

Alberta F.A.S.T. Program Pathways

Foundational **A**crobat and **S**trength **T**raining

FAST stands for Foundational Acrobatic Strength Training. It is the pre-competitive program followed by the Trampoline and Tumbling clubs in Alberta. It provides a foundation for our lesson plans, supplementing what we teach to prepare future competitive athletes. The goal of the program is to develop well rounded athletes who after completing all of the levels, could transition into level 1 of the Canadian Provincial Program.

This type of program follows the guidelines outlined by Canada Sport for Life and Gymnastics Canada's Trampoline and Tumbling Program's Long Term Athlete Development Model.

The program is designed for athletes age 6+, starting in the Fun, Fitness, Fundamentals category and later in the "Learn To Train" group.

This means that not only are we teaching them skills that will progress and develop into more difficult skills later on, but more importantly, we are teaching them that pre-competitive gymnastics is still fun but is different than a recreational activity both in expectation and in attitude, for both the athlete and the parents.

Athletes will attend fun testing events (mini competitions), but there are no scores involved.

Judges use testing sheets to evaluate aspects of the athletes' routines. (They are included in this document at the end)

The FAST Program consists of 4 levels, with routines on all 3 competitive events. Furthermore, there are physical ability tests that coaches can follow to help with lesson planning.

Please see the summary of the levels on the next pages. Routine Testing Sheets and Physical Ability Testing Sheets are located **in the F.A.S.T Testing sheets document.**

Athletes must do the same level on all 3 events and all parts of those routines but can be working on higher levels in training.

- At all events, the expectation is that clubs have athletes show routines on all 3 events, AND do the following tests:
- **Timed Bounces on Trampoline**
- **Timed Bounces on DMT**
- **Timed Sprint on Tumbling**

These 3 tests do not require any additional equipment and help to emphasize the traits that will be helpful for athletes in the long term.

Timed bounces on Trampoline and DMT is used to emphasize time of flight on trampoline (which is a part of their score) and on DMT to emphasize height to allow for better skills and landings.

Timed Sprint is used to emphasize the speed component of Tumbling which is key to being a strong tumbler.

The other physical ability tests are:

- **Long Jump** – Measure of ability to generate power from standing
- **Handstand Hold & Alignment** – Ability to hold a handstand with control
- **Rope Climb with no legs** – Rope climb is a great measure of overall body strength and coordination for a well-rounded athlete

OR

- **Push-ups** – If rope is not available
- **Pike Flexibility** – A very necessary position for all athletes
- **Active Shoulder Flexibility** – Necessary for good tumbling

These tests assess the athlete's ability to perform key points of skill development that will increase their safety, progress and overall success in the sport.

FAST LEVELS & ROUTINE SUMMARY

FAST LEVEL 1	Trampoline	Tumbling	Double Mini Trampoline
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat To Feet Pike Jump Safety Landing	Backward Roll Jump 1/2 Turn Safety Land and Stand FWD Roll	Straight Jump Straight Jump Pike Jump Safety Landing
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm Press Bounce Front Drop To Feet Tuck Jump Straddle Jump Safety Landing	Cartwheel Step Back (feet together) Jump 1/2 turn Safety Land Step Handstand (Step Down)	Straight Jump Tuck Jump Straddle Jump Safety Landing

FAST LEVEL 2	Trampoline	Tumbling	Double Mini Trampoline
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm press Bounce Back drop To Feet Tuck Jump Straddle Jump Pike Jump Safety Landing	Handstand Forward Roll (Step out or 2 foot) Handstand Forward Roll (2 Foot Finish) Jump 1/2 Turn Safety Land and Stand BWD Roll to Feet (Tuck or Pike) (Straight or Bent Arms)	Straight Jump Pike Jump Pike Jump
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm press Bounce Seat Drop Tuck to Front Drop To Feet Safety Landing 4 Bounces Arm press Bounce Front drop Push to Seat Drop To Feet Safety Landing	Cartwheel Step Back (feet together) Jump 1/2 Turn Safety Land and Stand Power hurdle Roundoff Rebound	Straight Jump Tuck Jump ½ turn

