



# 2020 ALL-SERVICE NATIONAL JROTC FITNESS CHALLENGE CHAMPIONSHIPS

## STANDING OPERATING PROCEDURES

30 September 2019 - REVISION #1

<http://fitness.thenationals.net> ★ <https://www.facebook.com/JROTCFitnessNationals/>

**Event Manager: Sports Network International**  
10 Broadcreek Circle Ormond Beach, Florida 32174  
Toll-free) 800/327-9311 ★ E-mail) [raider@thenationals.net](mailto:raider@thenationals.net)  
"HELPING BOYS & GIRLS BECOME SUCCESSFUL MEN & WOMEN"

**Competition Site & Headquarters Hotel**  
**The Pool Deck & Beach behind the Plaza Resort & Spa**  
600 North Atlantic Avenue Daytona Beach, Florida 32118  
For Room info: <http://www.thenationals.net/fit-hotels.htm>

*items changed from 2019 are yellow highlighted*

## 1. GENERAL OVERVIEW

- a. Congratulations and thank you for preparing for the All-Service National JROTC Fitness Challenge Championships! This SOP will allow you to review all rules & procedures needed to compete safely and effectively within the arduous events of this Fitness Championship Event. The "Fitness Nationals" are designed to provide all JROTC programs with a fantastic opportunity to compete against many of the best programs in the nation in a first-class environment. The entire weekend will be a part of the largest gathering of JROTC cadets anywhere in the world.
- b. This competition is designed for **MALE, MIXED and new in 2020 FEMALE PT/Athletic teams and Raider teams** looking to challenge themselves physically & mentally in a first-class environment they will remember forever. All JROTC units in good standing are eligible to enter and compete!
- c. This SOP outlines all rules & requirements for the Fitness Challenge Championships to be held throughout the day on Saturday, 2 May 2020 at the massive pool deck and beach front of the **Plaza Resort & Spa, Daytona Beach, Florida**. The general directions & layout for the Fitness Nationals are posted on the official website for download/review, along with all other required paper & info.
- d. All schools must utilize and become comfortable with registration and paperwork submission in the **MySchool Website** (<http://myschool.thenationals.net>) for all event matters. Schools should use the event website (<http://fitness.thenationals.net>) as a resource for valuable event/trip information. SNI also posts photos, messages and late breaking fun on the Fitness Nationals Facebook page (<https://www.facebook.com/JROTCFitnessNationals>). Schools are encouraged to distribute this Facebook Page and the Fitness website address to their parents to give them a better experience following your efforts here at the Fitness Nationals.
- e. **Entry into the event BEGINS ANNUALLY ON 30 SEPTEMBER** (roughly 7 months prior) and continues until competition slots are filled! All JROTC units wishing to obtain a competition slot should register to attend as soon as they know they are planning to compete! Registration is done on-line from the event website. When the competition slots are filled, the event is full. We cannot save any slots for any school for any reason so please do not ask!
- f. Along with the fitness challenge, **just 4 large blocks south the National High School Drill Team Championships will be held within the Ocean Center Arena & Conference Center.** Schools entering the Challenge Level competition, Open Level Color Guard and ONLY the solo & dual event may have cadets participating within BOTH the drill and fitness competitions. NOTE: FEW TEAMS ENTERING THE MASTERS LEVELS COMPETITION CAN BE PERMITTED TO HAVE CADETS COMPETE IN THE FITNESS CHALLENGE CHAMPIONSHIPS. Please contact SNI for complete details and eligibility requirements.

- g. The entire weekend is supported and sponsored by the U.S. Army Cadet Command. Additional logistic support is anticipated through the Florida National Guard, as well as the Coast Guard Recruiting Station Orlando. Only through their gracious sponsorship and support can this event be hosted in such a fantastic way with incredible trophies and memorable competition facilities. Our thanks to them for their efforts!
- h. All competitors, instructors, and team supporters are subject to comply with all of the rules & procedures of this SOP and of the competition. Any items not specifically covered by SNI regulations are at the sole discretion and determination of the Judging Director of the competition. Items may be changed on site for fairness or other valid event reasons.

## 2. TEAM COMPOSITION & ENTRY RULES

- a. The Nationals are open to JROTC programs and select other quality groups after review by the competition committee of SNI. Under no circumstances may any attendee of the Nationals be older than a high school age and status to compete. Plans are in the works for future years to maintain an ROTC Division but for now these competitors are ineligible.
- b. **Competition Team Rules: MALES and MIXED teams will consist of up to 12 members but only 9 participate in every event, with three cadets considered "event alternates". FEMALE teams will consist of up to 9 cadets with 6 participating in every event.** (NOTE: Mixed teams think about having both a male & female alternate!)
- c. **MIXED TEAMS** must have a minimum of THREE females in every event. Increased numbers of females are not generally recommended. **MALE TEAMS** are generally comprised of all male members, however due to injury or personal preference; the team may contain any quantity of females. **For the first time beginning in 2020, the event will offer an all-female division.**
- d. Cadets will substitute only within the team they are assigned. Male Division team members cannot substitute onto the Mixed Division Team, etc. Substitutions can be done **ONLY** prior to the start of an event and can be done for any reason. You do not need a medic waiver, nor does it have to be a medical need. You have a 12-member team to form your best 9 competitors in any/every event.
- e. Schools MAY enter a maximum of THREE fitness teams, **providing that no cadet competes for more than one team.**
- f. Every competing cadet MUST provide the completed and signed Covenant Not to Sue. Each School/Coach should make a duplicate copy of these forms and provide the copy to the Meet Director at check-in. Each school is required to submit in advance all money/paperwork as required to be able to compete. *There is no exception to this requirement.* Schools should plan ahead for unit inspections, snow days or other items that can interfere with these deadlines.



## 3. COMPETITION EVENTS & GENERAL INFORMATION

- a. The All-Service Fitness Nationals are comprised of FIVE total team events. These events are designed to test your cadets physically as well as test their ability to work as a team. Teams must enter and obtain a score in all five events in their entered division to be eligible for the overall title. The event overviews are as follows (note: details on each are found later in this document):
  1. **Standing Broad Jump:** Event is held on the SOFT SANDS OF Daytona Beach. The jumper stands on a SPECIFICALLY DESIGNED 2"x10"x32" jumping platform spiked into the sand. The jumping board has a front white line that requires the jumpers feet to be apart and BEHIND the line on take-off. The athlete takes off from a standing start jumping for distance. Each jumper receives TWO tries. The best of the two tries count towards team & individual awards.

