

Training League • Coach Guide

Boys and girls. 13 challenges filmed in training, open all season. Included with the NGL General annual licence. Print this and keep it with your filming kit.

1 Before you film

- Parent consent given for every gymnast filmed
- Use a club device if you can
- Club kit, nothing loose
- No other children in shot
- Mats in place; beam challenges on a low beam

2 Film it

- Phone fixed, side-on, whole body in shot
- One continuous take, no edits
- Say the gymnast's name and the challenge at the start
- Tape or line in shot for distances
- Up to 2 attempts; the best valid one counts

3 Send it to NGL

- Email admin@nationalgymnasticsleague.co.uk, or use "Email videos" in your Club Hub
- For each video: first name, surname initial, boy or girl, BG number, age group, training hours, challenge
- Confirm parent consent has been given

4 After sending

- Delete the video from your device and sent email once it's sent
- NGL grades it, adds the result to the live table and their NGL Profile Card
- NGL deletes the video within 14 days of the result going in
- Never post videos online

The 13 challenges

One set of rules for every age. Anyone can try any challenge; one they can't do yet is just left out.

CHALLENGE	COUNTS	DOESN'T COUNT
 10m Sprint Fastest time (s) · SPD	<ul style="list-style-type: none"> • Standing start behind the line, no rocking start • Time from first movement to chest crossing the 10m line 	<ul style="list-style-type: none"> • False or flying start • Start or finish line out of shot
 Standing Long Jump Most cm · POW	<ul style="list-style-type: none"> • Both feet behind the line, two-foot take-off, no step • Must stick the landing and hold for 2 seconds • Measured from the line to the back of the nearest heel 	<ul style="list-style-type: none"> • Step, hop, fall or hand down on landing • Any run-up
 Tuck Jumps in 30s Most reps · POW	<ul style="list-style-type: none"> • Knees come up to at least hip height • Two-foot take-off and landing 	<ul style="list-style-type: none"> • Knees below hip height: that jump doesn't count, but the count carries on
 Push-ups in 30s Most reps · STR	<ul style="list-style-type: none"> • Straight body from head to heels • Chest down to a fist height off the floor, arms fully straight at the top 	<ul style="list-style-type: none"> • Hips sagging or piking • Half reps or knees on the floor
 Pull-ups Most reps · STR	<ul style="list-style-type: none"> • Overhand grip (palms facing away) • From a straight-arm hang, chin over the bar, back to straight arms 	<ul style="list-style-type: none"> • Kipping or swinging • Chin not clearing the bar, or not returning to straight arms
 Chin-ups Most reps · STR	<ul style="list-style-type: none"> • Underhand grip (palms facing you) • From a straight-arm hang, chin over the bar, back to straight arms 	<ul style="list-style-type: none"> • Kipping or swinging • Chin not clearing the bar, or not returning to straight arms
 Max Dips Most reps · STR	<ul style="list-style-type: none"> • From straight-arm support, lower until the upper arms are parallel to the floor • Push back to straight arms 	<ul style="list-style-type: none"> • Not low enough or not locking out at the top • Feet touching the floor
 Muscle-ups on Rings in 1 min Most reps · STR	<ul style="list-style-type: none"> • From a straight-arm hang below the rings, pull through to straight-arm support above them • Return to a straight-arm hang between reps 	<ul style="list-style-type: none"> • Big kip or swing to get through • Not reaching straight-arm support, or feet touching the floor
 5m Straddle Rope Climb Fastest time (s) · STR	<ul style="list-style-type: none"> • Feet off the floor, legs held in straddle the whole climb • Arms only • Time from leaving the floor to a hand touching the 5m mark 	<ul style="list-style-type: none"> • Legs touching or wrapping the rope • Legs dropping out of straddle
 Oversplit Blocks Most cm · FLX	<ul style="list-style-type: none"> • Front heel on a stack of blocks, back leg straight behind • Hips square and down on the floor, held for 2 seconds • Left or right leg, whichever is better: measure the total height of the blocks in cm 	<ul style="list-style-type: none"> • Bent front or back knee • Hips lifted off the floor or turned out
 Mushroom Circles in 30s Most reps · CTL	<ul style="list-style-type: none"> • Hands on the mushroom, legs straight and together • Every full circle counts 	<ul style="list-style-type: none"> • Feet or legs touching the mushroom or floor: that circle doesn't count
 V-Sit Hold on Beam Longest time (s) · BAL	<ul style="list-style-type: none"> • On a low beam for safety • Legs straight and together, lifted into a V with the chest towards the knees • No hands: hands off the beam • Time runs until the shape breaks 	<ul style="list-style-type: none"> • Bent knees, legs dropping or chest moving away from the knees • A hand or foot touching the beam, or coming off
 Handstand Hold Longest time (s) · CTL	<ul style="list-style-type: none"> • Arms straight, legs together, straight body • Freestanding: no wall • Time starts when the feet come together at the top 	<ul style="list-style-type: none"> • Walking on the hands, legs apart or bent arms • Time stops when the gymnast moves or comes down

Separate boys' and girls' leagues by age group (6-8 · 9-11 · 12-14 · 15+) and training hours (2-5 · 6-10). Only first names and surname initials are shown.