



United States Marines Youth Foundation, Inc.



National Youth Physical Fitness Program

&

National High School Physical Fitness Program

Program Booklet

“The Solution to a Drug-Free America”™

Address any reply to: 400 N. 8th St., Richmond, Va. 23240

US Treasury Department

COPY

District Director Internal Revenue Service

Date: May 5, 1969 | In reply refer to: 430/GBS



United States Marine Youth Foundation,
Inc.
Suite 510, 10560 Main Street
Fairfax, Virginia 22030

Purpose: Educational
Address Inquiries and File Returns with District
Director of Internal Revenue: Richmond, Va. 23240
Form 990-A Required: Yes No
Accounting Period Ending: June 30

Gentlemen:

On the basis of your stated purposes and the understanding that your operations will continue as evidenced to date or will conform to those proposed in your ruling application, we have concluded that you are exempt from Federal income tax as an organization described in section 501(c)(3) of the Internal Revenue Code. Any changes in operation from those described, or in your character or purposes, must be reported immediately to your District Director for consideration of their effect upon your exempt status. You must also report any change in your name or address.

You are not required to file Federal income tax returns so long as you retain an exempt status, unless you are subject to the tax on unrelated business income imposed by section 511 of the Code, in which event you are required to file Form 990-T. Our determination as to your liability for filing the annual information return, Form 990-A, is set forth above. That return, if required, must be filed on or before the 15th day of the fifth month after the close of your annual accounting period indicated above.

Contributions made to you are deductible by donors as provided in section 170 of the Code. Bequests, legacies, devises, transfers or gifts to or for your use are deductible for Federal estate and gift tax purposes under the provisions of section 2055, 2106 and 2522 of the Code.

You are not liable for the taxes imposed under the Federal Insurance Contributions Act (social security taxes) unless you file a waiver of exemption certificate as provided in such act. You are not liable for the tax imposed under the Federal Unemployment Tax Act. Inquiries about the waiver of exemption certificate for social security taxes should be addressed to this office, as should any questions concerning excise, employment or other Federal taxes.

This is a determination letter.

Very truly yours,

James P. Boyle
James P. Boyle
District Director

COPY

FORM L-178 (REV. 8-66)

United States Marines Youth Foundation, Inc.

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A Special Message to School Instructors and Administrators

Self-respect and self-esteem are the most important things we can give our young people--the National Youth Physical Fitness Program (YPF) gives them both. The YPF program encompasses students from kindergarten and elementary school through junior and senior high school. It teaches students to respect their bodies and helps them build and maintain a personal *resistance to drugs, alcohol and tobacco*. Students are given the opportunity to earn a different Certificate of Athletic Accomplishment every year of their school career. There are *beautiful, full-color certificates available*, each recalling a significant theme of challenge and achievement in American history.

The United States Marines Youth Foundation, Inc. is a non-profit, 501(c)(3) tax-exempt corporation that has funded and administered this excellent fitness program completely *free-of-charge to all schools and youth groups in America* for more than 50 years. It does not compete with other national programs.

Designed in conjunction with what was the staff of the Physical Fitness Academy of the Marine Corps' Training and Education Command at Quantico, Virginia, the YPF program has been successfully implemented in thousands of schools and youth groups across the country. *The YPF program is easily incorporated into all schools* from inner city to rural, from underprivileged to affluent. The program has been designed to provide optimum benefit with a *minimum requirement of time, space and equipment*. Instructors are given the flexibility of modified exercises to meet the needs of students who are physically or mentally challenged, overweight or underdeveloped. Instructors are encouraged to tailor the program to the needs of individual students. The objective of this program is to enable *ALL* students to participate and earn certificates.

In addition to the regular physical fitness program administered through the schools, optional state and national competition are offered. These events provide additional goals and standards in a competitive environment. State competition is supervised and administered by members and former members of the armed forces of the United States. National competition is supervised and administered by Marines at major United States Marine Corps installations.

Thank you for taking the time to examine this program. I hope you will join us!

Sincerely,



General Alfred M. Gray, USMC (Ret.)
The 29th Commandant of the United States Marine Corps
Chairman of the Board

“...The Solution to a Drug Free America”™

United States Marines Youth Foundation, Inc.

Program Overview

It's no secret...the future of this country rests solely in the hands of today's youth and what we do as a society to provide direction, instill discipline and offer hope to our young citizens will have a direct reflection on the future course of this country.

The National Youth Physical Fitness Program (YPF) encompasses students from elementary school, through junior and senior high school. The Program is designed to complement, not replace, existing curriculum and to be easily implemented in any school situation. Students are tested in five basic exercises and are awarded scores indicative of their general fitness level. Students can earn one beautiful full-color certificate for each year of participation.

