

- (d) No rest is permitted between pull-ups.
- (e) Kicking, jerking or "kipping" is not allowed.
- (f) Movement may be slow or fast.
- (g) No partial pull-up may be recorded, e.g., 1/4, 1/2, etc.
- (h) If a rule is violated, the pull-up will not be counted but the participant may continue with the event.

Scoring: Record the number of times the participant is able to pull up, using the proper form.

(2) STANDING BROAD JUMP

Equipment needed: Outdoors: A take-off, 12" wide flush with the ground. The board should be covered with a piece of corrugated rubber matting or other non-skid material. Provide either a pit filled with sand or a landing area with the ground spaded and raked. Indoors: Two gymnasium mats, painted and marked with lines 3 inches apart.

Description: Place toes even with or behind the front edge of the take-off board, feet several inches apart. Take off with both feet, swing arms forcibly forward and jump as far as possible, landing on both feet.

Rules:

- (a) The feet must not be lifted until the jump is actually made. No crow-hop is permitted. Falling, or stepping backwards, upon landing also constitutes a foul. An additional jump should be allowed.
- (b) Touching the ground in front of the take-off board or line constitutes a foul.
- (c) Two good jumps are permitted.

Scoring: Record the better of the two jumps in feet and inches to the nearest inch. The measurement of the jump is made from the nearest imprint made on the ground by any part of the body to the front edge of the take-off board.

(3) BURPEE - 20 Seconds

Equipment needed: At least one stop watch or watch with second hand. A smooth surface.

Description: Start from the position of attention. The test comprises four distinct movements. They are as follows:

- (1) On the signal, "Go," squat and place the hands on the ground within 12 inches of the feet.
- (2) Extend the legs backward until the body is straight.
- (3) Return to squat position.
- (4) Assume standing position of attention, chest extended, shoulders and head erect.

Repeat the entire movement as often as possible for 20 seconds.

Rules: Following are violations; 1/4 point deducted for each infraction.

- (a) Falling forward on the hands and not assuming the squatting position.