

NSS ARTISTIC GYMNASTICS ASSESSMENT



Venue: _____ Date: _____

Assessors: _____ ; _____

Name of Student: _____

Date of Birth: _____ Height: _____

Assessment Criteria		Student Mark	Maximum Points
TACTICAL 5%			
Insight knowledge, understanding of the sport, Competition intelligence, decision-making, core movements concepts			
Good warm-up, cool-down and stretching			1
Knowledge of Equipment and proper attire			1
Knowledge of Rules, Composition and general deductions & Competition Tactics			1
Training aids and their application			1
Basic Body positions in gymnastics			1
TECHNICAL 45%			
Techniques and skills of the sport			
VAULT (choose 2 skills)	Handspring on Vault Table 120cm		2
	½ On (Round Off) on Vault Table 120cm		3
	Yurchenko (no salto) on Vault Table 120cm		4

U. BARS	Cast up handstand and return with legs together Cast up handstand and return with straddle legs – ‘A’ – 2 pts		4
National Dev. Plan Grade 3 Routine	Mount from COP Cast to horizontal with feet together and back hip circle Squat on and jump to HB Long upstart Cast to horizontal with feet together and baby giant (with straight arms) Dismount from COP – min. ‘A’		6
BEAM (height 120cm)	Dance series – min. 1 jump / leap at min. 180° & min. of 1 ‘B’ value		4
	Min. Acrobatic ‘B’ element		4
	Min. Acrobatic ‘A’ element in different direction from CR 2 – ‘A’ – 2 pts, ‘B’ – 4 pts		4
	Full Spin (360°)		2
FLOOR	Acro line – bck with salto		4
	Acro line – frw with salto		4
	Dance passage – Min. 1 split leap min. 180° of value ‘B’		4
	Full Spin immediate step into full spin on the other foot (Spins may be frw or bck but must be on different feet)		2

PHYSIOLOGICAL 40% Relevant Physiological Attributes: Strength, Power and Flexibility		
Leg Lift in 30" (10-1pt, 15-2pts, 20-4pts)		4
L-Hold (10"- 1pt, 20"- 2pts, 30"- 4pts)		4
Deep Squats R in 30", Free leg >45		3
Deep Squats L (10-1pt, 15-2pts, 20-3pts)		3
Box Jumps (60cm height) in 30" (20-1pt, 25-2pts, 30-4pts)		4
Leg Extension in 30" (15-1, 20-2, 25-4)		4
Pull over on H. Bar (2-1, 3-2, 4-3, 5-4)		4
Two consecutive press up handstands		4
Flexibility: - Splits R/L/M Full split – 1pt Over split (20cm height) – 2pts Pike on bench (reach bench-2pts, >20cm-4pts, >30cm-6pts)		6 4
COMPETITION RANKING SYSTEM 10%		
Performance in Competitions (National Championship)		10
TOTAL		100

Assessor's Signatures

_____ ; _____ ; _____

Coordinator's Signature

_____ ; _____ ; _____