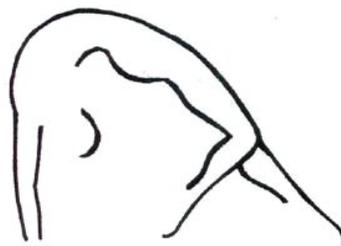




**Women's Artistic Gymnastics - ODP  
Competition Set Up & Operations Manual**

**Ontario Developmental Program (ODP)**



**This manual was prepared by:**

Dawn Izzard  
Paula Johnson  
Jessica LeBlanc

## TABLE OF CONTENTS

<b>General Information about the Ontario Development Program (ODP)</b>	4
<b>Program Structure</b>	4
<b>Age Categories</b>	4-5
<b>Competition Set Up</b>	6
<b>Time for Gym Set Up</b>	6
<b>Equipment List</b>	6
<b>Physical Abilities Stations - 5&amp;6 year olds</b>	7
<b>Physical Abilities Stations - 7yrs +</b>	7
<b>Station Set Up Guide</b>	8
STATION 1&2 - Right and Left Leg Splits	8
STATION 3 - Middle Splits	8
STATION 4 (5&6 year olds) - Pike Hip Flexion	8
STATION 5 (5&6 year olds) - Long Bridge	8-9
STATION 4/6 (7yrs+/6) - Handstand Line and Balance	9
STATION 7 - Pike Hold	10
STATION 8 (5&6 year olds) - Press and Hold and STATION 5 (7yrs+) - Dynamic Press	10
STATION 6 (7yrs+) - Casts	11
STATION 9 (6 year olds) - 20m Sprint	11
STATION 8/10 (7yrs+/6) - Chin Ups	11
STATION 9/11 (7yrs/6) - Reverse Leg Lifts & Leg Lifts	11
STATION 10 (7yrs+) - Push Ups	11-12
STATION 11/12 (7yrs+/6) - 3m Rope Climb	12
STATION 12/13 (7yrs+/6) - Shuttle Run	12
<b>Competition Operations</b>	13
<b>Competitions</b>	13
<b>Assessors</b>	13
<b>Competition Schedule</b>	13
Steps To Follow for Efficient Rotation Schedule	13-14
Registration	14
Assemble for March-In	14
March-In & Introductions	14
Warm Up	14
Time/Athlete Equations To Help with Schedule	13-14
Awards	15
<b>Rotation Schedules</b>	15
5&6 Year Old Competitions	15-16
7yrs+ Competitions	16-17
<b>Assessment/Score Sheets &amp; Programs</b>	17
<b>ODP 5&amp;6 year old Assessment Forms</b>	17
<b>ODP Scoring System - 7yrs+</b>	17-18
Registration + Physical Abilities & Skills Score Sheets	18
Assessors Skills Deductions Sheets	18
Master Scoring System	19

## GENERAL INFORMATION

The Ontario Development Program (ODP) was created with the Sport Canada Long Term Athlete Development principles in mind. It is designed to improve the level of physical preparation in our gymnasts, as well as the level and quality of gymnastics being performed in these age groups. The physical abilities and skill requirements aim to assist in developing a more "rounded" athlete using all areas of basic movement to increase basic skills, as well as to help prepare the 7years +categories for the recently improved OCP program based on the Junior Olympic Program from the United States.

ODP is intended to provide a more positive introduction to competition and change the focus/philosophy regarding awards and rankings at competition for these young athletes. It provides an alternative for coaches and clubs to use this program for age 6 competitions to reinforce positive participation rather than competitiveness through ranking, as is the Ontario Guideline for gymnasts age 6 and under. It supplies athletes age 6+ with a good base for future development.

### PROGRAM STRUCTURE

All athletes, coaches and assessors participating in the Ontario Developmental Program (ODP) must be registered with Gymnastics Ontario as per Section I (i.i), II) Program Structure.

