



2024 ALL-SERVICE NATIONAL JROTC FITNESS CHALLENGE CHAMPIONSHIPS

STANDING OPERATING PROCEDURES

25 SEPT 2023 – REVISION #1

<http://fitness.thenationals.net> ★ <https://www.facebook.com/JROTCFitnessNationals/>

Event Manager: Sports Network International

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"HELPING BOYS & GIRLS BECOME SUCCESSFUL MEN & WOMEN"

Competition Site

Beach behind Plaza Resort & Spa & Ocean Center Arena
600 North Atlantic Avenue & 101 N Atlantic Ave

Teams stay here through the Team Package Plan with SNI

items changed from previous year are yellow highlighted

1. GENERAL OVERVIEW / EVENT HIGH POINTS

- a. Congratulations and thank you for preparing for the All-Service National JROTC Fitness Challenge Championships! This SOP will allow you to review all rules & procedures needed to compete safely and effectively within the arduous events of this Fitness Championship Event. The "Fitness Nationals" are designed to provide programs with a fantastic opportunity to compete against many of the best programs in the nation in a first-class environment. The entire weekend will be a part of the largest gathering of JROTC cadets anywhere in the world known by all as the JROTC Weekend.
- b. This competition is designed for **9-person MALE & MIXED teams. FEMALE teams will have 6 cadets compete.** All teams may have up to FIVE additional cadets for their teams, therefore Male & Mixed teams have a max size of 14, Female teams max size is 11.
- c. The event maintains **FIVE COMPETING TEAM EVENTS**, TWO are slated to be held OUTDOORS (**3k Team Beach Run, Physical Team Test**) on the sunny shores of the famous Daytona Beach (weather permitting). The final three events (**Standing Broad Jump, Seated Power Throw and Pull-ups/Arm Hang**) are held inside the carpeted conference area of the Ocean Center. Details on each event are found within. Inclement weather plans to move all FIVE events into the Ocean Center are also maintained herein.
- d. All teams should attend looking to challenge themselves physically & mentally in a first-class environment to compete safely and effectively. All JROTC units and cadets in good standing are eligible to enter teams in this all-service competition! The general directions & layout for the Fitness Nationals are posted on the official website for download/review, along with all other required paper & info.
- e. All schools must utilize and become comfortable with registration and paperwork submission in the **MySchool Website** (<http://myschool.thenationals.net>) for all event matters. Schools should use the event website (<http://fitness.thenationals.net>) as a resource for valuable event/trip information. SNI also posts photos, messages and late breaking fun on the Fitness Nationals Facebook page (<https://www.facebook.com/JROTCFitnessNationals>). Schools are encouraged to distribute this Facebook Page and the Fitness website address to their parents to give them a better experience following your efforts here at the Fitness Nationals.
- f. Entry into the event begins annually on 1 OCTOBER (roughly 7 months prior) and continues until competition slots are filled at 60 team entries! All JROTC units wishing to obtain a competition slot should register to attend as soon as they know they are planning to compete! Registration is done on-line from the event website. When the competition slots are filled, the event is full. We cannot save any slots for any school for any reason so please do not ask! We will likely have a waiting list but planning a trip from distance based on that is at best a problem.
- g. No drill cadets competing on the first day of the National High School Drill Team Championships may compete in the Fitness Nationals. Simply cannot have that scheduling conflict. Please do not ask for an exception. If the cadet ONLY competes on the final day, we CAN make this happen.

- h. The entire weekend is supported and sponsored by the **U.S. Army Cadet Command**. Only with their gracious sponsorship and support can this event be hosted in such a fantastic way with incredible trophies and memorable competition facilities. Our thanks to them for their efforts!
- i. All competitors, instructors, and team supporters are subject to comply with all of the rules & procedures of this SOP and of the competition. Any items not specifically covered by SNI regulations are at the sole discretion and determination of the Judging Director of the competition. Items may be changed on site for fairness or other valid event reasons.

j. IT IS CRITICAL THAT INSTRUCTORS PROVIDE THESE REGULATIONS TO THEIR CADETS IN ADVANCE. WE WILL NOT GO THROUGH EXPLAINING ALL THE REGS TO THE CADETS ON-SITE. IT WAS SHOCKING IN 2023 HOW FEW CADETS KNEW THE RULES IN THEIR EVENTS. PLEASE HELP US TO FIX THIS GOING FORWARD!

2. TEAM COMPOSITION, ELIGIBILITY & ENTRY RULES

- a. The Nationals are open to JROTC programs and select other quality groups after review by the competition committee of SNI. Under no circumstances may any attendee of the Nationals be older than a high school age and status to compete. Schools may have younger cadets (as often happens within military schools, etc,
- b. **Cadets must be enrolled within their competing JROTC program no later than 1 February of the competition year to be eligible to compete.** This hard deadline is waived if the cadet is newly entered into the SCHOOL after that date.
- c. **As stated previously, Male & Mixed teams (9 competing cadets) and Female teams (6 competing cadets) is the standard. Every team may have UP TO FIVE additional cadets as substitutes** (NOTE: Mixed teams think about having both a male & female alternate!)
- d. **MIXED TEAMS must have a minimum of THREE females in every event.** Increased numbers of females are not generally recommended but are allowed. **MALE TEAMS** are generally comprised of all male members, however due to injury or personal preference; the team may contain any quantity of females. **Female teams may only be comprised of teams utilizing all females.**
- e. Cadets may enter every team event for their team, **some** or none. This is a coaches decision. Cadets will substitute only within the team they are assigned. Male or Female Division team members cannot substitute onto the Mixed Division Team, etc. Substitutions can be done **ONLY** prior to the start of an event and can be done for any reason at the complete discretion of the team. You don't need a medic waiver, nor any medical need. You have a multi-member team to form your best 9 (or 6 females) competitors in any/every event.
- f. Teams maintaining cadets who have team members who have cadets with non-biological gender roles **MUST** follow their current schoolboard policy to correctly compete at the JROTC Fitness Nationals.
- g. Schools **MAY** enter a maximum of **THREE** fitness teams, **providing that no cadet competes for more than one team.**
- h. **Every competing cadet MUST provide the completed and signed Covenant Not to Sue.** Each School/Coach should make a duplicate copy of these forms and provide the copy to the Meet Director at check-in. Each school is required to submit in advance all money/paperwork as required to be able to compete. **There is no exception to this requirement.** Schools should plan ahead for unit inspections, snow days or other items that can interfere with these deadlines as some have little flexibility.



3. COMMANDER'S CALL

- a. **A ZOOM Commander's Call will be held for the Fitness Nationals event in the weeks prior.** Expansive and detailed pre-event communication through this and emails allows items to be covered long before the day of the event. All event questions should be asked in advance via email or telephone. Last minute instructor's questions (while rare) regarding the competition may be quite difficult to gain an answer on-site as personnel can be very unavailable handling other issues.
- b. As the event items are not set until the morning of the event, no ability to review and walk through competition areas the day prior is available. No teams may "practice" anything once set.

