

## APPENDIX

## REQUIREMENTS FOR FULL MEMBERSHIP

## SIGMA DELTA PSI TEST

1. 100 yd. dash	11 3/5 sec.	9. 100 yd. swim	1 min. 45 sec.
2. 120 yd. low hurdles	16 sec.	10. 1 mile run	6 min.
3. Running high jump	5 ft.	11. Front hand spring, landing on feet	
4. Running broad jump	17 ft.	12. Hand stand	10 sec.
5. 16 lbs. shot put	30 ft.	13. Fence vault	Chin high
6. 20 ft. rope climb	12 sec.	14. Good Posture	
7. Baseball throw or Javelin throw	250 ft. 130 ft.	15. Scholarship - Eligible for varsity competition	
8. Football Punt	120 ft.		

Substitutions: A candidate who has won the varsity letter or an intramural championship in any sport may substitute this letter for any one requirement in Sigma Delta Psi, except swimming. A substitution may be made but once for one sport; for example, the candidate may substitute the football award but once, even though he plays on the varsity team three years. The privilege of substituting varsity letters is limited to two official varsity sports and one intramural championship.

An intramural championship shall consist of at least sixteen competitors to a tournament and at least eight men to a division, class, etc.

## THE ATHLETIC BADGE TESTS

Test for boysFirst test:

1. Pull-up (chinning)	4 times
or	
Rope-climb (using both hands and legs)	12 feet
2. Standing broad jump	5' 9"
3. 60-yard dash	9 seconds
or	
50-yard dash	8 seconds
4. Baseball throw (accuracy)	3 strikes out of 6 throws at 40 feet
or	
Baseball throw (distance)	130 feet

Second test:

1. Pull-up (chinning)	6 times
or	
Rope-climb (using both hands and legs)	16 feet
2. Standing broad jump	6' 6"
or	
Running broad jump	12 feet