

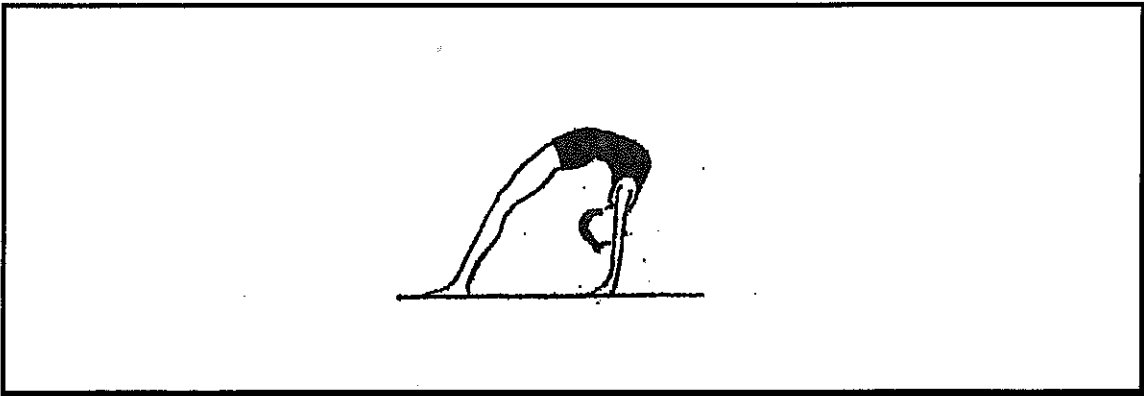


Nat I BRIDGE

Norms

Bridge

- Hands may not be wider than 10 cm. of shoulder width
- Feet must be placed together
- Bridge position must be held for 5 sec.



Evaluation

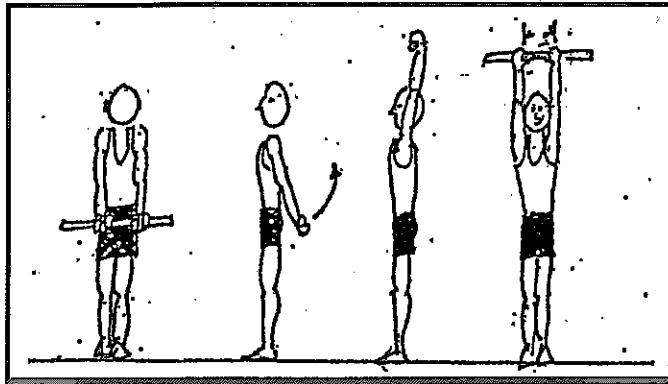
- | | |
|----|--|
| 10 | Shoulders past 90°. Arms and legs straight. |
| 9 | Shoulders at 90°. Arms and legs straight. |
| 8 | Shoulders past 70°. Arms and legs straight. |
| 7 | Shoulders at 70°. Arms and legs straight. |
| 6 | Shoulders at 60°. Arms and legs straight. |
| 5 | Shoulders at 70°. Arms and legs slight bend. |
| 4 | Shoulders at 60°. Arms and legs slight bend. |
| 3 | Shoulders at 60°. Arms slight bend. Legs slight bend and slightly straddled. |
| 2 | Shoulders at 45°. |
| 1 | Shoulders at 40°. |



Nat I Dislocate / Inlocate

Norms

- The gymnast starts holding onto the dowel in reverse grip with his arms behind his back
- Shoulder width is measured from the inside of both hands to the outside part of the shoulders equal a straight line while both arms are vertical
- One arm moves outward in 5 cm. increments until the gymnast can perform the exercise
- The gymnast's trunk must remain vertical at all times
- Both shoulders must Dislocate and Inlocate simultaneously
- A smooth and continuous movement must be shown throughout the exercise



Evaluation

10	Shoulders width apart
9	5 cm. past shoulder width
8	10 cm. past shoulder width
7	15 cm. past shoulder width
6	20 cm. past shoulder width
5	25 cm. past shoulder width
4	30 cm. past shoulder width
3	35 cm. past shoulder width
2	40 cm. past shoulder width
1	45 cm. past shoulder width

Technical Deductions

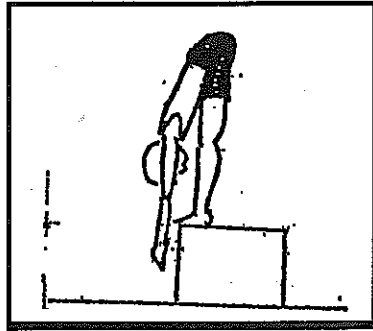
- Significant pike or arch in the body terminates the performance
- Bend in the elbows terminates the performance
- A jerky or uneven motion in the shoulders terminates the performance



Nat I Forward Pike

Norms

- The gymnast begins with his feet together and his toes at the edge of the platform
- Knees must remain straight throughout the exercise
- Maximum reach must be held for 5 sec.



Evaluation

10	16.0 cm. reach
9	14.0 cm. reach
8	12.0 cm. reach
7	10.5 cm. reach
6	9.0 cm. reach
5	7.5 cm. reach
4	5.0 cm. reach
3	2.5 cm. reach
2	1.5 cm. reach
1	Finger tips reach to the top of the platform

Technical Deductions

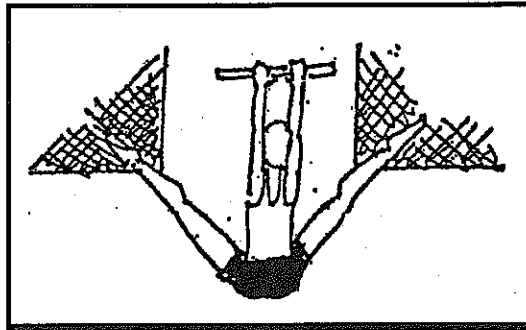
- Slight bend in the knees terminates the performance
- Feet apart terminates the performance



Nat I Forward Straddle Pike

Norms

- The gymnast starts sitting with his legs straddled 90° apart
- A dowel is held forward off the floor with hands at shoulder width
- Knees must remain vertical throughout the exercise
- Toes must be pointed
- Maximum position must be held for 5 sec.



