

MARINE CORPS LEAGUE

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Dear Coach:

The 12th Annual High School Physical Fitness Competition, sponsored by the MARINE CORPS LEAGUE and the Marine Corps League, that will be held Wednesday, March 18, 2009 at the Rutgers College Avenue gym in New Brunswick, NJ.

This letter serves as an invitation for your school to enter a team(s) into the New Jersey High School Physical Fitness Championships. **There will be an entry fee of \$50 per male/female "A" Competition team that will be due at time of submission of registration documents if submitted no later than 10 January. If submission is after 10 January, the entry fee will be \$60 per team because of rising costs. The absolute deadline is February 21st.** This will make it possible for us to order the t-shirts without over ordering, and will aid in the offset of costs for the t-shirts and awards. **Checks will be made out to the Marine Corps League Youth Physical Fitness Program (MCLYPF) and mailed with the registration forms as noted below.**

Teams are requested to arrive at the Rutgers College Avenue gym in New Brunswick by 7:30AM for check-in and the sequence in which teams will compete will be determined by the date of receipt of documents. Most changes will be accommodated up until 1-week prior (March 5) unless there are emergencies.

Registration forms can be found within this package or on the Marine Corps League website at www.MCLeague.com and click on the Youth Physical Fitness Program. Each team is required to pre-register via the enclosed High School Registration Form and the Competition Registration Form or via our website. **These forms must be mailed to the following address: Marine Corps League, Youth Physical Fitness, at 633 Watchung Rd., Bound Brook, NJ 08805.**

The MARINE CORPS LEAGUE not assume liability for injuries incurred during your stay. Each athlete must complete and sign the enclosed release form. Coaches are directed to bring the completed release forms at time of check-in.

Time permitting; we will attempt to have the Awards presentation at the completion of the events. It would be appreciated if ALL participants remained for the Awards ceremony.

Note: The 4th Annual Northeast Regional meet will be held on April 18th Parkland High School, Allentown, PA. Details will be forthcoming

This is an opportunity for you to pass the word about the Marine Corps League and its Youth Physical Fitness program. This program is available at ALL levels from ages 5 - college. Books describing the program are available on our website or by calling the above noted telephone number.

If you have any questions, please call me at (732) 356-8762 or send me an email at ypfchair@yahoo.com. I look forward to seeing you March 12th.

Semper Fidelis,

Bill Siebel

Bill Siebel

National Youth Physical Fitness Coordinator
Marine Corps League

AS A LAST NOTE: It is imperative that **all information** on **all forms** be filled out completely and that coaches provide all information in regards to their team.

MARINE CORPS LEAGUE



2009 New Jersey High School Physical Fitness Championship

Schedule of Events

18 March 2009

<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
7:30 a.m.	Registration/Check-in	College Avenue Gym
8:30 a.m.	Opening Ceremony	College Avenue Gym
	<ul style="list-style-type: none">• Color Guard• Pledge of Allegiance	
	Briefing:	
	<ul style="list-style-type: none">• CO RS-New Jersey• YPF Chair	
9 a.m.	Girls Competition	College Avenue Gym
12 Noon	Boys Competition	College Avenue Gym
3:30 p.m. ***	Awards	College Avenue Gym