2. **Pull-ups / Flexed Arm Hang:** Event is held at the HQ Hotel Pool Deck. Male cadets will execute pull-ups for a total done within 1 minute. Female cadets will execute a flexed arm hang for time until failure. Total seconds with chin over the bar will be recorded. Each team member receives ONE try. Total seconds (female) / quantity (male) for team and individual awards.
  3. **3-Kilometer Team Beach Run:** Event is held on the **SOFT SAND** of Daytona Beach! *New in 2020. Male and Mixed Teams run together with a Pressure-treated 4"x4"x10' timber weighing roughly 50 pounds.* Teams run to halfway point, entire team gets a turn-around marker, and then the team returns ending at the starting point. Team must all be within the 10-yard finish box at completion to finish without penalty. Each team receives ONE try with the time recorded.
  4. **Seated Power Throw:** This is a variation of the Army OPAT test by the same name. Event is held on the HQ Hotel Pool Deck. A 2kg (4.4 lb.) ball is thrust forward with two hands to achieve maximum distance from the thrower. Each cadet will receive TWO tries. The best of the two tries will count towards team and individual awards.
  5. **Physical Team Test (PTT):** The PTT consists of numerous obstacles that require individual/team agility, strength, balance and stamina. Team will run to the end around a mid-point and then reverse the course executing everything in reverse to re-cross the start/finish line. Each team will receive just ONE try with the team time recorded.  
*NOTE: The Ultimate Fitness Cadet competition will also be held at the conclusion of the day. This event is NOT a part of the overall scoring and is fully described herein.*
- b. All schools **MUST** check the SOP Update/Clarifications page on the Fitness Nationals website throughout the Spring. Major and minor changes and general event news will be posted there first.
  - c. All penalties follow a MAJOR/SERIOUS/MINOR format. In timed events, this will be a 60sec./30sec./10sec. addition. In counting events, it will mean end of competition field reduction/three placement reduction/one placement reduction.
  - d. Any cadet who curses or utilizes other unsportsmanlike acts may earn a SERIOUS penalty. Acting in this manner is unbecoming a JROTC cadet or coach so ensure it does not happen to your team.
  - e. Any team that starts or finishes an event with just 8 cadets will receive a MAJOR penalty. On counting events, a zero is placed for all cadets missing. This IS the penalty. Teams competing with eight or fewer cadets, or those teams who gain an advantage by not competing with the prescribed gender configurations will be disqualified, receiving a zero score/zero time depending on the event.
  - f. The weather for any late Spring event in Florida will likely be gorgeous but HOT. Lightning or other dangerous conditions **will force some or all of the events into the alternate competition site at the Ocean Center (explained in details later in this document)**. Teams must prepare for HOT and RAINY weather conditions to be fully prepared.

#### 4. TENTATIVE SCHEDULE OF EVENTS NOTE

- a. *1 May, 1100-1600:* Early School check-in/registration at the Ocean Center Arena.
- b. *2 May, 0730-0930:* On-site School check-in/registration at the Competition Deck, Plaza Resort.
- c. *2 May, 0800:* Rotation of all Team Events will begin.
- d. *2 May 1700:* Rotation of all Team Events will end.
- e. *2 May, roughly 1900:* Awards ceremony will begin after the Ultimate Fitness Cadet event ends where teams will receive their score sheets, and team photos taken at the competition. Awards will be presented at the Ocean Center Arena. Dress will be fitness gear and casual attire after a long day!

NOTE: The final competition schedule will be based on the number of team entries. The actual competition schedule for your teams, as well as a finalized event schedule and numerous details regarding where to meet EXACTLY at the facility will be forwarded to every competition team exactly one week prior to the event and posted on the Fitness Nationals website for your spectators.

## 5. SAFETY WHILE AT THE FITNESS NATIONALS

- a. SNI takes safety of Fitness competitors and spectators seriously. Having people in positions of authority that have extensive practical experience dealing with heat and exertion issues is hugely beneficial. SNI reminds all programs to pay special attention in this area. SNI will maintain staffing that has a focus and background to look for these issues.
- b. As the Event Director for the Fitness Nationals, Sports Network International (SNI) maintains sole judgment pertaining to competition items. All decisions made by SNI regarding rules, procedures or other matters are final. All competitors, instructors, and supporters are subject to comply with all of the rules & procedures of this SOP and of the Fitness Nationals. Any items not specifically covered by this document are enforced at the sole determination of the SNI Judging Director. If you have any questions regarding this event, please direct your question either via phone or email to SNI in advance of the event.
- c. Cadre at every level are responsible for conducting a continuous, rigorous safety program with cadets. This begins with discussions on hydration, reporting of all injuries and the like. All unit instructors are required to read the detailed [SNI Fitness Risk Overview](#) posted to the website.
- d. An on-site medic will be on-hand for the safety of competitors and spectators. Ambulance support is NOT maintained on site but it is quickly summoned if needed by radio/phone. This support is designed for urgent medical need only. Teams are STRONGLY ENCOURAGED to keep basic first aid items with them on the bus and handy at all times during the entire weekend (to include having this bag everywhere your cadets are gathered), Additionally for back-up, SNI maintains a well-stocked medical bag filled with “bump, bruise & cut” items (located at the Event HQ).
- e. Two-way radio is provided at each competition area, as well as between SNI key personnel and judges at each event site to ensure safe and effective medical requests and rule discussion. Additionally, these radios allow questions to be asked and answered on the spot should a team have an on-site situation arise that requires immediate feedback.
- f. Footwear protecting the bottom of the feet must be in use by all cadets competing within the fitness challenge. This can be sneakers or water shoes as long as the bottom of the foot is covered.
- g. Weather will determine special daily risk assessments and changes to events for safety reasons. These will be fully briefed the morning of the competition and throughout the day.