Each gymnast should be given the opportunity to attempt the test with his heels raised.

Evaluation

- | | |
|----|--|
| 10 | Chin, chest and stomach flat on the floor - <u>heels raised 10cm.</u> |
| 9 | Chin and chest flat on the floor - <u>heels raised 10 cm.</u> |
| 8 | Chin, chest and stomach flat on the floor |
| 7 | Chin and chest flat on the floor |
| 6 | Chin on floor |
| 5 | Chin, chest and stomach on the floor - using arms to <u>pull into</u> position |
| 4 | Chin, chest and stomach on the floor - using arms to hold position |
| 3 | Chin and chest on the floor - using arms to hold position |
| 2 | Chin on floor - using arms to hold position |
| 1 | Forehead on floor - using arms to hold position |

Technical Deductions

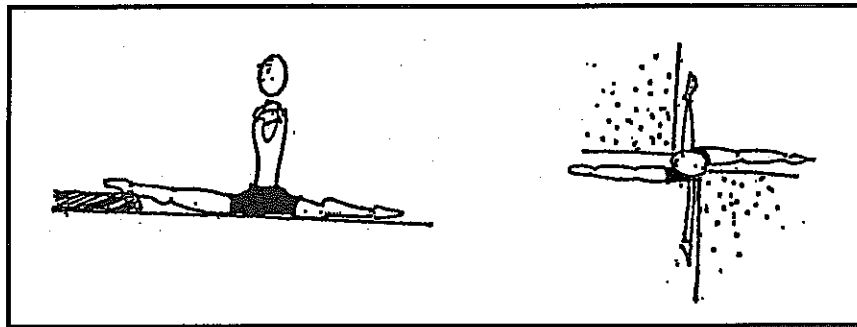
- Slight bend in the knees terminates the performance
- Legs turned in terminates the performance



Nat I Right & Left Split

Norms

- Shoulders must remain square and over top of the gymnast's hips throughout the exercise
- Top of back thigh must be flat on the ground
- Legs must remain straight throughout the exercise
- Hands may only be placed on the floor behind the gymnast's hips and a minimum of 15 cm. out from the body
- Maximum position must be held for 5 sec.
- Evaluation position must be held without assistance



Each gymnast should be given the opportunity to attempt the test with his heels raised.

Evaluation

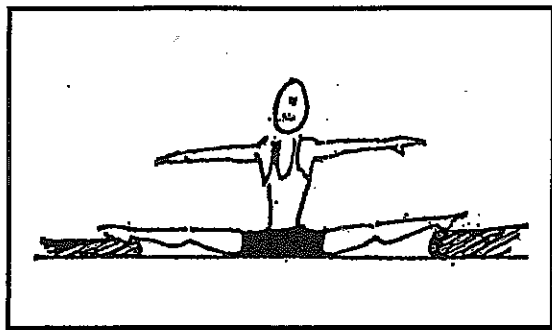
- | | |
|----|--|
| 10 | As per diagram - <u>front heel raised 10 cm.</u> |
| 9 | As per diagram - hips within 60# of square - <u>front heel raised 10 cm.</u> |
| 8 | As per diagram |
| 7 | As per diagram - hips within 60# of square |
| 6 | As per diagram - hips within 45# of square |
| 5 | As per diagram - hips within 45# of square / 0.1 deduction in knees |
| 4 | As per diagram - hips within 45# of square / 0.2 deduction in knees |
| 3 | As per diagram - with groin 10 cm off ground |
| 2 | As per diagram - with groin 10 cm off ground / 0.2 deduction in knees |
| 1 | As per diagram - with groin 10 cm off ground / 0.3 deduction in knees |



Nat I Middle Splits

Norms

- Shoulders must remain square and in a vertical line over top of the gymnast's hips throughout the exercise
- Legs must remain straight with both knees vertical throughout the exercise
- Toes must be pointed
- Maximum position must be held for 5 sec.
- Evaluation position must be held without assistance



Each gymnast should be given the opportunity to attempt the test with his heels raised.

Evaluation

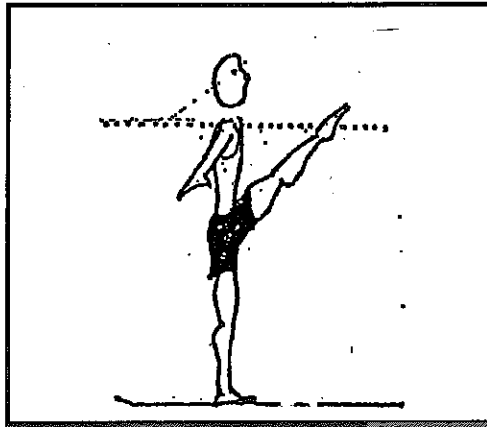
- 10 As per diagram - heels raised 10 cm
- 9 As per diagram - with slight pike in hips / heels raised 10 cm
- 8 As per diagram
- 7 As per diagram - with slight pike in hips
- 6 As per diagram - with slight pike in hips, knees rolled forward
- 5 With hands on floor - with slight pike in hips, knees rolled forward
- 4 With hands on floor - with pronounced pike in hips, knees rolled forward
- 3 With hands on floor - groin 5 cm off the ground
- 2 With hands on floor - groin 10 cm off the ground
- 1 With hands on floor - groin 15 cm off the ground