*** Time permitting

MARINE CORPS LEAGUE



Waiver of Liability

The New Jersey High School Physical Fitness Championships

I am fully aware of the potential hazards of participating in the 2009 New Jersey High School Physical Fitness Championships with the Marine Corps League and MARINE CORPS LEAGUE aboard the Rutgers University premises. I am aware that (I or my) (son or daughter) should not engage in the physical activity unless (I or my) (son or daughter) (am / is) medically able and in proper physical condition. (I or my) (son or daughter) understand(s) that Marine Corps physical training instructors and the staff of the MARINE CORPS LEAGUE will make the final determination as to who may participate in the New Jersey High School Physical Fitness competition. I have been briefed on the nature of the activities scheduled and have been given the opportunity to ask my questions relating to the conduct of, or risk related to this activity. I voluntarily, willingly, and knowingly assume all risk associated with the physical training, including, but not limited to severe injury or death, falls, contact with other participants, road conditions and the effects of the weather, including heat and humidity, all risks being known and appreciated by me. I also understand that if (I or my) (son or daughter) (am / is) injured while participating in physical training activities during the competition, I (he / she) will be given emergency medical treatment, and I hereby authorize and consent to any X-Ray, examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered under the general or specific supervisor of the civilian medical personnel. I further understand that any such care and treatment may be provided at cost to me. Having read this waiver knowing these facts and in consideration of accepting my (son's or daughter's) participation, I for myself and anyone entitled to act on my behalf, waive and release the MARINE CORPS LEAGUE, the United States Marine Corps, its representatives and successors from all claims or liabilities of any kind arising out of my (son's or daughter's) participation in physical training with the Marines.

Date: _____ Applicant's Signature _____

Printed Name: _____

Signature of Parent/Guardian _____
If applicant under the age of 18

Printed Name of Parent/Guardian

MARINE CORPS LEAGUE



The New Jersey High School Physical Fitness Program

School Registration Form

SCHOOL NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACHES NAME: _____

E-MAIL ADDRESS: _____

PHONE NUMBER: (WK) _____ (HM) _____

Has your school participated in the National Youth Physical Fitness Program or the New Jersey High School Physical Fitness Program in the past?

YES

NO

Do you plan to enter your school (team) in competition? (FOR HIGH SCHOOLS ONLY)

WHERE

WHEN

LOCAL: YES NO

STATE: YES NO

NEW JERSEY: YES NO

NATIONAL: YES NO

I would like to be contacted by a coach who has experience in forming YPF Teams. Y__ N__

If not submitting electronically, please mail this form to:

Marine Corps League YPF
c/o William Siebel
633 Watchung Rd.
Bound Brook, NJ 08805
Ph: 732-356-8762

For more information please visit our website at:

www.marineyouthfoundation.org

MARINE CORPS LEAGUE



The New Jersey High School Physical Fitness Program

PERMISSION SLIP & MEDICAL ITEMS

(NAME OF HIGH SCHOOL)

(NAME OF PARTICIPANT OR PARENT'S NAME AND NAME OF CHILD) dated 10 March 2009 give permission to _____ School District and (COACHES NAME) to take my son/daughter to Rutgers University, New Brunswick, NJ for the New Jersey Physical Fitness Meet to be held from 18 March 2009. I give the Advisors and Chaperones permission to search any and all luggage prior to departing for the trip under the provisions outlined in the student handbook for overnight trips and fieldtrips, if needed. My child will be out of school March 18th and will be responsible for all school work missed. Departure time will be at ____:____ am on May 18th and return approx. ____:____pm on March 18th.

I further state that I, _____, have carefully read the foregoing release and know the contents thereof and sign this release as my own free act, on behalf of myself and/ or my child for whom I am authorized to act as a legal guardian.

Date

Signature of Releaser

PHONE #'s for emergency contacts:

MARINE CORPS LEAGUE



New Jersey High School Physical Fitness Program

New Jersey Competition Guidelines

High school physical fitness teams are eligible to compete at the New Jersey level. The state level of competition will be broken down into 50 states. The complete list of states, state organizing committees and dates of competition can soon be found at www.marineyouthfoundation.org.

Qualifying Criteria:

- 1.) Each high school team will consist of five or six members and one coach.
- 2.) Team members must be full-time students in high school grades 9-12.
- 3.) In order to qualify for competition, students in grades 9-12 must not have reached their 20th birthday during the current school year.
- 4.) Teams must attain a qualifying score of 1875 points for male teams (375 point individual average) and 1250 points for female teams (250 point individual average) in order to compete at sanctioned New Jersey events. Team scores can be verified prior to New Jersey events by calling your state organizing committee and have a member of that committee present during qualifying.
- 5.) Teams competing at New Jersey events must be registered with the United States Marines Youth Foundation no later than 10 days prior to competition. Registration forms can be found on the web site under [school registration](#). Additionally, teams are required to register for competition. This form can be found on the web site under [H.S. Program](#).

