

SPLITS MEASUREMENTS

The competitor performs the following actions to take the CORRECT SPLIT position:

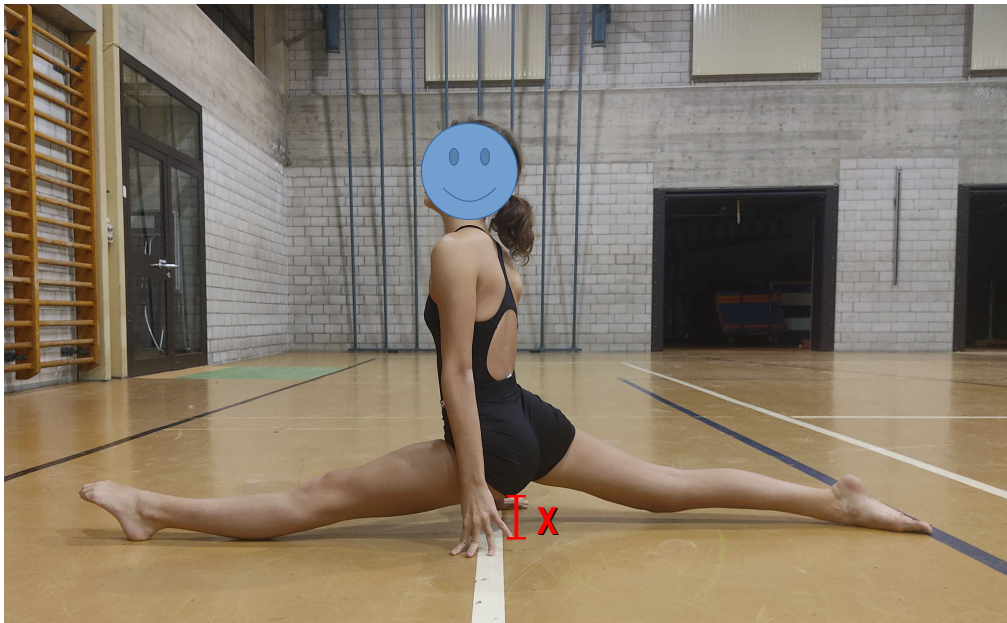
- EXTENDED KNEES + POINTING TOES (both legs)
- NO ROTATION of the BACK LEG (hips alignment)
- HIPS, SHOULDERS, and HEAD on a vertical line
- the LEGS should be parallel to the floor (as close as possible to a horizontal line)

- RIGHT and LEFT splits: arms behind the hips
- MIDDLE split: toes “facing” the ceiling

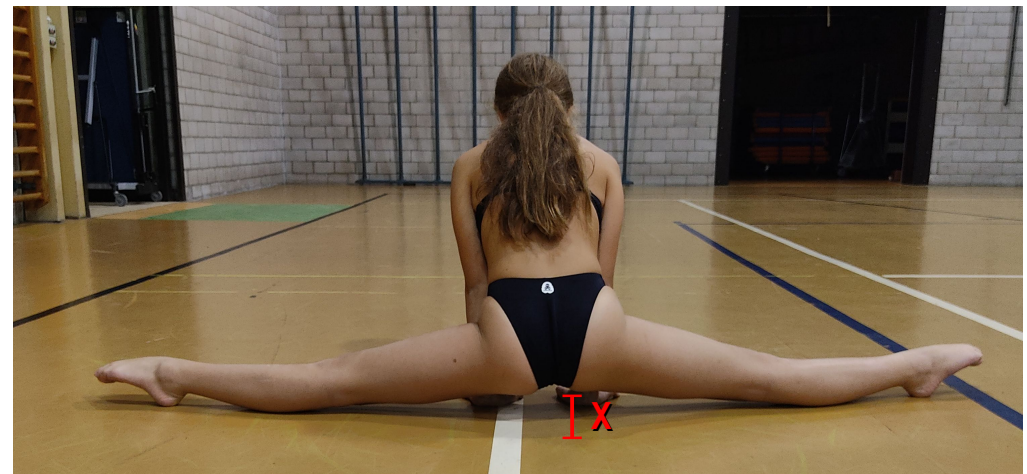
The competitor has to MAINTAIN the position for at least 5 sec to give time to the judges to check the position and measure it.

