

PUSH-UPS / CURL-UPS

1. **General.** Push-up and curl-up teams consist of 6 male and 4 female members from each unit (doesn't have to be the same cadets for both teams). Units competing in push-ups or curl-ups with less than the required number of male or female competitors will receive a score based on the sum of the actual totals from the cadets who did participate. The curl-up team will also have 10 cadets to anchor the feet of the participating cadet.
2. Push-ups will be the first athletic event, followed by curl-ups. It is highly recommended that an indoor area such as a gym with mats be used for push-ups and curl-ups. This will allow cadets to better hear comments from judges, help prevent getting dirt or other material blown into the eyes, and will make it easier for judges to properly judge the events. It is also recommended that judges count properly completed push-ups and curl-ups using "clickers."
3. Prior to the scheduled time for entering the competition area, teams will write down the names of participants on the scoring sheet provided at the end of this enclosure. Each event requires its own score sheet. Teams that have not completed the scoring sheet prior to scheduled time will be penalized for being late. Only the participating team's cadets, instructors, and cheering section are allowed in the gym or other indoor area being used for push-ups. They need to be quiet so participating cadets can hear instructions from judges. Noise could result in cadet not hearing repetitions count or being finished due to being out of cadence.
4. **Brief the following for push-ups** (modified from Cadet Field Manual pages 7-6 and 7-7):
 - a. Participants for push-ups are the only ones authorized in the push-up area. Judges will check for Unit Identifiable PT gear and proper (no cleated or spiked) shoes. Each cadet will be assigned a judge to count the number of properly executed push-ups.
 - b. Push-ups will be performed at the 50-count per minute rate as per the cadence tape (UP, DOWN = 1 count). Cadets will start in "DOWN" position. Cadets will continue "UP" and "DOWN" per the original cadence vice waiting for the command if there is a "glitch" in the tape.
 - c. All push-ups shall be done in a military manner as will be demonstrated. Cadets may continue push-ups as long as they maintain proper cadence, but improper form push-ups will not count. Judges will inform the cadets immediately why push-up did not count so the form can be corrected.
 - d. Starting position. Laying on the ground with arms bent and hands placed on the ground approximately shoulder width apart with the fingers pointing forward and feet together. Your body should be straight and ready to push upward to start the event.
 - e. Up position. On the command of "UP," push straight off the ground until the arms are fully extended and "straight." The head, torso and legs must remain in a straight line. Failure to fully extend arms or to maintain your body in a straight line will result in the push-up not being counted.
 - f. Down position. On the command of "DOWN," lower your body until the upper arm is parallel with the ground. The head, torso and legs must remain in a straight line. Failure to lower your body until

the upper arm is parallel with the ground or to maintain your body in a straight line will result in the push-up not being counted.

g. Only when you have reached the top of a properly executed push-up (form and cadence) will the push-up be counted.

h. You may not rest while performing in a competition. If you stop, or any part of your body touches the ground besides your hands and feet, you are done.

i. Judges will be positioned in front of their cadets to properly judge that each push-up is done correctly and to ensure the cadet can hear the count. If necessary, the judge will inform the cadet why the push-up did not count. Cadets should use “louder, please” or “please repeat” if they can’t understand what the judge said.

j. The proper method, and some of the improper methods, of executing a push-up will now be performed. Please pay close attention. Judging is going to be very strict. You may ask questions during and after the demonstration.

k. Time limit will be 3 minutes (150 push-ups).

l. Are there any questions?

m. Get ready to begin the push-up portion of the competition.

5. Curl-Ups will follow the push-ups, however, a minimum of 5 minutes will be allowed between the events to allow cadets who are on both teams to have a short resting period.

6. Brief the following for curl-ups (modified from Cadet Field Manual pages 7-4 and 7-5):

a. Participants and holders for curl-ups are the only ones authorized in the curl-up area. Judges will check for Unit Identifiable PT gear and proper (no cleated or spiked) shoes. Each cadet will be assigned a judge to count the number of properly executed curl-ups.

b. Curl-ups will be performed at the 50-count per minute rate as per the cadence tape (UP, DOWN = 1 count). Cadets will start in “DOWN” position. Cadets will continue “UP” and “DOWN” per the original cadence vice waiting for the command if there is a “glitch” in the tape.

c. All curl-ups shall be done in a military manner as will be demonstrated. Cadets may continue curl-ups as long as they maintain proper cadence, but improper form curl-ups will not count. Judges will inform the cadets immediately why push-up did not count so the form can be corrected.

d. Starting position. Start by laying on your back with legs bent so top of thigh frame forms a 45-degree angle with the ground. Knees and feet may not be spread any further than shoulder width apart. Arms are crossed on the chest with the hands on the opposite shoulders. Holder’s may use either method depicted in the Cadet Field Manual, pages 7-4 and 7-5.