Competition Rules:

The MARINE CORPS LEAGUE is the governing authority for all New Jersey competition. The New Jersey Youth Physical Fitness Advisory Committee serves as the organizing body for all New Jersey competition. The advisory committee members will also be present during the New Jersey Championship to ensure consistency within the competition.

The New Jersey Advisory Committee will determine the sequence in which teams will compete. Once the team sequence is established, teams should complete the course as described herein. If any team is not on the ready line when it is their turn to compete, that team will be disqualified.

Prior to the start of the competition, a member of the New Jersey YPF Advisory Committee, judges, monitors and counters will be assigned to each competition event. There should be enough monitors and counters to provide one for each team member competing. The head judge at each event has the final say on any disputes concerning his/her particular event. Judges, monitors and counters at all sanctioned New Jersey events will be made up of volunteers from active duty, retired or reserve Marines, or members of the Marine Corps League.

Escorts will be assigned to each team prior to the start of competition. The escort will be responsible for maintaining the teams official score sheet. The escort is the only one authorized to handle or write on the score sheet.

Each exercise event area should include six (6) exercise positions, if possible, with a like number of monitors and coaches, thus enabling each team member to compete at the same time. Each team member will abide by the time limit for each specified exercise.

Each team is allowed a three (3) minute rest period between events.

Teams must be staggered at the start so as not to create a backup of competitors at any one event. All six (6) team members will begin the sit-ups and proceed through the entire course as a unit.

The next team to compete will not begin the sit-ups until the previous team has reached the third exercise event, creating a gap between competing teams. There is only to be three teams on the competition field at any given time.

Coaches and assistant coaches are not allowed on the competition field while their team is competing. All coaches and assistant coaches are to remain outside the roped area of the field. Additionally, coaches may not communicate with their team while the team is competing. Coaches may communicate with their teams during periods of rest. Coaches and assistant coaches who fail to comply with these rules will cause their team to be disqualified from the competition.

Only two people from each team will be permitted on the field during competition to take pictures or shoot video. Additionally, those individuals will be identified prior to the start of competition. The escort for each team will brief the photographers on the rules of the field and annotate their names on the teams score sheet. Failure to check in with the escort prior to the start of competition will result in the photographers being asked to leave the field.

Performing the Exercises for Competition:

The exercises used for New Jersey competitions are the same as described in the High School Physical Fitness Program Book, which can be found on our website under "[High School Program Book.](#)" The five exercises are:

A) Sit-Ups - Two (2) minute time limit (maximum 100 reps for 100 points)

Position: Competitor lies on back with legs bent and feet flat on the mat. Thighs must form a 45-degree angle with the ground. Hands are placed behind the head with fingers interlocked and touching the mat. Feet are held in place by an official counter. The counter will hold the feet at the competitors' ankles. If a competitor is unable to be held in this manner, the official counter will kneel on the competitors' feet. The counter cannot hold the feet in any manner, which would assist the competitor, i.e., the counter sits on the competitor's feet with arms locked behind the competitors' legs.

Execution: Sit up, bending forward until the forehead is directly above or extended in front of the knees. Elbows must remain to the outside of the knees and need not touch any part of the leg. Return to the starting position, ensuring that the knuckles of the fingers or the back of the hand touch the mat before resuming the next repetition.

Important: 1) Fingers must remain interlocked. 2) Hands must remain behind and at the base of the head. 3) Head must come directly above or past the top of the knees. 4) Knees and feet cannot be spread further than shoulder width apart at any time during the exercise period. Feet must remain flat on the mat and legs must remain at a 45-degree angle during the entire exercise. 5) The buttock and/or small of the back cannot be raised more than one (1) inch above the mat when beginning each repetition. 6) Competitors may rest in either the up or down position as long as they maintain the correct body position while resting.

