

II. A. Push-ups (parallel bars)

Equipment. Parallel bars or similar suitable equipment.

Method. (a) Start from a straight arm position. (b) Lower body to full arm bend. (c) Push up to straight arm position.

Basis for scoring. Number of complete movements.

B. Floor Dips.

Equipment. None.

Method. (a) Start - full arm extension, legs extended, body straight.

(b) Bend arms, touching only chin to ground, body straight.

(c) Straighten arms, keeping body straight.

Basis for scoring. Total number of complete movements.

III. Coordination Run.

Equipment. (for each contestant). (a) Ten 1 in. x 10 in. x 12 in. boards or two 5 ft. x 10 in. boards. If the 5 ft. boards are used, each should be marked off in 12 in. sections. (b) Ten 2 in. x 2 in. wooden blocks. The 10 in. x 12 in. boards are placed end to end--five at the right and five at the left of the center mark. The distance from nearest edge of each inside board to center mark is 12-1/2 ft. (see diagram). Time -- 15 seconds.



Method. (a) Start at center mark with one block in hand. Remaining blocks are placed on center mark. (b) At starting signal, run either to right or left (at own choice), place the block on one of the inside boards. (c) Return to the center mark, secure another block and place it upon the opposite inside board. (d) Continue this process, placing blocks alternately on boards, on opposite side of center mark until time is called. Each block must be placed in progressive order, starting with the inside board (or section) and continuing outward. If the runner has a block in his hand when time is called, he shall be allowed to count it. Example (see diagram)--Runner starts at center mark, runs to rt., places a block on #1 board (or section), returns to center; secures another block; places it on #2 board (or section). Next block is placed upon #3 board (or section), etc.

Basis of scoring. Number of blocks placed upon boards.

IV. A. Standing Broad Jump.

Equipment. Take-off line and measuring lines. First line 4'8" from take-off line. Markers containing distances in feet and inches may be placed at one side of the pit. Markers containing number of points at each interval may be placed at opposite side of pit. Use a straight stick to place across pit to determine measurement of each jump, e.g., in (a) diagram, place stick across at 6'8" and 50-point mark if in front of 6'8" mark and behind 6'11" mark, record jump 6'8". Marks should be made at 3"-intervals up to and including 9'2". Six-inch intervals may be used (see diagram).

Method. (a) Start with toes behind take-off line. (b) Jump must be continuous after feet first leave ground. (c) Measure from mark