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e. Up position. On the command of “UP,” curl up and bend forward until your elbows touch at mid thigh. Failure to execute the curl-up as demonstrated will result in the curl-up not being counted.

f. Down position. On the command of “DOWN,” lower your body, touching shoulder blades to the deck. Failure to lower your body until the shoulders touch the deck or any other method not demonstrated as a “proper” curl-up will result in the curl-up not being counted.

g. One completed curl-up is counted each time the cadet returns to the starting position (form and cadence must be maintained).

h. Judges will be positioned in front of their cadets to properly judge that each curl-up is done correctly and to ensure the cadet can hear the count. If necessary, the judge will inform the cadet why the curl-up did not count. Cadets should use “louder, please” or “please repeat” if they can’t understand what the judge said.

i. You may not rest while performing in a competition.

j. The proper method, and some of the improper methods, of executing a curl-up will now be performed. Please pay close attention. Judging is going to be very strict. You may ask questions during and after the demonstration.

k. Time limit will be 5 minutes (250 curl-ups).

l. Are there any questions?

m. Get ready to begin the curl-up portion of the competition.

7. **Judging.** The importance of strict and careful judging can not be over-emphasized. The push-up and curl-up events are designed to be a fair test of muscular endurance. Counting invalid repetitions or allowing cadets to have improper hand or body position destroys the integrity of the test.

8. Judges must ensure the correct number of push-ups or curl-ups is entered by the cadet’s name. Judges must enter their own names next to the cadet’s name they judged in case a judge is unable to judge other cadets later in the competition. As with the drill events, if the same judge can’t judge all the teams for a specific event, that judge’s scores will be removed to give all teams consistency in the scoring process.

9. **Scoring.** Place standings for individual events will be based on number of repetitions completed in the case of push-ups and sit-ups. However, when figuring out team scores for overall standings, the repetitions will be converted into a point system using the matrix at the end of this enclosure. Each athletic event is worth 300 possible points with a possible maximum score of 1200 points.

SCORING SHEET

PUSH-UPS (CIRCLE ONE) CURL-UPS

Unit: _____ Team No. _____

MALE CADET'S NAMES	REPETITIONS	JUDGE'S NAMES
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
TOTAL MALE REPETITIONS	_____	POINTS _____

FEMALE CADET'S NAMES	REPETITIONS	JUDGE'S NAMES
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
TOTAL FEMALE REPETITIONS	_____	POINTS _____

TOTAL TEAM POINTS: _____ (MAX 300)

JUDGE'S SIGNATURE

REMARKS:

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MALE PUSH-UPS

TEAM	TOTAL	PUSH-UPS	POINTS
390	OR MORE		180
385	TO	389	177
380	TO	384	174
375	TO	379	171
370	TO	374	168
365	TO	369	165
360	TO	364	162
355	TO	359	159
350	TO	354	156
345	TO	349	153
340	TO	344	150
335	TO	339	147
330	TO	334	144
325	TO	329	141
320	TO	324	138
315	TO	319	135
310	TO	314	132
305	TO	309	129
300	TO	304	126
295	TO	299	123
290	TO	294	120
285	TO	289	117
280	TO	284	114
275	TO	279	111
270	TO	274	108
265	TO	269	105
260	TO	264	102
255	TO	259	99
250	TO	254	96
245	TO	249	93
240	TO	244	90
235	TO	239	87
230	TO	234	84
225	TO	229	81
220	TO	224	78
215	TO	219	75
210	TO	214	72
205	TO	209	69
200	TO	204	66
195	TO	199	63
190	TO	194	60
185	TO	189	57
180	TO	184	54
175	TO	179	51
170	TO	174	48
165	TO	169	45
160	TO	164	42
155	TO	159	39
150	TO	154	36
145	TO	149	33
144	OR LESS		30

FEMALE PUSH-UPS

TEAM	TOTAL	PUSH-UPS	POINTS
144	OR MORE		120
141	TO	143	118
138	TO	140	116
135	TO	137	114
132	TO	134	112
129	TO	131	110
126	TO	128	108
123	TO	125	106
120	TO	122	104
117	TO	119	102
114	TO	116	100
111	TO	113	98
108	TO	110	96
105	TO	107	94
102	TO	104	92
99	TO	101	90
96	TO	98	88
93	TO	95	86
90	TO	92	84
87	TO	89	82
84	TO	86	80
81	TO	83	78
78	TO	80	76
75	TO	77	74
72	TO	74	72
69	TO	71	70
66	TO	68	68
63	TO	65	66
60	TO	62	64
57	TO	59	62
54	TO	56	60
51	TO	53	58
48	TO	50	56
45	TO	47	54
42	TO	44	52
39	TO	41	50
36	TO	38	48