Scores are assigned depending on the measured split as follows:

CASE 1: NOT TOUCHING THE FLOOR



**X = distance between the floor and the
buttock end of the front leg**

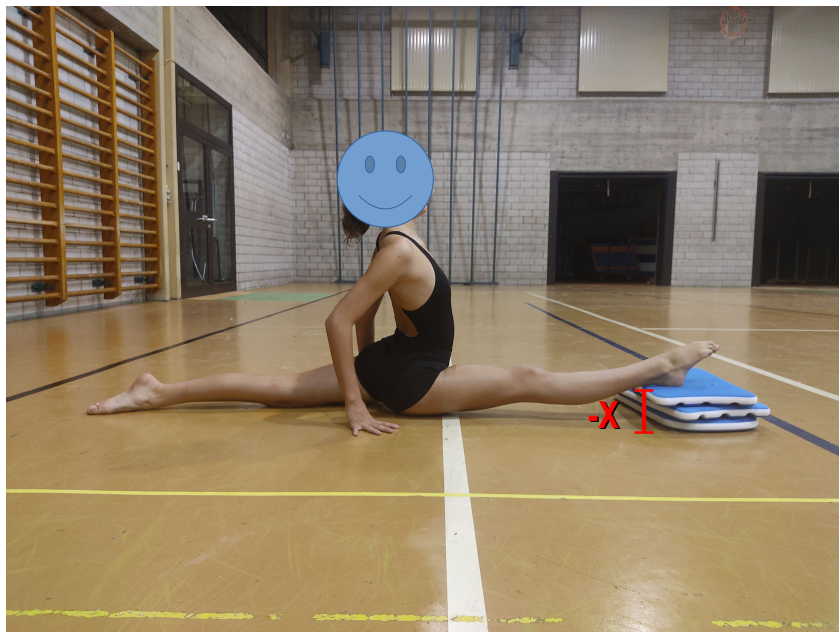


**X = distance between the floor and the
buttock end of one leg**

CASE 2: TOUCHING THE FLOOR



CASE 3: OVER SPLITS WITH BOARDS



- X = nr of boards multiplied by the **BOARD THICKNESS**
(typically 3 cm thick boards are used)

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The competitor has to MAINTAIN the position for at least 5 sec to give time to the judges to check the position and measure it.

The following evaluation scale is used to assign a score at each split. The average over the 3 splits is considered as FINAL SCORE for the SPLITS.

cm	Score
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≤ -15	7.00
-12	6.80
-9	6.60
-6	6.40
-3	6.20
0	6.00
1	5.80
2	5.60
3	5.40
4	5.20
5	5.10
6	5.00
7	4.90
8	4.80
9	4.70
10	4.60
11	4.50
12	4.40
13	4.30
14	4.20
15	4.10
> 16	4.00

SPLITS FLEXIBILITY

Judges mark only the required distances (2nd, 3rd and 4th columns)

start number	RIGHT (cm)	LEFT (cm)	MIDDLE (cm)	RIGH SCORE	LEFT SCORE	MIDDLE SCORE	FINAL SCORE
1	-9	0	2	6.60	6.00	5.60	6.07
2	4	7	14	5.20	4.90	4.20	4.77
3	3	-6	0	5.40	6.40	6.00	5.93
4							
16							

SPLITS MEASUREMENTS

COMMON ERRORS:

- **!! hips rotation !!** = rotated back leg, both or only knee and toe (figs. 1)
- crossed back leg (fig. 2)
- back not in a vertical line (fig. 3)
- rotated legs (knees and toes) in the middle split (fig. 4)

Judges can ask to the competitor AT MAXIMUM 3 times to repeat the exercise in the correct way.
After 3 times and wrong execution 0 points are assigned.



