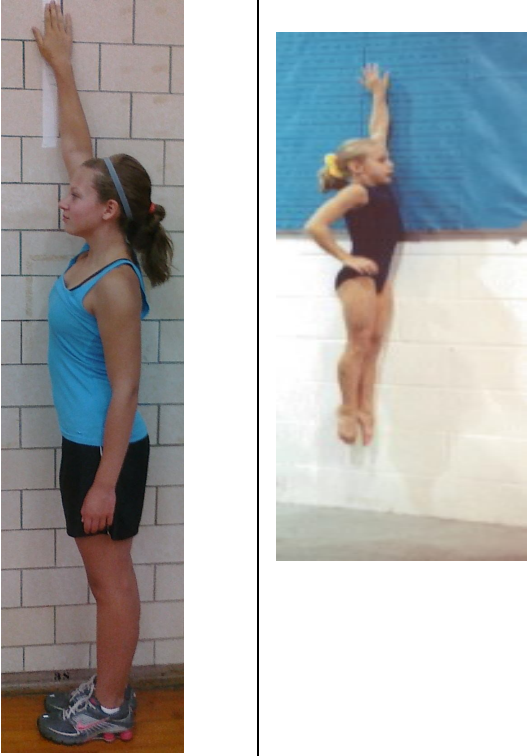
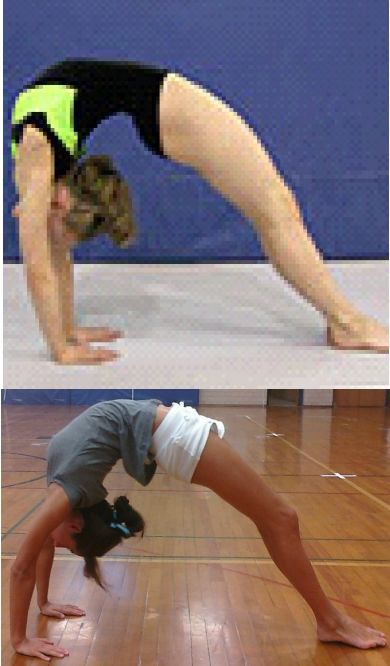


**USA Synchro  
General Athletic Skills Testing  
Vertical Jump**

VERTICAL JUMP		DESCRIPTION	SCORING
		<ul style="list-style-type: none"> <li>- Athlete stands perpendicular to the wall with shoulder and hip next to the wall.</li> <li>- Athlete stands flat footed and reaches with wall side arm directly overhead, where the highest point will be marked. This mark determines the reach height.</li> <li>- Athlete then performs a vertical jump (may bend knees and use arms), where the jump height will be determined by marking the highest point of the wall touched.</li> <li>- The vertical jump will be performed twice back to back.</li> <li>- GOAL: Jump as high as possible.</li> </ul>	<p>10pts- 24" and higher            9pts- 21"-23.5"            8pts- 19"-20.5"            7pts- 18"-18.5"            6pts- 17"-17.5"            5pts- 16"-16.5"            4pts- 15"-15.5"            3pts- 14"- 14.5"            2pts- 12"- 13.5"            1pts- 8"- 11.5"            0pts- less than 8"</p>
EQUIPMENT		MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Chalk or athletic tape and pen.</li> <li>- Measuring device of at least 36 inches.</li> </ul>		<ul style="list-style-type: none"> <li>- The difference between jump height and reach height will determine the athlete's vertical jump.</li> <li>- The jump will be rounded down to the next ½ inch.</li> </ul>	<p>10 points possible            The better of the 2 jumps will be scored.</p>