The ODP program has two main age categories divided by age:

#### **6 year olds**

#### **7yrs+**

Each of these categories have 3 areas of physical abilities testing:

#### **FLEXIBILITY**

#### **HANDSTAND DEVELOPMENT**

#### **STRENGTH, POWER, ENDURANCE.**

The **7yrs+** age category also has single skills on **Vault, Bars, Beam and Floor** that will be evaluated.

### AGE CATEGORIES

#### **Age 6yrs old**

Two **levels** of Physical Ability to be tested – “A” for advanced gymnasts and “B” for beginner gymnasts. Program Technical Charts of goals for each athlete will be used for each physical test rather than a specific score. They will not be assessed for scores but will receive goal achievement feedback for each station. All participants will receive an ODP Participation certificate. Please find the certificate template available online [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca) Clubs have the option to alter the certificate (to personalize etc.)

**One additional award (medal or trophy) may be given out to these athletes but MUST be the same for each participant.**

#### **Age 7yrs+**

Five levels of Physical Abilities/Skills for ages 7+ - **ODP 1-5**

The ODP Scoring System is used for earning a percentage total for each area of Physical Abilities (Flexibility, Handstand Development and Strength, Power & Endurance), as well as for each skill performed on all four apparatus (Vault, Bars, Beam, Floor). The three areas of Physical Abilities plus the 4 apparatus, and the total

percentage for all seven areas (all-around) will be awarded by a trophy or medal indicating "GOLD", "SILVER", "BRONZE" or "MERIT" score which are determined by WTC. **Please note that each trophy/medal must be DISTINCTLY DIFFERENT (either different sized trophies, different colour medals or different colours of lanyards).** A participation certificate must also be given out to each ODP athlete. Score sheets will be emailed or handed out to the coach/coaches of all ODP athletes so that specific areas of physical abilities and skills may be analysed and areas of success or areas needing improvement may be discussed at their home gyms. **Score sheets are NOT for athletes or parents.**

**NOTE: The ODP Scoring System provided by Gymnastics Ontario is the ONLY scoring system that is to be used at ODP competitions.**

## COMPETITION SET UP

### TIME FOR GYM SET UP

The ODP competition set up should take approximately 1.5hours. The set up in between sessions/flights should take less than 30mins.

### EQUIPMENT LIST

2-3	<b>1" or 2" rolls of green or blue painters tape (recommended as it does not cause sticky residue on floor/mats)</b> For: Push up markings, bridge, handstand line against the box/wall, shuttle run marks, sprint start line
1	<b>Roll of wide clear tape (packing tape)</b> For: Holding the measuring tape down for middle splits
4	<b>Rolls of 1-1&amp;1/2" wide different coloured tape (red, green and two other colours)</b> For: Rope climb markings
2	<b>30cm rulers (in case assessors to do not bring their own)</b> For: Splits
1	<b>Set of trapezoid blocks/boxes, or other similar spotting-type blocks</b> For: Handstands and middle splits
2	<b>Wall space areas that can be matted or a block</b> For: Handstand holds
1	<b>Incline block (cheese)</b> For: Handstands
1	<b>Low beam</b> For: Pike hip flexion
1	<b>Set of parallel bars, or 1 set of adjustable parallettes</b> For: Pike hold
1	<b>2-5cm thick mat (yurchenko pad/hand mat)</b> For: Pike hold
1	<b>Vault run way or other running surface, UNSPRUNG, minimum 25m in length</b> For: 20m sprint
	<b>Pit that can be covered with mats OR Portable resi pit + 2-5 20cm mats that can be piled to the following heights – 40cm, 60cm, 80cm and 100cm</b> For: 20m sprint and vault skills
2	<b>Blocks of chalk</b> For: Bars skills, chin ups, leg lifts
1	<b>Set of women's uneven parallel bars AND a separate bar/wall bar OR 2 single bars, 1 low AND 1 high AND a separate bar/wall bar for Leg</b> For: Bars skills and Lifts/Reverse Leg Lifts
1	<b>Adjustable beam set at a height of 110cm</b> For: Beam skills
4	<b>8 20cm safety mats</b> For: 2 at bars, 1 at beam, 1 at floor
1	<b>1 incline block</b> For: Back handspring down incline for floor skills