4. COMPETITION EVENTS & GENERAL INFORMATION

- a. The All-Service Fitness Nationals are comprised of FIVE total team events. These events are designed to test your cadets physically as well as test their ability to work as a team. Teams must enter and obtain a score in all five events in their entered division to be eligible for the overall title. The event overviews are as follows (note: details on each are found later in this document):
 1. **Standing Broad Jump:** Event is held at the Ocean Center inside. The jumper stands behind the jumping line. The jumper feet will be comfortably apart and BEHIND the line upon take-off. The athlete takes off from a standing start jumping for distance. Each jumper receives TWO tries. The best of the two tries count towards team & individual awards. (NOTE-Practice keeping your feet still on your pre-jump. Most fouls occur when the jumper takes a small baby 1-2" "hop" before their jump, often placing the toes on or over the line for a foul.)
 2. **Pull-ups / Flexed Arm Hang:** Event is held at the Ocean Center inside. Male cadets will execute pull-ups for a total done within 1 minute. Cadets competing as Females will execute a flexed arm hang for time until failure. Total seconds with chin over the bar will be recorded. Each team member receives only ONE try. Total seconds (female) / quantity (male) for team and individual awards.
 3. **3-Kilometer Team Beach Run:** Event is held on the SOFT SAND of Daytona Beach! *Male and Mixed Teams run together with a 10' long x 4" PVC Schedule 40 drain pipe weighing roughly 20 pounds.* Teams run to halfway point, entire team gets a turn-around marker, and then the team returns ending at the starting point. Each team receives ONE try with the time recorded.
 4. **Seated Power Throw:** Event is held at the Ocean Center inside. A 2kg (4.4 lb.) ball is symmetrically thrust forward with two hands from a seated position to achieve maximum distance from the thrower. Each cadet will receive TWO tries. The best of the two tries will count towards team and individual awards. Straight distance.
 5. **Physical Team Test (PTT):** The PTT consists of numerous obstacles that require individual/team agility, strength, power, balance and stamina. Team will run to the end around a mid-point and then reverse the course executing everything in reverse to re-cross the start/finish line. Each team will receive just ONE try with the team time recorded.
NOTE: The Ultimate Fitness Cadet competition is held as a part of these team events. This event is NOT a part of the overall scoring and is fully described herein.
- b. Any slam ball used during an event will be 30lbs.
- c. All schools **MUST check the SOP Update/Clarifications page** on the Fitness Nationals website throughout the Spring. Major and minor changes and general event news will be posted there first.
- d. **All penalties follow a MAJOR/SERIOUS/MINOR format.** In timed events, this will be a 60sec. / 30sec. / 10sec. addition. In counting events, it will mean end of competition field reduction/three placement reduction/one placement reduction. All of these of course depend on the infraction seriousness and any advantage the team gained through their effort. They are subjective
- e. Any cadet who curses or utilizes other unsportsmanlike acts may earn a SERIOUS penalty. Acting in this manner is unbecoming a JROTC cadet or coach so ensure it does not happen to your team.

- f. Any team that starts or finishes an event with **one cadet missing** will receive a **MAJOR** penalty. On counting events, a zero is placed for all cadets missing (this IS the penalty). **Teams competing with two or more missing**, or those teams who gain an advantage by not competing with the prescribed gender configurations, will be disqualified receiving a zero score - 99 minute max time depending on the event.
- g. The weather for any late Spring event in Florida will likely be gorgeous but HOT. Teams must prepare for HOT and RAINY weather conditions to be fully prepared. Also, teams must maintain solid communication lines to take late-breaking, on-site directions from SNI should bad weather for a delay or a cancellation.
- h. Teams will take their gorgeous team photos on the beach. All teams are assigned a photo time for their shot. Inclement weather will move these photos indoors at the Ocean Center. They will receive their score sheets, complete scoring reports and the printed photos immediately following the conclusion of their Awards Ceremony.

5. TENTATIVE SCHEDULE OF EVENTS NOTE

- a. *May 5th, FRI, 1100-1600*: Early School check-in/registration at the Ocean Center Arena.
- b. *May 6th, SAT, 0630-0930*: School check-in/registration at the OCEAN CENTER Scoring Table.
- c. *May 6th, SAT, 0800 on*: Rotation of two beach team events begins on the sand behind the Plaza Resort.
- d. *May 6th, SAT, 0900 to 1200*: Team photos will be taken at the Beach near the PTT start/finish line.
- e. *May 6th SAT, 1300*: Rotation of all team events moves to the Ocean Center East Lobby.
- f. *May 6th SAT, roughly 1930 (final time posted AFTER teams confirmed)*: Awards ceremony begins.

NOTE: The final competition schedule will be impacted by the number of team entries. The actual event schedule for your teams, as well as a finalized event schedule and numerous details regarding where to meet EXACTLY at the facility will be forwarded to every competition team roughly two weeks prior to the event and posted on the Fitness Nationals website for your spectators.

6. SAFETY WHILE AT THE FITNESS NATIONALS

- a. SNI takes safety of Fitness competitors and spectators seriously. Having people in positions of authority that have extensive practical experience dealing with heat and exertion issues is hugely beneficial SNI reminds all programs to pay special attention in this area. SNI will maintain staffing that has a focus and background to look for these issues.
- b. As the Event Director for the Fitness Nationals, Sports Network International (SNI) maintains sole judgment pertaining to competition items. All decisions made by SNI regarding rules, procedures or other matters are final. All competitors, instructors, and supporters are subject to comply with all of the rules & procedures of this SOP and of the Fitness Nationals. Any items not specifically covered by this document are enforced at the sole determination of the SNI Judging Director. If you have any questions regarding this event, please direct your question either via phone or email to SNI in advance of the event.
- c. **Sports Network International will ensure medical is on-site on the beach for the rigorous 3K Team Run and the Physical Team Test.** When the competition moves back indoors to the Ocean Center, a dedicated medic will on-site as well to handle any injuries worthy of that level of care.
- d. Cadre at every level are responsible for conducting a continuous, rigorous safety program with cadets. This begins with discussions on hydration, maintaining their own first aid kit, reporting of all injuries and the like. All unit instructors are required to read the detailed [SNI Fitness Risk Overview](#) posted to the website.
- e. **Teams are STRONGLY ENCOURAGED to keep basic first aid items with them on the bus** and handy at all times during the entire weekend (to include having this bag everywhere your cadets are gathered).



- f. Two-way radios are maintained by key staff at the competition area(s), as well as between SNI key personnel and judges at each event site to ensure safe and effective medical requests and rule discussion. Additionally, these radios allow questions to be asked and answered on the spot should a team have an on-site situation arise that requires immediate feedback.
- g. Footwear protecting the bottom of the feet must be in use by all cadets competing within the fitness challenge. This can be sneakers or water shoes as long as the bottom of the foot is covered.
- h. Weather will determine special daily risk assessments and changes to events for safety reasons. These will be fully briefed the morning of the competition and throughout the day.

7. EVENT REGISTRATION & OCEAN CENTER ENTRY DOORS

- a. All schools will enter the Ocean Center all weekend through the main NORTH and SOUTH doors open for all parts of the competition. This is for registration AND competition. DO NOT try to enter through the “East Glass Doors” facing the Hilton. These are not staffed for entry during this weekend.
- b. The vast bulk of the teams will register at the Ocean Center on the day prior to the event during the general registration for both the National High School Drill Team Championships and the National JROTC Fitness Challenge Championships. During this registration, you will ensure required paperwork (especially permission forms) is submitted, and finances are correct. Schools will receive their color identifying hospital-type ID bands for your cadets to denote what division they are competing within. Those few schools (mostly local) will need to come here the morning of the competition to “check-in & register BEFORE coming to the beach to compete. SNI suggests this be done 45 minutes PRIOR to your first Fitness competition time.



