**Top Of Texas DRILL MEET**

# Procedure Guide for the Male and Female Physical Fitness Competition

1. The physical fitness competition will consist of a male and a female event. **Coed teams will not be allowed.**  If schools enter more than one team per event only one team will contribute points to the Grand Champion/Superintendent’s trophies. Additional teams may compete for event or individual awards.
2. Teams will consist of four male or four female members. A captain will be designated for each team. Appropriate athletic clothing is authorized. Spiked, cleated, or studded shoes will not be used. **Competitors must have a waiver to compete. (See next page for copy of blank waiver)**
3. Exercises: The following will be conducted in the order listed:
   1. Pull-ups (MALES) // Flexed-arm Hang (FEMALES)
   2. Standing Long Jump
   3. Shuttle Run
4. Team captains will report to the physical fitness chief judge table no later than 10 minutes prior to their scheduled starting time. Competition will be conducted in the order listed above. Two teams will compete at one time with all participants competing in the same event at the same time. Teams should be warmed up when events start since no time is allowed for warm-ups.
5. There will be a lunch break after the 11:30 entry until 12:30 for the judges.

1. Exercise Descriptions: (Score Sheet Attached)
   1. Pull-ups (**MALES**): Cadets will assume the hanging position on the bar using either an overhand grasp or underhand grip. Cadets begin the exercise by first raising their body until the chin is over the bar without touching it. To complete one repetition, the body must be lowered to the full-hang starting position. During each repetition, the body must not swing, legs must not kick, and the pull must not be jerky.
   2. Flexed-arm Hang (**FEMALES**): The cadet will begin this/her exercise by grasping the bar with their hands, shoulder with apart – using either an overhand grasp or underhand grip. At the command “ready, go,” the cadet will raise their chin above the bar. Kicking and other body movements are not permitted while the cadets are on the bar. Time will begin on the command “go” and stop when the cadet’s chin rests on the bar, the chin tilts backwards to keep it above the bar, or the chin falls below the level of the bar. Scoring is to the nearest second.
   3. Standing Long Jump: With the toes of both feet positioned at the takeoff line, cadet jumps forward as far as possible. No preliminary step or hop may precede the jump. The cadet may bend knees, lower and raise body, swing arms and bring heels off the floor while preparing to jump (feet may not leave the ground completely except during the jump). Jump is measured from the take off line to the rearmost point (heel or other body part at landing).
   4. Shuttle Run: Each participant will run from a start point to a cone 25 yards away and back to the start point six times, for 300 total yards. This is a timed event.