**PHYSICAL ABILITIES STATIONS**

**6 year olds - 6 Assessors total (1 at each station - see rotation schedule)**

**FLEXIBILITY**

Station 1: Right Leg Splits

Station 2: Left Leg Splits

Station 3: Middle Splits

Station 4: Pike Hip Flexion

Station 5: Long Bridge (Shoulder Flexibility)

**HANDSTAND DEVELOPMENT**

Station 6: Handstand Line and Balance

Station 7: Pike Hold

Station 8: Press and Hold (Static Press)

**STRENGTH, POWER, ENDURANCE**

Station 9: 20m Sprint

Station 10: Chin Ups

Station 11: Leg Lifts

Station 12: 3m Rope Climb

Station 13: Shuttle Run

**7yrs+**

**8 Assessors (2 at each event - see rotation schedule)**

**FLEXIBILITY**

Station 1: Right Leg Splits (1 assessor)

Station 2: Left Leg Splits (1 assessor)

Station 3: Middle Splits (1 assessor)

**HANDSTAND DEVELOPMENT**

Station 4: Handstand Line and Balance (1 assessor)

Station 5: Dynamic Press (1 assessor)

Station 6: Casts (2 assessors)

Station 7: Pike Hold (1 assessor)

**STRENGTH, POWER, ENDURANCE**

Station 8: Chin Ups (2 assessors)

Station 9: Reverse Leg Lifts (2 assessors)

Station 10: Push Ups (2 assessors)

Station 11: 3m Rope Climb (2 assessors)

Station 12: Shuttle Run (all assessors)

## STATION SET UP GUIDE

### **Station 1&2: Right and Left Leg Splits** (all ages and levels)

#### Equipment Needed:

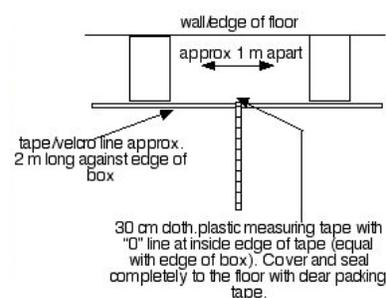
- 4" wide painter's tape, or velcro strip
- 2 30cm rulers for assessors to measure

### **Station 3: Middle Splits** (all ages and levels)

#### Equipment Needed:

- 2'4" wide painter's tape or a strip of velcro approximately 2m long
- 1 cloth or plastic (soft) measuring tape at least 30cm long
- 2 trapezoid-type boxes with flat (vertical) ends
- clear packing tape
- Wall space or similar

Place 1 side of the flat ends of the 1 trapezoid-type boxes against a wall or similar straight edge, such as the floor edge, approximately 1m apart. Place a straight line with the painter's tape/velcro between the 2 boxes at the other end (NOT THE WALL END) approximately 2m long. The edge of the line must be against the edge of the box. From the centre of the tape line in the inside (wall) edge, place the "0" line of the measuring tape perpendicularly to the tape line. The measuring must be completely taped down with the clear tape/packing tape.



### **Station 4 (6 year olds) - Pike Hip Flexion**

#### Equipment Needed

- Low beam with matting regulation depth beam

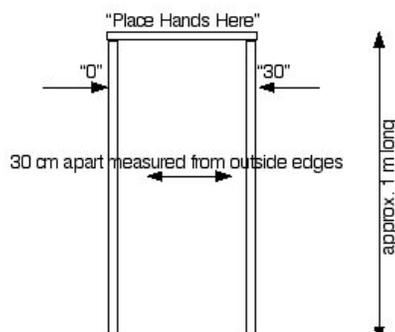
### **Station 5 (6 year olds) - Long Bridge**

#### Equipment Needed

- 1" wide painter's tape
- 1m ruler

Measure a corridor 30cm wide from the outsides of the tape (i.e. the tape is within the 30cm width) The corridor is approximately 1m long. On one tape mark, "0" and on the other mark "30cm". Place a line at on end of the corridor to join the two ends. With a permanent marker, write "place hands here"