Nat I Leg Lift Forward

Norms

- The gymnast starts with his back and support leg within 3 cm from the wall
- The gymnast may use his hands horizontal to his shoulders against the wall to balance himself
- The support leg must remain straight and vertical throughout the exercise
- The free leg must remain straight with toes pointed throughout the exercise
- Evaluation taken from lowest point throughout exercise
- Maximum position must be held for 5 sec.
- Evaluation position must be held without assistance
- The athlete will perform this test with both right AND left legs. The athlete will be evaluated and scored with an average of these two scores



Evaluation

- | | |
|----|---|
| 10 | Heel above the top of shoulder |
| 9 | Heel parallel with the top of shoulder |
| 8 | Heel above the armpit |
| 7 | Heel parallel with the armpit |
| 6 | Heel between the centre of the chest and the armpit |
| 5 | Heel between the centre of the chest and the waist |
| 4 | Free leg 10° above horizontal |
| 3 | Free leg above horizontal |
| 2 | Free leg horizontal |
| 1 | Free leg within 10° of horizontal |

Technical Deductions

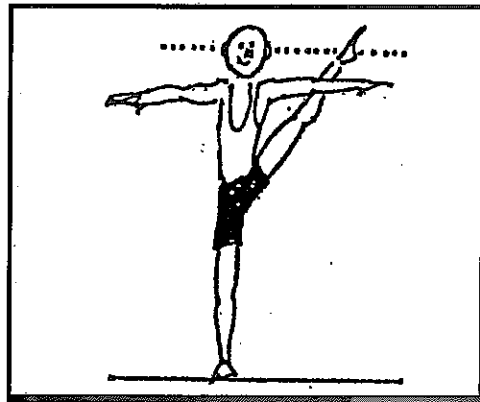
- Slight bend in the knees terminates the performance
- Free leg turned in terminates the performance



Nat I Leg Lift Sideways

Norms

- The gymnast starts with his nose and support foot against the wall
- Keeping his shoulders near the wall the gymnast may use his hands horizontal to his shoulders to balance himself
- The support leg must remain straight and vertical throughout the exercise
- The free leg must remain straight with toes pointed and heel touching wall throughout the exercise
- Evaluation taken from lowest point throughout exercise
- Maximum position must be held for 5 sec.
- Evaluation position must be held without assistance
- The athlete will perform this test with both right AND left legs. The athlete will be evaluated and scored with an average of these two scores



Evaluation

- | | |
|----|---|
| 10 | Heel at eye level |
| 9 | Heel at chin level |
| 8 | Heel parallel with the top of shoulder |
| 7 | Heel above the armpit |
| 6 | Heel parallel with the armpit |
| 5 | Heel between the centre of the chest and the armpit |
| 4 | Heel between the centre of the chest and the waist |
| 3 | Free leg 10# above horizontal |
| 2 | Free leg horizontal |
| 1 | Free leg within 10# of horizontal |

Technical Deductions

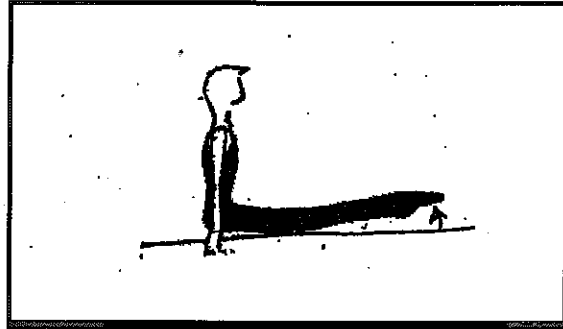
- Slight bend in the knees terminates the performance
- Free leg turned in terminates the performance



Nat I Foot Extension

Norms

- Seated on floor, legs together, straight back (L-sit)
- Arms may rest and support by the body on the floor



Evaluation

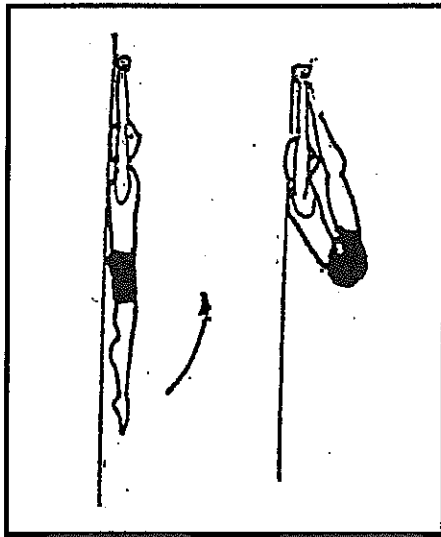
- | | |
|----|--|
| 10 | Toes touching the floor. |
| 9 | Toes 2cm from the floor. |
| 8 | Toes 3cm from the floor. |
| 7 | Toes 4cm from the floor. |
| 6 | Toes 5cm from the floor. |
| 5 | Toes 6cm from the floor. |
| 4 | Top of toes even with the highest point of feet. |
| 3 | Top of toes 1cm higher than highest point of feet. |
| 2 | Top of toes 2cm higher than highest point of feet. |
| 1 | Top of toes 3cm higher than highest point of feet. |



Nat I Leg Raises on Wall Bars

Norms

- The gymnast starts from a vertical hang, toes cannot touch the floor and hands can be in Any Grip
- The gymnast must touch his feet to the top bar or pass below the bar
- The gymnast must perform the exercise with straight legs and toes pointed
- The gymnast must perform continuous repetitions



Evaluation

<u>Points</u>	<u>Repetitions</u>	<u>Technical Deductions.</u>
10	30	1. Global Deductions: 1 rep with a small error = 1 pt. 1 rep with a medium error or 2 reps with small errors = 2 pts. 3 reps or more with small or medium errors = 3 pts. As per the FIG Code of Points Any excessive pause greater than 5 seconds terminates the performance
9	26	
8	22	
7	18	
6	14	
5	10	
4	8	
3	6	
2	4	
1	2	

Note: The Global Deductions are taken off of the FINAL POINT TOTAL.

