



# 2022 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

DIVISION    DIVISION

## 3K 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
- Failure to maintain correct team gender numbers required (Mixed with <4 females, etc.)
- Intentional Interference with another runner
- Instructor/Parents physically assisting the team
- Other (explain) \_\_\_\_\_

### Penalties:

- Only Eight Competitors (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** \_\_\_\_\_

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

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



# 2022 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

\_\_\_ 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 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** \_\_\_\_\_



# 2022 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						
	1					
	2					
	3					
STATION #2						
	4					
	5					
	6					
STATION #3						
	7					
	8					
	9					

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

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



# 2022 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

\_\_\_ Less than eight cadets competing

\_\_\_ 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		

<p><b>Pull Up Team Total</b></p> <hr/> <p>SNI will total</p>
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Cadet Initials		CADET NAME	FLEXED ARM HANG TIME
	1		
	2		
	3		

<p><b>Flexed Arm Hang Total Time</b></p> <hr/> <p>SNI will total</p>
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**Judge Signature** \_\_\_\_\_

NOTES:



# 2022 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

\_\_\_ Less than eight cadets competing

\_\_\_ 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		
	7		
	8		
	9		

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

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



# 2022 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## DIVISION DIVISION

### PHYSICAL TEAM TEST SCORE SHEET

Initials

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

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

## Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official
- \_\_\_ Improper/Illegal handling of equipment (thrown/dropped, dragged when not permitted, etc.)
- \_\_\_ Intentional destruction of an Obstacle/Equipment
- \_\_\_ Instructor/Parents physically assisting the team
- \_\_\_ Less than eight cadets competing
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <4 females, etc.)
- \_\_\_ Cadet Hurdle over Table Vault (without supportive contact)
- \_\_\_ Failure to Progress (time more than 8 minutes – removed from course)
- \_\_\_ Other (explain) \_\_\_\_\_

## Penalties:

- \_\_\_ Only Eight Competitors (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 Low Crawl Area (30 seconds 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)
- \_\_\_ Failure to Complete Obstacle (10 sec/minor or 30/sec major PER OCCURENCE)
- \_\_\_ Other (explain) \_\_\_\_\_

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

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

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



**2022 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

\_\_\_ Less than eight cadets competing

\_\_\_ 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		
	7		
	8		
	9		

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

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



# 2022 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

**DIVISION**    **DIVISION**

## **30-YARD TEAM SHUTTLE RELAY** (indoor event for 3k Team Run)

Initials

School Name:

Team Name:

### Reason for Disqualification:

- Failure to start event when called by the meet official
- Failure to maintain correct team gender numbers required (Mixed with <4 females, etc.)
- Intentional Interference with another runner
- Instructor/Parents physically assisting the team
- Other (explain) \_\_\_\_\_

### Penalties:

- Only Eight Competitors (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)
- Other (explain) \_\_\_\_\_

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

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

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