**Long Bridge** set up diagram



### **Station 4/6 (7yrs+/6 year old) - Handstand Line and Balance**

#### **Equipment Needed:**

- 2" painters tape or velcro
- Wall space
- Incline block (cheese)
- 2 trapezoid-type boxes that fit together one on top of the other

**6 year old Level B and 7yrs+ ODP-1/2** : Place a 10 cm line with tape or velcro on the floor away from the wall. The outside edge of the line cannot be further than 10 cm Athlete performs a handstand on the wall or against incline mat, stomach facing in. Hands must be on line or closer to the wall/mat. **NOTE - 7yrs+ ODP 1&2 BEGINNERS MAY NOT USE THE INCLINE, THEY MUST PERFORM THE HANDSTAND AGAINST THE FLAT WALL SURFACE.**

**6 year old Level A and 7yrs+ ODP-3/4**: Against 2 boxes/blocks e.g. Trapezoid. Use the end of the boxes since the sides are angled. Athlete levers into handstand. Hands should be within two cm of the boxes. Athlete holds handstand up to 20 seconds and levers back out to stand. Fingers bending to balance is okay. The opposite end of boxes should be against a wall to prevent them from sliding. Only the head is against the box i.e. the back and shoulders should not be touching the blocks. The crown of the head is generally the placement on the box. Ears should be between the arms, eyes on the hands "looking through the eyebrows" with a neutral head position.

**7yrs+ ODP-5**: No set up required, athletes perform handstand on any surface - carpet, mat, beam at any height, single bar or on double parallettes (must be shoulder-width apart and must have safety mats on one side in case the athlete falls).

### **Station 7 - Pike Hold** (all ages and levels)

#### Equipment Needed:

- 2 adjustable parallel bars with matting underneath (gap cannot be more than 45cm from the top of the mats on the floor to the bar)
- 2 5cm mats (yurchenko pad/hand mat)

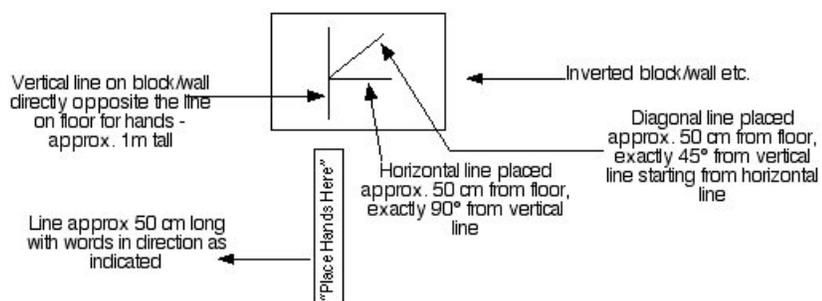
Place the bars side by side, and put the mat on top of the bars on one end.



### **Station 8 (6 year olds) - Press and Hold (Static Press) & Station 5 (7yrs+) - Dynamic Press**

#### Equipment Needed:

- Floor or matted space
- A close wall OR a block inverted with lines drawn on (see picture)
- 2" painters tape (blue or green)



**Station 6 (7yrs+) - Casts****Equipment Needed:**

- 1 set of women's uneven parallel bars, or a single bar with appropriate matting underneath (minimum of 1m high from the mats to the bar)
- chalk

**Station 9 (6 year olds) - 20m Sprint****Equipment Needed:**

- 1" painters tape or other brightly coloured tape
- 25m vault strip or greater
- matted pit OR portable resi OR padded landing area

Measure out 20m along a vault runway, placing a "start mark" at the "0" mark, and a "finish mark" at 20m. YOU MUST LEAVE A MINIMUM OF 3-4m AFTER THE 20m "finish mark" TO ALLOW ATHLETES TO "RUN THROUGH" the finish line/mark. The padded landing/resi mat is placed 3-4m past the 20m "finish mark".