FAST LEVEL 3	Trampoline	Tumbling	Double Mini Trampoline
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm press Bounce Airplane to Feet Straddle Jump Front Drop to Feet Tuck Jump Seat Drop 1/2 to Feet Pike Jump 1/1 turn Safety Landing OR Out bounce Safety Landing	Backhandspring Down Cheese or On Floor	Straight Jump ½ turn Tuck Jump
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm press Bounce Back drop To Front Drop to Feet (OR Optional Cradle) Safety landing	Run or Power hurdle Roundoff Rebound to Back on Porta Pit	Straight Jump Tuck Jump Front Tuck
	4 Bounces Arm Press Bounce Front Drop to Back Drop To Feet (OR Optional Cruise) Safety Landing		

FAST LEVEL 4	Trampoline	Tumbling	Double Mini Trampoline
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat 1/2 to Feet Tuck Jump Front Drop to Feet Pike Jump Back Drop To Feet Safety Landing OR Out bounce Safety Landing	Powerhurdle Roundoff Backhandspring Rebound to Back On Porta Pit	Straight Jump Pike Jump Front Pike
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm Press Bounce Back Tuck or Back Straight Safety Landing 4 Bounces Arm Press Bounce Front Tuck or Tuck Barani Safety Landing	Run Roundoff 2 or 3 Backhandsprings to a rebound	Straight Jump Tuck Jump Front pike or Tuck Barani

FAST LEVEL 1	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat To Feet Pike Jump	Backward Roll Jump 1/2 Turn Safety Land and Stand FWD Roll	Straight Jump Straight Jump Pike Jump
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm Press Bounce Front Drop To Feet Tuck Jump Straddle Jump	Cartwheel Step Back (feet together) Jump 1/2 turn Safety Land and Stand Step Handstand (Step Down or Roll Out)	Straight Jump Tuck Jump Straddle Jump

FAST LEVEL 2	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm press Bounce Back drop To Feet Tuck Jump Straddle Jump Pike Jump	Handstand Forward Roll (Step out or 2 foot) Handstand Forward Roll (2 Foot Finish) Jump 1/2 Turn Safety Land and Stand BWD Roll to Feet (Tuck or Pike) (Straight or Bent Arms)	Straight Jump Pike Jump Pike Jump
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm press Bounce Seat Drop Tuck to Front Drop To Feet 4 Bounces Arm press Bounce Front drop Push to Seat Drop To Feet	Cartwheel Step Back (feet together) Jump 1/2 Turn Safety Land and Stand Power hurdle Roundoff Rebound	Straight Jump Tuck Jump ½ turn

FAST LEVEL 3	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm press Bounce Airplane to Feet Straddle Jump Front Drop to Feet Tuck Jump Seat Drop 1/2 to Feet Pike Jump 1/1 turn	Backhandspring Down Cheese or On Floor	Straight Jump ½ turn Tuck Jump
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm press Bounce Back drop To Front Drop to Feet (Optional Cradle) 4 Bounces Arm Press Bounce Front Drop to Back Drop To Feet (Optional Cruise)	Run or Powerhurdle Roundoff Rebound to Back on Porta Pit	Straight Jump Tuck Jump Front Tuck

FAST LEVEL 4	Trampoline	Tumbling	DMT
	<i>Routine 1</i>	<i>Routine 1</i>	<i>Routine 1</i>
	4 Bounces Arm Press Bounce Pike Jump Seat Drop 1/2 to Seat 1/2 to Feet Tuck Jump Front Drop to Feet Pike Jump Back Drop To Feet	Power hurdle Roundoff Back handspring Rebound to Back On Porta Pit	Straight Jump Pike Jump Front Pike
	<i>Routine 2</i>	<i>Routine 2</i>	<i>Routine 2</i>
	4 Bounces Arm Press Bounce Back Tuck or Back Straight 4 Bounces Arm Press Bounce Front Tuck or Tuck Barani	Run Roundoff 2 or 3 Backhand springs to a rebound	Straight Jump Tuck Jump Front pike or Tuck Barani

Fast Event Hosting Protocol

Clubs will send out invitations prior to the event indicating the date and approximate time of the event with the club address and registration form. The invite must indicate what equipment is being used and what tests (if any) they are planning to do.

