



# 2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

**DIVISION**    **DIVISION**

## 3K BEACH TEAM RUN SCORE SHEET

Initials
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School Name:

Team Name:

### Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Intentional Interference with another runner
- \_\_\_ Instructor/Parents physically assisting the team
- \_\_\_ Other (explain) \_\_\_\_\_

### Penalties:

- \_\_\_ Only EIGHT competitors (FIVE competitors for FEMALE team) - (5-minute penalty)
- \_\_\_ Interference with another team \_\_\_\_\_ (subjective time penalty based on circumstances)
- \_\_\_ Team was interfered with, credit for lost time \_\_\_\_\_ (subjective time bonus based on circumstances)
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1-minute each)
- \_\_\_ All team members were not within 10-yard zone at finish line (1-minute penalty)
- \_\_\_ Other (explain) \_\_\_\_\_

**TEAM RAW TIME** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
Minutes                      Seconds                      Hundreths

**TEAM FINAL TIME (after penalties)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**Judge Signature** \_\_\_\_\_



# 2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## DIVISION    DIVISION

### PHYSICAL TEAM TEST SCORE SHEET

Initials
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School Name:

Team Name:

## Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_ Improper/Illegal handling of equipment (thrown/dropped, dragged when not permitted, etc.)
- \_\_\_ Intentional/Gross Negligent destruction of an Obstacle/Equipment
- \_\_\_ Instructor/Parents physically assisting the team
- \_\_\_ Less than EIGHT cadets competing (Less than FIVE for a FEMALE team)
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Failure to Progress (time more than 8 minutes – removed from course)
- \_\_\_ Other (explain) \_\_\_\_\_

## Penalties:

- \_\_\_ Only EIGHT competitors / FIVE competitors for a FEMALE team (5-minute penalty)
- \_\_\_ # Occurrences of a Cadet crossing back over finish line after completing event (30 seconds each)
- \_\_\_ # Occurrences of Equipment not placed in correct position by team during race (1 min. per piece)
- \_\_\_ # Cadets not crossing obstacles OR finish line (5-minutes each)
- \_\_\_ Broken Equipment on Maze Area (1-minute PER OCCURENCE)
- \_\_\_ Interference with another team \_\_\_\_\_ (subjective time penalty based on circumstances)
- \_\_\_ Team was interfered with, credit for lost time \_\_\_\_\_ (subjective time bonus based on circumstances)
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1-minute each)
- \_\_\_ Attempt but FAIL to Complete Obstacle (10 sec/minor or 30/sec major PER OCCURENCE)
- \_\_\_ Other (explain) \_\_\_\_\_

**TEAM RAW TIME** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_  
(Minutes                      Seconds                      Hundredths)

**TEAM FINAL TIME (after penalties)** \_\_\_\_\_ : \_\_\_\_\_ : \_\_\_\_\_

**Judge Signature** \_\_\_\_\_



**2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS**  
**DIVISION DIVISION**  
**PULL-UPS SCORE SHEET**

School Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

**Reason for Disqualification:**

- \_\_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_\_ Less than EIGHT competing cadets – (competing with 8 is fine, they get a ZERO for the last missing cadet)
- \_\_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_\_ Other (explain) \_\_\_\_\_

Cadet Initials		CADET NAME	PULL UPS COMPLETED
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		

**TOTAL TEAM COUNT** \_\_\_\_\_  
SNI will Total

**Judge Signature** \_\_\_\_\_  
**NOTES:**



2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS  
**MIXED** DIVISION  
PULL-UPS/FLEXED ARM HANG SCORE SHEET

«Pullup»

School Name:

Team Name:

Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_ Less than eight cadets competing (Competing with 8 is fine, they simply get a ZERO in the final cadet result)
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <4 females, etc.)
- \_\_\_ Other (explain) \_\_\_\_\_

Cadet Initials		CADET NAME	PULL UPS COMPLETED
	1		
	2		
	3		
	4		
	5		
	6		

Pull Up  
Team Total

SNI will total

Cadet Initials		CADET NAME	FLEXED ARM HANG TIME
	1		: :
	2		: :
	3		: :

Flexed Arm Hang  
Total Time

SNI will total

Judge Signature \_\_\_\_\_

NOTES:



**2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS**  
**FEMALE DIVISION**  
**FLEXED ARM HANG SCORE SHEET**

School Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

**Reason for Disqualification:**

- \_\_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_\_ Less than FIVE cadets competing (if they have FIVE, that is fine. They simply get a ZERO in the last cadet slot)
- \_\_\_\_ Failure to maintain correct team gender numbers required
- \_\_\_\_ Other (explain) \_\_\_\_\_