B) Push-Ups - Two (2) minute time limit, a non-stop exercise. Competitors can rest in the up position (maximum 60 reps for 100 points).

Position: Competitors must place some part of their hand or fingers under the shoulder (most competitors place their thumbs under the shoulder). Girls must keep their head and neck straight and head cannot drop as chin is touching fist. The body is held in a straight line (parallel to the ground) from the shoulders to the feet with no part of the body touching the ground other than hands and feet. Elbows are locked with arms forming a straight line (perpendicular to the ground) from the shoulders to the wrists. Feet may be spread no further than one foot apart. Counter lies face down on the ground opposite the competitor, placing his/her hand palm down under the competitor's chest for males, and fist (the thumb will be at the top of the fist when placed on the ground) under the chin for females.

Execution: The competitor lowers his/her body by bending the elbows and bringing his/her torso downward until the chest touches the back of the counter's hand for males, or until the chin touches the top of the counter's fist for females. The body must maintain a straight line from the shoulders to the feet. The competitor then returns to the starting position, again maintaining his/her body in a straight line. The elbows must lock straight before the next repetition begins. Broken form (hands are too wide, piking, hips or stomach touching mat) will result in repetitions not being counted. The judge will notify the competitor that he/she has broken form. If the competitor continues to break form, the judge will ask that competitor to stop, ending the event for that competitor. If the competitor corrects his/her form after the first warning, counting of repetitions will resume.

Important: 1) Sternum must touch counter's hand for males and the chin must touch the counter's fist for females. 2) No part of the body, other than the hands and feet may touch the ground. 3) Body must be maintained in a straight line at all times from the shoulders to the feet. 4) Arms must lock straight to complete return to the starting position. 5) Competitors can rest in the up position, however, the body must remain straight. 6) At no time during the exercise, including rest periods, can the competitor let his/her back arch or sway.

C) Standing Long Jump - Three (3) minute time limit to complete three (3) jumps, with best out of three (maximum 9' 10" jump for 100 points).

Position: Competitor stands with feet comfortably apart, toes just behind an established take-off line. Knees may be flexed, and arms may be swung forward and backward in a rhythmical motion to build momentum.

Execution: Jump forward as far as possible. Landing may be on one or two feet.

Important: 1) Only the best of three jumps will be recorded for score. 2) Measuring is from the take-off line to the nearest point of contact on the landing. 3) Stepping over the line and continuing the jump is a foul and counts as an attempt. Foul jumps are not measured. 4) Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.

D) Pull-Ups - Two (2) minute time limit (hands will remain on the bar with no shaking-out permitted (maximum 30 reps for 100 points).

Position: Hang from the bar with palms away from the body. Hands will be placed on the bar no closer than 12" or no further than 32" apart. Arms and legs must be completely extended with feet off the deck. Ankles may be crossed to keep legs together.

Execution: Pull body straight up, placing the chin over the top of the bar. Return to the starting position with arms fully extended.

Important: 1) Chin must be placed over the top of the bar. 2) Arms must be fully extended when body is lowered to the starting position. 3) Legs (knees) may be bent, while executing the pull-ups as long as there is no kicking of the legs to propel the body upward. 4) No swinging, jerking or kipping of the body is permitted. However, a slight "natural" swing is permissible. A counter will hold an arm extended in front of the competitor to keep body alignment straight during the exercise and prevent any excessive swinging. 5) Competitors are permitted to rest in the down position only. 6) Hands must remain on the bar at all times during the exercise, unless a relatively minor repositioning of the hands is necessary to keep from slipping off the bar. Hands and arms cannot be "shaken-out" during the exercise. 7) Competitors must come to a dead hang following the last pull-up in order for the final repetition to be counted. Failure to do so, dropping from the bar while in the downward motion, will constitute a no count for that particular repetition. 8) Females have the option of placing their thumbs over or under the bar during the exercise.