A \$40 registration fee will be in place for each athlete.

Events will include trampoline, tumbling and double mini trampoline for athletes to show routines to judges. We encourage athletes to show routines on all 3 events. **Athletes must show the same level on each event.** It is recommended that if time allows to include the following tests:

Timed Trampoline Bounces
Timed DMT Bounces
Timed Sprint

Equipment Requirements for Routines

- 1 or 2 Trampolines with end decks (in ground or above ground is fine)
- 1 DMT with runway (min. 15m) and proper landing surface (landing zones colors not required)
- Rod Floor (25m) or sprung floor space (20m min.)
- Appropriate throw mats
- Porta pit or multiple 8" mats
- Cheese mat or incline (with a hard surface)
- Appropriate warm up space (with carpet/mats)

Clubs have the discretion to add the other physical tests or any fun station they wish. **Clubs must indicate on the invitation which tests they will be doing at the event.**

(see below for instructions and equipment requirements for all tests)

Clubs must record both times or attempts for tests and compile results into a excel spreadsheet that can be sent to the attending clubs after. They can also be recorded on their testing sheets.

General Schedule

- 20 min general warm up
- Athletes March in and O'Canada- Optional
- Rotations (15-30min/event depending on group size/tasks – recommendations at the end of this section)
- Quick Awards Ceremony at the end (clubs hand out individual certificates)

Schedule Examples:

If you are running with 1 trampoline, typically groups should be no more than 10 athletes – with 30 min rotations. Trampoline Routines always take the longest. (That DOES NOT include timed bounces). If your club only has one trampoline, we suggest smaller groups to include trampoline timed bounces in that time frame. (8 athletes)

General Warm up – 20 min

March in 5-10 min

Rotations – 30 min each

No more than 10 athletes per group or 60 per session – 2 trampolines

- Trampoline Routines
- Double mini Routines and Timed Bounces
- Tumbling Routines and Timed Sprint
- Trampoline Timed Bounces and Pike Flexibility
- Long Jump and Rope Climb
- Handstand Hold and Active Shoulder Flexibility

Other example:

If you have 2 trampolines that are close together, to make things move efficiently, you can do the following:

- 1st athlete warms up Routine 1 on Tramp 1
- Athlete then shows Routine 1 to judge on Tramp 2
- Athlete then lines up to warm up routine 2 on Tramp 1
- Athlete shows Routine 2 to judge on Tramp 2
- Athlete does 1st timed bounces on Tramp 1
- Athlete does 2nd timed bounces on Tramp 2

Awards

- Each athlete will receive a certificate with their name, the host club's name, and the date of the event. Certificates will be placed in an envelope and given to coaches at the end of the event. (Clubs have discretion to make these – as long as the info listed above is on them). Coaches will also receive the testing sheets and physical test sheets to distribute to their athletes at their discretion.
- FAST Star awards will be given out for the following achievements. Awards can be medals, certificates, ribbons, stickers, dollar store trinkets, etc. Each host club can choose. Make sure testers/judges know to mark these during the event.
 - Top 3 standout trampoline routines or 1 standout routine per group
 - Top 3 standout tumbling routines or 1 standout routine per group
 - Top 3 standout double mini routines or 1 standout routine per group
 - Highest trampoline timed bounce (per level or group)
 - Highest double mini timed bounce (per level or group)
 - Fastest sprint (per level or group)
- Optional FASTiest awards will be chosen by clubs. Some ideas include:
 - Best effort on rope climb
 - Loudest cheer
 - Best salute
 - Best smile
 - Leadership awards/MVP
 - Crash award
 - Club enthusiasm
 - Most improved (clubs can submit based on prior events)
 - Etc.
- Clubs also have the option to add in a FUN Rotation or extra test/game
 - Eg. Handstand Walking Contest
 - Fastest up the rope with feet
 - Etc.
- FAST Star and FASTiest awards can be presented on a podium or just called up to receive acknowledgment. Awards should be kept short and celebrate excellence, hard work, fun, and enthusiasm.