8. GENERAL TIPS FOR YOUR COMPETITION DAY

- a. All schools are **ENCOURAGED to bring canteens, water bottles, tents, beach chairs, etc. with them TO THE BEACH** during the day to include during the 3K run and Physical Team Test if they wish. These items are NOT to be brought into the Ocean Center. Team members or spectators may make water available to their teams during any event as well.
- b. COOLERS and other items to take care of the unit and set up a “base camp” on the beach by where the events are held BY THE SEAWALL! Makes for a convenient stay in the shade and a great facility to hydrate/feed your kids as well. Teams will need to set-up SOUTH of the Plaza Hotel to ensure their encampment does not interfere with the Physical team test event.
- c. School/team signs and banners are encouraged – make it a spirit filled day! Portable toilets on the beach are available. Water is NOT readily available – bring what you need.
- d. PLEASE direct your parents to the [Fitness Challenge Facebook Page](#), the [Fitness Championships website homepage](#) and specifically the [Fitness Nationals Spectator Homepage](#). These sites will have information on parking & directions, as well as late breaking information on Awards Ceremony broadcast and occasional “look-ins” using Facebook Live for the competition itself.
- e. Think about getting to the event early and park ON THE BEACH! It’s a great way to enjoy your stay and get to experience one of the world great beaches. Parking is available just to the NORTH of the Seabreeze entrance ramp. Read the [rules on-line here](#).
- f. All teams are encouraged to do a trial run the day prior to ensure you know where the street & garage parking is located, how to best access the beach & other vital items to have a smooth day.

9. FITNESS PREPARATION

- a. **ALL of the events are physically demanding, and stressful weather conditions (heat, rain, etc.) can make this tougher!** However, any team that has trained hard for several months and fully prepare themselves for the events listed herein will do just fine. Please remember to hydrate BEFORE the day of the competition – solid hydration starts 48 hours prior!
- b. **The JROTC Fitness Nationals will NOT be cancelled due to weather!** Details for all schools are found later in this document on indoor back-up plans that will yield FIVE challenging events storms or clear!
- c. Judges, Coaches, and ALL JROTC Fitness Nationals teams will move to the nearest safe area indoors and await instructions should ill-timed weather present itself. At that time a weather decision will be made based on the best information available. **Each team will need to provide a cell phone number to ensure this late breaking information can be transferred immediately.**

10. COSTS/PAPERWORK REQUIRED TO ATTEND:

- a. Schools gain info regarding the event from the Fitness Nationals official website: <http://fitness.thenationals.net>. Here you learn everything about the event and register your school to attend and compete. After registration, you will complete your competition paperwork on the website.
- b. **The Registration Fee for the JROTC Fitness Championships is a flat \$300 per school (not per TEAM, per SCHOOL).** This fee is due after registering on-line to maintain a valid entry into the event. This can be paid by credit card or check online (with a small service fee), or a check can be mailed to SNI to cover this cost.
- c. Teams making the decision to attend the Fitness Championships should reserve a competition slot by registering on-line after the registration opens **1 October annually**. Returning teams will be allowed to enter first. Competition spaces will be granted on an earliest registered basis only.
- d. With fees being non-refundable, schools should enter only after making the firm decision to attend! Should an emergency preclude any registered team from attending, the team should immediately contact SNI. While the Registration Fee remains non-refundable, your prompt notification to SNI could allow another deserving team to attend -- thereby keeping your school in good standing.
- e. Lastly, limited “local” school entries will be made available to schools located in nearby counties to Daytona Beach, Florida. These schools will drive up to compete from home and not use the hotel rooms that are a part of the standard competition packages. **These schools will pay the School Registration Fee, and will pay a reduced \$40 per cadet, non-hotel Team Package Fee to pay their share of the competition costs.** The map to clarify who qualifies as a local school, as well as all other cost details are best viewed on the webpage: <http://www.thenationals.net/fitness-prices.htm>.
- f. No pass of any kind will be needed to enter the competition area(s) on the beach or inside the Ocean Center. This is open thanks to the involvement of the U.S. Army Cadet Command sponsorship.
- g. Competing schools will have detailed parking information mailed to them far in advance. Buses & vans are encouraged to drop off and return to their hotel and await a call from the team to return.
- h. The Plaza Resort & Spa is a private hotel and while it still remains closed for renovation, they maintain PARKING BY PERMIT ONLY and tow companies can come and tow any vehicle without a proper parking permit. Parents CAN (depending on the tides and the condition of the sand) park on the beach next to the area OR park in the nearby Parking Garage. There is even solid limited on-street parking on Seabreeze Blvd. on the other side of A1A.



11. PACKAGE PLAN, DEADLINES & REFUND POLICY

- a. All participants (instructors & cadets) coming to the Fitness Nationals must participate in the event through the Fitness Nationals Team Package Plan mentioned previously (*local teams have a modified cost structure as they will not require hotel rooms*). Through this plan, the event obtains the finest judges, venues, quality oceanfront hotels, along with providing a quality competition in all aspects.
- b. Teams will receive discounted billeting in standard through luxury oceanfront hotels in the Daytona Beach area, a bronze event medallion on a chest ribbon, Fitness Championships t-shirt (ordered to size), as well as gorgeous 8" x 10" color team photos.
- c. Teams may choose either a two or three night hotel package with costs based per person, with extra nights available if desired by the school. Four cadets per room is the standard stay with three, two & one-to-a-room prices slightly higher (used largely for instructors & other adult supporters - all prices shown online). Parents MAY stay through this package with the school, but this is completely optional. Schools interested in the Plaza Resort HQ package (event HQ) request this on the MySchool Website. **ROOMS ARE EXTREMELY LIMITED AT THE PLAZA RESORT! REQUEST EARLY!**
- d. Once your school is accepted into the Fitness Nationals, School Registration Fees are completely non-refundable. Any school sending their 50% Package Fees deposit early can receive a complete refund of their Package Fees provided the request is made in writing on or before the deposit deadline outlined within this folder. Schools that do not submit the required paperwork and/or the 50% deposit by the required deadlines may be removed from the event with no refund of the school's registration fee.
- e. **MOST IMPORTANT!**: After submitting the 50% deposit and the rooming list, this deposit payment is **TOTALLY NON-REFUNDABLE!** SNI must pay for these requested rooms, as well as purchase all of the other items provided to each attendee IN FULL. **Rooms reserved cannot be canceled, dropped or otherwise "given back" in any manner. Also, this deposit is a GUARANTEE TO COMPLETE THE TRANSACTION** no later than when the final balance payment is due. Therefore, it is crucial that each school understand that the payment of 50% package fees is a commitment for THE BALANCE OF THE FEES WHEN DUE. (This is why many schools choose to pay in full on the deposit deadline.) If it is necessary to cancel or "drop" anyone who has paid the 50% fee, the school should find someone else to substitute for that person as they cannot be "dropped".



Important Refund Exception Notes!