## 6. THINGS TO MAKE YOUR STAY BETTER

- a. All schools are ENCOURAGED to bring canteens, water bottles, etc. with them during the day to include 3K run and other events while waiting. Team members or spectators may make water available to their teams during any event as well. Cadets are encouraged to wear sports gloves throughout.
- b. All schools are encouraged to bring TENTS (with adequate sandbags or auger tie downs for wind), COOLERS and other items to take care of the unit and set up a “base camp” on the beach by where the events are held. Makes for a convenient stay in the shade and a great facility to feed your kids as well. Also, spectators are encouraged to bring their own lawn or beach chairs to comfortably view the events. Signs and banners are encouraged – make it a spirit filled day! Water stations are made available to fill canteens/water bottles. Portable toilets on the beach are available as well.
- c. PLEASE direct your parents to the [Fitness Challenge Facebook Page](#), the [Fitness Championships website homepage](#) and specifically the [Fitness Nationals Spectator Homepage](#). These sites will have information on parking & directions, as well as late breaking information on Awards Ceremony broadcast and occasional “look-ins” using Facebook Live for the competition itself.
- d. Think about getting to the event early and park ON THE BEACH! It’s a great way to enjoy your stay and get to experience one of the world great beaches. Read the [rules on-line here](#).
- e. If you are NOT staying at the Plaza Resort, do a trial run the day prior to ensure you know where the parking is located, how to access the beach and other vital items to have a smooth day.



## 6. FITNESS PREPARATION – EVENT INTERRUPTION

- a. **ALL of the events are physically demanding, and stressful weather conditions (heat, rain, etc.) can make this tougher!** However, any team that has trained hard for several months and fully prepare themselves for the events listed herein will do just fine. Please remember to hydrate BEFORE the day of the competition – solid hydration starts 48 hours prior!
- b. With the appearance of severe storms, the competition will be immediately suspended and remaining events will likely **be moved indoors to the Ocean Center Arena Conference Center at a time prescribed by SNI**. Events that are underway will continue to completion as directed by event officials. Judges, Coaches, and ALL Fitness Nationals teams will move to the nearest safe area indoors and wait for instructions. At that time a weather decision will be made based on the best information available. **Each team will need to provide a cell phone number to ensure this late breaking information can be transferred immediately.** If the competition must be moved or suspended, it will be continued as soon as weather permits and all daylight hours will be used to complete. If event(s) must be cancelled, the following rules will apply:
  - i. Overall championship trophies are presented & declared ONLY if sufficient events have been held to declare a true champion. If the event is cut short for any reason, event trophies will be provided among those events based on the competitors who have finished. Weather MAY cause a MAJOR schedule change to “get everything in”. Moving event(s) to the Ocean Center WILL HAPPEN so schools should be prepared to make this happen. Schools will be required to follow any/all schedule changes put forth by SNI.
  - ii. Due to the nature of the event, all funds paid are non-refundable if for any reason the event is halted due to weather or other unforeseen circumstances.



## 7. COSTS/PAPERWORK REQUIRED TO ATTEND:

- a. Schools gain info regarding the event from the Fitness Nationals official website: <http://fitness.thenationals.net>. Here you learn everything about the event and register your school to attend and compete. After registration, you will complete your competition paperwork on the website.
- b. **The Registration Fee for the JROTC Fitness Championships is a flat \$150 per school.** This fee is due after registering on-line to maintain a valid entry into the event. This can be paid by credit card or check online (with a small service fee), or a check can be mailed to SNI to cover this cost.
- c. Teams making the decision to attend the Fitness Championships should reserve a competition slot by registering on-line after the registration opens 1 October annually. Returning teams will be allowed to enter after 1 September. Competition spaces will be granted on an earliest registered basis only.
- d. With fees being non-refundable, schools should enter only after making the firm decision to attend! Should an emergency preclude any registered team from attending, the team should immediately contact SNI. While the Registration Fee remains non-refundable, your prompt notification to SNI could allow another deserving team to attend -- thereby keeping your school in good standing.
- e. All schools entering the event are granted one MALE and one FEMALE entry into the Ultimate Fitness Cadet competition at no additional cost.
- f. Schools seeking to enter BOTH the National Drill Championships Challenge Level event, Open Level Color Guard event or any cadets entering the solo & dual drill championships can also enter the Fitness Championships on Saturday. **Those schools will pay the designated School Registration Fee per team, and the cadets will pay a reduced \$25 per cadet non-hotel Team Package Fee.** With this fee, the cadets will receive all Fitness Nationals package items WITHOUT hotel rooms.
- g. Lastly, limited “local” school entries will be made available to schools located in nearby counties to Daytona Beach, Florida. These schools will drive up to compete from home and not use the hotel rooms that are a part of the standard competition packages. **These schools will pay the School Registration Fee, and will pay a reduced \$25 per cadet non-hotel Team Package Fee to pay their**

**share of the competition costs.** The map to clarify who qualifies as a local school, as well as all other cost details are best viewed on the webpage: <http://www.thenationals.net/fitness-prices.htm>.

- h. No pass of any kind will be needed to enter the competition area(s). Please remember that the Plaza Resort & Spa is a private hotel and maintains PARKING BY PERMIT ONLY! Competing schools will have detailed parking information mailed to them far in advance. Buses & vans filled with competitors will certainly be allowed to drop off and return to their hotel and await a call from the team to return.

## 8. PACKAGE PLAN, DEADLINES & REFUND POLICY

- a. **All participants (instructors & cadets) coming to the Fitness Nationals must participate in the event through the Fitness Nationals Team Package Plan** (*local teams and ANY Challenge Level NHSDTC competitors have a modified cost structure as they will not be require hotel rooms*). Through this plan, the event obtains the finest judges, venues, quality oceanfront hotels, along with providing a quality competition in all aspects. Teams will receive discounted billeting in standard through luxury oceanfront hotels in the Daytona Beach area, a bronze event medallion on a chest ribbon, Fitness Championships t-shirt (ordered to size), event dog tags, as well as gorgeous 8" x 10" color team photos.
- b. Teams may choose either a two or three night hotel package with costs based per person, with extra nights available if desired by the school. Four cadets per room is the standard stay with three, two & one-to-a-room prices slightly higher (used largely for instructors & other adult supporters - all prices shown online). Parents **MAY** stay through this package with the school, but this is **completely optional**. Schools interested in the Plaza Resort HQ package (event HQ) request this on the MySchool Website.
- c. Once your school is accepted into the Fitness Nationals, **School Registration Fees are completely non-refundable**. Any school sending their 50% Package Fees deposit **early** can receive a complete refund of their Package Fees provided the request is made in writing **on or before the deposit deadline** outlined within this folder. Schools that do not submit the required paperwork and/or the 50% deposit by the required deadlines may be removed from the event **with no refund of the school's registration fee**.
- d. **MOST IMPORTANT!:** After submitting the 50% deposit and the rooming list, this deposit payment is **TOTALLY NON-REFUNDABLE!** SNI must pay for these requested rooms, as well as purchase all of the other items provided to each attendee IN FULL. **Rooms reserved cannot be canceled, dropped or otherwise "given back" in any manner. Also, this deposit is a GUARANTEE TO COMPLETE THE TRANSACTION** no later than when the final balance payment is due. Therefore, it is crucial that each school understand that the payment of 50% package fees is a **commitment for THE BALANCE OF THE FEES WHEN DUE**. (This is why many schools choose to pay in full on the deposit deadline.) If it is necessary to cancel or "drop" anyone who has paid the 50% fee, the school should find someone else to substitute for that person as they cannot be "dropped".