Judging Requirements

- 1 or 2 judges per event (depending on number of athletes attending)
- Should be provincial level judges or higher
 - If large numbers attending, having two judges on each event means that athletes could compete back to back

Judging Instructions

- Judges will follow warm up instructions as per listed for each event. Each level and routine has skill requirements to circle. Judges will circle what they see and add any comments if necessary.
- For outstanding awards, Judges need to keep track of the best routine(s) for each group and pick one at the end of the event for awards.

Tester Requirements

- Testers can be older competitive athletes or coaches that are extra at the event. Anyone testing needs to be briefed on how to properly perform the test and accurately score tests/record at the event. (Including picking extra award recipients if necessary)

Event Routine Instructions for Judges/Coaches

Trampoline

Routines

(Need Stop Watch)

If 2 trampolines:

- Athletes will meet the Judge to review the order
- Athlete will warm up their first routine on trampoline 1
- Athlete will then move to show their first routine on trampoline 2
- Athlete will wait in line to warm up their 2nd / 3rd routine on trampoline 1
- Athlete will show their 2nd / 3rd routine on trampoline 2
- If doing timed bounces, they can be done before routine warm up and show or after and use one or both trampolines.

OR – Use one trampoline for routines, and the other for Timed Bounces. In this case, timed bounces can be added to another test for a separate rotation.

If only 1 trampoline:

- Athletes will meet the Judge to review the order
- Athletes will get 2 turns to warm up all routines.
- Athletes will then show their first routine in turn, then their 2nd / 3rd routine
- If doing timed bounces, they can be done before routine warm up and show or after and use one or both trampolines.

OR

- Give athletes 1 min to warm up both routines.
- Athletes will then show their first routine in turn, then 2nd / 3rd routine.
- Athletes will then do timed bounces. (see timed bounces instructions)

Trampoline Timed Bounces

- *Required Equipment/Set up:*
 - 1 Trampoline with end decks (can be above or below ground), stop watch
- The Start:
 - Standing start (no bed movement).
- The Test:
 - Athlete jumps up and rebounds 15 times as high as possible.
 - The last 10 bounces are timed.
 - Athlete has two tries with the best counting in turn with other athletes in group. Both tries are recorded.
- Scoring:
 - Timer starts at the 5th contact with the trampoline after starting bouncing.
 - Timer ends at the 15th contact.
 - Typically, the tester calls out “Ready, and, 1, 2, 3!” (here starts the timer). Then “1, 2, 3, 4, 5, 6, 7, 8, 9, 10!” (here stops the timer).

- Although this is type of timing is not typical of what is done at a competitive level, it is important to note that many young athletes sometimes mistakenly **stop ON 10, instead of after 10. This is why we time this way at this level by starting on 3, instead of on 1.**
- Both times are recorded

Tumbling

Routines and Timed Sprint

(Need Stop Watch, big cheese mat, porta pit)

- Athletes will meet the Judge to review the order
- Athletes may warm up each routine 2x. (For athletes in Level 4, one more turn can be allowed)
- Athletes will do routine 1 in order.
- Athletes will then do routine 2 in one turn
- Then athletes will line up in order, have their 1st timed run tested, then line up again to have their 2nd timed sprint tested. (See timed sprint instructions)

20 M Sprint

- The Start:
 - Athlete starts from feet together and toes behind 0m mark. (White Box)
 - First step must be forward for the test to be valid
- The Test:
 - Athlete sprints through 20m.
 - Athlete has two tries with the best (lowest time) counting.
 - Judge or tester must review crashing expectations (how we run/ bail into the mat at the end)
- Scoring:
 - Timer starts when athlete's first step touches the ground past the 0m line.
 - Timer ends when athlete crosses the 20m mark. Note that it is when the athlete crosses (like in track) not when their foot hits the ground past the 20m mark.