fig. 1



fig. 2

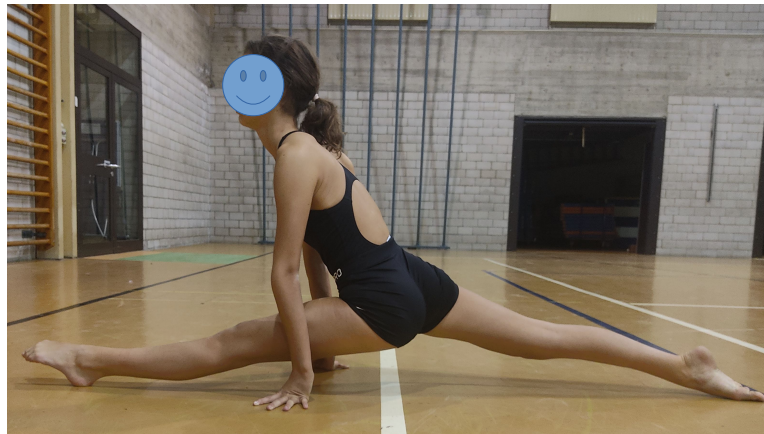
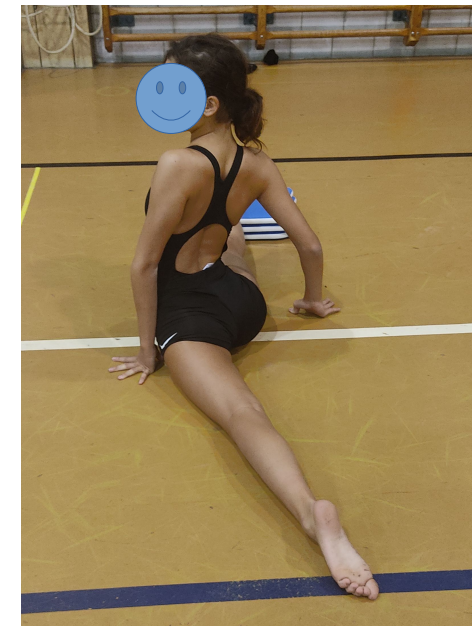


fig. 3

fig. 4



ARCH MEASUREMENTS

The competitor **MUST** fulfill the following 4 criteria:

- EXTENDED ELBOWS (both arms)
- EXTENDED KNEES + POINTED TOES (both legs)
- CLOSED LEGS (with feet parallel to the floor)
- SHOULDERS, HEAD and HAND on a vertical line

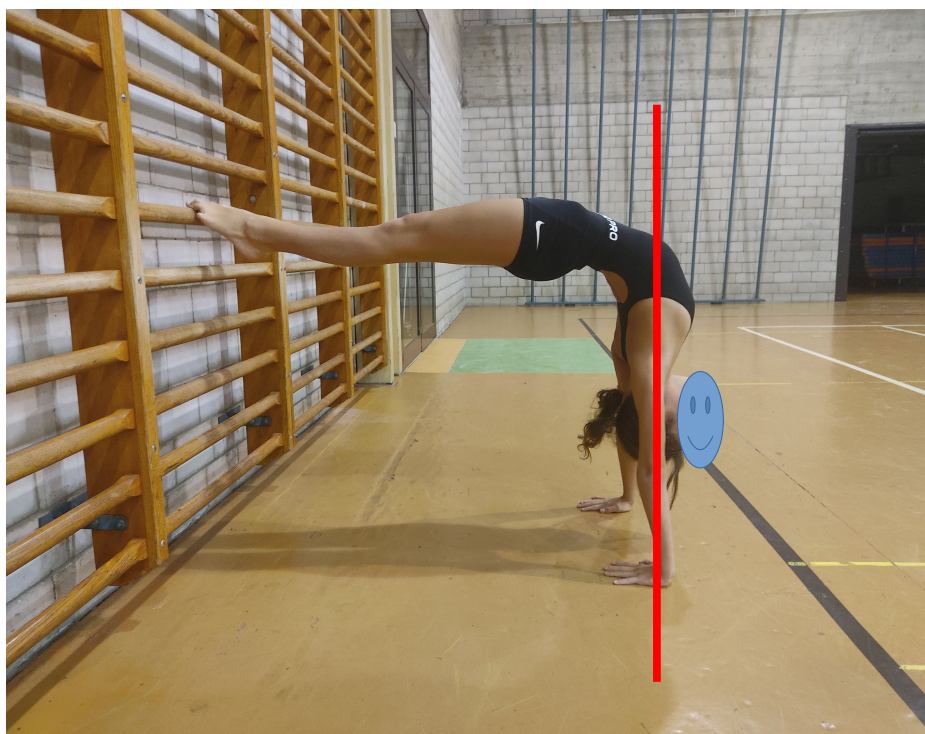
The competitor has to MAINTAIN the position for at least 5 sec. (NO ADJUSTMENTS ARE ALLOWED!).

