

RULES FOR PHYSICAL PERFORMANCE TESTS  
Headquarters, 2nd District  
Air Forces Technical Training Command

The following tests will be conducted at all stations in the Second District of the Air Forces Technical Training Command. Tests should be scored according to the accompanying achievement scale.

- I. A. Chinning  
or  
B. Rope Climb
- II. A. Push-ups (parallel bars)  
or  
B. Floor Dips
- III. Coordination Run
- IV. A. Standing Broad Jump  
or  
B. Three Standing Broad Jumps
- V. Burpee Test

Note: Choice is allowed of certain activities due to variation in facilities at different stations. There is no reason why all events may not be conducted if time and facilities permit.

RULES FOR CONDUCTING EVENTS

- I. A. Chinning.  
Equipment. (a) Use one-inch pipe or solid bar. (b) Bar eight feet from ground. (c) Suggested width of bar, 3'6" - 4'.  
Method. (a) Overhand grasp must be used. (Back of hands toward face). (b) Start from full arm extension. (c) Pull up until chin is even with or above the bar. (d) Return to full arm extension. (e) Allow no swing.  
Basis for scoring. Total number of complete movements.
- B. Rope Climb.  
Equipment. (a) One and one-half inch rope, at least fifteen feet in length. (b) Rope hung with knot on lower end 18 inches from ground. (c) Markings of paint or adhesive plaster at one foot intervals on rope.  
Method. (a) Start climb from sitting position, legs parallel to the ground. Hand grip on rope below line of chin. (b) Start climb on signal, feet not touching ground. (c) Legs may be used in climb. (d) Time interval - ten seconds.  
Basis for scoring. Greatest height as measured by position of lower hand.