**Double Mini Trampoline Routines and
Timed DMT Bounces (Need Stop Watch)**

- Athletes will meet the Judge to review the order
- Option 1
 - Turn 1 – warm up roller coaster
 - Turn 2 and 3 – Timed Roller Coasters
 - Turn 4 – warm up Routine 1
 - Turn 5 – warm up Routine 2
 - Turn 6 – One extra warm up turn if needed
 - Show Routine 1 in order
 - Show Routine 2 in order
- Option 2
 - Turn 1 – Roller Coaster
 - Turn 2 – Warm up Routine 1
 - Turn 3 – Warm up Routine 2
 - Turn 4 – Extra warm up turn if needed
 - Show Routine 1
 - Show Routine 2
 - Then Timed Roller Coasters
- Judge will time the passes and recorder will record the times on the master sheet and on the athlete's sheet (See timed rollercoaster instructions)

DMT Timed Bounces

- The Start:
 - Athlete runs, and hurdles to the bed in their usual way.
- The Test:
 - Athlete performs a Straight Jump mount, Straight Jump Spotter, and Straight Jump dismount as high as possible.
 - Athlete has two tries with the best counting.
- Scoring:
 - Timer starts at the 1st contact with the mini after the hurdle.
 - Timer ends at the 3rd contact.
 - If the athlete accidentally bounces more than 3 times only the first 3 are timed.
 - Any 1 foot contact results in no time.

(The following tests are not REQUIRED to be performed at an event. Clubs are encouraged to do these in house to practice, but they are optional at a testing event)

Rope Climb

- **Required Equipment/Set up:**
 - *Rope (min. 4 m long, appropriate mats (min. two - 8 inch mats or more – clearly marked measurements on rope with bright tape)*
- *Rope must be measured and taped at .25m - .50m - .75m – 1m- 1.5m- 2m 2.5 m -3m- 3.5- 4m, etc.*
- **The Start:**
 - Athlete with seat at 0m and legs straddled. FEET MUST BE OFF THE GROUND BEFORE SEAT LIFTS
 - The seat must be the last thing to leave the ground. If heels linger then the climb does not count.
- **The Test:**
 - Athlete must use arms alone. The legs can never close on the rope. Legs do not have to remain straight. (NO PINCHING!!!)
 - If an athlete cannot climb to the 3m line, they can use their feet to come down
 - If THE ATHLETE GETS ABOVE THE 3 POINT LINE, In order to get 6 points, their seat must touch the ground with no feet touching before attempting a second go.
 - When starting a 2nd (or 3rd) climb the seat must touch the mat briefly and without anything else touching.
- **Scoring:**
 - ¼ points are given for the first metre climbed but only whole points for 1 point or more WHEN THEIR SEAT PASSES THE LINE
 - A point is given for each meter that the athlete travels up the rope to the 3m mark and then down to the 0m start point. Therefore, a single climb up and down is 6 points.
 - Athletes can continue to gain points by climbing up to the 3m mark and so on. At the time of this writing the record is 26 points or 4x up and down plus two more meters up.
 - Only the very bottom of the athlete's seat is considered when giving points. The seat starts at 0m and a point is given for the seat's travel.
 - If an athlete pinches their legs together, their point value stops at that place.

OR

If Rope is not present due to environmental reasons, Push ups should be performed in its place

Push-ups

- Required equipment/ set up:
 - 12-18 cm height
- The Start:
 - Hands are placed no closer than shoulder width apart
- The Test:
 - Athlete touches their chest to the bar and returns to the start position as many times as possible in 15 sec.
- Scoring:
 - A push-up is only considered complete if they have fully extended their arms and the technique is correct.
 - Body-line is of great importance. Any sagging or bowing of the back and hips discounts a push-up.
 - Elbows can be wide or narrow.