1. *SNI understands that a blanket refund policy as outlined above may appear inflexible. Understand that tens of thousands of dollars in non-refundable, up-front payments are made by SNI each year to ensure every team coming to the Fitness Nationals has affordable oceanfront hotels reserved, event shirts, tog tags, team photos and dozens of other competition-related items. Teams simply deciding not to attend, albeit for valid reasons, would make hosting this event impossible.*
2. *It is our belief that a trip to the Fitness Nationals is as safe as spending the weekend at home. Therefore, we do not foresee any problems in hosting the event in Daytona Beach, Florida. SNI will refund any school registration fee should a Federal authority ban ALL travel due to a national security concern (and therefore hinder your attendance) prior to the 50% deposit deadline in March. Should a federal government body delay or ground flights, buses or other transportation due to any national security issue, and this delay will likely keep a school from attending the event, SNI will work with the hotels and other event suppliers to gain a maximal refund of monies paid.*
3. *Understand that SNI will not put anyone at risk attending the event. It is our belief that our small gathering of people in Daytona Beach, Florida (pop. 75,000) poses less of a target than hundreds of thousands of other venues across the country, including most cities where the teams are from.*

12. HOTEL INFORMATION

- a. The hotels selected by SNI will be oceanfront hotels with largely ocean view and street view rooms in use. While all hotels vary in size & location, all are within 1-8 miles of the competition venue and located directly on the beach. Hotels are available in various general quality or “Package Levels”. These range from STANDARD to UPGRADE to HEADQUARTERS (the highest level). The Package Level of the hotel is an overall, arbitrary rating based on many factors based on the overall desirability, amenities and service of the properties.
- b. **Schools should know that proximity to the Ocean Center CANNOT be GUARANTEED** (EXCEPT by staying at the Headquarters across the street). Therefore, all teams **MUST** maintain ground transport of some kind to make their trip function if they are NOT staying at the Headquarters Hotel.
- c. Several schools often request hotels offering a “breakfast”. Few hotels in Daytona offer this amenity and those that do are often just juice, milk and donuts that can better be presented by your team rather than counting on a hotel to meet your timing, quality and quantity needs. We can work with any specific amenity request but know this limitation before planning anything definite.
- d. Returning schools are given the first opportunity to go back to the same hotel they stayed in the previous year **if they register by the Early Acceptance Deadline**. Schools will be assigned to a hotel as soon as possible after the 1st deposit deadline in March. Hotel info is sent to each school in the final advance package confirming their hotel placement and the placement is listed on their MySchool website.
- e. All programs looking to stay at the Plaza Resort Headquarters Hotel should make that thought known to SNI in writing as soon as possible after registration. The Plaza will get very full very early on and we like to get every team their desire.
- f. At each event hotel, the hotel management has complete charge of all security matters and will look to the Instructors and Cadet Commanders to enforce discipline for their team. SNI and/or any hotel is fully within their rights to remove a person, room or entire team from the hotel should any school fail to maintain reasonable decorum 24 hours per day. Should this occur, NO REFUND of any fees will occur. Fortunately, school conduct is generally EXCELLENT.



13. COMPETITION DISCIPLINE & CONDUCT

- a. Discipline problems are not common at this event. SNI does reserve the right to remove any individual, group, spectator or unit from the event as well as the hotel for destructive, profane or other conduct unbecoming JROTC cadets or conduct detrimental to the Fitness Nationals. This includes bad conduct in or around the competition site, any event hotel or common areas in and around the city. An 11pm curfew is in effect for each event evening. All schools please be aware Daytona Beach has a city curfew for all minors not accompanied by an adult. **These decisions are NOT subject to appeal.**
- b. While cadets are waiting to compete at the competition site or just remaining as spectators, they must be in and around the competition site. Unless they are guests of the hotel, teams and their spectators may not wander inside the expansive Plaza Resort & Spa. Teams are also reminded to not leave personal belongings unattended. Lastly, teams should plan to wear the same uniform throughout the day as there may not be sufficient time to maintain a more drawn out changing situation. While this is more of a logistical issue, it needs to be stated to ensure no team is caught by surprise.
- c. Teams should bring with them all needed equipment to compete to include water, sunscreen and a basic first aid kits as discussed earlier in this document. Hotel guests should NOT bring room towels or other hotel items to the competition areas.



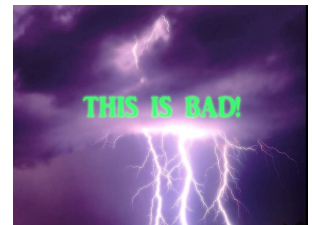
14. COMPETITION EVENTS & AWARDS

- a. The following events are counted towards a team's Overall Championship point totals: 1) Standing Broad Jump, 2) Pull-ups/Flexed Arm Hang; 3) 3K Team Run, 4) Seated Power Throw, and 5) Physical Team Test (PTT). INCLEMENT WEATHER events include the LADDER RUN (replaces the 3K) and the SLAM BALL PUSH (replaces the P.T.T.).
- b. Teams must enter and gain a score in ALL FIVE TEAM EVENTS IN THEIR ENTERED DIVISION to be eligible for the overall title. A Team Photo Time will be on your competition schedule. Try to be on-time or you risk having no picture time available later!
- c. The names of these events may change if moved indoors due to inclement weather but regardless, the event will maintain FIVE competition events. These TWO replacement inclement weather events are covered further in this document.
- d. All teams are eligible to win team trophies within each specific event entered. Each Division and event will offer 1st through 5th place team trophies (unless 10 or less entrants are in place, whereby 1st through 3rd place will be awarded. The trophies will be spectacular and befitting this lofty event.



14. INCLEMENT WEATHER PLAN DETAILS

- a. Sports Network International realizes that an outdoor event in early May in Florida can face the threat of inclement weather, especially in the later afternoon daily. This can be impending thunderstorms or other hazards that make competing outside problematic. To combat this, SNI has taken steps to ensure the chance of specific event cancellations are minimized by dedicating a large area within the Ocean Center Arena to use as a co-competition site in the midday through afternoon.
- b. As currently slated, the competition structure maintains two morning team events held on the beach, then the final three events are pre-scheduled a bit later after lunch inside the Ocean Center.
- c. First understand this: Inclement weather for this event means DANGEROUS WEATHER. Lightning, hail, or tornados would qualify. RAIN, wind or other unpleasant features in any amounts WILL NOT BE CONSIDERED INCLEMENT WEATHER for your planning purposes.
- d. Should the two morning events be cancelled and forced to move into the Ocean Center for any reason, they will be substituted by two similar events. The 3K Team Beach Run will be converted into a **BUMP TEAM RUN**. The Physical Team Test will be replaced by the **20-YARD SLAM BALL PUSH**. The flooring for these revised inclement weather events will be low-pile carpet and will be in a nearby portion of the Ocean Center as the afternoon events. Specific and detailed instructions on these two events will be posted later in this document.
- e. Because of this weather component, each competing school will designate an official cell contact. Any official decisions for event suspension, relocation, or other safety, weather or event info will be communicated via a group chat program designated for the event likely later the night prior.



15. COMPETITION EVENT DETAILS - GENERAL

- a. **NOBODY may run with the team while they are competing or encroaching into the competition areas in any manner.** This can be considered “pacing” and often interferes with other competing teams or judges. Teams are ENCOURAGED to have their cadets stretched out on the 3K run for safety but they may not RUN with the team in any manner.
- b. **You can’t interfere with a judge or meet official.** This is ESPECIALLY TRUE around finish lines. This penalty can be anything from MINOR through disqualification for repeated issues. Teams MAY pre-position cadets on the course to encourage and/or watch their teammates so long as they are not obstructing others or running with cadets.

