

GIRLS' RULES

50-yard Dash: Standing start. No spiked shoes. One trial.

Running the Base: Same as Boys' Rules.

Batting Soft Ball: Five trials. Stand at home plate and throwing the ball into the air yourself, try to hit the ball in fair territory. The number of fair hits in five trials is your score.

Softball Throw and Catch: Same as Boys' Rules, baseball throw.

Baseball Throw: Throw from behind a foul line in any manner you choose. Crossing line cancels that score but counts as a trial. Measure from the edge of the ball's nearest contact with the ground, to the foul line. Three trials.

Kicking Soccer Ball: Place ball on foul line. Measure from the foul line to the nearest point at which the ball struck the ground. Three trials.

Throwing Soccer Ball: Throw with one arm using a round arm swing and taking any run desired. Do not cross foul line. Measure.

Hop, Step and Jump. Same as in Boys' Rules.

Standing Broad Jump: Same as in Boys' Rules.

Rope Climb: Same as in Boys' Rules, except that the score is the number of feet climbed.

Tennis Serve: Two parallel lines are drawn on a wall 30 inches apart. The lower line is 36 inches from the ground. Draw another line 39 feet from the wall and parallel to it. If you use a regulation court, stretch a cord 30 inches above the net. Stand behind the 39 foot line. The ball may touch the upper line, but it must clear the lower line. The successful serve in five trials score.

Ball Bouncing: Bounce a tennis ball 12 times; on the fourth bounce throw the right leg over the ball; on the eighth bounce throw the left leg over the ball. One point is given for the successful completion of all twelve counts. Take five trials. Score number of successful rounds, one point for each.

Jump-Stick: Hold the stick in front of you in both hands. Jump over the stick without letting go of it or touching it with your feet. Take five trials if necessary. Score is one or nothing.

Jump Rope: Turn the 6 foot rope yourself. Turn it forward while jumping 5 counts on one foot and 5 counts on the other foot. The 10 counts must be completed successfully for the one point score. Take three trials if necessary.

Foul Shooting: As in Boys' Rules.