

แบบทดสอบสมรรถภาพนักกีฬาชายด้านความอ่อนตัว

Physical Ability Testing Program (men)

Flexibility

1. Forward-backward splits

2 Mats 6 cm for square hips, Mats/Blocks to 14 cm

1 point	2	3	4	5	6	7	8	9	10
+ 10 cm	+ 5 cm	0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm



Testing Protocol:

- Heights above flat splits are estimated.
- Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
- The final position without hand support must be held 2 sec. The measurements are in centimeters.
- The result is the average of the left and right leg. Slight hip turn is acceptable for men.

2. Side splits

Mats/Blocks to 12 cm

1 point	2	3	4	5	6	7	8	9	10
+ 15 cm	+ 10 cm	+ 5 cm	0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm



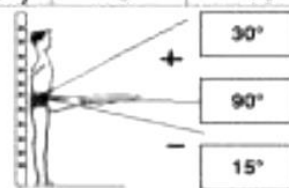
Testing Protocol:

- Heights above flat splits are estimated.
- Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
- The final position without hand support must be held 2 sec. The measurements are in centimeters.
- The result is the average of the left and right leg. Legs should be in a straight line.

3. Leg raise forward – left and right

Wallbar, instrument or chart for measuring angles

1 point	2	3	4	5	6	7	8	9	10
- 15°	- 10°	- 5°	0 (90°)	+ 5°	+ 10°	+ 15°	+ 20°	+ 25°	+ 30°



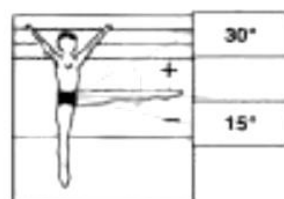
Testing Protocol:

- Stand with straight back and leg against a wall or wallbar or beam, etc.
- The angle above or below horizontal is measured in degrees, 90° = 4 points. Must hold 2 seconds.
- The result is the average of the left and right leg.

4. Leg raise sideways – left and right

Wallbar, instrument or chart for measuring angles


1 point	2	3	4	5	6	7	8	9	10
- 15°	- 10°	- 5°	0 (90°)	+ 5°	+ 10°	+ 15°	+ 20°	+ 25°	+ 30°



Testing Protocol:


- The gymnast hangs from a wallbar with the body kept vertical
- The angle above or below horizontal is measured in degrees, 90° = 4 points. Must hold 2 seconds
- The result is the average of the left and right leg

5. Bridge

1 point	2	3	4	5	6	7	8	9	10
poor			satisfactory			good			perfect
									
Testing Protocol:		Quality evaluation – straight arms, straight legs, flexibility in shoulder rather than lumbar spine. Must hold for 5 seconds. The score is reduced for: bent arms, bent legs, legs apart, deep lumbar flexibility, head up, bent shoulder angle.							


6. Trunk bend forwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
0 cm	- 2 cm	- 3 cm	- 4 cm	- 5 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm
									
Testing Protocol:		<ul style="list-style-type: none"> • Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight. • Result is the distance from the top of the bench to the top of the staff. • The measurements are in centimeters. Must hold for 2 seconds. 							


7. Trunk bend forwards in straddle sit

2 benches, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
+ 8 cm	+ 6 cm	+ 4 cm	+ 2 cm	0	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm
									
Testing Protocol:		<ul style="list-style-type: none"> • Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight. The trunk-arm line must be straight (no shoulder angle). • Benches are set at 90° angle to each other. Gymnast sits as in diagram. • The measurements are in centimeters and are made from the breastbone (sternum) to the floor. The height of the bench is subtracted. Example: with a 30cm bench and a measurement of 24cm; the performance score is (24-30) -6cm = 8 points 							

8. Arm-trunk angle backwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
+ 23 cm	+ 21 cm	+ 19 cm	+ 17 cm	+ 15 cm	+ 13 cm	+ 11 cm	+ 9 cm	+ 7 cm	+ 5 cm
									
Testing Protocol:		<ul style="list-style-type: none"> • The gymnast sits on a bench as illustrated • Staff is held firmly in overgrip; shoulder width plus one-hand width apart • The final position must be held 5 sec. • The distance from the top of the bench to the ampit is measured in centimeters 							