**NOTE:** the tape is WITHIN THE RUNNING ZONE, which means the athletes toes will start at the edge of the tape on the "0" mark and NOT ON TOP OF THE TAPE.

**Station 8/10 (7yrs+/6) - Chin Ups****Equipment Needed:**

- High bar with 1-2 20cm mats underneath
- Podium or trapezoid boxes or other blocks for assessors to stand on (assessors should be head-height with the bar)

**Station 9/11 (7yrs+/6) - Reverse Leg Lifts/Leg Lifts****Equipment Needed:**

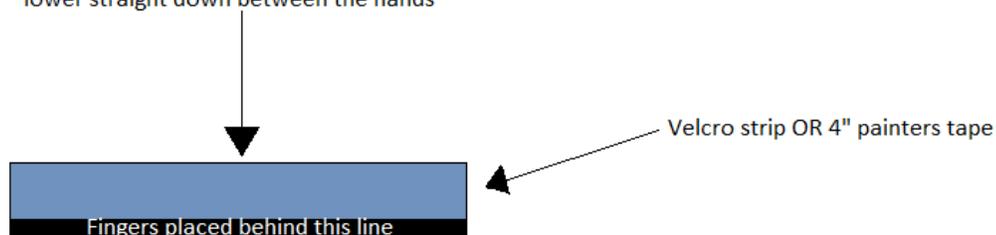
- Wall bar or high bar (should have 1-2 20cm mats underneath)
- \*\*If using a high bar, there must be secure matting behind that cannot move when the gymnast performs her reverse leg lifts/leg lifts
- Any matting the athlete will hang against must be higher than the gymnasts' head and elbows
- If using a wall bar, the metal rails must be padded

**Station 10 (7yrs+) - Push Ups****Equipment Needed:**

- 4" painters tape OR velcro strip with 1" painters tape
- marker to write "Fingers placed behind this line" on the tape

### Push Ups set up diagram

Athlete's chin will lower to touch the velcro strip/tape, while the shoulders and chest lower straight down between the hands



### Station 11/12 (7yrs+/6) - 3m Rope Climb

#### Equipment Needed:

- 3.5-4m Rope approximately 1 1/2" in diameter (standard athletic rope)
- 1-1&1/2" white tape
- 1-1&1/2 coloured tape - need 4 different colours
- permanent marker

There must be matting at the bottom of the rope, however when the gymnast is sitting on the mat, her head must not be higher than the "0" line, but must be able to reach the "0" line with bent arms, in order to initiate the first pull up on the rope.

With a permanent marker, mark lines around the rope at "0", "0.50m", "1m", "1.5m", "2m", "2.5m" and "3m".

Secure brightly coloured tape around 1, 2, 3m marks using a different coloured for each one (green for "0" and red for "3m" is recommended).



### Station 12/13 (7yrs+/6) - Shuttle Run

#### Equipment Needed:

- Competition size floor
- Matting on one side of the floor so the gymnast is level with the floor when lying on their stomach with chin and hands on the line
- Floor markers to indicate 1/4, 1/2 and 3/4 lengths of the floor.

## Competition Operations

### COMPETITIONS

All ODP competitions are sanctioned under the Invitational Competitions. Please refer to Invitational Information in Section I(i.i) for further information.

Registration and Fees

- All Invitational host clubs will stipulate registration fees
- Level of athlete determined by each club registering athletes

### ASSESSORS

Please refer to the Technical Rules and Regulations, Section G: Judging Professional and Operational Guidelines, Section J.