### Important Refund Exception Notes!

1. *SNI understands that a blanket refund policy as outlined above may appear inflexible. Understand that tens of thousands of dollars in non-refundable, up-front payments are made by SNI each year to ensure every team coming to the Fitness Nationals has affordable oceanfront hotels reserved, event shirts, tog tags, team photos and dozens of other competition-related items. Teams simply deciding not to attend, albeit for valid reasons, would make hosting this event impossible.*
2. *It is our belief that a trip to the Fitness Nationals is as safe as spending the weekend at home. Therefore, we do not foresee any problems in hosting the event in Daytona Beach, Florida. SNI will refund any school registration fee should a Federal authority ban ALL travel due to a national security concern (and therefore hinder your attendance) prior to the 50% deposit deadline in later-March. Should a federal government body delay or ground flights, buses or other transportation due to any national security issue, and this delay will likely keep a school from attending the event, SNI will work with the hotels and other event suppliers to gain a maximal refund of monies paid.*
3. *Understand that SNI will not put anyone at risk attending the event. It is our belief that our small gathering of people in Daytona Beach, Florida (pop. 75,000) poses less of a target than hundreds of thousands of other venues across the country, including most cities where the teams are from.*

## 9. INCLEMENT WEATHER PLAN DETAILS

- a. Sports Network International realizes that an outdoor event in May in Florida can face the threat of inclement weather, especially in the later afternoon daily. SNI has taken steps in 2020 and beyond to ensure the chance of specific event cancellations are minimized by dedicating a large concrete area within the Ocean Center Arena to use as a fallback placement for event(s) that could be threatened by bad weather. The Ocean Center is just 5 block away from the competition site and will provide a fantastic “lifeboat” should this occur.
- b. Within the existing events, certainly the Pull-up/Flexed Armed Hang, Seated Power Throw and the Standing Broad Jump will be moved inside with minimal modifications. The 3K team run will be converted into a shuttle run relay. However an event to replace the Physical Team Test should any/all events move inside to the Ocean Center are still being flushed out as of the writing of this document. Diagrams, parking and other items in greater detail will be forwarded to teams far closer to the event.
- c. Because of this weather component, each competing school in 2020 and beyond will designate an official contact and alternate contact by phone number. Any official decisions for event suspension, relocation, or other safety, weather or event info will be communicated via a group chat program designated for the event. This too, will be identified and implemented at a later date.

## 10. HOTEL INFORMATION

- d. The hotels selected by Sports Network will be oceanfront hotels with oceanfront, ocean view and street view rooms in use. While all hotels vary in size & location, all are within 1-8 miles of the competition venue and located directly on the beach. Hotels are available in various general quality or “Package Levels”. These range from STANDARD to UPGRADE to HEADQUARTERS (the highest level). The Package Level of the hotel is an overall, arbitrary rating based on many factors pertaining to the overall desirability, amenities and service of the properties.
- e. Schools should know that proximity to the Ocean Center CANNOT be GUARANTEED (EXCEPT by staying at the Headquarters across the street). Therefore, all teams MUST maintain ground transport of some kind to make their trip function if they are NOT staying at the Headquarters Hotel.
- f. Several schools often request hotels offering a “breakfast”. Few hotels in Daytona offer this amenity and those that do are often just juice, milk and donuts that can better be presented by your team rather than counting on a hotel to meet your timing, quality and quantity needs. We can work with any specific amenity request but know this limitation before planning anything definite.
- g. Returning schools are given the first opportunity to go back to the same hotel they stayed in the previous year **if they register by the Early Acceptance Deadline**. Schools will be assigned to a hotel as soon as possible after the 1<sup>st</sup> deposit deadline in March. Hotel info will be sent to each school in the final advance package confirming their hotel placement and the placement will be listed on their MySchool website as well.
- h. All programs looking to stay at the Plaza Resort Headquarters Hotel should make that thought known to SNI in writing as soon as possible after registration. The Plaza will get very full very early on and we like to get every team their desire.
- i. At each event hotel, the hotel management has complete charge of all security matters and will look to the Instructors and Cadet Commanders to enforce discipline for their team. SNI and/or any hotel is fully within their rights to remove a person, room or entire team from the hotel should any school fail to maintain reasonable quiet and decorum 24 hours per day. Should this occur, NO REFUND of any fees will occur. Fortunately, school conduct is generally EXCELLENT. Schools must understand that proper hotel conduct is essential.



## 11. COMPETITION DISCIPLINE & CONDUCT

- a. Discipline problems are not common at this event. SNI does reserve the right to remove any individual, group, spectator or unit from the event as well as the hotel for destructive, profane or other conduct unbecoming JROTC cadets or conduct detrimental to the Fitness Nationals. This includes bad conduct in or around the competition site, any event hotel or common areas in and around the city. An 11pm curfew is in effect for each event evening. All schools please be aware Daytona Beach has a city curfew for all minors not accompanied by an adult. **These decisions are NOT subject to appeal.**



- b. While cadets are waiting to compete at the competition site or just remaining as spectators, they must be in and around the competition site. Unless they are guests of the hotel, teams and their spectators may not wander inside the expansive Plaza Resort & Spa. Teams are also reminded to not leave personal belongings unattended. Lastly, teams should plan to wear the same uniform throughout the day as there may not be sufficient time to maintain a more drawn out changing situation. While this is more of a logistical issue, it needs to be stated to ensure no team is caught by surprise.
- c. Teams should bring with them all needed equipment to compete to include water, sunscreen and a basic first aid kits as discussed earlier in this document. Hotel guests should NOT bring room towels or other hotel items to the competition areas.

