

## BOYS' RULES

*50-yard Dash and 100-yard Dash:* Crouching start. No spiked shoes. One trial.

*Hop, Step and Jump:* Use a running start, take off on one foot, land on the same foot, take a long step to the other foot, end with a leap, landing on both feet. Two trials. Fouling counts as a trial.

*Running High Jump:* No diving over the bar. Raise bar one inch at a time. Three trials at each height.

*Standing Broad Jump:* No diving. Three trials. Take-off and land on both feet. No preparatory run or steps.

*Baseball Throw:* Throw from behind a foul line in any manner you choose, running or standing. Crossing the line counts as a trial. Three trials. Measure.

*Pull-Ups:* Grasp the bar with palms away from body. Clear the bar each time with the chin. Body and arms must hang straight after each chinning. No swinging or snapping of the body is allowed.

*Rope Climb:* One trial. Stand on floor and grasp rope. Climb in any manner. Time from the starter's command to the instant climber touches a point on the rope eighteen feet above the floor.

*Football Pass:* Three trials. Rules as in baseball throw.

*Football Punt:* Three trials. Do not cross foul line. Measure as in baseball throw. The ball must be dropped from the hands and kicked before touching the ground.

*Running the Bases:* Use baseball diamond bases 45 feet apart for boys up to 13; regulation for boys 14 and older. Time from the starting signal until you again touch home plate. Touch all the bases.

*Foul Shooting:* Stand on free throw line. Ten throws allowed. Stepping over the line after any throw counts as a trial.

*Baseball Throw and Catch:* Use baseball diamond with bases 45 feet apart. Stand at home plate. Players on first, second, third, and in the pitcher's box. Catch a ball thrown by the pitcher, throw to first, catch the return, throw to second, catch the return, throw to third and catch the return. Counting both throws and catches, you have a chance for seven errors. Throws are good if both hands can reach the ball by stretching and keeping one foot on the base. A bad throw must be repeated. A bad throw or missed ball is an error.

*Golf Drive:* Three trials. Use any wood club. Rest the ball on the ground or tee it. Measure from the tee to the point where the ball comes to a full stop. Count best of strokes. A missed swing or a topped ball counts as a trial.