ODP 6yr old Competitions

- 6 assessors and 1 Chief Assessor is required for each session

ODP 7yrs+ Competitions

- 8 assessors and 1 Chief Assessor is required for each session

### COMPETITION SCHEDULE

The schedule is determined by host club, however the schedule **MUST FOLLOW** these guidelines:

1. 6 year old competitions are to be scheduled separately (in different sessions/flights) from the 7yrs+ competitions
2. 6 year old competitions may only have a MAXIMUM of 40 athletes per flight, with a MAXIMUM of 8 athletes per group.
3. 7yrs+ Competitions may only have a MAXIMUM of 32 Athletes per flight, with a MAXIMUM of 8 athletes per group.
4. 7yrs+ - ODP 5 (if number warrant i.e 4 or more ODP 5s) it is recommended that they be in a separate rotation/group from all other levels of athletes competing (due to the vault equipment requirements) to ensure smooth and efficient rotations.  
**NOTE** if a 5th group of athletes must be created in order to comply with the maximum number of athletes per rotation AND the ODP level 5s being in their own group, a "REST" rotation may be added to the **Rotation Schedule**.
5. Competition Order is organized by host club but clubs can request changes to the order.
6. If the competition schedule is such that one participating club has athletes in more than 1 rotation of the same session/flight, THE HOST CLUB **MUST** CONTACT THAT CLUB TO INFORM THEM OF THE SCHEDULE, AND REQUEST THEY ARRANGE FOR THE APPROPRIATE NUMBER OF COACHES TO ATTEND THE COMPETITION. With the 6year old competitions, it is ideal to have more than 1 coach for 6 or more athletes, even if they are in the same rotation, as they may be split onto two different stations at the same time.

**REGISTRATION**

- Allow approximately 20mins for registration for all ODP Sessions

**ASSEMBLE FOR MARCH-IN**

- Allow approximately 5mins to organize the athletes by club to march-in

**MARCH-IN & INTRODUCTIONS**

- Allow for approximately 10 minutes - may need to be extended to 15mins for 1st session/flight of the day (Announcing/technical issues, Oh Canada etc.)

**WARM UP**

- 10 minute general warm up per session (Both 6 year olds AND 7years+ competitions)
- **Late arrivals** - if athletes are late due to extenuating circumstances, they are permitted to warm up and compete on all stations provided the 8th station has not been started yet. If the 8th station has started, they will be permitted to warm up and compete on the remaining stations 5 stations for 6 year olds, and the remaining 4 stations for 7years+.
- **7yrs+ skills warm up** - Each athlete will be allowed to warm up 2 of each vault skill on vault (the straight jump OR front handspring AND the stick drill or advanced vault drill). 30secs per athlete will be combined together for blocked time on Bars and Floor to a maximum of 4 minutes per group. A minimum of 1min and 30secs will be allowed for groups of 3 athletes or less. For beam, each athlete will be given a 45sec touch warm up, and the group will follow a "bump start" format for warm up and competition. There is no minimum or maximum time, as each athlete will be warming up separately.

**TIME/ATHLETE EQUATIONS**

The following are time-per-athlete equations which may be used to determine the length of time the COMPETITION/ROTATION part of one session/flight of competition will take to complete. PLEASE NOTE the different times for different levels in the 7yrs+ categories:

**6 Year Olds** - 3.5mins per athlete x number of athletes in a session  
= Total time for "competition/rotations" portion of a session

**7yrs+ - ODP 1&2** - 5.25mins per athlete x number of athletes in a session  
= Total time for "competition/rotations" portion of a session with these levels competing

**7yrs+ - ODP 3-5** - 5.50mins per athlete x number of athletes in a session  
= Total time for "competition/rotations" portion of a session with these levels competing

**\*\*NOTE that TOTAL TIME per session should be rounded up to the nearest 5 minutes**

## **AWARDS**

If awards are in a different area than the competition, then they may be scheduled directly after the competition is done, however some time will still be needed to get all of the athletes' scores into the system (7years+).

Parents/spectators will need time to clear out of the competition area to allow for the next session/flight of athletes, parents and spectators to move in, so schedule to start time of the following session/flight accordingly.

If awards will be taking place on the competition floor, you will need to allow the same time for scores to be inputted however you will also need to plan for the length of time the awards presentation will take before scheduling the start for the next session/flight of competition.