Major General Walter Churchill, USMC (Ret.) saw the need to help guide America's youth down the right path. His vision was to give every child in this country a chance to succeed in life and have the opportunity to live a healthy lifestyle - free of drugs, alcohol and tobacco. For more than 50 years, the United States Marines Youth Foundation, Inc. has been working to answer that call. Although Gen. Churchill is no longer with us, his will to help America's youth lives on through The United States Marines Youth Foundation, Inc.

Many of the youth in this country are not physically able to meet the challenges of everyday life. Poor eating habits, lack of physical exercise and low self-esteem contribute to this desperate condition. Through the National Youth Physical Fitness Program and the National High School Physical Fitness Championships, the Foundation has been able to help thousands of kids turn their lives around. Many of the young men and women who participate in these programs are exposed to positive role models for the first time in their lives. Many have never had to meet a challenge, attain a goal, or have the opportunity to dream a dream. The United States Marines Youth Foundation, Inc. is keeping those dreams alive...one school and one child at a time.

The National Youth Physical Fitness Program is currently being used by more than 1600 schools and youth organizations across the country. This program provides a means for adult leaders to actually measure the fitness level of participating students throughout the school year. More importantly though, this program provides hope and offers our youth an opportunity to become part of something bigger than themselves, an opportunity to be challenged, and an opportunity to grow as individuals.

Youth organizations such as the Boys and Girls Club, the Young Marines of the Marine Corps League, the Boy Scouts of America, the Girl Scouts of the USA and many others are using this program to enhance the well-being of kids all across the country. It teaches students to respect their bodies and helps them build and maintain a personal resistance to drugs, alcohol and tobacco.

The program provides a mental, moral and physical challenge while establishing reachable goals. The fitness program also provides important recognition, which leads to pride in one's self and is in many cases a building block for future self-improvement.

It is believed that personal fitness, coupled with a sense of self-sacrifice for the greater common good, can positively impact all aspects of our American quality way of life. By developing more alert and energetic students we in turn are taking the necessary steps in preparing our young citizens to take the reins and lead this great nation into the next century.

This program is offered to every school and youth organization

...Free of Charge.

National Youth Physical Fitness Program

“The Solution to a Drug-Free America”™...

... is the aim and ultimate purpose of the National Youth Physical Fitness Program. The United States Marines Youth Foundation, Inc., furnishes - **FREE OF CHARGE** - the instruction booklets and certificates needed to successfully administer this fitness program. The YPF Program provides students with the incentive necessary to encourage good physical fitness and healthy lifestyle choices for a - **“Lifetime of Wellness.”**

Implementing the Program:

Getting the program started is simple. As the “coach” you need to become familiar with the exercises associated with this program, as well as with the scoring of each event. All this information is located on page 10 of this book.

The YPF program is designed to provide physical education instructors with a quality fitness program that is easy to administer and yet provides wide flexibility for determining appropriate modifications and scoring of the exercises so ALL students, including the overweight, underdeveloped, and physically challenged, are able to participate and earn certificates of Athletic Accomplishments.

Four simple steps to starting a successful Program:

1. **Teach** students the proper execution of each exercise.
2. **Practice** the exercises in school and encourage students to practice at home every day.
3. **Test** your students.
4. **Order** the certificates from The United States Marines Youth Foundation, Inc.

The five exercises:

1. **Crunches** - Strengthens abdominal muscles
2. **Push-Up** - Develops upper body strength
3. **Pull-Up** - Develops upper body strength
4. **Standing Long Jump** - Increases leg strength
5. **300-Yard Shuttle Run** - Increases agility, speed and endurance

It is recommended that students warm up their muscles with stretching exercises prior to working out. Students are urged to participate in an aerobic activity at least three times a week for a minimum of 20 minutes each time to improve cardiovascular fitness and performance of the five exercises.

It is recommended that anyone, beginning this or any other exercise program consult a physician before starting.

Program Objectives:

1. To increase the national overall percentage of physically fit young Americans
2. To enable schools with limited facilities, equipment, and professional staff to provide their students with a complete, high-quality physical fitness education program.
3. To provide this program **FREE OF CHARGE** to all schools and youth organizations.
4. To give students the opportunity, encouragement, and guidance to participate in competitive physical activity.
5. To provide a combination of realistic challenge and recognition, thus setting a pattern of fitness for a lifetime.
6. To instill the positive values of physical fitness by providing full-color certificates to be awarded throughout a student's school career.
7. To inspire a lifelong respect for a healthy body and development of personal resistance to drug, alcohol and tobacco abuse.

Testing:

This booklet contains all the information you will need to begin the National Youth Physical Fitness Program in your school or organization. It is recommended that students be tested three times during the course of the school year:

Fall: The first testing should take place at the beginning of the school year to gauge fitness levels.

Winter: The second testing should be done near the middle of the school year to evaluate progress.