## USA Synchro General Athletic Skills Testing Bridge Test

BRIDGE TEST	DESCRIPTION	SCORING DEDUCTIONS
	<ul style="list-style-type: none"> <li>- Athlete begins by lying on the floor and then pushes up in to the bridge position.</li> <li>- Feet must be together.</li> <li>- Fingers must be pointed forward.</li> <li>- Head must remain neutral.</li> <li>- Ears will be aligned with shoulder in vertical alignment.</li> <li>- Arms must be straight and feet must remain together.</li> <li>- Legs must be together and straight.</li> <li>- Hands must be below the shoulders.</li> <li>- GOAL: Attain proper positions to get most points possible.</li> </ul> <p style="margin-top: 20px;">-The top picture is an 8: slight knee extension(-1) and between 12 and 1 arm alignment(-1) -The bottom picture is a 4: major knee extension(-3), 1 o'clock arm alignment(-2), elbow extension(-1)</p>	<ul style="list-style-type: none"> <li>- 1 pt feet and legs together</li> <li>- 3 pts for knee extension               <ul style="list-style-type: none"> <li>(-0pt)- none</li> <li>(-1pt)- slight</li> <li>(-2pts)- minor</li> <li>(-3pts)- major</li> </ul> </li> <li>- 4 pts arm alignment (degree determined by upper arm):               <ul style="list-style-type: none"> <li>(-0pt)- 12 o'clock</li> <li>(-1pt)- between 12 and 1</li> <li>(-2pts)- 1 o'clock</li> <li>(-3pts)- between 1 and 2 o'clock</li> <li>(-4pts)- 2 o'clock and greater</li> </ul> </li> <li>- 1 pt elbow extension (straight, not hyper-extended)</li> <li>- 1 pt for head alignment</li> </ul>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Mat</li> </ul>	<ul style="list-style-type: none"> <li>- Feet/legs together</li> <li>- Knee extension</li> <li>- Arm alignment (upper arm-shoulder to elbow)</li> <li>- Elbow extension</li> <li>- Head alignment</li> </ul>	<p>10 points possible</p>



**USA Synchro  
General Athletic Skills Testing  
Modified Handstand**

HANDSTAND	DESCRIPTION	SCORING DEDUCTIONS
	<p>-Assume modified handstand position: use forearms and top of head as the base, also referred to as a yoga handstand.</p> <p>-Hold in place for up to 20 seconds.</p> <p>-Athlete gets 3 attempts to get set.</p> <p>-Body alignment should be in a vertical line from head to toe.</p> <p>-Feet extended and together, knees extended, hips in a straight vertical relationship to feet and head, overall vertical position is perpendicular to the floor.</p> <p>GOAL: Hold the modified handstand in the preferred alignment for 20 seconds with no movement.</p>	<p>(-2pts) if hold under 10 seconds.            (-1pts) if hold between 10-20 seconds.            (-1pt/-2pts) <b>minor/major</b> body misalignment at: <b>(-4pts max)</b></p> <p>-the knees (-1pt/-2pts)            -the hips (-1pt/-2pts)            -overall (-1pt/-2pts)            (-1pt) for overall <b>minimal to moderate</b> movement.            (-2pts) for overall <b>moderate to significant</b> movement.            (-1pt) for feet not together or extended.            (-3pts) if wall or person is used to assist in any way.</p>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<p>- Stopwatch.</p>	<p>-Time is rounded down to the next full second.</p> <p>-Maximum time is 20 seconds.</p> <p>-Faults are given based on body alignment (minor or major), overall movement, feet position, and time position is held.</p>	<p>10 points possible.</p>



**USA Synchro  
General Athletic Skills Testing  
Shuttle Run w/ Pickup**


SHUTTLE RUN W/ PICK UP	DESCRIPTION	SCORING
	<ul style="list-style-type: none"> <li>- Start in the middle (marked by tape on ground) of a 10 meter course with a tennis ball on both sides 5 meters away. Athlete should straddle the tape mark at start. May go in either direction.</li> <li>- Run to one of the two tennis balls, pick up, then run to second tennis ball, pick up, and then run <i>through</i> starting position.</li> <li>- Clock starts when first foot leaves the floor.</li> <li>- Clock stops when torso crosses the start/finish line.</li> <li>- GOAL: Complete the course as fast as possible.</li> <li>- 2<sup>nd</sup> run may be granted if tennis ball is kicked or dropped (at discretion of the timer).</li> </ul>	<p>10pts- 4.9 and faster            9pts- 5.0-5.1            8pts- 5.2-5.3            7pts- 5.4-5.5            6pts- 5.6-5.7            5pts- 5.8-5.9            4pts- 6.0-6.2            3pts- 6.3-6.5            2pts- 6.6-6.9            1pts- 7.0-7.49            0pts- 7.5 and slower</p>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Stopwatch.</li> <li>- Tennis balls.</li> <li>- Tape to mark start/ finish lines.</li> <li>- Tape measure to measure course distance.</li> </ul>	<ul style="list-style-type: none"> <li>- Time will be rounded up to the next tenth of a second.</li> </ul>	<p>10 points possible            Score is based on the time range.</p>