*In **Test 2** and **Test 3**, the competitor can be helped by the judges to reach the position; once reached the position the competitor must hold it for 5 sec. without support from the judge.*

Judges should check the position both from lateral and frontal views.

Step stairs, pool blocks or other fixed supports can be also used (if the ladder is not available).

Judges should check the support stability before and during the execution of the position.



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Step stairs, pool blocks or other fixed supports can be also used (if the ladder is not available).

Judges should check the support stability before and during the execution of the position.

Scores are assigned as follows:

ALL TESTS - ARCH

criteria	Score
all 4 criteria	6.00
3 criteria	5.50
2 criteria	5.00
1 criterion	4.50
0 criteria	0=FAILED

ARCH FLEXIBILITY

Judges put a cross only if the criterion (2nd, 3rd, 4th and 5th column) is fulfilled

start number	EXTENDED ARMS	EXTENDED LEGS	CLOSED LEGS	LINE (head, hands, shoulders)	TOTAL CRITERIA	FINAL SCORE
1	X	X		X	3	5.50
2	X	X	X	X	4	6.00
3	X				1	4.50
4		X	X		2	5.00
16						

ARCH MEASUREMENTS

COMMON ERRORS:

- bent elbows OR/AND bent knees (*fig. 1*)
- no pointed toes (*fig. 2*)
- rotated hips (*fig. 3*)
- opened legs (*fig. 4*)
- no vertical line with hands or head (*fig. 5*)
- hands too much opened (not in line with the shoulders)

Judges can ask to the competitor AT MAXIMUM 3 times to repeat the exercise in the correct way.
After 3 times and wrong execution 0 points are assigned.



fig. 1



fig. 5



fig. 4



fig. 3



fig. 2

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Judges can ask to the competitor AT MAXIMUM 3 times to repeat the exercise in the correct way.
After 3 times and wrong execution 0 points are assigned.

BE CAREFULL TO THE LOWER BACK!!!
TOO MUCH “squared” is NOT SAFE for the back



SHOULDERS MEASUREMENTS

The competitor preforms the following action with BOTH ARMS UP at a time:

- stand in vertical position with feet
- open the extended arms at 90° and close the thumbs inside the other fingers (*fig. 1*)
- close and bent the arms on the back: elbows closed to the body without opening the fists (*fig. 2*)
- MAINTAIN the position for 5 sec. (NO ADJUSTMENTS ARE ALLOWED!)



fig. 1



fig. 2

SHOULDERS MEASUREMENTS

The competitor preforms the following action with BOTH ARMS UP at a time:

- stand in vertical position with feet
 - open the extended arms at 90° and close the thumbs inside the other fingers (*fig. 1*)
 - close and bent the arms on the back: elbows closed to the body without opening the fists (*fig. 2*)
 - MAINTAIN the position for 5 sec. (NO ADJUSTMENTS ARE ALLOWED!)
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- the SMALLEST DISTANCE between the fists is measured = X (*fig. 3*)
 - the HAND DISTANCE is measured (FROM THE WRIST TO THE LONGEST FINGER) = Y (*fig. 4*)