Cadet Initials		CADET NAME	TOTAL TIME		
			Minute	- Second	- Hundredth
	1		:	:	
	2		:	:	
	3		:	:	
	4		:	:	
	5		:	:	
	6		:	:	

**TOTAL TEAM TIME** \_\_\_\_\_

NOTE: SNI will Total

**Judge Signature** \_\_\_\_\_

NOTES:



# 2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## DIVISION DIVISION

### STANDING BROAD JUMP SCORE SHEET

School Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

## Reason for Disqualification:

\_\_\_\_ Failure to start event when called by the meet official without cause

\_\_\_\_ Less than EIGHT cadets competing (FIVE for Female Teams) – no penalty other than a zero score

\_\_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)

\_\_\_\_ Other (explain) \_\_\_\_\_

### CHECK WHICH OF THE TWO JUMPS IS LONGER – TO BE USED FOR TEAM SCORE

Cadet Initials		CADET NAME	First Jump	✓	Second Jump	✓
	1					
	2					
	3					
	4					
	5					
	6					
	7					
	8					
	9					

**TOTAL TEAM DISTANCE** \_\_\_\_\_

**Judge Signature** \_\_\_\_\_



# 2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## DIVISION DIVISION

### SEATED POWER THROW SCORE SHEET

School Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

## Reason for Disqualification:

\_\_\_\_ Failure to start event when called by the meet official

\_\_\_\_ Less than eight cadets competing

\_\_\_\_ Failure to maintain correct team gender numbers required (Mixed with <4 females, etc.)

\_\_\_\_ Other (explain) \_\_\_\_\_

### CHECK WHICH OF THE TWO THROWS IS LONGER – TO BE USED FOR TEAM SCORE

CADET INITIALS		CADET NAME	First Throw	✓	Second Throw	✓
STATION #1			inches . decimal fraction		inches . decimal fraction	
	1		.		.	
	2		.		.	
	3		.		.	
STATION #2						
	4		.		.	
	5		.		.	
	6		.		.	
STATION #3						
	7		.		.	
	8		.		.	
	9		.		.	

**TOTAL TEAM DISTANCE** \_\_\_\_\_

**Judge Signature** \_\_\_\_\_



# 2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

**DIVISION    DIVISION**  
**INCLEMENT WEATHER REPLACEMENT EVENT**

## **20-YARD SLAM BALL PUSH** (indoor event replaces P.T.T.)

Initials

School Name:

Team Name:

### Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Instructor/Parents physically assisting the team
- \_\_\_ Other (explain) \_\_\_\_\_

### Penalties:

- \_\_\_ Only EIGHT competitors (FIVE for FEMALE teams) - (5-minute penalty)
- \_\_\_ Ball is played with a part of the body other than the HANDS (30 second penalty per occurrence)
- \_\_\_ Ball does NOT cross start/finish line to hand off to next cadet (30 second penalty per occurrence)
- \_\_\_ Cadet advances the ball forward while not standing on two feet (30 second penalty per occurrence)
- \_\_\_ Team does NOT take the ball around the turn-around point (subjective time addition based on events)
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1 minute each)
- \_\_\_ Team False Start (30 second penalty per occurrence)
- \_\_\_ Other (explain) \_\_\_\_\_

**TEAM RAW TIME** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**TEAM FINAL TIME (after penalties)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**Judge Signature** \_\_\_\_\_





# 2024 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

**DIVISION    DIVISION**  
**INCLEMENT WEATHER REPLACEMENT EVENT**

**TEAM SHUTTLE RUN** (indoor event replaces 3K Team Run)

Initials
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School Name:

Team Name:

## Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Other (explain) \_\_\_\_\_

## Penalties:

- \_\_\_ Incorrect Number of Competitors (14 male/mixed – 11 Female teams) - (10-minute penalty)
- \_\_\_ Baton / Container is not placed upright for next runner (30 second penalty per occurrence)
- \_\_\_ Runner uses incorrect path & gains advantage (short-cut) – SUBJECTIVE – minimum 1-minute
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1-minute each)
- \_\_\_ Runner makes contact with cone, tape or walls (30 second penalty per occurrence)
- \_\_\_ Team False Start (30 second penalty per occurrence)
- \_\_\_ Other (explain) \_\_\_\_\_

**TEAM RAW TIME** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**TEAM FINAL TIME (after penalties)** \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**Judge Signature** \_\_\_\_\_