- c. **Team members can assist each other but MAY NOT interfere with another team.** Any such interference may result in a subjective time deduction from the offending team (up to and including disqualification) and possibly a time subtraction from the team interfered with. No cadet may be carried or otherwise FULLY SUPPORTED by a team member. Carrying an injured cadet is not permitted.
- d. All courses will be well-marked and pre-event instruction will make executing events effortless. No participant may leave any assigned racing area or “take a short cut” outside the marked racing area. Any cadet/team doing so and found to have gained an advantage by these actions will cause the team to receive a subjective penalty.
- e. **The competition event sites will NOT be set-up until the morning of the event. Therefore the teams may not see them until the actual morning of the event.** This is a public beach area and our use will be in and around the more secluded section of the public beach. Also, no “running the courses” can be allowed on the actual course areas when they ARE set-up.
- f. All schools should ensure they do not run late to a competition area. Any team attending an area late without just cause may be subjectively penalized and/or removed from that segment of the competition (disqualified) at the discretion of the Competition Director.
- g. All timed racing events will desire a clean start. If a team jumps the start early, MINOR "false start penalty" will be assessed. No re-start will occur. All events will start with a judge visually and verbally starting a competition with the standard, On Your Mark, Get Set, **GO!**” or similar. With this, time will start.
- h. In performing all competition events, the team next to compete will line up and be approached by the event Head Judge. In individual performing events, the cadets will take the team sheet from the judge and CLEARLY CHECK the names of the competitors in the order they will perform. When they move to begin their effort, the list and gender of cadets will be double checked by the Head Judge. This will become the official competition team for that event. **Once the team is confirmed as set at that time, NO CHANGES CAN BE MADE TO THE COMPETITION TEAM.**
- i. Teams will get the total count, time or score BEFORE leaving the area by the judge and initial the sheet. If there is ANY discrepancy between the result you believe you deserve versus the result provided by the judge, direct the judge to immediately contact an event official for an immediate resolution on-site (i.e., your coach timed your team and got a time 15 seconds lower, thinks you did 5 more pull-ups, etc.).
- j. Competitors must wear appropriate athletic attire. This is left to the discretion of the unit. No bare midriffs are allowed and both shoes and shirts are required to be worn at all times. Athletic attire should be matching and personalized to ensure your team is easily identifiable by the judges, even from a distance. This may be done through personalized shirts, shorts, etc.
- k. Should any protest, dispute or appeal of a judge’s scoring/ruling or any other similar circumstance arise, SNI will decide the question/issue. No further appeal is available. Protests will be submitted either verbally or in writing to SNI’s Competition Director within 30 minutes of the protested event/action occurring and only by a Cadre member from that protesting school/team.
- l. All teams are expected to compete with honor befitting military JROTC cadets. Teams are expected to proactively come forward to admit known rules violations they may incur. Teams are expected to tell the head official any cadet shortages or other known rule issues BEFORE competing in their assigned event. Failure to do this WILL JEPARDIZE the ability of that team and that instructor to compete further and the Service Headquarters will be brought into play for egregious violations.



16. COMPETITION EVENT DETAILS – SPECIFIC

- a. The actual start times and rotation of events will be determined after all schools have registered. Teams will have ample ability to move between events with prior planning. This FINAL event schedule will be distributed via the official website roughly one week prior to the event.
- b. All distances for Standing Broad Jump and Weighted Ball Throw will be measured using a professional laser device that has an accuracy to tenth of an inch in the same manner for every school. Therefore, all distances will be computed to the tenth of an inch going forward. This greatly increases measuring accuracy and greatly reducing ties for individual and even team awards.

a. STANDING BROAD JUMP

1) General Scenario:

- a. The standing broad jump was an Olympic event until 1912. The standing long jump is also one of the events at the NFL combine, the President's Award on Physical Fitness. The course will be within the **Ocean Center Fitness Hub**. The course will maintain two judges working together. A LAUNCH JUDGE (to check cadet names, watch the take-off area, address cadets, record distances) and a DISTANCE JUDGE (who marks the landing spot, measures and calls distance earned to the Launch Judge).



2) Specific Regulation:

- a. Three stations will be set-up per school and cadet 1-3 on the judges listing will initially muster to their correct starting position. Each competing cadet will jump on command, then the judge will come BACK through the three cadets will get jump #2 and jump again. The LAUNCH Judge will ensure the DISTANCE Judge is ready. He/she will then turn to the cadet and say, "Cadet Jump". The cadet will have 10 seconds to jump. Cadets 4-6 jump, then cadets 7-9 jump to complete the rotation for that school.
- b. The athlete jumps by taking off using both feet, swinging the arms and bending the knees to provide forward drive. The distance recorded will be from the starting line to the portion of the ground touched by the jumper closest to the starting line. and a laser distance measuring device is used for this event to calculate total distance jumped.
- c. PLEASE ensure your cadet DOES NOT put their hand(s) behind them or roll backwards upon landing as this would greatly shorten their jump! Also, cadets may not delay the event between jumps or do unauthorized practice.
- d. The BEST distance between the two jumps for every cadet WILL be recorded and used for both team and individual scoring. Try to gain TWO good jumps as the tie-breaker will use your second effort as the first level tie breaker!.

b. PULL-UPS / FLEXED ARM HANG

1) General Scenario

- a. The Pull-up/Flexed Arm Hang area will be hosted inside at the Ocean Center. The competition area will maintain THREE competition, steel pull-up bars adjacent to each other. There will also be a 4th set-up designated as a warm-up bar just off to the side. **Every cadet competitor will receive only one opportunity to execute their best score.**
- b. **All MIXED teams will designate THREE cadets to compete in the flexed arm hang, regardless if they have more than three.** Therefore six of your cadets will be executing pull-ups to ensure all teams are using the same exact qualities to make scoring completely even.



- c. Female cadets will be assisted starting in the “chin over bar” position. Pull-up cadets will simply jump or may be assisted up to grab the bar by a teammate. While non-stick grip tape is on the bar, **gloves are RECOMMENDED for all competitors to ensure sufficient grip is maintained.**



- d. Position on the bar for ALL competitors will be as follows: **The cadet will grasp the bar with their hands, shoulder width apart -- using either an overhand grasp (palms facing away) or underhand grip (palms facing toward) or a combination of each – choice of the cadet.**
- e. The course will maintain one BAR JUDGE at each competition bar (to keep count of the official curl-up quantities and/or seconds of flexed arm hang) as well as a single event HEAD JUDGE (to check cadet names, address cadets, record scoring and maintain an on-time event).

2) Specific Regulation:

- a. In groups of three, competing cadets from the same school will be called forward by the phrase “**on your mark**”. The cadets will step forward to the competition area. The three cadets will then have 10 seconds to move to the bar to be ready to perform. The head judge will ensure the BAR JUDGES are ready. He/she will then turn to the cadets and ask, “**Cadets Ready?**” The cadets will state a confident, “**CADET READY!**”. The judge will then direct the cadet into the correct starting position. Standard pull-up cadets begin at a full unassisted hang with both hands on the bar. Flexed Arm Hang cadets will start on an assisted box getting their chin comfortably over the bar.
- b. Cadets executing Pull-ups will have one minute to execute as many CORRECT pull-ups as possible (chin is pulled ABOVE the bar and returned). NOTE: **If the cadet is still repping out quality pull-ups, the judge MAY extend this one-minute limit (rare).** The judge will count these out to be heard by the competitor. Judges will NOT count chin-ups that do NOT clear the bar. Cadets may pause in any manner so long as they do not lose contact with the bar **with either hand.**
- c. At the command of BEGIN, cadets executing the Flexed Arm Hang will have their support removed and the clock will begin. **Their time will continue until their chin is no longer ABOVE the bar.**
- d. Curl-ups will be executed by every member of the Male Division team and 6 of the 9 competing members of the Mixed Division team (note: if your mixed team decides to use **MORE THAN THREE** females, only **THREE** will be permitted to do the flexed arm hang and six **MUST** execute pull-ups to ensure uniformity of team scoring).
- e. For Flexed Arm-Hang, (cadet's chin rests on the bar, the chin tilts backward to keep it above the bar, the chin falls below the level of the bar or there is kicking and other body movements while the cadets are on the bar).

