

Weighing gymnasts

Factors to consider

1



Body weight is not the same as body composition.
Body composition can be measured through DXA and ISAK.

2

Body weight can change day to day and over the course of a training session.

Long term changes in body weight can be effectively identified by measuring no more than once a month.



3



Body weight and body composition will change during adolescence.
Body weight taken along with height can be measured once a month to monitor growth and development.

4

It cannot be assumed an increase in body weight will cause an injury in gymnastics.
Injury is complex and can be caused by a combination of risk factors such as inadequate fitness, insufficient recovery and poor technique.



5



Being overweight or underweight can increase the risk of injury and/or poor health, however weighing a gymnast cannot provide you with this information.

Any health concerns around weight should be alerted to parents and medical advice should be sourced.

6

A decrease in body weight will not necessarily improve a gymnast's power-to-weight ratio.

To determine the power-to-weight ratio, both a measure of power (e.g. countermovement jump) and weight is required.



7



The way a gymnast looks is a subjective matter, influenced by many factors, and cannot be simplified to one number such as body weight.