



2020 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

DIVISION **DIVISION**

3K TEAM RUN SCORE SHEET

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)
- 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 _____



2020 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 _____



2020 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

___ 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:



2020 JROTC FITNESS CHALLENGE CHAMPIONSHIPS

MIXED DIVISION

PULL-UPS/FLEXED ARM HANG SCORE SHEET

11:00:00 AM

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		

**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:



2020 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:



2020 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 _____



2020 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 _____