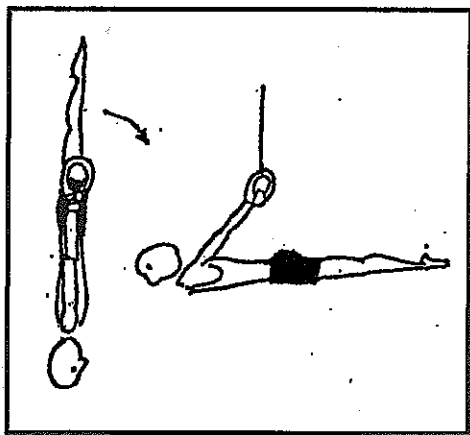


Nat I Back Lever on Rings

Norms

Straight Body

- The gymnast begins the exercise in inverted hang
- The evaluation begins when the gymnast stops his decent to horizontal
- The maximum time in a static position will be evaluated
- Evaluation position must be reached and held without assistance



Evaluation

	<u>Straight</u>		<u>Straddle</u>	
10	6 sec.	5	6 sec.	
8	5 sec.	4	5 sec.	
6	4 sec.	3	4 sec.	
4	3 sec.	2	3 sec.	
2	2 sec.	1	2 sec.	

Technical Deductions.

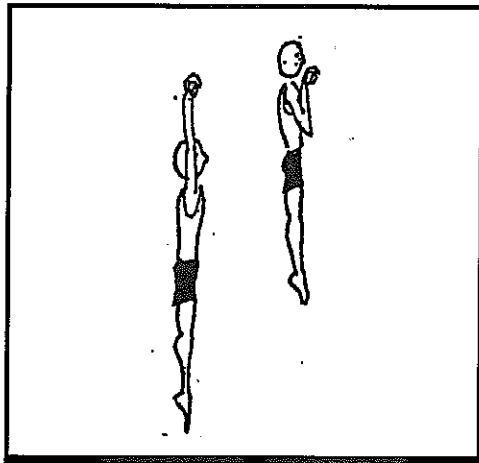
- Deviations from a straight body line will be deducted as follows:
 1. Slight pike or arch in body 1 point
 2. Strong pike or arch in body 2 points
 3. Extreme pike or arch in body 4 points
- Deviations from the horizontal position will be deducted as follows:
 1. up to 15° 1 points
 2. 16° to 30° 2 points
 3. 31° to 45° 4 points
 4. over 45° 5 points



Nat I Chin-up Levers on Horizontal Bar

Norms

- The exercise begins from a vertical hang on the horizontal bar.
- The gymnast must perform the entire exercise in over grip
- The gymnast's chin must be above the bar at the top and his arms must be completely straight in the lever position
- The gymnast's body and legs must remain straight with his feet together and toes pointed
- The gymnast may not exceed 30° past vertical at the bottom and must be within 15° of horizontal in the lever position
- The gymnast must perform continuous repetitions



Evaluation

<u>Points</u>	<u>Repetitions</u>
10	15
9	13
8	11
7	9
6	7
5	5
4	4
3	3
2	2
1	1

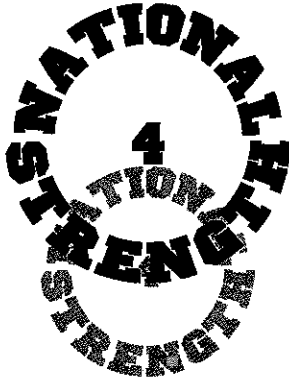
Technical Deductions.

1. **Global Deductions:**
 - 1 rep with a small error = 1 pt.
 - 1 rep with a medium error = 2 pts.
or 2 reps with small errors
 - 3 reps or more with small = 3 pts.
or medium errors

As per the FIG Code of Points
2. Any excessive pause greater than 5 seconds terminates the performance

Note – Head position in diagram should be flat and looking at the ceiling.

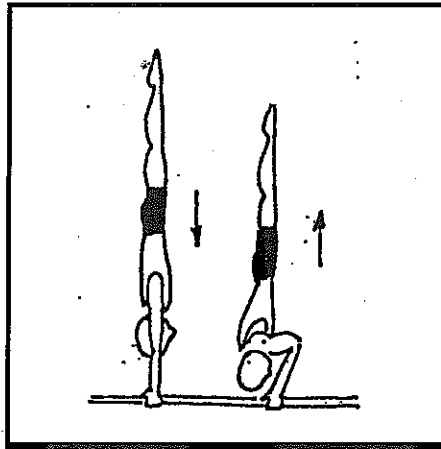
Note: The Global Deductions are taken off of the FINAL POINT TOTAL.



Nat I Handstand Push-ups on Parallel Bars

Norms

- The exercise may be performed on parallel bars or paralleltes
- The gymnast begins in a handstand position
- The gymnast's body cannot exceed 15° off vertical and must remain straight throughout the exercise
- The gymnast's head must reach within 5cm of the bars at the lowest point
- The gymnast may not reposition his hands



Evaluation

<u>Points</u>	<u>Repetitions</u>
10	7
8	6
6	5
4	4
3	3
2	2
1	1

Technical Deductions.

- Deviations from a straight body line will be deducted as follows:
 1. Slight pike or arch in body up to 15° 1 point
 2. Strong pike or arch in body 16° to 30° 2 points
 3. Extreme pike or arch in body 31° to 45° 3 points
- 1 point deduction for each time the hands are repositioned

Global Deduction errors:

- 1 rep with a small error = 1 pt.
- 1 rep with a medium error or 2 reps with small errors = 2 pts.
- 3 reps or more with small or medium errors = 3 pts.

