

PHYSICAL FITNESS (FEMALE)

SKIPPING ROPE

1. Hold the rope so the loop is behind the ankles.
2. Swing the rope over the head.
3. Swing the rope down under both feet.
4. The contestant will be allowed 1 minute to perform as many skips as possible.
5. If the contestant misses, she continues skipping until 1 minute is over.

PUSH-UP

1. Front lying, palms of hands flat on bench and approximately one (1) foot apart.
2. Straighten arms to lift body.
3. Chest must touch bench for each completed movement.
4. Body must remain in a rigid position during the upward push and downward motion.
5. The contestant will be allowed three minutes to complete as many push-ups as possible without stopping.

SIT-UP

1. Back lying, legs bent at least 90° angle, feet together flat on floor, arms folded across the abdomen.
2. Sit up and touch the knees with the folded arms.
3. Keep arms folded across the abdomen. Buttocks must stay in contact with ground.
4. The Event Judge will assign a "buddy" who will hold the contestant's feet against the floor.
5. The contestant will be allowed five minutes to perform as many sit-ups as possible without stopping.

RULES

1. The contestant must do the exercises in the following order (1) skipping rope, (2) push-ups, (3) sit-ups.
2. Only 60 seconds will be allowed between exercises.
3. A judge will count the number of correct exercises performed. The judge will "warn" the contestant of the first improper movement; count will stop at the second improper movement, or when time is up.

Scoring

Straight Skip – 0,5 point each

Push-Ups – 1,5 point each

Sit-Ups - 1 point each

The contestant with the highest total points shall win first place. Subsequent places will be determined by total points of each contestant.