แบบทดสอบสมรรถภาพนักกีฬาหญิงด้านความอ่อนตัว

Physical Ability Testing Program (women)

Flexibility

1. Forward-backward splits

2 Mats 6 cm for square hips, Mats/Blocks to 30 cm

1 point	2	3	4	5	6	7	8	9	10
0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 15 cm	- 20 cm	- 25 cm	- 30 cm

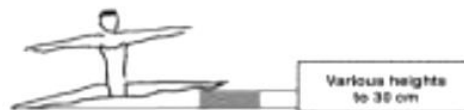


Testing Protocol:	<ul style="list-style-type: none"> Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast. The final position without hand support must be held 2 sec. The measurements are in centimeters. The result is the average of the left and right leg. Hips must be perfectly square.
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2. Side splits

Mats/Blocks to 30 cm

1 point	2	3	4	5	6	7	8	9	10
0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 15 cm	- 20 cm	- 25 cm	- 30 cm

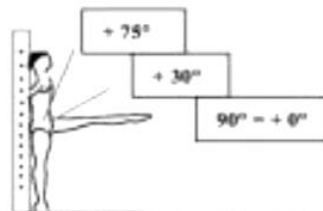


Testing Protocol:	<ul style="list-style-type: none"> Over-splits are measured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast. The final position without hand support must be held 2 sec. The measurements are in centimeters. The result is the average of the left and right leg. Legs must be in a straight line.
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3. Leg raise forward – left and right

Wallbar, instrument or chart for measuring angles

1 point	2	3	4	5	6	7	8	9	10
0°	+5°	+10°	+20°	+30°	+40°	+50°	+60°	+70°	+75°

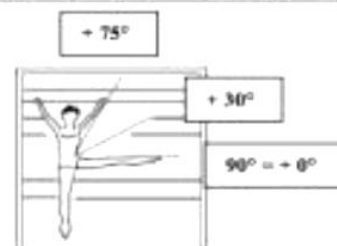


Testing Protocol:	<ul style="list-style-type: none"> Stand with straight back and leg against a wall or wallbar or beam, etc. The angle above or below horizontal is measured in degrees, 90° = 1 point. Must hold 2 seconds. The result is the average of the left and right leg.
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4. Leg raise sideways – left and right

Wallbar, instrument or chart for measuring angles


1 point	2	3	4	5	6	7	8	9	10
0°	+5°	+10°	+20°	+30°	+40°	+50°	+60°	+70°	+75°



Testing Protocol:	<ul style="list-style-type: none"> The gymnast hangs from a wallbar with the body kept vertical. The angle above or below horizontal is measured in degrees, 90° = 1 point. Must hold 2 seconds. The result is the average of the left and right leg.
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5. Bridge

1 point	2	3	4	5	6	7	8	9	10
poor			satisfactory			good			perfect




Testing Protocol: **Quality evaluation** – straight arms, straight legs, flexibility in shoulder rather than lumbar spine. Must hold for 5 seconds. The score is reduced for: bent arms, bent legs, legs apart, deep lumbar flexibility, head up, bent shoulder angle.

6. Trunk bend forwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
0 cm	- 2 cm	- 3 cm	- 4 cm	- 5 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm




Testing Protocol:


- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight.
- Result is the distance from the top of the bench to the top of the staff.
- The measurements are in centimeters. Must hold for 2 seconds.

7. Trunk bend forwards in straddle sit

2 benches, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
0 cm	- 2 cm	- 3 cm	- 4 cm	- 5 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm






Testing Protocol:

- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight. The trunk-arm line must be straight (no shoulder angle).
- Benches are set at 90° angle to each other. Gymnast sits as in diagram.
- The measurements are in centimeters and are made from the breastbone (sternum) to the floor. The height of the bench is subtracted. Example: with a 30cm bench and a measurement of 24cm; the performance score is (24-30=) -6cm = 6 points

8. Arm-trunk angle backwards

Vertical bar to stand against, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
4 cm	6 cm	8 cm	10 cm	12 cm	14 cm	16 cm	18 cm	20 cm	22 cm



Testing Protocol:

- Stand with straight legs and back against a vertical bar (parallel bar upright, horizontal bar, uneven bar).
- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight.
- The measurements are in centimeters and are the distance from the bar (on the gymnast's side) to the near side of the staff.