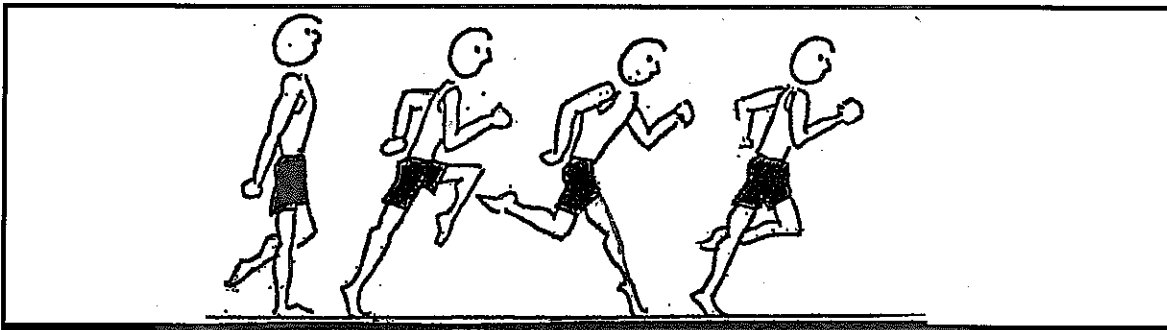
Note: The Global Deductions are taken off of the FINAL POINT TOTAL.



Nat I 30m Sprint

Norms

- The gymnast starts with toes behind the start line
- Timing begins when gymnast moves from stationary position
- Timing stops when both feet cross the finish line



Evaluation

<u>Points</u>	<u>Time (seconds)</u>
10	4.7 sec.
9	4.8 sec.
8	4.9 sec.
7	5.0 sec.
6	5.1 sec.
5	5.2 sec.
4	5.3 sec.
3	5.4 sec.
2	5.5 sec.
1	5.6 sec.



Nat I Muscle-up / Cross on Rings

Norms

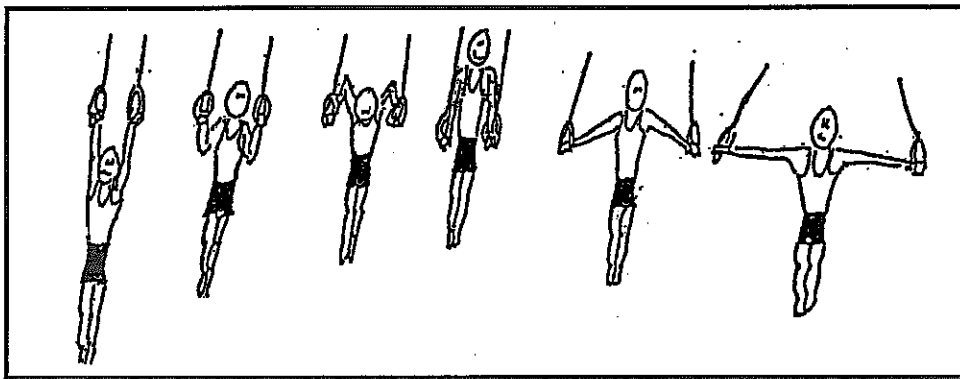
- Gymnasts aged 10-14 will perform muscle-up up to a maximum of 10 points. Gymnasts aged 15 + may chose to perform a Cross (legs together), Planche (straddled) for a maximum of 10 points or muscle up to a maximum of 5 points. Any age athlete may choose to attempt the straight hold.

Muscle-up

- The gymnast begins from a vertical hang on the rings
- The gymnast must show straight arms and the rings turned out at the top
- The gymnast must lower his shoulders below his elbows at the bottom

Cross, etc.

- The gymnast begins in cross support on the rings and lowers to desired position
- The evaluation begins when the gymnast reaches a static position



Evaluation

<u>Muscle-up 10-14</u>		<u>Muscle-up 15 +</u>		<u>Cross, etc.</u>	
Points	Repetitions	Points	Repetitions	Points	Time
10	10	5	10	10	6 sec.
9	8	4	8	8	5 sec.
8	6	3	6	6	4 sec.
7	4	2	4	4	3 sec.
6	2	1	2	2	2 sec.

Technical Deductions.

- Not showing straight arms at the top of a muscle-up terminates the repetition
- Legs bent or apart in a muscle-up terminates the repetition
- Deviations from horizontal in the cross, etc. will be deducted as follows

Up to 15#	1 point	Slight bending	1 point
16# to 30#	2 points	Strong bending	2 points
31# to 45#	4 points	Extreme bending	4 points
- Bending of the arms in the cross, etc. will be deducted as follows

Slight bending	1 point
Strong bending	2 points
Extreme bending	4 points

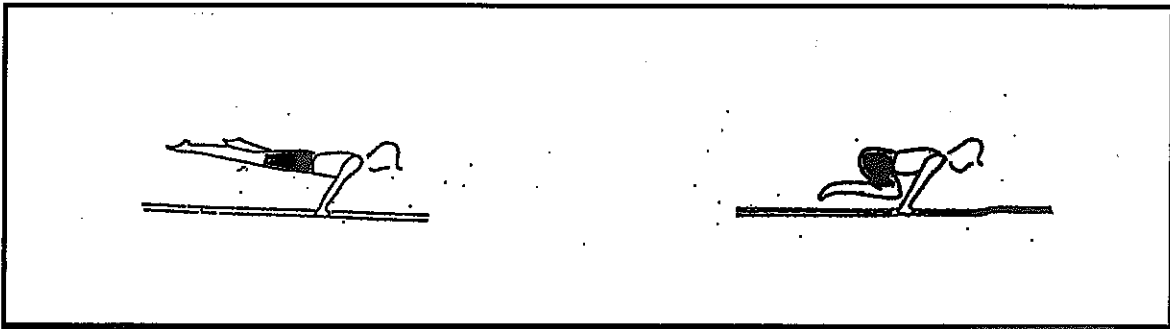


Nat I Planche on Parallel Bars

Norms

Straddle / Tuck

- The exercise may be performed on parallel bars or parallelles
- The evaluation begins when the gymnast reaches a static position, the trunk must be within 15° of horizontal
- The maximum time in a static position will be evaluated
- If performed in tuck position, the knees must be above the bars and 10cm behind the hands
- Evaluation position must be reached and held without assistance



Evaluation

<u>Straddle</u>		<u>Tuck</u>	
Score	Time (seconds)	Score	Time (seconds)
20	6 sec.	7	6 sec.
16	5 sec.	6	5 sec.
14	4 sec.	5	4 sec.
10	3 sec.	4	3 sec.
8	2 sec.	3	2 sec.