## 12. COMMANDER'S CALL

- a. No Commander's Call is held for Fitness Nationals event. Expansive and detailed pre-event communication prevents the need to waste your time as these items should have been covered long before the day prior to the competition. Teams WILL have the ability to review and walk through competition areas the day prior to better plan their competition Day.
- b. All event questions should be asked in advance via email or telephone. Last minute instructor's questions should be addressed either upon check-in with SNI during Event Registration or at any time throughout their arrival day. **Understand last minute questions are best answered in advance.**

## 13. COMPETITION EVENTS & AWARDS

- a. The following events are counted towards a team's Overall Championship point totals: **1) Standing Broad Jump, 2) Pull-ups / Flexed Arm Hang, 3) 3K Team Run, 4) Seated Power Throw, and 5) Physical Team Test (PTT).** Teams must enter and gain a score in ALL FIVE TEAM EVENTS IN THEIR ENTERED DIVISION to be eligible for the overall title.
- b. All teams are eligible to win team trophies within each specific event entered. Each Division and event will offer 1st through 5<sup>th</sup> place team trophies (unless 10 or less entrants are in place, whereby 1<sup>st</sup> through 3rd place will be awarded. The trophies will be spectacular and befitting this lofty event.





## 14. COMPETITION EVENT DETAILS - GENERAL

- a. NOBODY may run with the team while they are competing or encroaching into the competition areas in any manner. This can be considered “pacing”. You can’t interfere with a judge or meet official. This is ESPECIALLY TRUE around finish lines. This penalty can be anything from MINOR through disqualification for repeated issues. Teams MAY pre-position cadets on the course to encourage and/or watch their teammates so long as they are not obstructing or running with cadets.
- b. Team members can assist each other but MAY NOT interfere with another team. Any such interference may result in a subjective time deduction from the offending team (up to and including disqualification) and possibly a time subtraction from the team interfered with. No cadet may be carried or otherwise FULLY SUPPORTED by a team member. Carrying an injured cadet is not permitted.
- c. All courses will be well marked and pre-event instruction will make executing events effortless.
- d. **The competition event sites will NOT be set-up in advance, therefore the teams may not see them until the actual day of the event. This is a public beach area and our use will be in and around the more secluded section of the public beach.** Also, no “running the courses” can be allowed on the actual course areas when they ARE set-up.
- e. No participant may leave any assigned racing area or “take a short cut” outside the marked racing area. Any cadet/team doing so and found to have gained an advantage by these actions will cause the team to receive a subjective penalty.
- f. All schools should ensure they do not run late to a competition area. Any team attending an area late without just cause may be subjectively penalized and/or removed from that segment of the competition (disqualified) at the discretion of the Competition Director.
- g. All timed racing events will desire a clean start. If a team jumps the start early, MINOR "false start penalty" will be assessed. No re-start will occur. All events will start with a judge stating, “GET SET, GO!” or similar. With this sound, time will start.
- h. In performing all competition events, the team next to compete will line up and be approached by the event Head Judge. In individual performing events, the cadets will take the team sheet from the judge and CLEARLY write the names of the competitors in the order they will perform. When they move to begin their turn, the list and gender of cadets will be double checked by the Head Judge. This will become the official competition team for that event. Once the team is confirmed as set at that time, NO CHANGES CAN BE MADE TO THE COMPETITION TEAM.
- i. Teams will get the total count, time or score BEFORE leaving the area by the judge and initial the sheet. If there is ANY discrepancy between the result you believe you deserve versus the result provided by the judge, direct the judge to immediately contact an event official for an immediate resolution on-site (i.e., your coach timed your team and got a time 15 seconds lower, thinks you did 5 more pull-ups, etc.).
- j. Competitors must wear appropriate athletic attire. This is left to the discretion of the unit. No bare midriffs are allowed and both shoes and shirts are required to be worn at all times. Athletic attire should be matching and personalized to ensure your team is easily identifiable by the judges, even from a distance. This may be done through personalized shirts, shorts, etc.
- k. Should any protest, dispute or appeal of a judge’s scoring/ruling or any other similar circumstance arise, SNI will decide the question/issue. No further appeal is available. Protests will be submitted either verbally or in writing to SNI at the Fitness HQ / Score Tabulation Area within 30 minutes of the protested event/action occurring and only by a Cadre member from that protesting school/team.
- l. All teams are expected to compete with honor befitting military JROTC cadets. Teams are expected to proactively come forward to admit known rules violations they may incur. Teams are expected to tell the head official any cadet shortages or other known rule issues BEFORE competing in their assigned event. Failure to do this WILL JEOPARDIZE the ability of that team and that instructor to compete further and the Service Headquarters will be brought into play for egregious violations.

## 15. COMPETITION EVENT DETAILS – SPECIFIC

- a. The actual start times and rotation of events will be determined after all schools have registered. Teams will have ample ability to move between events with prior planning. This FINAL event schedule will be distributed via the official website one week prior to the event.

### a. STANDING BROAD JUMP

#### 1) General Scenario:

- a. The standing broad jump was an Olympic event until 1912. The standing long jump is also one of the events at the NFL combine, the President's Award on Physical Fitness. The course will be on the soft sand of Daytona Beach. The competition area will have a raised starting board. A tape measure will be run along the inside of the board extending away to easily allow the distance a jumper gains to be recorded by the judge. The course will maintain two judges working together. A HEAD JUDGE (to check cadet names, watch the take-off area, address cadets, record distances) and an OVERSIGHT JUDGE (who also watches these areas and rakes the landing zone).



#### 2) Specific Regulation:

- a. One by one, each competing cadet will step forward and then immediately move to the jumping line to be ready to jump. The head judge will ensure the oversight judge is ready. He/she will then turn to the cadet and say, “Cadet Jump”. The cadet will have 10 seconds to jump.
- b. The athlete jumps by taking off using both feet, swinging the arms and bending the knees to provide forward drive. The distance recorded will be from the starting line to the portion of the ground touched by the jumper closest to the starting line. The sand will be raked and the same cadet will then reset and jump again and have both jump distances recorded.
- c. PLEASE ensure your cadet DOES NOT put their hand(s) behind them or roll backwards as this would greatly shorten their jump! Also, cadets may not delay the event between jumps. A quick brush of the feet on the golf spikes cleaning pad and JUMP!
- d. The BEST distance between the two jumps for every cadet WILL be recorded and used for both team and individual scoring.

