



# 2026 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

**DIVISION DIVISION**

## 3K TEAM BEACH 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 NINE cadets to start the race
- \_\_\_ 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:

- \_\_\_ False Start (10-seconds)
- \_\_\_ Nine start but only EIGHT competitors finish - (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)
- \_\_\_ Pacing of runners by others with the team (30 second penalty)
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1-minute each)
- \_\_\_ All team members did not have a hand on pipe at finish line (1-minute penalty)
- \_\_\_ Failure to have a secondary timer/spotter at the finish line as per SOP (1-minute penalty)
- \_\_\_ Other (explain) \_\_\_\_\_

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

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

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



# 2026 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
- \_\_\_ Starts with less than nine cadets OR finishes with less eight cadets
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Other (explain) \_\_\_\_\_

## Penalties:

- \_\_\_ Starts with nine, BUT finishes with 8 Competitors - (10-minute penalty)
- \_\_\_ Team False Start (10-second penalty per occurrence)
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Baton / Container is knocked over on baton entry or exit / not upright for baton (10-sec. penalty per)
- \_\_\_ Team does NOT take the baton around the turn-around point (subjective time addition based on events)
- \_\_\_ Runner/object makes contact with cone, tape or walls (10-second penalty per occurrence)
- \_\_\_ Runner/object KNOCKS OVER cone, tape or walls (30-second penalty per occurrence)
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1 minute each)
- \_\_\_ Other (explain) \_\_\_\_\_

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

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

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

**NOTES:**



# 2026 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

**«DIVISION» DIVISION**

**INCLEMENT WEATHER REPLACEMENT EVENT**

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

Initials

School Name: «SchoolName»

Team Name: «TeamName»

## Reason for Disqualification:

- \_\_\_ Failure to start event when called by the meet official without cause
- \_\_\_ Less than NINE cadets competing— no penalty other than a zero score
- \_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 females, etc.)
- \_\_\_ Other (explain) \_\_\_\_\_

## Penalties:

- \_\_\_ Team False Start (10-second penalty per occurrence)
- \_\_\_ Team does NOT take the ball around the turn-around point (subjective time addition based on events)
- \_\_\_ Runner/object makes contact with cone, tape, walls or leaves lane (10-second penalty per occurrence)
- \_\_\_ Runner/object KNOCKS OVER cone or tape (30-second penalty per occurrence)
- \_\_\_ Ball is played illegally (*i.e., played with a part of the body other than the HANDS / ball does NOT cross start/finish line to hand off to next cadet*) (30 second penalty per occurrence)
- \_\_\_ # Occurrences of Cursing / Unsportsmanlike Conduct (1 minute each)
- \_\_\_ Other (explain) \_\_\_\_\_

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

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

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

**NOTES**



# 2026 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## **DIVISION** DIVISION

### **WEIGHTED BALL TOSS SCORE SHEET**

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

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

## Reason for Disqualification:

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

\_\_\_ Ball touches wall or ceiling tiles / Ball is thrown in the air into another area

\_\_\_ Less than eight cadets competing (8 is OK, they simply get a zero for the 9<sup>th</sup> competition slot)

\_\_\_ Failure to maintain correct team gender numbers required (Mixed with <3 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	✓
ITERATION #1			inches . decimal fraction		inches . decimal fraction	
	1		.		.	
	2		.		.	
	3		.		.	
	4		.		.	
	5		.		.	
ITERATION #2						
	6		.		.	
	7		.		.	
	8		.		.	
	9		.		.	

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

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



# 2026 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## DIVISION DIVISION

### STANDING DOUBLE BROAD JUMP SCORE SHEET

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

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

## Reason for Team Disqualification:

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

\_\_\_\_ Less than EIGHT cadets competing– 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					

NOTE: Ensure initial landing is with feet together; then ensure jump two occurs immediately after jump one without pause or loss of forward momentum! Either case above evokes a “FOUL” call with a zero distance.

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

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

**NOTES**



# 2026 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 EIGHT cadets competing (if they have EIGHT, that is fine. They simply get a ZERO in the last cadet slot)

\_\_\_\_ Failure to maintain correct team gender numbers required (All females required)

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

(cannot remove hand(s) from the bar – time stops / NO TIME LIMIT in this event!)

Cadet Initials		CADET NAME	TOTAL TIME		
			Minute	- Second	- Hundredth
	1		:	:	
	2		:	:	
	3		:	:	
	4		:	:	
	5		:	:	
	6		:	:	
	7		:	:	
	8		:	:	
	9		:	:	

JUDGES: Do not TOTAL these times – the computer does that!

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

NOTE: SNI will Total

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

NOTES:



2026 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) \_\_\_\_\_

(cannot remove hand(s) from the bar – count stops / continue past one-minute limit if repping without pause)

Cadet Initials		CADET NAME	PULL UPS COMPLETED	Pull Up Team Total          SNI will total
	1			
	2			
	3			
	4			
	5			
	6			

Cadet Initials		CADET NAME	FLEXED ARM HANG TIME		Flexed Arm Hang Total Time          SNI will total
	1		:	:	
	2		:	:	
	3		:	:	

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

NOTES:



2026 JROTC FITNESS CHALLENGE CHAMPIONSHIPS  
**MALE** 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)
- \_\_\_\_ 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:



# 2026 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
- \_\_\_ Intentional/Gross Negligent destruction of an Obstacle/Equipment
- \_\_\_ Instructor/Parents physically assisting the team
- \_\_\_ Starting with less than NINE, finish with less than EIGHT cadets
- \_\_\_ 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:

- \_\_\_ False Start (10-second penalty)
- \_\_\_ Starting with NINE, but finish with EIGHT cadets (5-minute penalty)
- \_\_\_ # Occurrences of cadet(s) crossing back over finish line & ASSISTING after finish (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)
- \_\_\_ TOUCHED Equipment in Maze Area (10 seconds each)
- \_\_\_ BROKEN Equipment in 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)
- \_\_\_ FAIL to Complete Obstacle (valid attempt-10 sec/minor or no attempt-30/sec major) - PER OCCURENCE)
- \_\_\_ Other (explain) \_\_\_\_\_

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

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

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

NOTES