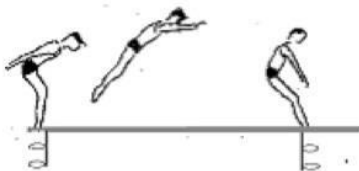
แบบทดสอบสมรรถภาพนักกีฬาชายด้านความแข็งแรง พลัง และความทนทาน

Strength, power & endurance

1. Standing long jump

Tape measure

1 point	2	3	4	5	6	7	8	9	10
Reach Height	RH +5 cm	RH +10 cm	RH +15 cm	RH +20 cm	RH +25 cm	RH + 30 cm	RH + 35 cm	RH + 40 cm	RH + 45 cm



Testing Protocol:

- Measure the standing reach height (RH) of the gymnast with arms and hands fully extended overhead. This can be best measured with the gymnast lying on the floor (ankles flexed) and measure from heel to finger tips.
- Measure the length of the jump to the body part nearest to the take-off line (including fall or step backward).

2. Rope climb

Rope with a 1-metre mark and 5-metre mark, stop-watch

1 point	2	3	4	5	6	7	8	9	10
	22 sec	20 sec	18 sec	16 sec	14 sec	12 sec	10 sec	8 sec	6 sec

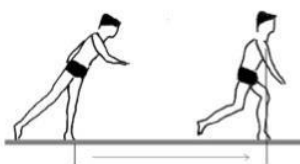


Testing Protocol:

- For 1 point, climb from stand, with hands at head height. Can use feet. Climb to touch the 5-metre mark.
- For 2 points or higher, the gymnast sits in straddle position on a mat and with hands at the 1-metre mark.
- The climb is performed with feet in straddle L-position throughout. The gymnast climbs as fast as possible to touch the 5-metre mark with one hand. If the feet lower more than 30 degrees below horizontal, the climb does not count.
- The time from the moment the gymnast begins until the touch of the 5-metre mark is measured.

3. Sprint 20 metres

1 P.	2	3	4	5	6	7	8	9	10
4.3 sec	4.2 sec	4.1 sec	4.0 sec	3.9 sec	3.8 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec
4.0 sec	3.9 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec	3.3 sec	3.2 sec	3.1 sec	3.0 sec



Testing Protocol:

- 20-metre sprint, the measurement is made in seconds. Ideally two timers are used and averaged.
- 1st line is for gymnasts up to age 13 years
- 2nd line is for gymnasts aged 14 to 17 years

4. Double leg circles

Mushroom, floor level horse without pommels

1 point	2	3	4	5	6	7	8	9	10
n = 5	10	20	30	n = 5	10	15	20	25	30

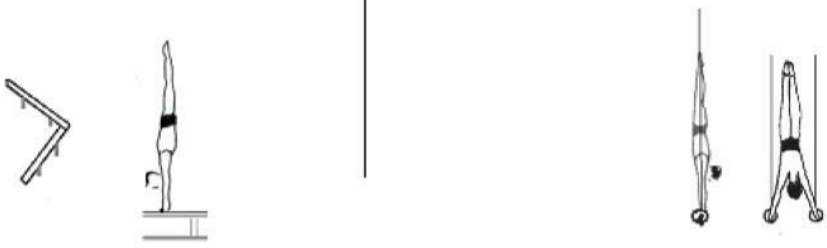


Testing Protocol:


- Number of circles are counted. Execution must have minimum quality value of 3.0 to count. As soon as a circle is performed below quality value 3.0, the counting is stopped and that last circle is not counted.

5. Handstand on Rings


Two parallel bars at 90° or angled bars 90°, rings, stop watch

1 point	2	3	4	5	6	7	8	9	10
5 sec	10 sec	20 sec	30 sec	5 sec	10 sec	15 sec	20 sec	25 sec'	30 sec
									
Testing Protocol: <ul style="list-style-type: none"> • For scores from 1 point to 4 points, floor or low level bars are used placed at a 90° angle to each other. • For scores 5-points and higher, rings are used. The rings must be held parallel. • In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower. 									