### b. PULL-UPS / FLEXED ARM HANG

#### 1) General Scenario

- a. The Pull-up/Flexed Arm Hang area will be hosted on the pool deck area of the Plaza resort. The competition area will maintain TWO competition, steel pull-up bars adjacent to each other. There will also be a 3rd set-up designated as a warm-up bar just off to the side. Every cadet will receive only one opportunity to execute their best score.
- b. All MIXED teams will designate **THREE** cadets to compete in the flexed arm hang, regardless if they have more than three. Therefore six of your cadets will be executing pull-ups to ensure all teams are using the same exact quantities to make scoring completely even.
- c. Female cadets will be assisted starting in the “chin over bar” position. Pull-up cadets will simply jump or may be assisted up to grab the bar by a teammate. While non-stick grip tape is on the bar, **gloves are RECOMMENDED for all competitors to ensure sufficient grip is maintained.**
- d. Position on the bar for ALL competitors will be as follows: The cadet will grasp the bar with their hands, shoulder width apart -- using either an overhand grasp (palms facing away) or underhand grip (palms facing toward) – choice of the cadet.
- e. The course will maintain one BAR JUDGE at each competition bar (to keep count of the official curl-up quantities and/or seconds of flexed arm hang) as well as a single event HEAD JUDGE (to check cadet names, address cadets, record scoring and maintain an on-time event).

## 2) Specific Regulation:

- a. One by one, each competing cadets last name will be called followed by the phrase “on your mark”. The cadet will step forward to the competition area. The cadet will then have 10 seconds to move to the bar to be ready to perform. The head judge will ensure the BAR JUDGE is ready. He/she will then turn to the cadet and ask, “Cadet Ready”? The cadet will state a confident, “CADET READY!”. The judge will then direct the cadet into the correct starting position. Curl-up cadets begin at a full unassisted hang with both hands on the bar. Flexed Arm Hang cadets will start on an assisted box getting their chin comfortably over the bar.
- b. Cadets executing Pull-ups will have one minute to execute as many CORRECT pull-ups as possible (chin is pulled ABOVE the bar and returned). The judge will count these out loudly to be heard by all viewing. Judges will NOT count chin-ups that do NOT clear the bar. Cadets may pause in any manner so long as they do not lose contact with the bar with either hand. At the command of BEGIN, cadets executing the Flexed Arm Hang will have their support removed and the clock will begin. Their time will continue until their chin is no longer ABOVE the bar.
- c. Curl-ups will be executed by every member of the Male Division team and 6 of the 9 competing members of the Mixed Division team (note: if your mixed team decides to use MORE THAN THREE females, only THREE will be permitted to do the flexed arm hang and six MUST execute pull-ups to ensure uniformity of team scoring).
- d. For Flexed Arm-Hang, the timing begins when the cadet supports themselves on the bar and stops when there is a form break (cadet's chin rests on the bar, the chin tilts backward to keep it above the bar, the chin falls below the level of the bar or there is kicking and other body movements while the cadets are on the bar).

## c. 3K TEAM BEACH RUN

### 1) General Scenario:

- a. Teams will run as a team for 1.7 miles (3K). A single 4”x4”x10’ Pressure-Treated timber will be carried by each team (female teams will NOT carry the timber). No other gear of any kind is utilized or required to be carried by the team – this is a straight beach team run.
- b. The course is on a traffic free stretch of intentionally soft sand on the World’s Most Famous Beach. There is no incline. There will be multiple teams on the course at a time so teams must be mindful that running in column formation COULD BE REQUIRED in parts of the course.
- c. The event will maintain a .85 mile turn-around point where all team members **ARE AMASSED AND COUNTED** (hint; the pier of the boardwalk!) before given a turn-around marker that identifies the TEAM as having reached the half-way point. ALL TEAM MEMBERS MUST reach the turn-around point TOGETHER before they are given this marker. At that point, the entire team completes the event. The time will stop when the last team member crosses the finish line with any gear (the timber) and one member holding the marker. Failure to maintain the marker at the finish MAY result in your team being disqualified from the event.



### 2) Specific Details:

- a. Each team MUST cross the finish line with ALL TEAM MEMBERS INSIDE THE 10-YARD FINISH BOX when the first cadet crosses the finish line! The zone will be clearly marked and will maintain markers to denote this area. Many teams cross the finish line HOLDING HANDS to reinforce to the cadets the requirement to be together. Teams failing to finish with all team members within this 10-meter zone will receive a 1-minute penalty.
- b. While we have adequate judge supervision, for safety considerations it is REQUIRED that all team members compete together during all aspects of the 3K run. This is team run so there is NO ADVANTAGE to running ahead – stay with your team!

## d. SEATED POWER THROW

### 1) General Scenario:

- The Seated Power Throw is very similar to the Army version used within their new OPAT Fitness Testing Protocol being finalized. The course will be hosted on the pool deck area of the Plaza resort.
- Team members will sit on the ground with their legs straight and flat on the ground parallel as shown at right. A 4" thick YOGA block will be placed between their upper back and the wall. This block must STAY in place throughout the throw until the ball LANDS (therefore do not thrust forward with your torso!) A 2kg (4.4 lb.) ball is held by two hands in the chest area.
- The competition area will maintain a starting line, a 4" standard Yoga Block (measures approximately 9" wide, by 6" high by 4" deep) and measured flooring to easily allow the distance the ball gains to be recorded by the judge.
- Each tossing station will maintain THREE judges working together. A HEAD JUDGE (to check cadet names, watch the tossing area & block, address cadets, record distances and maintain an on-time event), a RECORDING JUDGE (gives the Head Judge the distance tossed), and a TAPE JUDGE (holds the deduction string on the tape to subtract distance the ball is throw from the tape (explained below).