NOTE: TEAMS ARE ENCOURAGED TO HAVE TWO CADETS, ONE ON EACH SIDE OF THE PULL-UP BAR, TO “WEIGH DOWN” THE BAR APPARATUS TO MAKE IT AS STABLE AS POSSIBLE FOR PULL-UPS.



c. 3K TEAM BEACH RUN

1) General Scenario:

- Teams will run as a team for 1.7 miles (3K). A single 4" by 10' white PVC Schedule 40 Drain Pipe will be carried by each team (**female teams will NOT carry**). No other gear of any kind is utilized or required to be carried by the team – this is a straight beach **team** run.
- The course is on a traffic-free stretch **of intentionally soft sand** on the World's Most Famous Beach. There is no incline. There will be multiple teams on the course at a time so teams must be mindful that running in column formation **WILL BE REQUIRED** in parts of the course.
- The event will maintain a .85 mile turn-around point where all team members **ARE AMASSED AND COUNTED** (hint; the pier of the boardwalk!) before given a turn-around marker that identifies the TEAM as having reached the half-way point. ALL TEAM MEMBERS MUST reach the turn-around point **TOGETHER** before they are given this marker. At that point, the entire team completes the event. The time will stop when the last team member crosses the finish line with any gear (the pipe) and **one member holding the marker**. Failure to maintain the marker at the finish MAY result in your team being disqualified from the event.



2) Specific Details:

- NOTE: It is not required that every team member be in contact with the drain pipe during the entire race. This is part of your strategy – YOU determine who carries and for how long!
- HOWEVER, each team MUST cross the finish line with **ALL TEAM MEMBERS TOUCHING THE DRAIN PIPE (FEMALE TEAMS: HOLDING EACH OTHERS HANDS)**. Teams failing to finish as outlined above will receive a 1-minute penalty.
- While we have adequate judge supervision, for safety considerations it is REQUIRED that all team members compete together during all aspects of the 3K run. This is team run so there is NO ADVANTAGE to running ahead – **stay with your team!**

d. SEATED POWER THROW

1) General Scenario:

- The event will be hosted inside at the Ocean Center in the Fitness Hub.
- The competition area will have three throwing stations. The competition area will maintain a starting line, three throwing stations marked, each containing a 4" standard Yoga Block (measures approximately 9" wide, by 6" high by 4" deep) and a laser distance measuring device.
- Your team will have your first three cadets enter the three throwing stations. Cadets 4, 5, & 6 will help with the block prep. Cadets 7, 8 & 9 will move downrange to stop the ball after the throw and roll it back. Judges will NOT touch the ball – only other team members!
- Designated team members will sit on the ground with their legs straight and flat on the ground parallel as shown at right. The YOGA block will be placed between their upper back and the wall below the shoulder blades. This block must STAY in place throughout the throw until the ball LANDS (therefore do not thrust forward with your torso!). A 2kg (4.4 lb.) ball is held by two hands in the chest area. The ball must stay relatively straight in front of the thrower or a foul may be declared.
- Each tossing station will maintain TWO judges working together. A LAUNCHING JUDGE to check cadet names, watch the tossing area & block, address cadets, record distances and maintain an on-time event), and a DISTANCE JUDGE (gives the Head Judge the distance tossed)



2) Specific Regulation:

- a. Three cadets will step forward to their station, get seated and in position (a teammate may assist getting the block in the correct position).
- b. One by one, each competing cadet. The head judge will ensure the DISTANCE Judge is ready. He/she will then turn to the cadet and ask, "Cadet Ready"? The cadet will state a confident, "CADET READY!". The judge will then say, "Cadet Throw". The cadet will then have 5 seconds to throw the ball correctly for distance. **The ball may travel IN ANY ARCH!** All three cadets throw one at a time, then they each throw again. The best effort will serve as their individual mark and add to the team totals.
- c. The athlete will start in the seated with the back erect and facing the direction they are going to throw. The thighs should be parallel and the legs straight ahead. The ball is grasped with both hands in the chest area with elbows in any position. On the command "Cadet Throw", the cadet in one motion pushed the ball forward and up with BOTH hands to achieve maximum distance.
- d. *Cadets must not throw favoring one arm or rotating about the spine.* The athlete may follow through in any manner that DOES NOT allow the BLOCK to fall down the back or move. Cadets MUST practice this as a failure in these areas is almost always a DQ for that throw.
- e. Each cadet will receive two attempts as detailed. The BEST distance between the two throws for each cadet will be used for both team totals and individual scoring. Try to gain TWO good throws as the tie-breaker will use the 2nd effort.

e. PHYSICAL TEAM TEST (PTT)

1) General Scenario:

- a. The PTT is the team event designed to test the strength, balance, stamina, strategy and endurance of a team of young cadets over a distance of under ½ mile total using a variety of physical obstacles. To complete this well, cadets must use teamwork and technique! The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finishes the course with all team members.
- b. The course is on a traffic free stretch of **soft sand** on the World's Most Famous Beach. Time to complete the course will be kept and recorded for each team. Judges will be stationed along the route to ensure compliance with all rules.



2) Specific Details:

- a. Each team will compete on the course **three schools at a time** using a left, middle and right side of the course which are mirror images to eliminate any interference. Well-prepared schools should be able to complete the course in WELL less than four minutes. A team may be removed from the course at the seven-minute mark for failure to progress.
- b. Where course items need to be carried, they can be carried in any manner by any cadet or cadets so long as all rules herein and on-site are followed. HOW you choose to accomplish this is your call.
- c. The team will be assembled behind a starting line. The grader will command, "Get Set, GO!" or similar. The GO command will start the clock. At that point, the team begins the course.
- d. The course will consist of the following items over a roughly .5 mile course. The exact placement will not be made public until the start of the race:
 - **Tunnel Crawl** (30in inside diameter)
 - **30lb Slam Ball Carry** (NOTE: female teams WILL NOT carry the slam ball)
 - **Sled Drag** (using attached rope)
 - **Turn Around Flag** - the halfway mark!
 - **Under the Table** (crawl UNDER an obstacle)
 - **Agility Maze** (a tight zig-zag maze accomplished in column formation)
 - **SURPRISE OBSTACLE** (one or more!)
 - **Tire Footwork** (in a staggered pattern)



- e. The event begins with all competing members in column. On the command to start, one cadet will grab the **SLAM BALL**; all members will then go through the **TUNNEL CRAWL**; then they will go **UNDER the TABLE**; Then they run the **AGILITY MAZE**; then the **TIRE FOOTWORK** (must slow and attempt!); The teams will then **ROUND** a single giant **PYLON** marking the beginning of the non-driving zone. The teams will then run forward and place a cadet within the **SLED DRAG**. The cadet will drag the sled **AROUND** the **TURN-AROUND FLAG** and back to the Sled start point. The team will then complete the course executing in inverse order until all team members and the **SLAM BALL** cross the finish line.
- f. All obstacles must be reasonably attempted or a **MAJOR** penalty may be assessed for **EACH** item not properly attempted.
- g. The Slam Ball cannot be **THROWN** but it can be **PUSHED** on the ground. It can also be swapped between runners or even carried by multiple cadets. *The Slam Ball CANNOT go in the sled!*
- h. When executing the Speed Agility Maze, cadets who touch the obstacle in any form with any part of their bodies **MAY** receive a **MINOR** penalty. If they dislodge anything, it becomes a **MAJOR** penalty – **BE CAREFUL!** This maze is accessed **ONLY** in column formation (cannot run two or more across).
- i. When executing the Sled Drag, a single competing cadet (cannot be changed) must be placed in the sled then dragged using the provided rope **WITH ONE or TWO PEOPLE ONLY**. If the rope breaks, teams are permitted to **CARRY, DRAG or MOVE** the sled with any number of cadets.
- j. When executing the Tire Footwork, every cadet **ATTEMPTS** to run through the tires placing one foot in every tire center. There is no penalty for stumbling or missing a tire so long as the attempt is made.
- k. All cadets then run to the Event Turn Around Point, circle this, and run through the entire course in reverse (moving items **BACK** to their original starting positions) thereby completing in reverse order.
- l. Once a cadet crosses the finish line of any race, that cadet cannot go back and help the team in any way – **their event is completed at that point**. Violation of this rule will be a **MAJOR** Penalty **PER OCCURANCE**. Time stops when the last team member crosses the finish line.