## **ROTATION SCHEDULES**

### **6 Year Old Competitions**

<b>ROTATION 1</b>	
Right & Left Leg Splits (assessor 1) Middle Splits (assessor 2)	GROUP A
Press and Hold (assessor 3) Long Bridge (assessor 4)	GROUP B
20m Sprint (assessor 5 & 6) Rope Climb (Chief assessor)	GROUP C
<b>ROTATION 2</b>	
Press and Hold (assessor 3) Long Bridge (assessor 4)	GROUP A
20m Sprint (assessor 5 & 6) Rope Climb (Chief assessor)	GROUP B
Right & Left Leg Splits (assessor 1) Middle Splits (assessor 2)	GROUP C
<b>ROTATION 3</b>	
Long Bridge (assessor 4) 20m Sprint (assessor 5 & 6) Rope Climb (Chief assessor)	GROUP A
Right & Left Leg Splits (assessor 1) Middle Splits (assessor 2)	GROUP B
Press and Hold (assessor 3)	GROUP C
<b>ROTATION 4</b>	
20m Sprint (assessor 5 & 6) Rope Climb (Chief assessor)	GROUP A
Right & Left Leg Splits (assessor 1) Middle Splits (assessor 2)	GROUP B
Press and Hold (assessor 3)	GROUP C
Long Bridge (assessor 4)	GROUP D

<b>ROTATION 5</b>	
Handstand Line & Balance (assessor 1) Pike Hold (assessor 2)	GROUP A
Pike Hip Flexion (assessor 3)	GROUP B
Leg Lifts ( assessor 4)	GROUP C
Chin Ups (assessor 5 & 6)	GROUP D
<b>ROTATION 6</b>	
Pike Hip Flexion (assessor 3)	GROUP A
Leg Lifts ( assessor 4)	GROUP B
Chin Ups (assessor 5 & 6)	GROUP C
Handstand Line & Balance (assessor 1) Pike Hold (assessor 2)	GROUP D
<b>ROTATION 7</b>	
Leg Lifts ( assessor 4)	GROUP A
Chin Ups (assessor 5 & 6)	GROUP B
Handstand Line & Balance (assessor 1) Pike Hold (assessor 2)	GROUP C
Pike Hip Flexion (assessor 3)	GROUP D
<b>ROTATION 8</b>	
Chin Ups (assessor 5 & 6)	GROUP A
Handstand Line & Balance (assessor 1) Pike Hold (assessor 2)	GROUP B
Pike Hip Flexion (assessor 3)	GROUP C
Leg Lifts ( assessor 4)	GROUP D
<b>ROTATION 9</b>	
SHUTTLE RUN - all assessors, ALL GROUPS	

### 7yrs+ Competitions

	<b>GROUP A</b>	<b>GROUP B</b>	<b>GROUP C</b>	<b>GROUP D</b>
1st ROTATION	Vault Skills Leg Lifts and Rope Handstands	Floor Skills Splits (right, left and Middle)	Beam Skills Pike Hold, Dynamic Press	Bars Skills Chin Ups and Casts Push-Ups
2nd ROTATION	Bars Skills Chin Ups and Casts Push-Ups	Vault Skills Leg Lifts and Rope Handstands	Floor Skills Splits (right, left and Middle)	Beam Skills Pike Hold, Dynamic Press
3rd ROTATION	Beam Skills Pike Hold, Dynamic Press	Bars Skills Chin Ups and Casts Push-Ups	Vault Skills Leg Lifts and Rope Handstands	Floor Skills Splits (right, left and Middle)
4th ROTATION	Floor Skills Splits (right, left and Middle) <b>SHUTTLE RUN</b>	Beam Skills Pike Hold, Dynamic Press <b>SHUTTLE RUN</b>	Bars Skills Chin Ups and Casts Push-Ups <b>SHUTTLE RUN</b>	Vault Skills Leg Lifts and Rope Handstands <b>SHUTTLE RUN</b>

**\*\*Shuttle Run may be started as soon as the floor is available - i.e. some Physical Abilities exercises can be moved off the floor to another area of the gym**

\*\*If you feel that your gym is set up in such a way that a better rotation schedule (FOR PHYSICAL ABILITIES ONLY) can be followed to improve the efficiency of your ODP competition, please contact your Chief Assessor for input on the rotation schedule.