**USA Synchro  
General Athletic Skills Testing  
Heel/Toe Walk**


HEEL/TOE WALK	DESCRIPTION	SCORING
	<ul style="list-style-type: none"> <li>- Course is 15m long with marks at 0m/5m/10m/15m.</li> <li>- Line is 2 inches in width.</li> <li>- Start with toe on the line.</li> <li>- Clock starts when athlete begins walking on the line by putting the heel of the forward foot on the toe of the back foot.</li> <li>- Continue process until you complete the course.</li> <li>- Body position is a natural posture with head facing forward.</li> <li>- GOAL: Complete course as fast as possible without breaking heel/toe contact or falling off the line.</li> </ul>	<ul style="list-style-type: none"> <li>10pts- faster than 20sec</li> <li>9pts- 20-24.9sec</li> <li>8pts- 25-29.9sec</li> <li>7pts- 30-34.9sec</li> <li>6pts- 35-39.9sec</li> <li>5pts- 40-44.9sec</li> <li>4pts- 45-49.9sec</li> <li>3pts- 50-54.9sec</li> <li>2pts- 55-59.9sec</li> <li>1pts- 60-69.9sec</li> <li>0pts- 70sec and slower</li> </ul>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Stopwatch.</li> <li>- Tape to mark start/ finish lines.</li> <li>- Tape measure to measure course distance.</li> </ul>	<ul style="list-style-type: none"> <li>- Time will be rounded up to the next tenth of a second.</li> <li>- If athlete has unnatural posture, looks down, or falls off the line within one of the three 5m sections they will receive penalty.</li> <li>- If athlete has any space between heel and toe they will receive penalty. Fail if space is bigger than shoe size.</li> <li>- Athlete gets one attempt.</li> <li>- 2 evaluators used (if possible), one will time and watch foot faults, other will watch deductions for every 5m.</li> </ul>	<ul style="list-style-type: none"> <li>-10 points possible</li> <li>-Timed from start to finish.</li> <li>-(1) second added to time for each space fault (when any space is between heel and toe).</li> <li>-(1)pt for unnatural posture, looking down, or falling off line (per every 5m), max of (-2) pts per every 5m.</li> <li>- Fail if space fault is greater than shoe size.</li> </ul>

## USA Synchro General Athletic Skills Testing Ball Throw Against Wall

BALL THROW AGAINST WALL	DESCRIPTION	SCORING
	<ul style="list-style-type: none"> <li>- Begin standing no closer than 1 meter away from wall with ball in either hand.</li> <li>- Throw ball against wall and catch with opposite hand, then throw ball against wall with the hand you just caught ball and catch with original hand.</li> <li>- Repeat continuing to alternate hands.</li> <li>- A wall contact will not count if ball hits ground, body, or same hand.</li> <li>- A catch is defined as controlling the ball.</li> <li>- GOAL: Complete as many wall contacts as you can in 30 seconds.</li> </ul>	<p>10pts- 51 and more            9pts- 46-50            8pts- 41-45            7pts- 36-40            6pts- 31-35            5pts- 26-30            4pts- 21-25            3pts- 16-20            2pts- 11-15            1pts- 6-10            0pts-5 or less</p>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Stopwatch.</li> <li>- Tennis ball.</li> <li>- Tape to mark the 1m line.</li> </ul>	<ul style="list-style-type: none"> <li>- Count the number of wall contacts athlete completes in 30 seconds.</li> <li>- If ball is dropped, athlete must retrieve and return to line and continue.</li> <li>- One attempt per athlete.</li> <li>- Contact is not counted if athlete does not catch with opposite hand or if body or ground is used in catch.</li> </ul>	<p>- 10 points possible</p>




**USA Synchro  
General Athletic Skills Testing  
V Ups**

V UPS	DESCRIPTION	SCORING
	<ul style="list-style-type: none"> <li>- Lie flat on back with arms at side and fingers in contact with the ground.</li> <li>- Raise both legs and torso together (and equally) until body is at a 90 degree angle at the hips (45 degrees for legs and 45 degrees for torso).</li> <li>- After slight pause, lower legs and torso together (and equally) and repeat when heels and shoulder blades touch ground.</li> <li>- Fingers should maintain contact with the ground throughout exercise. They may move, but not assist.</li> <li>- Legs and torso should be as straight as possible throughout the exercise.</li> <li>- GOAL: Complete as many proper V-ups as possible in 30 seconds.</li> </ul>	<p>10pts- 30 and more            9pts- 28-29            8pts- 26-27            7pts- 24-25            6pts- 22-23            5pts- 20-21            4pts- 17-19            3pts- 14-16            2pts- 11-13            1pts- 6-10            0pts- 5 and less</p>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Stopwatch.</li> </ul>	<ul style="list-style-type: none"> <li>- Count full (up and back down) and proper V-ups.</li> <li>- V-ups that do not come up to at least 45 degrees for legs and torso do not count.</li> <li>- One attempt per athlete.</li> </ul>	<p>10 points possible</p> <ul style="list-style-type: none"> <li>- Repetition is not counted if not performed correctly.</li> </ul>