E) 300-Yard Shuttle Run - Scored in relation to elapsed time needed to complete (maximum 44 second run for 100 points).

Position: Runners may use a standing, distance-type start or a crouched, sprinters start. No part of the body may be extended over the starting line and no device such as starting blocks or depressions, may be used to assist the competitors.

Execution: Each competitor runs the 60-yard distance five times, making a complete turn around each marker. On the fifth leg of the run, the competitors' total elapsed time for the event is clocked and recorded as he/she crosses past the pylon.

Important: 1) The run is continuous without stopping. 2) If a competitor fails to complete the run, he/she receives no points. 3) If a competitor knocks over a pylon while making a turn, he/she must return that pylon to the upright position and as close to the proper location as possible before continuing the event. If a competitor fails to return a toppled pylon to an upright and proper position, he/she will receive no points for the event. 4) Provided adequate equipment and times are available, more than one competitor may run the event at one time. 5) Running area should be level.

Competition Uniforms:

The uniform for competition will be appropriate shorts and shirts as commonly worn by track teams. Sweatshirts may be worn during the sit-ups and standing broad jump only - elbows must be exposed during the push-ups and pull-ups portion of the competition. Footwear will be sneakers or appropriate gym shoes. **No spikes or cleated footwear will be allowed.** Socks may be worn, but are not mandatory. The same footwear and uniform must be worn during the entire course of the competition, except as noted with the sweatshirt.

Scoring of Events:

The New Jersey competition will utilize the same scoring standards (identified in the scoring charts as "Meet") and basic exercises for both male and female as outlined in the High School Physical Fitness Program chapter of the Program Book. No modified exercises or scoring standards will be used. All events will be strictly judged and scored in accordance with the descriptions as outlined in the Program Book.

Breaking a Tie:

Although six (6) members will compete on each team, only the score of the five (5) highest competitors will count towards the team's overall score. Adding the score of the sixth team member to each team's score will break a tie. If one of the tied teams only has five (5) competitors, then the team with six (6) competitors will win the tie. If both teams have six (6) members and the scores are still tied after adding the sixth score, a comparison of team scores by event, beginning in reverse order (300-Yard Shuttle Run) will be the deciding factor on breaking a tie. The team with the fastest run time will be declared the winner. If for any reason a tie still exists, then both teams will be declared the winner for that particular place - 1st, 2nd, 3rd, 4th etc. This same method will be used to determine individual ties.

Directions to Rutgers University

From Route 287 North or South

Follow Route 287 to Exit 10 – sign says Easton Ave (Route 527). Take Easton Avenue south towards New Brunswick. Go approximately four (4) blocks past St. Peter’s Medical Center and at light make a left onto Ray Street. Follow Ray Street to the end and into Lot #30 behind the College Avenue gym.

From Route 18

Take Route 18 North into New Brunswick. Take the second Rutgers University/George Street exit (exit after Route 27). At the end of the ramp, make a left at the light onto George Street. Go one block and make a right onto Seminary Place. Go to the end of Seminary Place and make a right onto College Avenue. Follow College Avenue for approximately four blocks. Go past the gym and make the first left onto Senior Street. Go one block and make another left onto Sicard Street. Entrance to Lot #30 is on your left.

From Route 1 North or South

Follow Route 1 directions to New Brunswick. Exit onto Route 18 North and follow Route 18 North Directions.

From New Jersey Turnpike North or South

Follow the Turnpike to Exit 9. After the toll, take Route 18 North and follow the Route 18 directions above.

From the Garden State Parkway

Follow the Parkway North to Route 287 North, or the Parkway South to Route one South. Depending on which way you go, follow the appropriate directions described above.

POCs

- Bill Siebel, YPF coordinator cell 732-208-5620