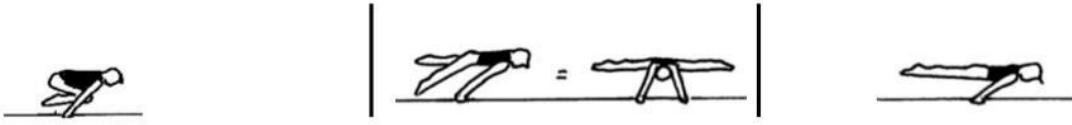
6. Hanging leg lifts

1 point	2	3	4	5	6	7	8	9	10
n = 5x	6x	7x	8x	9x	10x	11x	12x	13x	14x
									
Testing Protocol: <ul style="list-style-type: none"> • Hang on wall bar and begin in L-hang position (legs horizontal) • Lift with straight legs and toes to touch the bar and lower back to L-hang position • The number of repetitions is measured – no time limit • In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower. 									

7. V-sit or Manna on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
2 sec	4 sec	6 sec	8 sec	10 sec	1x 2 sec	2x 2 sec	3x 2 sec	4x 2 sec	5x 2 sec
									
Testing Protocol: <ul style="list-style-type: none"> • For the V-sit the gymnast must lift his legs to a minimum vertical position • For the Manna, the gymnast can lift quickly or swing to the position. A perfect position for the Manna is with legs horizontal, but for this test, the back at minimum horizontal is sufficient. • In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower. 									

8. Support lever (planche) on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
2 sec	4 sec	6 sec	8 sec	4 sec	6 sec	8 sec	2 sec	4 sec	6 sec
									
Testing Protocol: <ul style="list-style-type: none"> • For each of the planche positions, the back must be perfectly horizontal and the arms straight. • In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower. 									

9. Press to handstand on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
Swiss press = 1 pt each			Viennese press = 2 pts each		Press bent arms = 3 pts each		Planche press = 5 pts each		
Testing Protocol: <ul style="list-style-type: none"> The goal is for the gymnast to do a sequence of press handstands to maximize his score. For example 10 Swiss handstands = 10 points; 2 planche press = 10 points; 1 planche press and 5 Swiss handstands = 10 points. Each L-sit and each handstand must be held for 2 seconds. In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower. 									

10. Pull to support (Muscle-up) on Rings and press handstand

1 point	2	3	4	5	6	7	8	9	10
1x	3x	5x	1x	3x	5x	1x +1x Hdst A	2x +2x Hdst A	1x +1x Hdst B	2x +2x Hdst B
Testing Protocol: <ul style="list-style-type: none"> 1-3 points: Stationary uprise – parallel bars 4-6 - points: Muscle-up to L-sit (2 sec) on rings 7-10 points: Muscle-up through momentary but perfect L-sit position and press to handstand. For example: 7-points is for 1 muscle-up and A-part press to handstand; 8 points is for 2 muscle-ups and 2 A-part press to handstands; 9 and 10 points are for muscle ups and B-part press to handstands. Each handstand must be held for a minimum of 2 seconds. In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower. 									

11. Dips and Handstand push-ups on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
5x	10x	15x	20x	1x	2x	3x	4x	5x	6x
Testing Protocol: <ul style="list-style-type: none"> For dips and for handstand push-ups, the coach puts his closed fist on the bar below the gymnast's shoulder. Each dip and handstand push-up must lower sufficiently to touch the hand. The body stays straight. In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower. 									

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Strength, power & endurance

1. Standing long jump

Tape measure

1 point	2	3	4	5	6	7	8	9	10
Reach Height	RH +5 cm	RH +10 cm	RH +15 cm	RH +20 cm	RH +25 cm	RH + 30 cm	RH + 35 cm	RH + 40 cm	RH + 45 cm

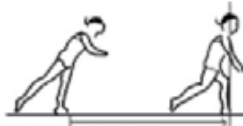


Testing Protocol:

- Measure the standing reach height (RH) of the gymnast with arms and hands fully extended overhead. This can be best measured with the gymnast lying on the floor (ankles flexed) and measure from heel to finger tips.
- Measure the length of the jump to the body part nearest to the take-off line (including fall or step backward).