**USA Synchro  
General Athletic Skills Testing  
Push Ups**

PUSH UPS	DESCRIPTION	SCORING
	<ul style="list-style-type: none"> <li>- Lie on stomach with nose at the tape line (which is perpendicular to the body), start with hands at the nose and move out along the tape line until hands are directly under the elbows, fingers pointing forward.</li> <li>- Feet should be together and legs straight. Straighten arms to push body up (head to toe should be kept straight).</li> <li>- Top of push up is when arms are extended completely.</li> <li>- After slight pause, bend arms to lower body (head to toe should be kept straight).</li> <li>- Bottom of pushup is when top of upper arm is parallel to ground.</li> <li>- GOAL: Complete as many proper push-ups as possible in 30 seconds.</li> </ul>	<p>10pts- 30 and more            9pts- 28-29            8pts- 26-27            7pts- 24-25            6pts- 22-23            5pts- 20-21            4pts- 17-19            3pts- 14-16            2pts- 11-13            1pts- 6-10            0pts- 5 and less</p>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Stopwatch.</li> <li>- Tape.</li> </ul>	<ul style="list-style-type: none"> <li>- Count full (up and back down) and proper push-up.</li> <li>- Push-ups that do not come all the way up, upper arm does not get to parallel to the ground at bottom, or when body alignment is not straight do not count.</li> <li>- One attempt per athlete.</li> </ul>	<p>10 points possible</p> <ul style="list-style-type: none"> <li>- Repetition is not counted if not performed correctly.</li> </ul>




**USA Synchro  
General Athletic Skills Testing  
Jump Rope**

JUMP ROPE	DESCRIPTION	SCORING
	<ul style="list-style-type: none"> <li>- Jump through the rope off of 2 feet until the time is up.</li> <li>- GOAL: Complete as many successful full rotations of the rope as possible in 60 seconds.</li> </ul>	10pts- 150 and more 9pts- 140-149 8pts- 130-139 7pts- 120-129 6pts- 110-119 5pts- 100-109 4pts- 85-99 3pts- 70-84 2pts- 50-69 1pts- 25-49 0pts- 24 and less
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Jump rope (specific type TBD)</li> <li>- Stopwatch.</li> </ul>	<ul style="list-style-type: none"> <li>- Count the number of successful full rotations (when the athlete jumps over the rope as it comes to their feet).</li> <li>- If a fault occurs, the athlete is free to continue, but the jump that caused the fault is not counted.</li> <li>- One attempt per athlete.</li> </ul>	10 points possible



**USA Synchro  
General Athletic Skills Testing  
Right Split/ Left Split**

SPLIT	DESCRIPTION	SCORING DEDUCTIONS
	<ul style="list-style-type: none"> <li>- Athlete will assume a split position.</li> <li>- Legs evenly split forward and back.</li> <li>- Lower back arched, with hips, shoulders and head on a vertical line above the hips, with shoulders square.</li> <li>- Each leg aligned on opposite side of horizontal centerline.</li> <li>- Hips may stretch forward and backward from designated horizontal alignment.</li> <li>- Minimal turnout is allowed (2:00 o'clock or less).</li> <li>- Completely extended knees and feet.</li> <li>- Hands cannot be used for continuous support.</li> </ul>	<ul style="list-style-type: none"> <li>- (-5) points if not flat.</li> <li>- 2 points for leg extension (major (-2)pts/minor (-1)pt).</li> <li>- 2 points body alignment/hips (major (-2)pts/minor (-1)pt).</li> <li>- 1 point leg alignment.</li> </ul>
EQUIPMENT	MEASUREMENTS	SCORING CRITERIA
<ul style="list-style-type: none"> <li>- Tape on ground to establish the centerline.</li> <li>- Padded surface to split on.</li> </ul>	<p>Points will be deducted in the following areas:</p> <ul style="list-style-type: none"> <li>- Being flat. If not flat test is over.</li> <li>- Vertical alignment of torso, shoulders, and head.</li> <li>- Extension of knees and feet.</li> <li>- Alignment of legs and hips in accordance to the center line.</li> </ul>	<p>10 points possible (5pts for left split and 5pts for right split)</p>