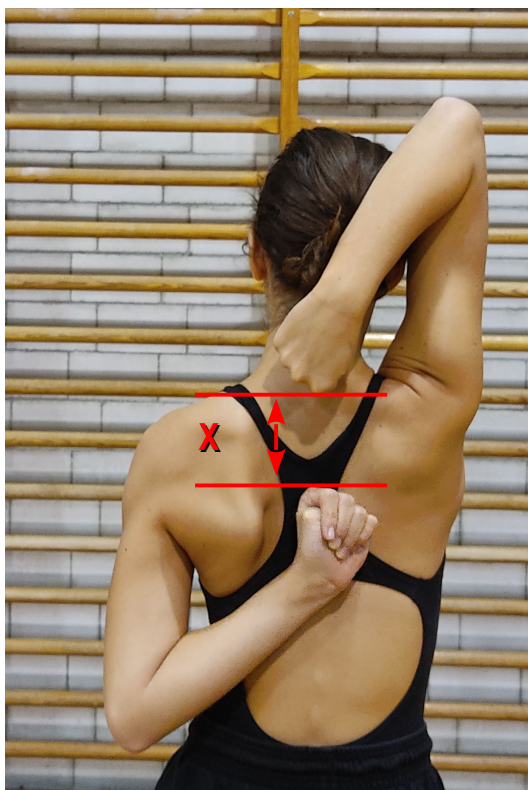


fig. 3

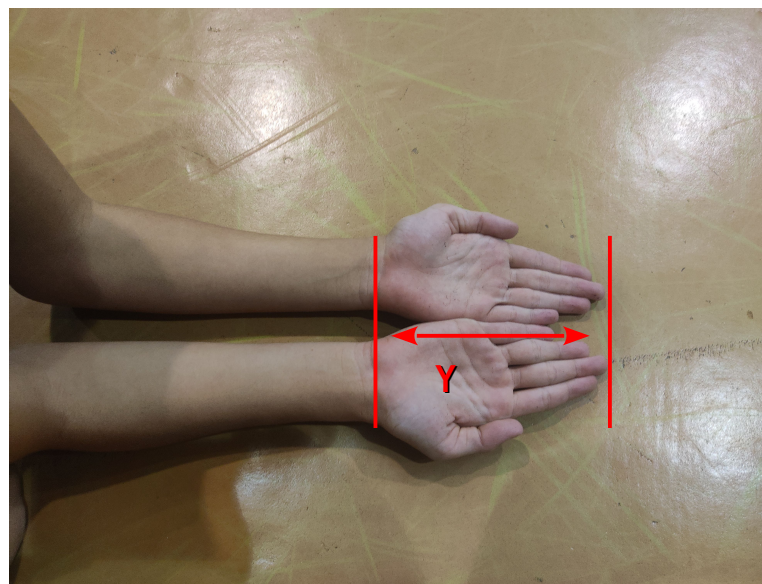


fig. 4

SHOULDERS MEASUREMENTS

The competitor preforms the following action with BOTH ARMS UP at a time:

- stand in vertical position with feet
- open the extended arms at 90° and close the thumbs inside the other fingers (*fig. 1*)
- close and bent the arms on the back: elbows closed to the body without opening the fists (*fig. 2*)
- MAINTAIN the position for 5 sec. (NO ADJUSTMENTS ARE ALLOWED!)
- the SMALLEST DISTANCE between the fists is measured = X (*fig. 3*)
- the HAND DISTANCE is measured (FROM THE WRIST TO THE LONGEST FINGER) = Y (*fig. 4*)
- X and Y distances are compared as detailed in table 1
- the WHOLE procedure is repeated with the other arm on the top
- for the FINAL SHOULDER SCORE the average of the 2 measurements is considered

X and Y comparison	Assigned points	Score
$X < Y$	3 points	5.75
$Y \leq X \leq 1.5Y$	2 points	5.25
$X > 1.5 Y$	1 points	4.75
Hurts during the exercise	0 points	0

