

Performing the Exercises

Pull-Ups

EQUIPMENT: Pull-up bars, approximately 1 ½" outside diameter.

TIME LIMIT: No time limit for this event.

IMPORTANT: Competitors are permitted to rest in the down position only.

FULL EXERCISE



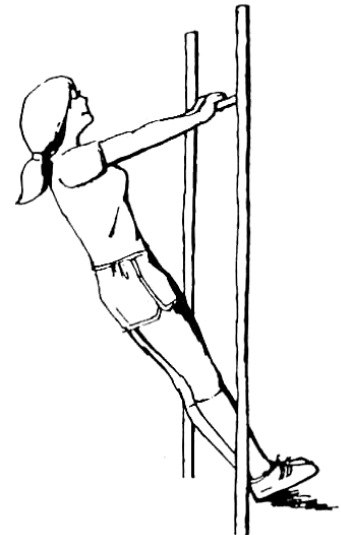
Position: Hang from bar with palms away from body, thumbs curled under and around the bar. Arms and legs must be completely extended with feet off the floor. Ankles may be crossed to keep legs together.

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

MODIFICATION #1

Position: Adjust height of bar to chest level. Grasp bar with palms facing out. Extend legs under the bar keeping body and knees straight. The heels are on the floor. Fully extend arms so they form a 90-degree angle with bodyline. A partner braces the competitor's heels to prevent slipping.

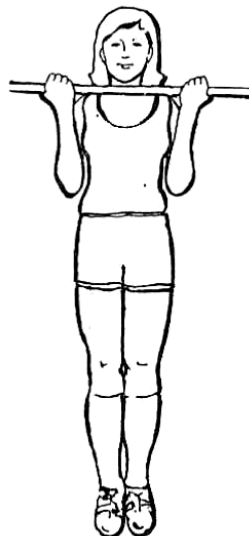
Execution: Pull body up with arms until chest touches bar. Lower body until elbows are fully extended. Repeat as many times as possible.



MODIFICATION #2

Position: Grasp bar with palms facing body. Partner lifts competitor into place until chest touches bar and chin is above bar.

Execution: Hold body straight with chin above bar and chest touching bar as long as possible. When chin is no longer above bar, time is called.



Pull up Scoring Chart

REPS	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
1		12	11	10	9	8	7	7	6	6	5	5	5	3	3
2		25	22	20	18	16	14	14	12	12	10	10	10	6	6
3		40	33	30	27	24	21	21	18	18	15	15	15	9	9
4		50	44	40	36	32	28	28	24	24	20	20	20	12	12
5		60	55	50	45	40	35	35	30	30	25	25	25	15	15
6		80	70	60	54	48	42	42	37	36	30	30	30	18	18
7		90	80	70	63	56	49	49	42	42	35	35	35	21	21
8		100	90	80	72	64	56	56	49	48	40	40	40	24	24
9		"	100	90	81	72	63	63	56	54	45	45	45	27	27
10		"	"	100	90	80	70	70	63	60	50	50	50	30	30
11		"	"	"	100	90	80	77	70	66	55	55	55	33	33
12		"	"	"	"	100	90	84	77	72	60	60	60	36	36
13		"	"	"	"	"	100	92	84	80	65	65	65	39	39
14		"	"	"	"	"	"	100	91	86	70	70	70	42	42
15		"	"	"	"	"	"	"	100	92	75	75	75	45	45
16		"	"	"	"	"	"	"	"	100	80	80	80	48	48
17		"	"	"	"	"	"	"	"	"	90	85	85	51	51
18		"	"	"	"	"	"	"	"	"	100	90	90	54	54
19		"	"	"	"	"	"	"	"	"	"	100	95	57	57
20		"	"	"	"	"	"	"	"	"	"	"	100	60	60
22		"	"	"	"	"	"	"	"	"	"	"	"	65	68
24		"	"	"	"	"	"	"	"	"	"	"	"	70	76
26		"	"	"	"	"	"	"	"	"	"	"	"	75	84
28		"	"	"	"	"	"	"	"	"	"	"	"	80	92
30		"	"	"	"	"	"	"	"	"	"	"	"	85	100
32		"	"	"	"	"	"	"	"	"	"	"	"	90	"
34		"	"	"	"	"	"	"	"	"	"	"	"	95	"
36		"	"	"	"	"	"	"	"	"	"	"	"	100	"

FLEXED ARM HANG

SECONDS	POINTS		SECONDS	POINTS		SECONDS	POINTS		SECONDS	POINTS
70	100		52	64		34	34		17	17
69	98		51	62		33	33		16	16
68	96		50	60		32	32		15	15
67	94		49	58		31	31		14	14
66	92		48	56		30	30		13	13
65	90		47	54		29	29		12	12
64	88		46	52		28	28		11	11
63	86		45	50		27	27		10	10
62	84		44	48		26	26		9	9
61	82		43	46		25	25		8	8
60	80		42	44		24	24		7	7
59	78		41	42		23	23		6	6
58	76		40	40		22	22		5	5
57	74		39	39		21	21		4	4
56	72		38	38		20	20		3	3
55	70		37	37		19	19		2	2
54	68		36	36		18	18		1	1
53	66		35	35						