Technical Deductions.

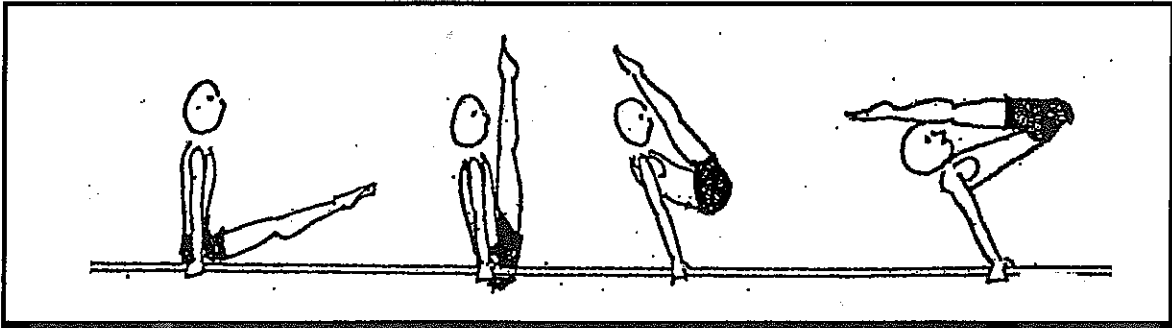
- Deviations from a straight body line will be deducted as follows:
 1. Slight pike or arch in body up to 15° 1 point
 2. Strong pike or arch in body 16° to 30° 2 points
 3. Extreme pike or arch in body 31° to 45° 3 points
- Deviations from the horizontal position will be deducted as follows:
 1. up to 15° 1 points
 2. 16° to 30° 2 points
 3. 31° to 45° 3 points



Nat I V-sit / Manna on Parallel Bars

Norms

- The exercise may be performed on parallel bars or paralleltes
- Legs and arms must be straight throughout
- The evaluation begins when the gymnast reaches a static position (for maximum time)
- The exercise will be evaluated from the lowest point in a 5sec hold (legs must be in a vertical or beyond vertical position at all times)
- Evaluation position must be reached and held without assistance



Evaluation

<u>L-sit</u>		<u>V-sit</u>		<u>Manna</u>	
5	legs at 45°	14	legs at 115°	20	legs horizontal
4	legs at 30°	12	legs at 105°	20	legs at 175°
3	legs at 15°	10	legs vertical	20	legs at 160°
2	legs at <15°	8	legs at 75°	18	legs at 145°
1	legs horizontal	6	legs at 60°	16	legs at 130°

Technical Deductions.

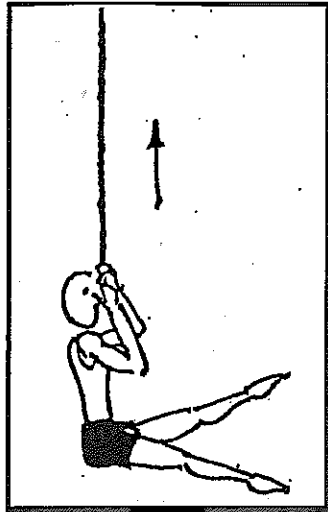
- Execution errors such as bending the arms or legs will be deducted as follows:
 1. Slight bending up to 15° 1 point
 2. Strong bending 16° to 30° 2 points
 3. Extreme bending 31° to 45° 3 points
- 0 points will be awarded if the gymnast's feet are apart.
- A loss of 1 (one) point will occur for every second the skill is not held.



Nat I Rope Climb

Norms

- 4.0m from floor to top measurement
- The gymnast begins sitting in a straddle pike position
- The gymnast's legs must be straight during the climb but not in straddle L-sit
- Timing begins when the gymnast starts to climb



Evaluation

<u>Points</u>	<u>Time</u>
10	5.1 sec
9	5.3 sec
8	5.5 sec
7	5.9 sec
6	6.4 sec
5	7.0 sec
4	7.8 sec
3	9.0 sec
2	10.8 sec
1	15.0 sec

Technical Deductions.

- Bending of the legs during climb will be deducted as per the FIG Code of Points:
 1. Slight bending (less than 1/3 of climb) 1 point
 2. Strong bending (less than 1/3 of climb) 2 points
 3. Any bent legs for more than 2/3 of climb 3 points

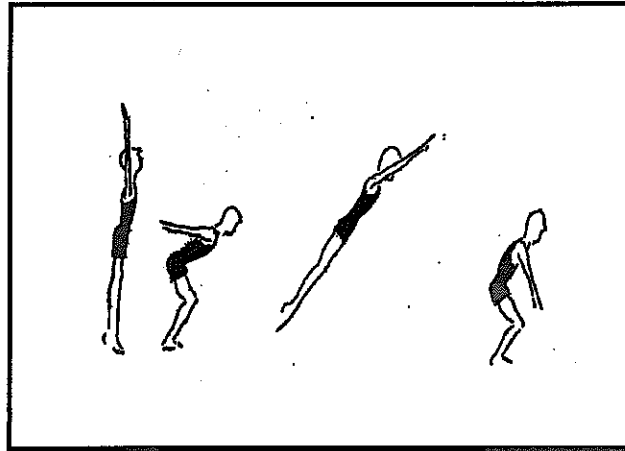
Note: The Global Deductions are taken off of the FINAL POINT TOTAL.



