

OTIP PHYSICAL ABILITIES

ROPE CLIMB—4 METERS—(1 Attempt)

EQUIPMENT--One rope at least 4 meters in length,

START POSITION-- The gymnast sits in a straddle position on the mat/box with one hand on the 1 meter mark. The gymnast sits still for at least 2 seconds before she may start the climb. Timer will say “ready, set, go”

TECHNIQUE--The gymnast climbs the rope in a straddle pike position as fast as possible to touch the 4 meters mark or higher. Contact with the floor following the start is not allowed; The legs must be straight and held above horizontal throughout the climb. Kicking, swinging or scissoring of the legs is not allowed.

HANDSTAND BALANCE

EQUIPMENT--Hard floor surface or floor tumbling strip

FORMAT--One attempt per gymnast, a gymnast may do a second attempt if she had not reached 30 seconds in her first attempt

TECHNIQUE--The start position is optional; The gymnast performs a handstand on both arms with the legs together for as long as possible. Proper body alignment, straight arms and legs. No movement of hands is allowed.

STANDING LONG JUMP (2 Attempts)

EQUIPMENT--One competition floor; One measuring stick at least 1 meter long; (ideally meter stick) One start line marked with white tape (at least 5 cm wide) placed on the floor; One chalk box and at least 1 chalk block placed on the floor near the start line.

START POSITION--The gymnast applies a thick layer of chalk under and behind her heels (before each attempt) and then, without walking stands behind the start line; The gymnast can stand on the tape (feet position optional) but her toes must not exceed the tape.

TECHNIQUE—Any movement patterns selected to perform the long jump is allowed, however the gymnast must take off with two feet from a fixed position and land on two feet

10 LEG LIFTS (1 Attempt) in 20 seconds

EQUIPMENT--Wall Bar. Blocks, Panel Mats, etc. that can be raised or lowered to just below the gymnast's horizontal legs when she hangs on the wall bar. A soft sponge or foam cube that the gymnasts' legs can touch lightly at horizontal without providing them support.

FORMAT--One warm up turn per gymnast

START POSITION--The gymnast hangs on to the wall bars with legs together, straight, and held horizontal. held above foam block

TECHNIQUE--The gymnast lifts straight legs from horizontal to touch the bar with her feet and then returns straight legs to horizontal gently touching the foam.

OTIP PHYSICAL ABILITIES CONT'D

PRESS TO HANDSTANDS (2 Attempts)

EQUIPMENT--Floor Beam or regular beam (any height)

START POSITION--Straddle-L perpendicular to the beam.

TECHNIQUE--The gymnast performs as many presses to handstand (legs straddled) as possible. Gymnasts must mark straddle handstand (on the way up and on the way down) and handstand with feet together for 2 seconds.

KIP CAST TO 45 DEGREES OR HIGHER (2 Attempts)

EQUIPMENT—Low bar of uneven bars

START POSITION--Standing in front of the low bar. May use a box or beat board

TECHNIQUE--The gymnast performs as many kip cast to 45 degrees or higher (legs together) with straight arms and legs together and proper body alignment marking the position at 45 degrees or higher. The usual requirements for good technique & execution apply

SHUTTLE RUN--90 SECONDS –In groups of 5 or 6 (1 Attempt)

EQUIPMENT--Competition floor with 12m X 12m boundary lines; One timer; one counter per gymnast;

START POSITION--The gymnast lies on the stomach, legs together and stretched on the floor, feet together and pointed on the floor, arms and hands stretched forward on the floor, fingers behind the boundary line of the floor area.

TECHNIQUE--The timer gives the command “SET” followed immediately by the command “GO”; On the command “GO”, the gymnast stands up and runs to the opposite side of the floor touching the boundary line or beyond with the fingers of one hand. She then runs to the opposite side of the floor to touch the boundary line or beyond with the fingers of one hand. The shuttle continues for 90 seconds.

NOTES: All exercises must be done with proper technique and form. Assessor will not count poorly executed attempts