Long Jump/Broad Jump

- *Required Equipment/Set up:*
 - *Measuring Tape, Chalk or Velcro strips, hard surface/clipboard to line up feet (can be done on spring floor or non-sprung floor)*
- The Start:
 - Athlete will lay on their back on the floor with feet flexed on line and arms extended above head.
 - Tester will mark this distance to their fingertips.
- The Test:
 - Athlete will then start with toes behind the tape, and jump with both feet as far as they can. Athletes must land on both feet at the same time.
 - Tester will measure the distance between their original mark and where they landed. Tester will measure from the heel of the foot closest to the beginning of the jump.
 - Measurements may be positive or negative numbers.
- Scoring:
 - Athletes will have a maximum of 3 jumps. Only 2 will count, only do a third jump if an athlete falls down or messes up their jump.
 - Measurements must be done in centimeters and can be rounded to half a centimeter.
 - Both jumps will be recorded

Handstand Hold

- *Required Equipment/Set up*
 - *Hoop or chalk drawn circle (should be 60-80cm in diameter. Hoop should be taped or velcro'd to the floor, chalk or marking should be clear), Stop Watch*
- The Start:
 - Athlete will prepare themselves in front of the hoop
 - Athlete will place hands in hoop and kick up to handstand when ready
- The Test:
 - Timer will begin timing when both feet have left the ground
 - Timer will stop timing when any body part touches the ground outside of the hoop or circle (foot or hand or anything else)
 - Athletes may walk on their hands inside the hoop
- Scoring:
 - Athletes will get max of 3 tries with the 2 best times recorded.
 - Only allow for a 3rd attempt if the athlete did not make it up to handstand on one attempt.

Handstand Alignment testing

- *Required Equipment/Set up*
 - *Wall or equivalent*
- The Start:
 - Athlete maneuvers to a HS with stomach facing the wall
- The Test:
 - Athlete stays in line against wall. (Entire body does not have to be touching the wall)
 - Athlete holds their best handstand
 - The coach is not allowed to give corrections while they are being tested. The athletes should be prepared and know how to get into their best handstand.
- Scoring:
 - Tester would evaluate the handstand.
 - 6 points are evaluated: Toes, Legs, Hips, Shoulders, Head, Arms/ Hands.
 - Tester would give each point a score out of 3.
 - "3" is excellent, "2" satisfactory, and "1" needs improvement.
 - Additional check for holding a 30 second perfect handstand! (All 3's)
- Handstand testing sheet attached to the F.A.S.T Testing sheets

Pike Flexibility

- *Required Equipment/Set up:*
 - *Box or bench that is a hard solid surface, measuring tape, stop watch*
- Warm-up:
 - The athletes have a minute to warm-up as they wish.
- The Start:
 - The athlete stands on a block with feet together, legs straight, and toes at the edge.
- The Test:
 - Athlete reaches as far past the block as possible for at least 5 seconds.
- Scoring:
 - Measure in centimeters from top of block to tips of fingers.
 - Record the measurement that they stayed below for 5 seconds (not how far they were able to bounce down to.)
 - Legs must remain straight.
 - Round up to the ½ centimeter

Active Shoulder Flexibility

- *Required Equipment/Set up:*
 - *Box or bench that is a hard solid surface (box should not sag when weighted), measuring tape or meter stick, stop watch, ruler or dowel*
- Warm-up:
 - The athletes have one minute to warm-up as they wish.
- The Start:
 - Athlete lies on their stomach on the floor. Forehead touching the floor.
 - Athlete holds arms out straight, palms facing each other, thumbs up with ruler in hands with arms shoulder width apart.
- The Test:
 - Athlete lifts hands up off the ground. Forehead must remain on the ground. Elbows must remain straight.
 - Athlete holds position for 5 seconds
- Scoring:
 - Measurement is taken from the floor up to the ruler/dowel. *(You can have a tape measure taped to a box/wall or a ruler)*
 - Measurement is the highest point that was held for 5 seconds.
 - A second tester/coach will watch for elbows being straight.
 - Measurements need to be recorded in centimeters. Round up to the closest ½ cm.