







**USA Gymnastics  
National TOP Testing  
Physical Abilities  
Bridge**



Bridge Test	Description	Scoring Criteria
	<ul style="list-style-type: none"> <li>• Athlete begins by lying on the floor and then pushes up in to a bridge position.</li> <li>• Feet must be together</li> <li>• Hands shoulder width apart.</li> <li>• Fingers must be pointed forward</li> <li>• Head must remain neutral</li> <li>• The athlete is asked to push up in to a bridge position.</li> <li>• Arms <b>MUST</b> be straight</li> <li>• The feet must remain flat on the floor and the legs (knees) must remain together and straight</li> <li>• Points will be awarded for positions attained.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Shoulder Flexibility – 3 possible points</b> <ul style="list-style-type: none"> <li>○ Arm pits past wrist -3 points awarded</li> <li>○ Arm pits above wrists – 2 points awarded</li> <li>○ Arm pits slightly in front of wrists – 1 point awarded</li> <li>○ Arm pits below 22 degrees from vertical – 0 points awarded</li> </ul> </li> <li>• <b>Legs and feet – 1 possible point</b> <ul style="list-style-type: none"> <li>○ Legs straight, feet together, feet flat on floor -1 point awarded</li> </ul> </li> <li>• <b>Arms and Hands – 1 possible point</b> <ul style="list-style-type: none"> <li>○ Arms straight, hands pointed directly forward -1 point awarded</li> </ul> </li> </ul>
<b>Necessary equipment</b>	<b>Measurements</b>	<b>Scoring – Test = 5 points</b>
<ul style="list-style-type: none"> <li>• Padded floor</li> </ul>	<ul style="list-style-type: none"> <li>• Points are awarded for body position attained</li> <li>• Evaluator will record the total number of points awarded</li> <li>• CAUTION: The athlete should not be asked to stay in the bridge position for any length of time.</li> <li>• The athlete should only show the bridge and the evaluation should take place quickly.</li> </ul>	<ul style="list-style-type: none"> <li>• Points up to 5 will be awarded for positions attained</li> </ul>

**Samples**

		
<p align="center">Arm pits past vertical = 3 points Legs straight, feet together and flat = 1 point Arms straight, fingers forward = 1 point Total score = 5 points</p>	<p align="center">Arm pits past vertical = 3 points Legs bent = 0 points Arms straight, fingers forward = 1 point Total score = 4 points</p>	<p align="center">Arm pits below 22 degrees = 0 points Arms straight, fingers forward = 1 point Legs bent, feet apart = 0 points Total score = 1 point</p>