

2015 SOKOL FITNESS CHALLENGE

This competition involves four events which results in an all around score. It is open to all classes from children through adults. Divisions will follow the Tournament Rules:

Girls 6-9; Girls 10-12; JG 12-14; JG 15+; W 17-24; W 25-34; W 35-49; W 50-59, W 60+
Boys 6-9; Boys10-12; JB 12-14; JB 15+; M 17-24; M 25-34; M 35-49; M 50-59, M 60+

EVENTS

Shuttle Run – Needed: two cones about 10-12 inches high placed 30 feet from each other. Stand at the starting line to the right of cone #1. On the signal run forward to cone #2. Run around cone #2 with your right shoulder towards the cone and return to cone #1. Run around cone #1 with your left shoulder towards the cone so that your path forms a figure 8. Now run back to cone #2 but do not run around it – only touch it with a hand and return the shortest way to cone #1. **When cone #1 is touched with a hand**, the time stops. Time is recorded to the nearest tenth of a second. **Two tries** will be allowed and the best one will be used.

Standing Long Jump - Competitor stands with toes on starting line and jumps forward as far as they can. Distance is measured from start line to the part of the body which lands closest to the start line. This could be heels, hands or other part of the body that may fall backwards. Distance is measured in inches. Competitor is awarded the better of **two attempts**. Jumps that fall in between inches will be rounded up to the nearest full inch.

Jumping Jacks – Begin with feet together, arms at sides. Jump moving feet apart **wider than the shoulders**. At the same time raise arms to uparm touching fingers at the top. Jump again and return to starting position. This completes one jumping jack. **Continue for 1 minute**. Score is the number of jumping jacks completed.

Squat Thrusts - Begin in a standing position. Squat down to a support squatting, arms outside legs. Thrust legs rearward to a push up position, legs straight. Bring legs back to a support squat position. Rise to stand with a jump and uparm. This completes one squat thrust. **Continue for 50 seconds**. Score is the number of squat thrusts completed in 50 seconds.

ONLY record scores on the score sheets. The program coordinators will put the appropriate points on the score sheets for you. You will see the scores when the pages are returned with the awards.

SCORING

Points will be awarded in each category and a total or all around score will be recorded. Achievement Awards will be based on the total score.