Nat I Standing Jump

Norms

- Jump is performed from a standing position
- Toes must be behind the starting line
- Distance marked where the closest heel to the starting line lands (be sure to chalk heels prior to jump)
- Two trials per gymnast will be executed. The best of the two trials will be recorded



Evaluation

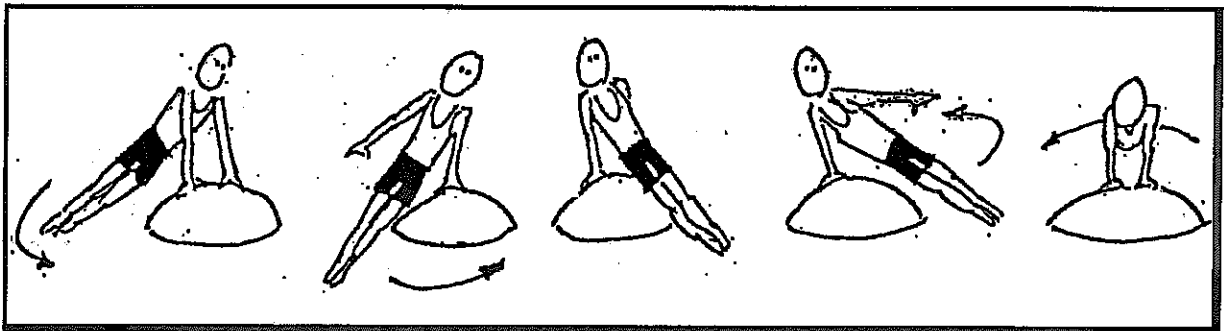
<u>Points</u>	<u>Distance</u>
10	230cm
9	220cm
8	210cm
7	200cm
6	190cm
5	180cm
4	170cm
3	165cm
2	160cm
1	155cm



Nat I Double Leg Circle on Mushroom

Norms

- The exercise must be performed on an AAI or Spieth mushroom or toadstool top placed at floor height
- The gymnast must perform consecutive circles to a maximum of 40 repetitions
- Rotation of the hands beyond 90° terminates performance
- No penalty will be awarded for the gymnast's feet brushing the floor
- Deductions for pike will be in accordance with the F.I.G. Code of Points (Global) and occur with the completion of the last circle."



Evaluation

- One (1) point awarded for each two (2) repetitions

Technical Deductions

- Deviations from a straight body line will be deducted as follows:
- The deduction will occur at the conclusion of the turn.
 1. Slight pike in body up to 15° 1 point
 2. Strong pike in body 16° or greater 3 points
- Execution errors such as bending of the legs will be deducted as follows:
- Each circle will be subject to deductions.
 1. Slight error (up to 15°) 0.5 points per circle, to a maximum total of 5 points
 2. Strong error (greater than 16°) 1 point per circle, to a maximum total of 10 points

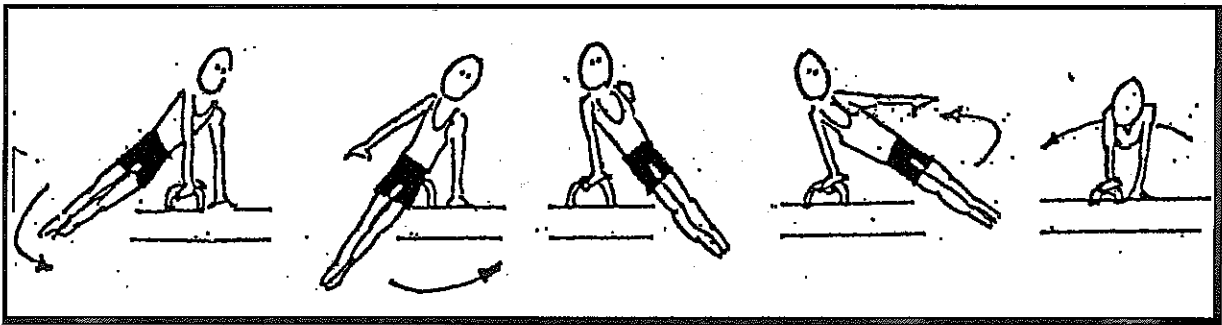
Note: The Global Deductions are taken off of the FINAL POINT TOTAL.



Nat I Single Pommel Circles

Norms

- All gymnasts will perform the exercise on either a mushroom or buck horse top fitted with one pommel (top of pommel must be within 30 - 50 cm of the floor).
- The gymnast must perform consecutive circles to a maximum of 10 repetitions
- No penalty will be awarded for the gymnast's feet brushing the floor
- Deductions for knees will be taken for every circle.
- Deductions for pike will be in accordance with the F.I.G. Code of Points (Global) and occur with the completion of the last circle.



Evaluation

- Two (2) points awarded for each one (1) repetition

Technical Deductions

- Deviations from a straight body line will be deducted as follows:
- The deduction will occur at the conclusion of the turn.

1. Slight pike in body	1 point
2. Strong pike in body	2 points
3. Extreme in body	4 points
- Execution errors such as bending the of the legs will be deducted as follows:
- Each circle will be subject to deductions.

1. Slight bending	1 point
2. Strong bending	2 points
3. Extreme bending	4 points

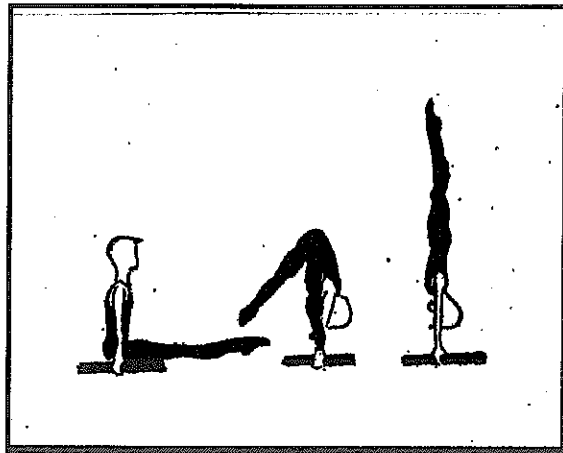
•Note• Both hands in the diagram above should be placed on one pommel.