2. Sprint 20 metres

1 point	2	3	4	5	6	7	8	9	10
4.5 sec	4.4 sec	4.3 sec	4.2 sec	4.1 sec	4.0 sec	3.9 sec	3.8 sec	3.7 sec	3.6 sec
4.1 sec	4.0 sec	3.9 sec	3.8 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec	3.3 sec	3.2 sec



Testing Protocol:

- 20-metre sprint, the measurement is made in seconds. Ideally two timers are used and averaged.
- 1st line is for gymnasts up to age 12 years
- 2nd line is for gymnasts aged 13 to 15 years

3. Stoop-in and stoop-out

Stop-watch

1 point	2	3	4	5	6	7	8	9	10
n = 6x	7x	8x	9x	10x	11x	12x	13x	14x	15x

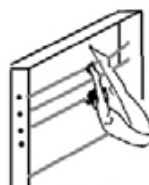


Testing Protocol:

- From stretched hang on bar, stoop through to hang rearways
- Legs and toes straight.
- The number of repetitions in 60 seconds is measured.
- In each case the quality value must remain at 3.0 or higher. Timing stops when the quality is lower.

4. Hanging leg lifts

1 point	2	3	4	5	6	7	8	9	10
n = 6x	7x	8x	9x	10x	11x	12x	13x	14x	15x



Testing Protocol:

- Hang on wall bar and begin in L-hang position (legs horizontal)
- Lift with straight legs and toes to touch the bar and lower back to L-hang position
- The number of repetitions is measured – no time limit
- In each case the quality value must remain at 3.0 or higher. Counting stops when the quality is lower.

5. Lift trunk forward (crunchies)

Tennis ball or similar item, stop-watch

1 point	2	3	4	5	6	7	8	9	10
20x	22x	24x	26x	28x	30x	31x	32x	33x	34x



Testing Protocol:

- Gymnast lies on back shoulders not touching floor, feet firmly on floor knees bent 90 degrees
- Arms crossed at the chest. Legs stay closed holding a tennis ball.
- The number of repetitions in 60 seconds is measured. The elbows touch the thighs on each repetition
- The shoulders may not touch the floor or mat.

6. Rope climb

Rope with a 1-metre mark and 5-metre mark, stop-watch

1 point	2	3	4	5	6	7	8	9	10
	24 sec	22 sec	20 sec	18 sec	16 sec	14 sec	12 sec	10 sec	8 sec



Testing Protocol:

- For 1 point, climb from stand, with hands at head height. Can use feet. Climb to touch the 5-metre mark.
- For 2 points or more, the gymnast sits in straddle position on a mat and with hands at the 1-metre mark.
- The climb is performed with feet in straddle L-position throughout. The gymnast climbs as fast as possible to touch the 5-metre mark with one hand. If the feet lower more than 30 degrees below horizontal, the climb does not count.
- The time from the moment the gymnast begins until the touch of the 5-metre mark is measured.

7. Dips

Parallel bar or similar, stop-watch

1 point	2	3	4	5	6	7	8	9	10
3x	5x	7x	9x	11x	13x	15x	17x	19x	20x



Testing Protocol:

- The coach puts his closed fist on the bar below the gymnast's shoulder. Each dip must lower sufficiently to touch the hand. The body stays straight.
- The number of repetitions in 20 seconds is measured.

8. Hold Handstand crossways on low Balance Beam


1 point	2	3	4	5	6	7	8	9	10
2 sec	5 sec	10 sec	20 sec	30 sec	40 sec	45 sec	50 sec	55 sec	60 sec



Comments:


- Kick with fully stretched body; head between the arms to handstand; crossways on low beam.
- The time in seconds is measured
- The quality value must remain at 3.0 or higher. Timing stops when the quality is lower.

9. Straddle L-sit to press handstand on Balance Beam

1 point	2	3	4	5	6	7	8	9	10
1x	2x	3x	4x	5x	6x	7x	8x	9x	10x
									
Comments: <ul style="list-style-type: none"> • Straight legs and arms; no contact of feet with beam • Each handstand must be held 1 second • The quality value must remain at 3.0 or higher. Counting stops when the quality is lower. 									