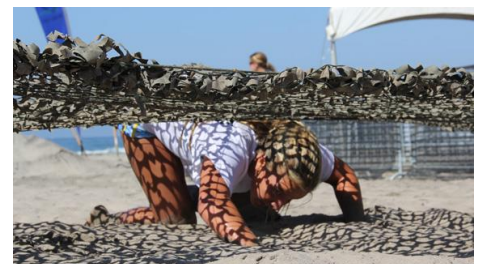
### 2) Specific Regulation:

- One by one, each competing cadets last name will be called followed by the phrase "on your mark". The cadet will step forward to the competition area. Another cadet will assist placing he yoga block in the mid-back BELOW the shoulder blades. The cadet will then grasp their weighted ball with both hands. The head judge will ensure the two field judges are ready. He/she will then turn to the cadet and ask, "Cadet Ready"? The cadet will state a confident, "CADET READY!". The judge will then say, "Cadet Throw". The cadet will then have 5 seconds to throw the ball correctly for distance. **The ball may travel IN ANY ARCH!** The athlete will have two attempts with both recorded – the best serving as their individual mark and add to the team totals.
- The athlete will start in the seated with the back erect and facing the direction they are going to throw. The thighs should be parallel and the legs straight ahead. The ball is grasped with both hands in the chest area with elbows in any position. On the command "Cadet Throw", the cadet in one motion pushed the ball forward and up with BOTH hands to achieve maximum distance.
- Cadets must not throw favoring one arm or rotating about the spine.* The athlete may follow through in any manner that DOES NOT allow the BLOCK to fall down the back or move. Cadets MUST practice this as a failure in these areas is a DQ for that throw.
- Each cadet will receive TWO BACK-to-BACK attempts. The BEST distance between the two throws for each cadet will be used for both team totals and individual scoring.

## e. PHYSICAL TEAM TEST (PTT)

### 1) General Scenario:

- The PTT is the team event designed to test the strength, balance, stamina, strategy and endurance of a team of young cadets over a distance of under ½ mile total using a variety of physical obstacles. To complete this event well, cadets must use teamwork and technique! The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finishes the course with all team members.
- The course is on a traffic free stretch of **soft sand** on the World's Most Famous Beach. Time to complete the course will be kept and recorded for each team. Judges will be stationed along the route to ensure compliance with all rules.





## 2) Specific Details:

- a. Each team will compete on the course in pairs using a left and right side of the course which are mirror images to eliminate any interference. Well-prepared schools should be able to complete the course in **less than four minutes**. A team may be removed from the course at the **seven-minute** mark for failure to progress.
- b. Where course items need to be carried, they can be carried in any manner by any cadet or cadets so long as all rules herein and on-site are followed. HOW you choose to accomplish this is your call.
- c. The team will be assembled behind a starting line. The grader will command, "Get Set, GO!" or similar. The GO command will start the clock. At that point, the team begins the course.
- d. The course will consist of the following items over a roughly .5 mile course. The exact placement will not be made public until the start of the race:
  - a. **Tunnel Crawl** (30in inside diameter)
  - b. **Sled Drag** (using attached rope)
  - c. **Speed Agility Maze** (a tight zig-zag maze accomplished in column formation)
  - d. **Tire Footwork Maze** (placed on the ground in a staggered pattern)
  - e. **4' Ravine Jump** (boards placed on sand)
  - f. **SURPRISE OBSTACLE** (one or more!)
  - g. **Turn Around Flag/Pole**
- e. The event begins with all competing members in column. Cadets will execute the **TUNNEL CRAWL** first, followed by the **RAVINE JUMP**. The other items will be randomly placed as seen fit by the course director. All of the obstacles must be attempted or a MAJOR penalty will be assessed for EACH item not attempted.
- f. When executing the 4' soft sand Ravine Jump, there will be two boards rooted into the sand. A penalty occurs if the sand BETWEEN the boards is touched by a cadet. Touching the boards is OK.
- g. When executing the Speed Agility Maze, cadets who touch the obstacle in any form with any part of their bodies will receive a MINOR penalty. If they dislodge anything, it becomes a MAJOR penalty – BE CAREFUL! This maze is accessed ONLY in column formation (cannot run two or more across).
- h. When executing the Sled Drag, a single competing cadet must be placed in the sled then dragged using the provided rope WITH ONE OR TWO PEOPLE ONLY. If the rope breaks, teams are permitted to CARRY, DRAG or MOVE the sled with any number of cadets.
- i. When executing the Tire Footwork Maze, every cadet will ATTEMPT to run through the tires placing one foot in each & every tire center hole. However, there is no penalty for stumbling or accidentally missing a tire so long as the attempt is made.
- j. All cadets then run to the Event Turn Around Point, circle this, and run through the entire course in reverse (moving items BACK to their original starting positions) thereby completing in reverse order.
- k. Once a cadet crosses the finish line of any race, that cadet cannot go back and help the team in any way – their event is completed at that point. Violation of this rule will be a MAJOR Penalty PER OCCURANCE. Time stops when the last team member crosses the finish line.



## f. ULTIMATE FITNESS CADET

### 1) General Scenario:

- Each competing SCHOOL may nominate one male and one female cadet to compete in the Ultimate Fitness Cadet (Ultimate Cadet) event. These cadets must be on your competing cadet roster to be eligible. This competition will be strictly an individual event among the most elite individual cadets attending the Raider Nationals and other select JROTC cadets who choose to enter as individuals. This is truly the best of the best! The top five fastest male & female times will earn the Ultimate Cadet awards.
- The course will be roughly .5 miles in length It will closely resemble the Physical Team Test. It will be grueling and will test both the male & female cadets involved. The competition will have two cadets each leave the starting line together competing by time. The time will stop when the cadet has completed the course and returned all course equipment to the starting positions.
- This is an individual competition; however cadets from the same school may be racing together. Cadets **may not assist other cadets** unless they feel a cadet may be in danger of injury. Failure to follow this procedure may result in a penalty up to and including disqualification.
- Event times are not included in any team awards – they are only used for the Ultimate Cadet event.
- Inclement weather will likely curtail the hosting of this event as the scores do not count towards the overall team finish. No make-up or alternative event will be held should this be cancelled.