f. ULTIMATE FITNESS CADET

1) General Scenario:

- a. In the past this was a separate competition for each individual cadet. However to be able to “scale up” the one-day event into host 45 schools (the maximum logistically possible under current regs), this competition is now based on the highest average individual finisher in the **THREE** individual events hosted at the fitness competition. 1)**PULL-UPS/FLEXED ARMHANG**; 2)**WEIGHTED BALL THROW**; and 3) **LONG JUMP**.
- b. Finding the top finishing Ultimate Fitness Cadet in this manner has many positives. Now, every cadet who competes in these three events is eligible to capture the title; These events are held indoors and therefore, cannot be “washed out” by weather. These events are also a solid blend that require many physical attributes to maintain a top finish so we look forward to seeing how this competition with such varied events churns out the winner.
- c. A **FEMALE** who is forced to compete as a **MALE CADET** due to team composition requirements will **NOT** be eligible for the Overall Female Fitness Cadet award if they do not execute the Flexed Arm Hang with all of the other females. There are no waivers or exceptions to this as they will not be competing in common events.



2) Specific Details:

- a. A cadet must compete and gain a valid score within ALL THREE IDENTIFIED EVENTS to be eligible for this award. This award maintains no bearing in the overall team scoring and is strictly done to identify personal excellence at the JROTC Fitness Nationals.
- b. The order of finish of every individual competing within the three identified events is recorded by SNI. The placements for every cadet in the three events will be identified and “totaled” to give each competitor a “score” for the over ranking as the Ultimate Fitness Cadet.
- c. Using this example will better explain. Jacob Jackson gets 3rd highest max distance in the Weighted Ball Throw. He was 17th best in Standing Long Jump. He finished tied for 10th in the number of pull-up he was able to accomplish. His “score” in the Ultimate Fitness competition would be “30”. That score would compare to all others within their same sex to determine the top Male and Female finishers.
- d. The person with the lowest total would win the event. One male cadet and one female cadet will be recognized as the Ultimate Fitness Cadet.
- e. INDIVIDUAL CADET TIES WILL NOT BE BROKEN WHEN COMPUTING THE ULTIMATE FITNESS CADET FINALISTS. This is too cumbersome and not needed for finding the top finishers. Therefore, if three cadets all have 21 pullups and tied for 1st, they would each use “1” as their finish number and the 4th cadet would be denoted as 4th Place (4).

17. INCLEMENT WEATHER EVENTS (should outside events be cancelled)

1. 150-ft TEAM SHUTTLE RUN (*Replaces the 3K*)

1) General Scenario:

- a. Very simple to understand, practice, and execute. The event is a shuttle run meaning one cadet runs, completes the course, hands off to the next cadet and so on. Time stops when the FINAL cadet completes the course as prescribed herein. Time is recorded. One team attempt only.
- a. Teams will use a standard relay baton (supplied by SNI) that will be passed between cadets. CAUTION must be exercised as you are running indoors on concrete. Tennis shoes or similar are required.

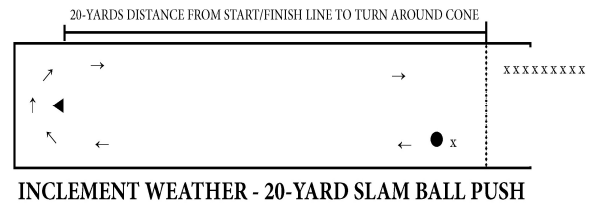
2) Specific Details:

- a. Male & Mixed teams will maintain 14 runner teams. Females will have 11 runner teams. Teams without this number of individual cadets on their team will have a blind draw for which cadet will run TWICE (NOTE: they will run first and last). If a team maintains an INJURY and a cadet cannot run, the Event Manager may hand select the most comparable runner to replace the injured cadet (therefore, do NOT try to drop your slowest runner with a phantom injury – it will not go well for you!)
- b. The race starts with the baton placed into a small metal cylinder located on the RIGHT side of the starting line. On GO, the baton is THEN taken from the container and runner #1 runs forward to the turn-around point.
- c. As they near the turn-around point, there will be an obstacle which will FORCE the runner to slow while going around the turn-around point. The exact method will be released in a further SOP update (several methods are under consideration and testing).
- d. The cadet will then upon return SLOW DOWN SUFFICIENTLY to gently place the baton into the metal cylinder. If the baton comes out OR the cylinder is knocked over, the runner did not control their speed and actions. A MINOR penalty will be in place for EACH failure to slow sufficiently to gently place the baton in the cylinder.
- e. Any cadet HITTING a CONE or TAPE will receive a MINOR penalty for each infraction. Any cadet DISLODGING a cone or tape will receive a MAJOR penalty for each infraction. Executing this course as prescribed will be as safe as running outside.

2. 20-YARD SLAM BALL PUSH (*Replaces the P.T.T.*)

1) General Scenario:

- The expansive carpeted hallway on the southside of the Ocean Center will be cleared and used for this event. A start/finish line will be taped down and a large, 36" turn around cone will be set-up 20 yards straight ahead. Cadets will take turns one at a time pushing the Slam Ball down the hall, around the cone and back to the line for the next cadet to take their turn. While a video will be posted in the winter to view, here is a basic diagram for planning purposes.
- The next cadet in sequence may begin when the ball **CROSSES** the start / finish line. Time stops when the final cadet brings the ball back to the start/finish line.
- This event is incredibly ARDUOUS and will wear out even the most conditioned cadet! PLEASE ensure your cadet selections have not only practiced this event, but maintain exception lower back and arm strength to complete this event quickly and safely. TEAMS THAT DO NOT PRACTICE THIS EVENT AT HOME SEVERAL TIMES RISK SERIOUS INJURY!**

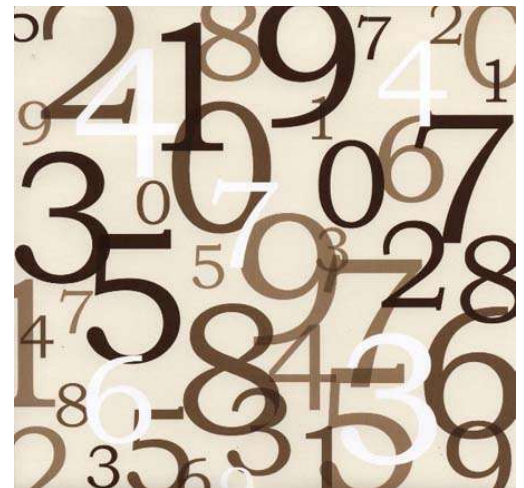


2) Specific Details:

- Cadets are ONLY permitted to touch the slam ball with their hands.** The slam ball will remain on the carpet at all times. Moving the ball or gaining any advantage using your feet or other body parts will result in a subjective penalty based on the advantage gained.
- Cadets will execute this course on two feet largely bent over at the waist.
- The ball may be moved with any technique so long as the rules of this event are maintained.
- Strength, agility, strategy and PRACTICE will be essential to execute this event.