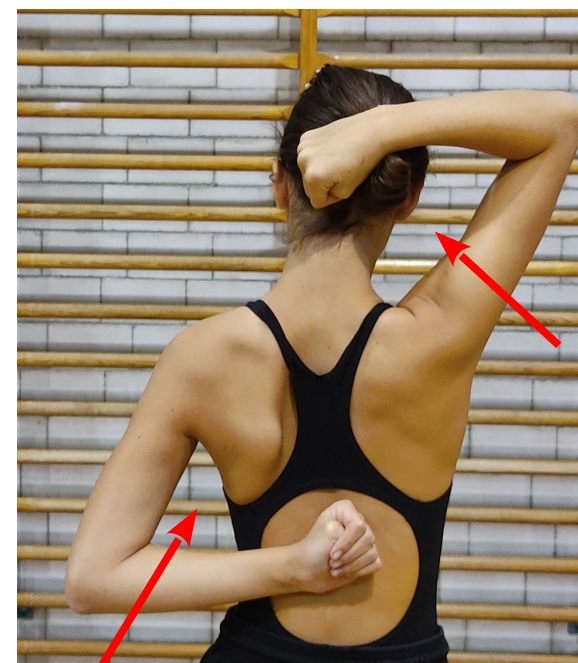
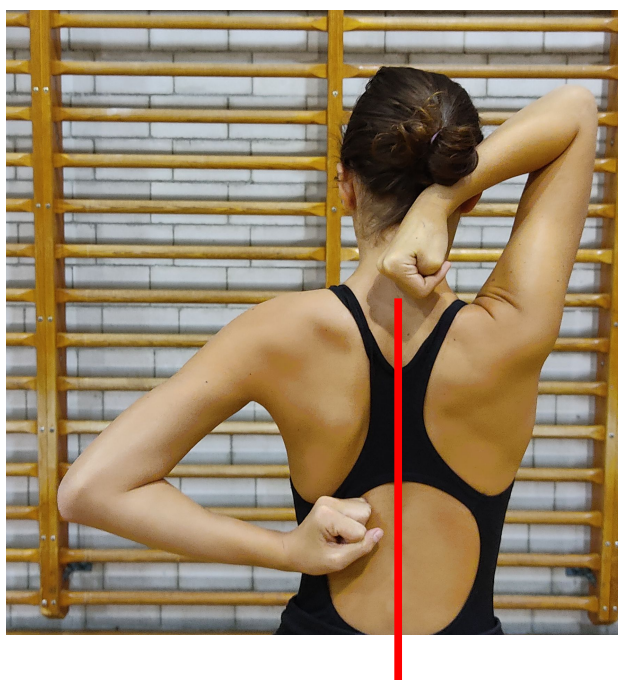
SHOULDER FLEXIBILITY						
Judges mark only the required distances (2nd, 3rd and 4th columns)						
start number	HAND (cm)	RIGHT ARM ON TOP (cm)	LEFT ARM ON TOP (cm)	RIGTH SCORE	LEFT SCORE	FINAL SCORE
1	16	5	6	5.75	5.75	5.75
2	17	17	13	5.25	5.75	5.50
3	17	18	29	5.25	4.75	5.00
4	16	27	29	4.75	4.75	4.75
16						

SHOULDERS MEASUREMENTS

COMMON ERRORS:

- open the fists
- fists not aligned
- elbows not touching the body
- adjustment after taking the position

Judges can ask to the competitor AT MAXIMUM 3 times to repeat the exercise in the correct way.
After 3 times and wrong execution 0 points are assigned.



FINAL SCORE FOR ARCH + SHOULDER

The average between the ARCH score and the SHOULDERS score is considered as the FINAL SCORE for this part.

 Member

SHOULDER FLEXIBILITY

Judges mark only the required distances (2nd, 3rd and 4th columns)

start number	HAND (cm)	RIGHT ARM ON TOP (cm)	LEFT ARM ON TOP (cm)	RIGH T SCORE	LEFT SCORE	FINAL SCORE
1	16	5	6	5.75	5.75	5.75
2	17	17	13	5.25	5.75	5.50
3	17	18	29	5.25	4.75	5.00
4	16	27	29	4.75	4.75	4.75
16						

SHOULDER + ARCH FLEXIBILITY (FINAL SCORE)

start number	SHOULDERS	ARCH	AVERAGE = FINAL SCORE
1	5.75	5.50	5.63
2	5.50	6.00	5.75
3	5.00	4.50	4.75
4	4.75	5.00	4.88
16			

ARCH FLEXIBILITY

Judges put a cross only if the criterion (2nd, 3rd, 4th and 5th column) is fulfilled

start number	EXTENDED ARMS	EXTENDED LEGS	CLOSED LEGS	LINE (head, hands, shoulders)	TOTAL CRITERIA	FINAL SCORE
1	X	X		X	3	5.50
2	X	X	X	X	4	6.00
3	X				1	4.50
4		X	X		2	5.00
16						