

Testing State: _____

Sanction Number: _____

Jump Start Individual Testing Form

Name: _____

Club: _____ USAG #: _____

Birth Year: _____ Age Group: _____ Circle: Male Female

Tester Name: _____ Tester USAG #: _____

Testing Disciplines (circle all that apply): TR DMT TU

			SCORE	
PIKE LEG LIFTS (Max 20)	Total Completed	<input type="text"/>		<input type="text"/>
BACK TUCKS (10 seconds)	Attempt 1	<input type="text"/>	Attempt 2	<input type="text"/>
PIKE SIT & REACH (Nearest 1/4 inch)	Attempt 1	<input type="text"/>	Attempt 2	<input type="text"/>
SHOULDER TEST (Nearest 1/4 inch)	Attempt 1	<input type="text"/>	Attempt 2	<input type="text"/>
STRAIGHT BODY HOLD (Max 60 sec)	Time	<input type="text"/>		<input type="text"/>
BOX JUMPS (20 seconds)	Total Completed	<input type="text"/>		<input type="text"/>
HANDSTAND HOLD (Max 60 sec)	Time	<input type="text"/>	Penalties	<input type="text"/>
PUSH UPS (20 seconds)	Total Completed	<input type="text"/>		<input type="text"/>
V UPS (20 seconds)	Total Completed	<input type="text"/>		<input type="text"/>
JUMP ROPE (60 seconds)	Total Completed	<input type="text"/>		<input type="text"/>
**TIME BOUNCE (Max height)	Attempt 1	<input type="text"/>	Attempt 2	<input type="text"/>
*60' SPRINT (Best of 2 attempts)	Attempt 1	<input type="text"/>	Attempt 2	<input type="text"/>
VERTICAL JUMP (Measure in inches)				
Reach Height:	<input type="text"/>	Jump Height:	Attempt 1	<input type="text"/>
			Attempt 2	<input type="text"/>
*DMT/TU ONLY	**TR ONLY	Total Score (TR)	Total Score (TU/DMT)	<input type="text"/>

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LEG LIFT SCORING	
Reps	Score
20+	100
18-19	90
16-17	80
14-15	70
12-13	60
10-11	50
8-9	40
6-7	30
4-5	20
1-3	10
0	0

VERTICAL JUMP SCORING	
Jump (inches)	Score
25.00+	80
23.00-24.75	72
21.00-22.75	64
19.00-20.75	56
17.00-18.75	48
15.00-16.75	40
13.00-14.75	32
11.00-12.75	24
9.00-10.75	16
7.00-8.75	8
<7.00	0

V-UPS SCORING	
Reps	Score
23+	100
21-22	90
19-20	80
17-18	70
15-16	60
13-14	50
11-12	40
9-10	30
7-8	20
5-6	10
<5	0

SIT & REACH SCORING	
Reach (inches)	Score
10.00+	80
9.00-9.75	72
8.00-8.75	64
7.00-7.75	56
6.00-6.75	48
5.00-5.75	40
4.00-4.75	32
3.00-3.75	24
2.00-2.75	16
1.00-1.75	8
<1.00	0

HANDSTAND/ STRAIGHT BODY	
Time (seconds)	Score
60.000+	80
56.000-59.999	72
52.000-55.999	64
48.000-51.999	56
44.000-47.999	48
40.000-43.999	40
36.000-39.999	32
32.000-35.999	24
28.000-31.999	16
24.000-27.999	8
0.000-23.999	0

PUSH UP SCORING	
Reps	Score
23+	60
21-22	54
19-20	48
17-18	42
15-16	36
13-14	30
11-12	24
9-10	18
7-8	12
5-6	6
<5	0

JUMP ROPE SCORING	
Reps	Score
150+	80
140-149	72
130-139	64
120-129	56
110-119	48
100-109	40
90-99	32
80-89	24
70-79	16
60-69	8
<60	0

TIME BOUNCE SCORING	
Time (seconds)	Score
20.000+	100
19.300-19.999	90
18.600-19.299	80
17.900-18.599	70
17.200-17.899	60
16.500-17.199	50
15.800-16.499	40
15.100-15.799	30
14.400-15.099	20
13.700-14.399	10
<13.700	0

60' SPRINT SCORING	
Time (seconds)	Score
<2.000	100
2.000-2.199	90
2.200-2.399	80
2.400-2.599	70
2.600-2.799	60
2.800-2.999	50
3.000-3.199	40
3.200-3.399	30
3.400-3.599	20
3.600-3.799	10
3.800+	0

BOX JUMP SCORING	
Reps	Score
30+	80
28-29	72
26-27	64
24-25	56
22-23	48
20-21	40
18-19	32
16-17	24
14-15	16
12-13	8
<12	0

STANDING BACK TUCK	
Reps	Score
10+	80
9	72
8	64
7	56
6	48
5	40
4	32
3	24
2	16
1	8
0	0

OHS SHOULDER TEST	
Distance (inches)	Score
0.00	60
0.25-1.00	54
1.25-2.00	48
2.25-3.00	42
3.25-4.00	36
4.25-5.00	30
5.25-6.00	24
6.25-7.00	18
7.25-8.00	12
8.25-9.00	6
9.25+	0