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MALE CURL-UPS

TEAM		CURL-UPS	POINTS	TEAM		CURL-UPS	POINTS
TOTAL				TOTAL			
960	OR MORE		180	660	TO	665	80
954	TO	959	178	654	TO	659	78
948	TO	953	176	648	TO	653	76
942	TO	947	174	642	TO	647	74
936	TO	941	172	636	TO	641	72
930	TO	935	170	630	TO	635	70
924	TO	929	168	624	TO	629	68
918	TO	923	166	618	TO	623	66
912	TO	917	164	612	TO	617	64
906	TO	911	162	606	TO	611	62
900	TO	905	160	600	TO	605	60
894	TO	899	158	594	TO	599	58
888	TO	893	156	588	TO	593	56
882	TO	887	154	582	TO	587	54
876	TO	881	152	576	TO	581	52
870	TO	875	150	570	TO	575	50
864	TO	869	148	564	TO	569	49
858	TO	863	146	558	TO	563	48
852	TO	857	144	552	TO	557	47
846	TO	851	142	546	TO	551	46
840	TO	845	140	540	TO	545	45
834	TO	839	138	534	TO	539	44
828	TO	833	136	528	TO	533	43
822	TO	827	134	522	TO	527	42
816	TO	821	132	516	TO	521	41
810	TO	815	130	510	TO	515	40
804	TO	809	128	504	TO	509	39
798	TO	803	126	498	TO	503	38
792	TO	797	124	492	TO	497	37
786	TO	791	122	486	TO	491	36
780	TO	785	120	480	TO	485	35
774	TO	779	118	474	TO	479	34
768	TO	773	116	468	TO	473	33
762	TO	767	114	462	TO	467	32
756	TO	761	112	456	TO	461	31
750	TO	755	110	450	TO	455	30
744	TO	749	108	444	TO	449	29
738	TO	743	106	438	TO	443	28
732	TO	737	104	432	TO	437	27
726	TO	731	102	426	TO	431	26
720	TO	725	100	420	TO	425	25
714	TO	719	98	414	TO	419	24
708	TO	713	96	408	TO	413	23
702	TO	707	94	402	TO	407	22
696	TO	701	92	396	TO	401	21
690	TO	695	90	390	TO	395	20
684	TO	689	88	384	TO	389	19
678	TO	683	86	378	TO	383	18
672	TO	677	84	372	TO	377	17
666	TO	671	82	366	TO	371	16

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FEMALE CURL-UPS

TEAM TOTAL		CURL-UPS POINTS	TEAM TOTAL		CURL-UPS POINTS
560	OR MORE	120	370	TO	374 45
555	TO 559	118	365	TO	369 44
550	TO 554	116	360	TO	364 43
545	TO 549	114	355	TO	359 42
540	TO 544	112	350	TO	354 41
535	TO 539	110	345	TO	349 40
530	TO 534	108	340	TO	344 39
525	TO 529	106	335	TO	339 38
520	TO 524	104	330	TO	334 37
515	TO 519	102	325	TO	329 36
510	TO 514	100	320	TO	324 35
505	TO 509	98	315	TO	319 34
500	TO 504	96	310	TO	314 33
495	TO 499	94	305	TO	309 32
490	TO 494	92	300	TO	304 31
485	TO 489	90	295	TO	299 30
480	TO 484	88	290	TO	294 29
475	TO 479	86	285	TO	289 28
470	TO 474	84	280	TO	284 27
465	TO 469	82	275	TO	279 26
460	TO 464	80	270	TO	274 25
455	TO 459	78	265	TO	269 24
450	TO 454	76	260	TO	264 23
445	TO 449	74	255	TO	259 22
440	TO 444	72	250	TO	254 21
435	TO 439	70	255	TO	259 20
430	TO 434	68	250	TO	254 19
425	TO 429	66	245	TO	249 18
420	TO 424	64	240	TO	244 17
415	TO 419	62	235	TO	239 16
410	TO 414	60	230	TO	234 15
405	TO 409	58	225	TO	229 14
400	TO 404	56	220	TO	224 13
395	TO 399	54	215	TO	219 12
390	TO 394	52	210	TO	214 11
385	TO 389	50	205	TO	209 10
380	TO 384	48	200	TO	204 9
375	TO 379	46	199	OR LESS	8