



TOPS PHYSICAL ABILITIES

HANDSTAND HOLD

- ⇒ **8-YEAR-OLD:** 30 second hold
- ⇒ **9- AND 10-YEAR-OLD:** 1 minute hold
 - May be performed on the Beam or Floor
 - *1st attempt ONLY:* If athlete falls within first 5 seconds, will get another chance
 - Score will be on a scale with execution deductions

LEG LIFTS

- ⇒ **8-YEAR-OLD:** 5x half leg lifts immediately followed by 5 full leg lifts / touching a stick or similar
- ⇒ **9- AND 10-YEAR-OLD:** 10x half leg lifts immediately followed by 10 full leg lifts
 - Back of the head, shoulders and upper back remain against the stall rack
 - Leg lifts will **NOT** be timed
 - Deductions will be per leg lift

CASTS

- ⇒ **8-YEAR-OLD:** 5 casts to 45 degrees, legs together
- ⇒ **9- AND 10-YEAR-OLD:** 5 casts to handstand, legs together
 - For 9- and 10-year-olds: **1 point** will be awarded for casts above 45 degrees with good form, **2 points** will be awarded for a cast all the way to handstand with good form
- Each cast is worth 2 points

PRESSES

- ⇒ **8-YEAR-OLD:** 5 presses to handstand
- ⇒ **9- AND 10-YEAR-OLDS:** 5 presses to handstand
 - *1st attempt ONLY:* If athlete tips over or backward, may start again
 - Each press is worth 2 points

ROPE

- ⇒ **8-YEAR-OLD:** 12-foot rope climb with legs in pike position
- ⇒ **9- AND 10-YEAR-OLDS:** 12-foot rope climb with legs in pike position
 - Timed, points awarded by scale

FLEXIBILITY

- Right Split on the Floor
- Middle Split on the Floor
- Left Split on the Floor
- Pike Stretch
- Bridge