Nat I Straddle Press Handstand on Parallel Bars

Norms

- The exercise must be performed on FIG regulation parallel bars, and must be performed at the end of the bars facing inwards
- Gymnast starts in a L-sit position on the parallel bars
- The gymnast must perform consecutive presses (maximum repetitions)
- A maximum of 20 points will be awarded for the press handstand exercise
- A smooth continuous movement must be shown throughout the exercise (i.e. even rhythm)
- Swinging into the press terminates performance, however, the gymnast may swing down to L-sit
- A momentary hold must be shown in both the L-sit (90 degrees) and handstand (minimum of 1 sec.)
- Straight arms and legs must be held throughout; max. of 15 degree angle at shoulders as legs move to vertical



Evaluation

<u>Points</u>	<u>Repetitions</u>
20	10
18	9
16	8
14	7
12	6
10	5
8	4
6	3
4	2
2	1

Technical Deductions

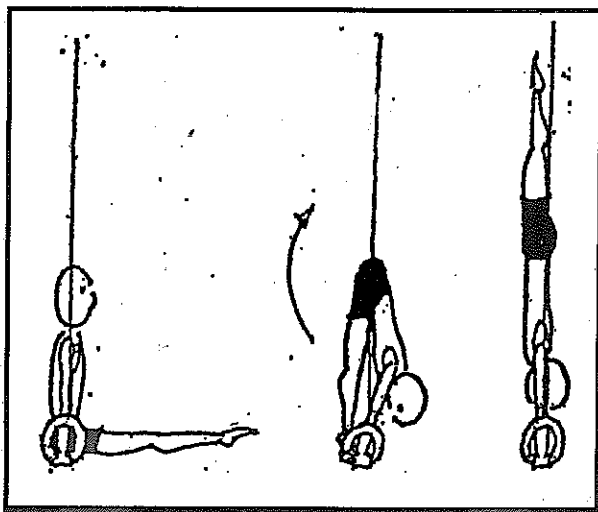
- Deviations from a straight body line in the handstand will be deducted as follows:
 1. Slight pike or arch in body 1 point
 2. Strong pike or arch in body 2 points
 3. Extreme pike or arch in body 4 points
- Execution errors such as bending the arms or legs will be deducted as follows:
 1. Slight bending 1 point
 2. Strong bending 2 points
 3. Extreme bending 4 points
- Brushing of the feet across the bars will result in a half (0.5) point penalty for each brush



Nat I Press Handstand Hold on Rings

Norms

- The exercise begins from a L-sit position on rings. From there the gymnast performs the movement with **straight arms and straddled legs** press or bent arm/bent body press position to handstand and **holds the handstand** for a maximum of 10 sec.



Evaluation

- Ten (10) points awarded for the press to momentary handstand
- One (1) point awarded for each one (1) second in the handstand hold position. To a maximum of ten (10) points

Technical Deductions

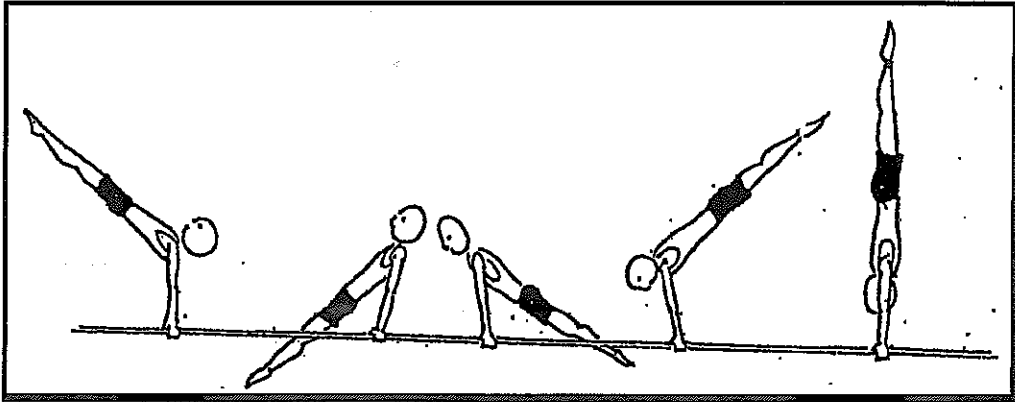
- Touching the cables with feet or parts of the body will be deducted as follows:
 - Small error 1 point
 - Medium error 2 points
 - Large error 4 points
- Execution errors such as bending the arms or legs will be deducted as follows:
 - Slight bending 1 point
 - Strong bending 2 points
 - Extreme bending 4 points
- Deviations from a straight body line will be deducted as follows:
 - Slight pike or arch in body 1 point
 - Strong pike or arch in body 2 points
 - Extreme pike or arch in body 4 points



Nat I Swing Handstand on Parallel Bars

Norms

- The exercise must be performed on parallel bars that will allow the athlete to swing properly.
- Evaluation begins from the handstand position. The gymnast then swings down (May swing down from handstand with arch) and returns to show a momentary handstand to a maximum of 10 repetitions.
- The gymnast must achieve a position a minimum of 15° above horizontal in the front swing
- The gymnast may not reposition his hands



Evaluation

- Two (2) points awarded for each one (1) repetition

Technical Deductions

- Deviations from a straight body line in the handstand will be deducted as follows:
 1. Slight pike or arch in body 1 point
 2. Strong pike or arch in body 2 points
 3. Extreme pike or arch in body 4 points
- Execution errors such as bending the arms or legs will be deducted as follows:
 1. Slight bending 1 point
 2. Strong bending 2 points
 3. Extreme bending 4 points
- Lack of amplitude in the front swing (below 15° of horizontal) terminates the repetition
- Repositioning of the hands terminates the performance