

National High School Physical Fitness Program

The National High School Physical Fitness Program is a continuation of the National Youth Physical Fitness Program as outlined earlier in this program book. The National High School Physical Fitness Program is designed to give added incentive for students to continue their quest towards a healthier lifestyle. Teams can compete at the state and national level.

Fitness instructors or volunteer coaches can organize fitness teams to compete at State and National events. The guidelines for the conduct and forming of teams are outlined below. These rules apply for both state and national competition.

Teams:

1. Each team will consist of five or six members and one coach.
2. Team members must be full-time students in grades 9-12.
3. In order to compete at an officially sanctioned event, 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 men (375 point individual average) and 1250 points for women (250 point individual average) in order to compete at sanctioned state and national events.
5. Teams competing at the state or national level must provide the United States Marines Youth Foundation with a team roster verifying the teams qualifying score, grade and age of students participating in the competition.

Scoring:

The State and National competition utilizes the SAME scoring standards and basic exercises for **BOTH** men and women as outlined in the Youth Physical Fitness Program chapter of this book. **NO MODIFIED** exercises or scoring standards will be used. All events will be strictly judged and scored in accordance with the descriptions outlined herein. During the 2003 competition year, the sit-up portion of the competition will be changed to the Modification #1 exercise (crunches).

Competition Rules: (For all sanctioned state and national competition)

The Executive Director, United States Marines Youth Foundation, Inc. is the governing authority for all State and National Events. A team is subject to disqualification if any member interferes or interrupts the exercise of another team. A description of each exercise will be demonstrated prior to the start of the meet.

The sequence in which teams will participate will be determined just prior to the start of the meet by drawing numbers. Once the team sequence is established, teams should complete the course as described herein. If any team is not on the line ready to go when it is their turn to compete, that team will be disqualified.

- 1) The sequence in which exercises will be conducted and the time limit for each exercise will be:

Sit-ups – Two (2) minute time limit (maximum 100 reps for 100 points).

Push-ups – No time limit, but a non-stop exercise with no longer than a one-thousand count in the up position (maximum 60 reps for 100 points).

Standing Long Jump – Three (3) minute time limit to complete three (3) jumps (maximum 9'10" jump for 100 points).

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

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

“The Solution to a Drug-Free America”™ is a huge undertaking with nearly 52 million students across the nation. The challenge to the task can be an exciting and interesting experience for all the physical education directors, teachers and school administrators. With the professional wisdom of the school leadership, including the Boards of Education, we can positively impact all these students. With the full cooperation of all departments, “The Solution to a Drug-Free America” can be achieved.

- 2) Each exercise event area should include six (6) exercise positions, if possible, with a like number of monitors and counters, thus enabling each team member to compete at the same time. Each team member will abide by the time limit for each specified exercise.
- 3) Each team is allowed a three (3) minute rest period between events.
- 4) 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.
- 5) The next team to compete should 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.
- 6) Coaches and assistant coaches are not allowed on the competition field while their team is competing. All 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 who fail to comply with these rules will cause their team to be disqualified from the competition.
- 7) Escorts will be assigned to each team prior to the start of the 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.
- 8) Prior to the start of the competition, a member of the National YPF Advisory Committee, monitors and counters will be assigned to each competition event. There will be enough monitors and counters to provide one for each team member competing. The Advisory Committee member has the final say on any disputes concerning his/her particular event. Monitors and counters at all sanctioned state or national competition will be made up of volunteers from active duty, retired or reserve Marines or members of the Marine Corps League.

Breaking a Tie:

Although six (6) members will compete on each team, only the score of the five (5) highest competitors will count toward the team's overall score. Adding the score of the sixth team member to each team's score breaks team ties. If one of the tied teams only has five (5) competitors, then the team with six (6) competitors wins. If a tie still exists, a comparison of team scores by event, beginning in reverse order (300-Yard Shuttle Run) will be the deciding factor. This method will also decide individual ties.

Competition Uniform:

Uniform for the competition will be appropriate shorts and shirts as commonly worn by track teams. Elbows must be exposed during the push-ups and pull-ups events. Footwear will be sneakers or appropriate gym shoes. No spikes or cleated footwear will be allowed. Socks may be worn, but are not mandatory. Footwear must be worn during the entire course of the competition. The same uniform, to include shoes, must be worn during the entire course of the competition. The only exception will be the authorization to wear a sweatshirt during the sit-ups; broad-jump and shuttle run.