### 2) Specific Details:

- ALL CADETS** selected to compete should be able to complete the course **WITHOUT EXTRAORDINARY physical effort!** Teams are not **REQUIRED** to enter cadets. To prevent injury, please **think carefully about your cadet's ability to complete the course safely.**
- All components of the obstacles will be undertaken by all genders in the same way.
- Spectators are allowed and encouraged to watch all aspects of the course. We **ENCOURAGE** all to come and cheer on their finest cadets!
- As stated above team members **MAY NOT ASSIST** another runner **in any manner** to include dragging, carrying, etc., unless they are doing this to prevent injury (i.e., assisting a runner from the middle of the running course, etc.). In no way should this assistance involve reducing a competitor's time. Failure to follow this procedure will result in a penalty up to and including disqualification for both the assisted cadet and the cadet assisting the runner.

## 16. EVENT SCORING & TIMING

- An official timekeeper will keep the official time/quantity/distance at every event. It is reminded that teams should gain their times/distances, etc. **BEFORE** leaving the event area.
- The overall team finish (for crowning Overall Champions and Runner-up titles) within every division **is awarded based on a value earned through placements within each team event.** A team's placement in all events will produce an overall placement point total. The **lowest point value earned** will be considered the highest finisher. Example: a team earns: 1<sup>st</sup> place in PTT; 7<sup>th</sup> place in Seated Power Throw; 6<sup>th</sup> place in PTT; 10<sup>th</sup> place in Standing Broad Jump and 3<sup>rd</sup> place 3K Team Run. The aggregate value for this team would be computed as: 1+7+6+10+3=27. Therefore, "27" would be the aggregate score regarding overall placements.



- c. For MIXED teams competing in flexed arm hang/pull-ups, the six MALE totals will be scored and receive a placement within the MALE entrants in the Mixed Division. The three FEMALE times will be totaled and receive a placement within the FEMALE entrants in the Mixed Division. These placements will be added together and compared to all other teams in the Mixed Division to gain the proportional placement of the team in this event. The FEMALE Division will use all flexed arm hang times.

- d. **There are NO TIES** at the Fitness Nationals. The tie breaker for the overall trophies is as follows:

### **3K Team Run & PTT**

- 1<sup>st</sup> Level: Hundredths of a second  
2<sup>nd</sup> Level: Team competing earlier in the day

### **Standing Broad Jump & Power Throw-Team**

- 1<sup>st</sup> Level: Longest total team distance-2<sup>nd</sup> attempts  
2<sup>nd</sup> Level: Cadet with the highest individual jump

### **Standing Broad Jump & Power Throw-Individual**

- 1<sup>st</sup> Level: Longest distance of the cadet-2<sup>nd</sup> attempt  
2<sup>nd</sup> Level: Highest finishing team

### **Pull-ups-Team**

- 1<sup>st</sup> Level: Highest individual cadet score  
2<sup>nd</sup> Level: Next highest individual cadet score (and so on)

### **Pull-ups-Individual**

- 1<sup>st</sup> Level: Highest TEAM score  
2<sup>nd</sup> Level: Cadet competing earlier in the day

### **Flexed Arm Hang-Team**

- 1<sup>st</sup> Level: Hundredths of a second  
2<sup>nd</sup> Level: Team competing earlier in the day

### **Flexed Arm Hang-Individual**

- 1<sup>st</sup> Level: Hundredths of a second  
2<sup>nd</sup> Level: Cadet competing earlier in the day

### **Overall Championship Times:**

- 1<sup>st</sup> Level: Team winning more events  
2<sup>nd</sup> Level: Team with most team trophies earned  
3<sup>rd</sup> Level: Lowest time on the PTT event

## **17. SCORESHEETS & SCORE TABULATION**

- a. All event score sheets can be found in advance of the competition on the "Paperwork HQ" section of the event website. Pay attention to these sheets to see what PENALTIES will be in place for each event. A complete scoring package maintaining all of the time/score sheets, as well as team placement information is designed to be available immediately following the Awards Ceremony (if time permits to prepare them for distribution) or they will be mailed to your team immediately following the event along with your team photos. Questions regarding Fitness Nationals scoring are welcomed and addressed after you have received your completed score sheets.
- b. It should be noted that every score sheet will be triple-checked by SNI personnel, as well as inputted & totaled on a computer program specially designed for the Fitness Nationals by SNI.
- c. Each unit will be judged by the SAME JUDGES within each event where any subjectivity is in play. All judges' scoring & decisions are final.
- d. Teams should feel free to discuss items with judges that pertain to correct procedures, or to double check that correct timing or other issues were executed. If there is any concern in these areas, do NOT belabor a point with a judge. Proper procedures, scoring/timing, etc., are handled by the Event Director located in the Event Headquarters as directed under protests within this manual.
- e. Any related questions from parents, cadets, or instructors regarding this competition should be directed to the Judging Director of the Fitness Nationals at the Event HQ on-site. Please keep in mind time is precious and most commentary is best entertained after the conclusion of the event unless a timely response is needed. Post-event phone calls, emails or after action reports are greatly welcomed to make the event better for the future.





## 18. AWARDS CEREMONY

- a. The Awards Ceremony for the Fitness Nationals will be held at the Ocean Center Arena, just a few blocks south of the competition venue. The timing of this ceremony will allow teams to end their competition day, have a quick dinner, then get to the awards ceremony. Teams and their supporters will sit together in the raised seating of the arena. Justin Gates of SNI will serve as the Master of Ceremonies and all trophies will be distributed on-site. This impressive venue after a long competition day. **All teams and their supporters are welcome to attend at no charge for entry!**
- b. The time for this ceremony will be largely determined by the size of the competition field but will be finalized and posted several weeks prior to the event. Teams will have time to grab food at one of many places both on property as well as nearby at the Oceanwalk Village, Burger King, Dominos and other local food establishments.
- c. Dress for the Awards Ceremony will be casual but tasteful. As several teams will be packing up and hitting the road very soon afterwards, the specific requirements by SNI will be rather loose. Teams are suggested to wear matching athletic gear. All JROTC instructional personnel must consider regulations in place by their particular service headquarters when deciding what to wear to the ceremony.
- d. Failure to attend the ceremony without sufficient cause will be construed as a lack of interest in supporting the event and may preclude invitation of the school in the future. Should a true emergency keep a unit from attending the ceremony, arrangements are made to ship trophies to your unit, COD.
- e. No team or individual placements will be announced in advance. The Awards Ceremony is as much a part of the Fitness Nationals as any team event.



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