Please note:

1. Shuttle Run **MUST** be in the 4<sup>th</sup> rotation.
2. ODP 4 and 5 vault takes longer, therefore, Handstands should be moved to beam for these levels.

## Assessment/Scoring Sheets & Programs

### ODP 6 YEAR OLD ASSESSMENT FORMS

Age 5&6 year old competitions are not judged nor scored. One Assessment Form must be printed out for each athlete and will rotate around with the athletes. Their name, club, the name of the competition and the date written on it. "A" or "B" must be circled at the top right-hand corner to indicate which level goals they will be striving to meet.

These assessment forms may be divided by club and given to the coach/coaches from each club at the beginning of each 5&6 yearold competition session. **THESE ASSESSMENT FORMS ARE NOT TO BE SHARED WITH PARENTS.**

### ODP SCORING SYSTEM - 7yrs+ Competitions

Official ODP Score Sheets, are to be used by the Assessors and are available through the Women's Program Manager at Gymnastics Ontario.

The ODP Scoring System for 7yrs+ Competitions is broken up into **3 different sections:**

1. ODP 7yrs+ Registration + Physical Abilities & Skills Score Sheets
2. ODP Assessors Skills Deductions Sheets
3. ODP Master Scoring System

**Make sure you do not change any of the existing information in any of these file.**

#### **1. Registration + Physical Abilities & Skills Score Sheets File**

You will need to use this file to create a different document FOR EACH SESSION/FLIGHT of competition.

The tab at the bottom of this excel file called "**Registration**" can be filled out with the athletes' first and last name, club and level, as well as the name and date of the competition.

As you are creating the "**Registration**" page you must place the athletes in the correct rotation of your choice in order for the "**Physical Abilities Score Sheets**" and "**Skills Score Sheets**" to be auto-filled correctly. Rotation 1 through 4 are indicated on the registration tab. Each rotation may only contain a maximum of 8 athletes for a total of 32 athletes per session/flight of competition.

Once you have filled out the registration page, the information should have carried over to the other two tabs at the bottom of the excel file called "**Physical Abilities Score Sheets**" and "**Skills Score Sheets**". Each group of 8 or less athletes will start at a different event.

4 copies each of the "**Physical Abilities Score Sheets**" and "**Skills Score Sheets**" must be printed out (i.e. there will be 4 copies of each rotation printed out for both Physical Abilities and Skills Score Sheets). These score sheets must be given to the Chief Assessor to be handed out to the assessors.

**NOTE: Physical Abilities and Skills scores are entered into the Master Scoring System ONLY. No scores are to be inputted into the "Registration + Physical Abilities & Skills Score Sheets" file.**

After each rotation is complete, all Physical Abilities and the Skills Score Sheets must be sent to the **HEAD SCORER**. \*\*The 4<sup>th</sup> Rotation should also include Shuttle Run scores before the score sheets are sent to the head scorer.

The scores should then be entered into the Master Scoring System.

## **2. Assessors Skills Deductions Sheets**

ALL assessors should have their own copies of Skills Deductions Sheets however it may be helpful to have a few on hand just in case. These sheets are to be used as a reference by the assessors when evaluating the athletes performing their physical ability stations and event skills. Once again, these sheets are NOT for parents or athletes.

**PHYSICAL ABILITIES AND/OR SKILLS SCORE SHEETS ARE NOT TO BE SHARED WITH ATHLETES OR PARENTS.**

## **3. Master Scoring System**

The Master Scoring System is where ALL RESULTS - both Physical Abilities Scores AND Skills Scores will be entered. The Master Scoring program will determine what award/medal each athlete receives (Gold, Silver, Bronze or Merit). Once ALL scores have been entered, clubs may choose to print out copies for COACHES ONLY, or they may choose to email them to the club for review.