10. Support swing to handstand

Uneven bars or single bar

1 point	2	3	4	5	6	7	8	9	10	
1x	2x	3x	4x	5x	6x	7x	8x	9x	10x	
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Legs may be straddled or together during the swing to handstand </div>										<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Legs must be together </div>
Comments: <ul style="list-style-type: none"> • Support swing to handstand with straight arms and legs. Legs may be straddled for the swing for 1 point to 3 points. But the handstand position and the lower to support must be with legs together. • The number of repetitions without interruption is measured. • The quality value must remain at 3.0 or higher. Counting stops when the quality is lower and that repetition is not counted. 										

ใบบันทึกคะแนนการทดสอบสมรรถภาพนักกีฬาชาย

ชื่อ-นามสกุล..... สโมสร.....

วันที่ทดสอบ.....

ด้านความอ่อนตัว

ที่	รายการ	ผลฯ	คะแนน
1	แยกขาหน้า-หลัง (Fwd. split)		
2	แยกขาด้านข้าง (Side split)		
3	ยกขาข้างหน้า (Leg lift fwd.)		
4	ยกขาด้านข้าง (Leg lift swd.)		
5	สะพานโค้ง (Bridge)		
6	ยืงพับลำตัว (Trunk bend)		
7	นั่งแยกขาพับลำตัว (Trunk bend sit)		
8	เหยียดไหล่ด้านหลัง (Shoulder)		
คะแนนรวมความอ่อนตัว			

คะแนนรวมความอ่อนตัว	
คะแนนรวมความแข็งแรงฯ	
รวมคะแนน	

ด้านความแข็งแรง ความเร็ว พลัง และความทนทาน

ที่	รายการ	ผลฯ	คะแนน
1	ยืงกระโดดไกล (Long jump)		
2	ไต่เชือก (Rope climb)		
3	วิ่งเร็ว (Sprint)		
4	หมุนขาคู่ (Circle)		
5	หกสูงบนห่วง (Ring hdst.)		
6	ห้อยตัวยกขา (Hang leg lifts)		
7	ยกขาจับตัววี (V-sit)		
8	หกขนาน (Planche)		
9	ดันขึ้นหกสูง (Press hdst.)		
10	ดึงข้อขึ้นห่วง (Ring pull up)		
11	หกสูงยวบข้อ (hdst. push-up)		
คะแนนรวมความแข็งแรงฯ			

ผู้ทดสอบ.....

(.....)

ใบบันทึกคะแนนการทดสอบสมรรถภาพนักกีฬาหญิง

ชื่อ-นามสกุล..... สโมสร.....

วันที่ทดสอบ.....

ด้านความอ่อนตัว

ที่	รายการ	ผลฯ	คะแนน
1	แยกขาหน้า-หลัง (Fwd split)		
2	แยกขาด้านข้าง (Side split)		
3	ยกขาข้างหน้า (Leg lift fwd)		
4	ยกขาด้านข้าง (Leg lift swd)		
5	สะพานโค้ง (Bridge)		
6	ยืนพับลำตัว (Trunk bend)		
7	นั่งแยกขาพับลำตัว (Trunk bend sit)		
8	เหยียดไหล่ด้านหลัง (Shoulder)		
คะแนนรวมความอ่อนตัว			

คะแนนรวมความอ่อนตัว	
คะแนนรวมความแข็งแรงฯ	
รวมคะแนน	

ด้านความแข็งแรง ความเร็ว พลัง และความทนทาน

ที่	รายการ	ผลฯ	คะแนน
1	ยืนกระโดดไกล (Long jump)		
2	วิ่งเร็ว (Sprint)		
3	พับตัวเข้าออก (Stoop in/out)		
4	ห้อยตัวยกขา (Hang leg lifts)		
5	ลุกขึ้นนั่ง (Crunchies)		
6	ไต่เชือก (Rope climb)		
7	ยุบข้อ (Dips)		
8	หกสูง (Handstand)		
9	ดันขึ้นหกสูง (Press hdst.)		
10	ดันขึ้นหกสูง (Swing hdst.)		
คะแนนรวมความแข็งแรงฯ			

ผู้ทดสอบ.....

(.....)