18. EVENT SCORING & TIMING

- An official timekeeper keeps the official time / quantity / distance at every event. It is reminded that teams should gain their times/distances, etc. BEFORE leaving the event area. WE STRONGLY ASK a single team rep to be on hand near the finish to "check times" to solve any dispute right there.
- The overall team finish (for crowning Overall Champions/Runner-up titles) within every division **is awarded based on a value earned through placements within each team event.** A team's placement in all events will produce an overall placement point total. The **lowest point value earned** will be considered the highest finisher.



Example: a team earns: 1st place in PTT; 7th place in Seated Power Throw; 6th place in PTT; 10th place in Standing Broad Jump and 3rd place 3K Team Run. The aggregate value for this team would be computed as: 1+7+6+10+3=27. Therefore, "27" would be the aggregate score regarding overall placements.

- For MIXED teams competing in flexed arm hang/pull-ups, the six MALE totals will be scored and receive a placement within the MALE entrants in the Mixed Division. The three FEMALE times will be totaled and receive a placement within the FEMALE entrants in the Mixed Division. These placements will be added together and compared to all other teams in the Mixed Division to gain the proportional placement of the team in this event. The FEMALE Division uses flexed arm hang.

- d. **There are NO TIES** at the Fitness Nationals. The tie breakers for individual events, team events and overall trophy placements are as follows:

Pull-ups-Individual

- 1st Level: Highest TEAM score
- 2nd Level: Cadet with highest Power Throw
- 3rd Level: Cadet competing earlier on the scoresheet/day

Standing Broad Jump & Power Throw-Indy.

- 1st Level: Longest distance of the cadet-2nd attempt
- 2nd Level: Highest finishing team
- 3rd Level: Cadet competing earlier on the scoresheet/day

Flexed Arm Hang-Individual

- 1st Level: Hundredths of a second
- 2nd Level: Highest finishing team
- 3rd Level: Cadet competing earlier in the day

Ultimate Fitness Cadet Tie Breaker

- 1st Level: Cadet with highest indiv. finish/any 1 event
- 2nd Level: Cadet with 2nd highest indiv. finish/any 1 event

Overall Championship Ties

- 1st Level: The team winning more events
- 2nd Level: The team with most team trophies earned
- 3rd Level: Lowest time on the P.T.T. event

3K Team Run & PTT – Team events

- 1st Level: Hundredths of a second
- 2nd Level: Highest Finishing TEAM *in P.T.T., then 3K*

Standing Broad Jump / Power Throw / Pull-ups-Team

- 1st Level: Longest individual cadet count/distance
- 2nd Level: 2nd Longest indiv. cadet count/distance
- 3rd Level: 3rd Longest indiv. cadet (and so on)

Flexed Arm Hang-Team

- 1st Level: Hundredths of a second
- 2nd Level: Best individual cadet time
- 3rd Level: 2nd Best ind. cadet (and so on)

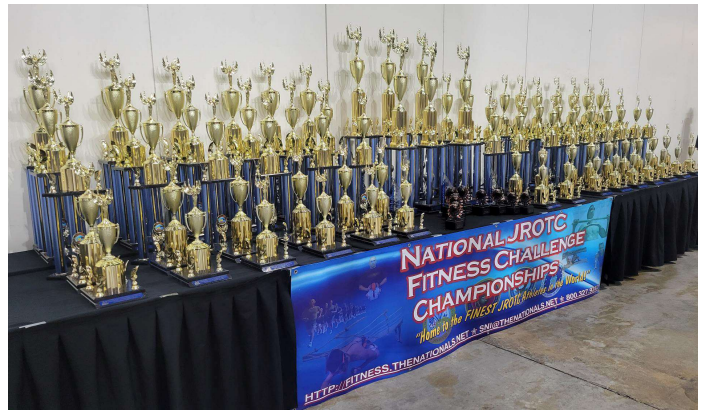
19. SCORESHEETS & SCORE TABULATION

- a. All event score sheets can be found in advance of the competition on the “Paperwork HQ” section of the event website. Pay attention to these sheets to see what PENALTIES will be in place for each event.
- b. A complete scoring package maintaining all of the time/score sheets, as well as team placement information is designed to be available immediately following the Awards Ceremony (if time permits to prepare them for distribution) or they will be mailed to your team immediately following the event along with your team photos.
- c. Questions regarding Fitness Nationals scoring are welcomed and addressed after you have received your completed score sheets.
- d. It should be noted that every score sheet will be triple-checked by SNI personnel, as well as inputted & totaled on a computer program specially designed for the Fitness Nationals by SNI.
- e. Each unit will be judged by the SAME JUDGES within each event where any subjectivity is in play. All judges' scoring & decisions are final.
- f. Teams should feel free to discuss items with judges that pertain to correct procedures, or to double check that correct timing or other issues were executed. If there is any concern in these areas, do NOT belabor a point with a judge. Proper procedures, scoring/timing, etc., are handled by the Event Director located on-site during the competition.
- g. Any related questions from parents, cadets, or instructors regarding this competition should be directed to the Judging Director of the Fitness Nationals at the Event HQ on-site. Please keep in mind time is precious and most commentary is best entertained after the conclusion of the event unless a timely response is needed. Post-event phone calls, emails or after-action reports are greatly welcomed to make the event better for the future.



20. AWARDS CEREMONY

- a. The Awards Ceremony for the Fitness Nationals will be held at the Ocean Center Arena in the evening the same day of the event. The timing of this ceremony will allow teams to end their LONG event day, have a quick dinner, pack all clothes up then get to the awards ceremony. Teams and their supporters will sit together in the raised seating of the arena. This impressive venue after a long competition day. **All teams and supporters are welcome to attend at no charge for entry!**
- b. Teams will be required to move to the SOUTH SIDE of the arena to be facing the staging areas. The ceremony is high energy and teams send their representative to get their trophy on the jog at the minimum when they hear their name called. **Do not draw out your approach or face the scorn of the crowd!** 😊
- c. Finalizing the event schedule will be done when the competition field is set. Only then will the final schedule be posted just a few weeks prior to the competition date. Teams will have time built into the schedule to grab dinner at one of many places in and around the ocean center. Pizza, Burger King, Wing House, Bar-B-Q and numerous other food locations are within just a few blocks of the Ocean Center beachside.
- d. Dress for the Awards Ceremony will be casual but tasteful. As several teams will be packing up and hitting the road very soon afterwards, the specific requirements by SNI will be rather loose. Teams are suggested to wear matching athletic gear.
- e. All JROTC instructional personnel must consider regulations in place by their particular service headquarters when deciding what to wear to the ceremony.
- f. The ceremony will most likely maintain a general officer from the event sponsor, the United States Army Cadet Command to be the keynote speaker and to present the bulk of the trophies. Therefore your dress should be neat and presentable to receive these awards.
- g. Failure to attend the ceremony without sufficient cause will be construed as a lack of interest in supporting the event and may preclude invitation of the school in the future. Should a true emergency keep a unit from attending the ceremony, arrangements can be made to ship trophies to your unit, COD. No team or individual placements will be announced or presented to any team in any manner in advance. The Awards Ceremony is as much a part of the Fitness Nationals as any team event.
- h. Greater details will be emailed to each school the week prior when the final event schedule is posted.



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