

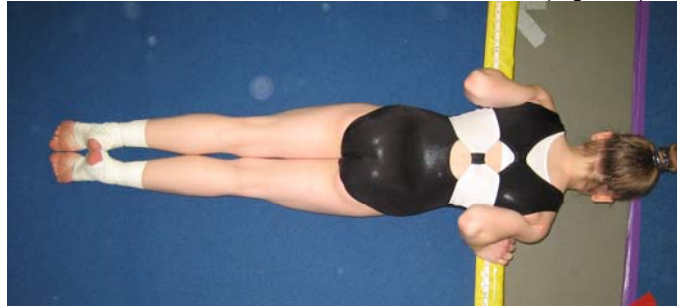
9. CRICKET PUSH-UP



(Figure 1)



(Figure 2)



(Figure 3)

EQUIPMENT NEEDED:

- Flat surface
- Stopwatch

STARTING POSITION (Figure 1):

Push-up position with hands shoulder width apart and facing forward, head in neutral position, body in a completely straight line from top of head to tips of toes, legs straight and toes pointed. There should be no arch or pike in the body, a slight hollow is allowed.

DIRECTIONS:

Athlete lowers to “cricket” position (Figure 2) by bending the arms while keeping the elbows close to the body. Body should be 1-2” from the ground at knees, hips, chest and forehead at this stage of the push-up. The athlete’s body may brush the ground, but not put weight on it. The position of the body, legs, and head should stay exactly the same as the body moves up and down (Figure 3).

NOTES:

The attempt will not count if the athlete:

- Leans on the elbows or lets the elbows separate more than 1” from the body
- Does not lower down to within 1-2” of the ground
- Flexes the feet
- Changes the body position (arches, pikes, etc.)
- Bends the knees
- Drops or raises the head
- Does not return to the proper start position

The athlete has 20 seconds to perform as many **correct** repetitions as possible.

10. CHIN-UP



(Figure 1)



(Figure 2)



(Figure 3)

EQUIPMENT NEEDED:

- Bar with enough clearance for athlete to hang free from the wall or other obstacles
- 2" x 4" x 12" wood block or large sponge approximately the same size

STARTING POSITION:

The athlete hangs in an under-grip position with arms shoulder width apart. Knees are bent with thighs at a 90° angle. An assistant places the block on the athlete's lap. Block may not touch the torso.

DIRECTIONS:

The athlete flexes the arms and lifts the body until the chin is above the bar while the head is held in a neutral position. The athlete then lowers back down to the starting position. If at any time during or after the repetition the athlete drops the block, then the repetition does not count. The block is then immediately replaced by the assistant and the athlete continues the test. The athlete will perform as many correct repetitions as possible up to a maximum of 20 repetitions. A pause longer than two seconds will result in the end of the test (except when waiting for replacement of the block). If the athlete fails to perform on three consecutive repetitions, the test will be stopped. The test administrator or coach will not touch the block at any time unless it falls to the floor.

NOTES:

If at any time the athlete lets go of the bar or touches the floor, the test is interrupted. Only valid chin-ups *before* the interruption will count.

If the athlete pulls with one arm before the other, that repetition will not count.

The tester should be at eye level to the bar, to ensure they can tell the chin clears the bar.

11. 60-FOOT SPRINT

EQUIPMENT NEEDED:

80' Open running area (preferably rod tumbling floor)

Tape measure

Designated start and finish lines

Stop watch

Immovable object for start

SET UP:

The tester will clearly mark a starting line at the beginning of the run and a finish line 60' from the start line. This may be done with chalk, Velcro or athletic tape. There must be at least 20' of open space at the end of the run that will allow the athlete to safely "run through" the 60' and slow to a stop AFTER crossing the finish line.

STARTING POSITION:

The athlete assumes a starting position by placing one foot behind the starting line and the other against a wall or other immovable object.

DIRECTIONS:

The tester starts the stopwatch when the athlete's foot first strikes the floor past the starting line. The stop watch is stopped when the athlete's foot crosses the finish line.

NOTES:

The athlete will be allowed two attempts at the sprint.

The faster of the two attempts will count.



Starting Position