1/4, 1/2 or 3/4.</li> </ul>	10	≥ 15	+14 shuttle runs
	9	14.5 – 14.75	
	8	14 – 14.25	
	7	13.5 – 13.75	
	6	13 – 13.25	
	5	12.5 – 12.75	
	4	12 – 12.25	
	3	11.5 – 11.75	
	2	11 – 11.25	
	1	≤ 10.75	
	<b>Deductions</b>		
Line does not count if athlete does not touch the line or past the line			

## Centre splits (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>A measured line is made extending from the floor up the wall in 1 cm increments</li> <li>The athlete performs splits with the heels and rear against the wall holding the position for 15 seconds.</li> <li>Athlete's arms are extended as far to the sides as possible and the head cannot touch the ground. Athlete should maintain a curved/flat back.</li> <li>A measurement is taken from the inside of the athletes left leg to see how far the athlete is from the floor.</li> </ul>	10	≤ 10 cm	<ul style="list-style-type: none"> <li>Flat back</li> <li>Pointed toes</li> <li>Straight knees</li> </ul>
	9	11 – 12	
	8	13 – 14	
	7	15 – 16	
	6	17 – 18	
	5	19 – 20	
	4	21 – 22	
	3	23 – 24	
	2	25 - 26	
	1	≥ 27 cm	
<b>Deductions</b>			
0.5 – 1.0 point – knees bent (back of knees are to be against the wall)			
0.5 – 1.0 point – toes not tight (rigid Achilles tendon)			
0.5 – 1.0 point – back arched			

## Pike hip flexion (Level 1)

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

## Bridge (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>Athlete places hands on a 30 cm horizontal line set 20 cm from the wall.</li> <li>Athlete pushes up into a bridge keeping elbows straight. Hold position for 10 seconds.</li> <li>Heels together, heels down and knees together.</li> <li>Assessor records how far the athletes shoulders are from the wall using a meter stick.</li> <li>Measurement is taken from the wall to the athletes underarm.</li> </ul>	10	≤ 15 cm	<ul style="list-style-type: none"> <li>Hold 10 seconds</li> <li>Feet flat</li> <li>Knees &amp; heels together</li> <li>Shoulders on top of wrists</li> <li>Straight knees</li> <li>Straight elbows</li> <li>Hands 30 cm apart</li> <li>Fingers pointing toward feet</li> </ul>
	9	16 – 17 cm	
	8	18 – 19 cm	
	7	20 – 21 cm	
	6	22 – 23 cm	
	5	24 – 25 cm	
	4	26 cm	
	3	27 cm	
	2	28 cm	
	1	≥ 29 cm	
<b>Deductions</b>			
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 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>• On a bar or rings the athlete performs a “spin the cat” and holds the position for 15 seconds once inverted.</li> <li>• Coach may assist the athlete into position.</li> <li>• Time starts when the athlete is in position.                             <ul style="list-style-type: none"> <li>○ Shoulders open</li> <li>○ Arms straight</li> <li>○ Head up</li> <li>○ Hips flat</li> <li>○ Knees should be tight</li> <li>○ Toes pointed</li> </ul> </li> <li>• Test is terminated when maximum time is reached or athlete dismounts the apparatus.</li> </ul>	10	≥ 15 seconds	<ul style="list-style-type: none"> <li>- Hold for 15 seconds</li> <li>- Incurve body position</li> <li>- Straight legs</li> <li>- Pointed toes</li> </ul>
	9		
	8	12 seconds	
	7		
	6	10 seconds	
	5		
	4	8 seconds	
	3		
	2	5 seconds	
	1	≤ 5 seconds	
<b>Deductions</b>			
0.5 – 1.0 point – athlete is bent at the hips or knees or toes are not pointed			



## Incurve handstand hold (Level 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>• Gymnast performs a handstand in the incurve position with stomach facing the wall and top of toes on the wall. Coach may assist athlete into position.</li> <li>• Hands are placed directly on a line placed <b>30 cm from the wall</b>.</li> <li>• The gymnast holds the incurve handstand as long as they can or until 20 seconds is reached.</li> <li>• Points are deducted for form errors.</li> <li>• <b>Correct Form</b> <ul style="list-style-type: none"> <li>○ fingers pointing forward straight arms</li> <li>○ curved upper back</li> <li>○ elevated in shoulder (ears covered)</li> <li>○ neutral head position ribs tucked under</li> <li>○ rear contracted</li> <li>○ straight legs</li> </ul> </li> </ul>	10	≥ 20 seconds	<ul style="list-style-type: none"> <li>- Maintain correct form throughout</li> <li>- Still handstand – no “wobbles”</li> </ul>
	9	17 – 19 seconds	
	8	15 – 16 seconds	
	7	13 – 14 seconds	
	6	11 – 12 seconds	
	5	9 – 10 seconds	
	4	7 – 8 seconds	
	3	5 – 6 seconds	
	2	3 – 4 seconds	
	1	1 – 2 seconds	
<p style="text-align: center;"><b>Deductions</b></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 1)

Format	Scoring		Goals
<ul style="list-style-type: none"> <li>• Exercise is performed on parallelles.</li> <li>• Athlete starts in clear straddle support.</li> <li>• Press up to show a “lift” up from clear support.</li> <li>• Goal is to reach horizontal but repetition will count if the athlete demonstrates an angle change of more than 20°.</li> <li>• Back remains rounded throughout even if reaching full extension in the shoulders.</li> <li>• Repetitions will not be counted if execution deductions are more than 1.0.</li> </ul>	10	3 press up and down	<ul style="list-style-type: none"> <li>- Reach horizontal</li> <li>- Tight legs</li> <li>- Elbows locked</li> <li>- Good leg, hip and trunk position</li> <li>- Showed balance and control throughout</li> </ul>
	9	3 press up	
	8		
	7	2 press up and down	
	6	2 press up	
	5		
	4	1 press up and down	
	3	1 press up	
	2		
	1	Attempted but showed less than 20° angle change	
<b>Deductions</b>			
<b>0.5 points</b> – bent knees, bent elbows, arched back, unpointed toes			