

ARMSTAND TESTING

I. TEST FORMAT

1. Girls and boys performs the same exercises with same requirements and same evaluation criteria.
2. Each diver should be execute 4 (four) armstands on the dryland platform edge:
 - a) Armstand forward facing – 2 (two) times
 - b) Armstand back facing – 2 (two) times
3. In accordance with the FINA Diving Rules (D 8.2.6.1, D 8.2.6.2, D 8.2.6.3), armstands should be assumed, when diver shows the stationary and steady balance in the straight vertical position.
4. In the final armstand positions – the body shall be not bent either at the knees or at hips; the feet shall be together and the toes pointed; the hands shall be straighten.
5. During the execution of armstand, there shall be no assistance to the diver.

II. EVALUATION CRITERIA

- a) Table of Degree of Difficulty

Starting position	Execution form	Execution position	D. D.
Any position	With take-off	Any legs position	1,0
Forward facing	Without take-off	Tuck	1,2
		Pike, legs split	1,5
		Pike, legs together	1,8
Back facing	Without take-off	Tuck	1,3
		Pike, legs split	1,6
		Pike, legs together	1,9

- b) A judge shall award from up to 10 points for each armstand within the following criteria:

Parts	Execution	Points
The phase of legs raising to the vertical	The legs raising is smooth; The pike, split pike or tuck position are clear, hands are straighten, the toes are pointed	3
	Minor errors according to the overall impression	2
	Major errors according to the overall impression	1

Quality of armstand position	The perfect line in the vertical position	3
	A slightly broken line or not exactly vertical position	2
	A broken line and not exactly vertical position	1
Armstand hold time	5 seconds and more plus self-ending execution	4
	3-4,9 seconds until losing balance	2
	Less than 3 seconds until losing balance	0

- c) In case, if armstand hold time is less than 3 seconds, no other criteria shall be used - for such an attempt should be set a score of 0 points.
- d) Result: Points for each armstand multiplied by D. D.
- e) Overall armstand testing result: The sum of the results of each of 4 (four) armstands.