Spring: The final testing should be conducted near the end of the school year with these scores being used to determine which students qualify for a **Certificate of Athletic Accomplishment***.

** A composite score of 250 points for boys and girls is considered acceptable for a student to earn a "Certificate of Athletic Accomplishment". Students who participate throughout the school year, but do not reach this score are eligible to receive a "Certificate of Participation".*

Scoring:

Each of the five exercises is fully illustrated and explained on the following pages, and each exercise has its own scoring chart. Pull-ups, crunches and push-ups are shown with three variations and varying degrees of difficulty. The physical education instructor, on an individual basis, shall determine which variation each student may use*. The scores from all five exercises are added together to obtain the student's composite score.

** It is the objective of this program to enable ALL students to participate and obtain Certificates of Athletic Accomplishments. It would be impossible to set standards for all levels of physically challenged, under-developed and overweight students. It is left to the judgment of the physical education instructor to determine how exercises should be modified to meet an individual's needs and the appropriate scoring.*

Ordering Awards:

Certificates are ordered when the final testing is complete in March or April. Certificates are mailed to you - completely **Free of Charge**. You can order certificates by mail, telephone or e-mail at the following:

The United States Marines Youth Foundation, Inc.
3619 Jefferson Davis Hwy Suite 115
Stafford, Virginia 22554
(703) 207-9588 or Fax (703) 207-0047
E-Mail: admin@usmarinesyouthfoundation.org

Certificates are not awarded according to age or grade level. The first time a student passes the test, he/she is awarded the First Certificate of Athletic Accomplishment. The second time that same student passes the test he/she is awarded the Second Certificate of Athletic Accomplishment, etc. **Only one certificate per student per year is to be awarded.**

National High School Physical Fitness Program

The National High School Physical Fitness Program is a continuation of the National Youth Physical Fitness Program as outlined earlier in this program book. The National High School Physical Fitness Program is designed to give added incentive for student teams to continue their quest towards a healthier lifestyle. Teams can compete at the state, regional and national levels.

Fitness instructors or volunteer coaches can organize fitness teams to compete at the state, regional and national events. The guidelines for the conduct and forming of teams are outlined below. These rules apply for state, regional and national competitions.

Teams:

1. Each team may consist of five or six members and one coach; (only the top 5 scores determine the overall team score)
2. Team members must be full-time students in grades 9-12.
3. In order to compete at an officially sanctioned event, students in grades 9-12 must **NOT** have reached their 20th birthday during the current school year.
4. Teams must attain a qualifying score of 1875 points for men (375 point individual average) and 1250 points for women (250 point individual average) in order to compete at sanctioned state and national events.
5. Teams competing at the state or national level must provide The United States Marines Youth Foundation, Inc. with a team roster verifying the teams qualifying score, grade and age of students participating in the competition.

Scoring:

The state, regional and national competitions utilize the **SAME** scoring standards and basic exercises for **BOTH** men and women as outlined in the Youth Physical Fitness Program chapter of this book. **NO MODIFIED** exercises or scoring standards will be used. All events will be strictly judged and scored in accordance with the descriptions outlined herein. After the 2015 competition year, the sit-up portion of the competition will be changed to crunches.

Competition Rules: (For all sanctioned state, regional and national competitions)

The Executive Director, United States Marines Youth Foundation, Inc. is the governing authority for all state, regional and national Events. A team is subject to disqualification if any member interferes or interrupts the exercise of another team. A description of each exercise will be demonstrated prior to the start of the meet.

The sequence in which teams will participate will be determined just prior to the start of the meet by drawing numbers. Once the team sequence is established, teams should complete the course as described herein. If any team is not on the line ready to go when it is their turn to compete, that team will be disqualified.

- 1) The sequence in which exercises will be conducted and the time limit for each exercise will be:

Crunches - Two (2) minute time limit (maximum 100 reps for 100 points).

Push-ups - Two (2) minute time limit, resting is permitted in the full "Up" position (maximum 60 reps for 100 points).

Standing Long Jump - Two (2) minute time limit to complete three (3) jumps (maximum 9'10" jump for 100 points).

Pull-ups - Two (2) minute time limit (hands will remain on the bar with no shaking-out permitted (maximum 30 reps for 100 points).

300-Yard Shuttle Run - Scored in ratio to elapsed-time needed to complete (maximum 44 second run for 100 points).

“The Solution to a Drug-Free America”™ is a huge undertaking with nearly 52 million students across the nation. The challenge to the task can be an exciting and interesting experience for all the physical education directors, teachers and school administrators. With the professional wisdom of the school leadership, including the Boards of Education, we can positively impact all these students. With the full cooperation of all departments, “The Solution to a Drug-Free America” can be achieved.

- 2) Each exercise event area should include six (6) exercise positions, if possible, with a like number of monitors and counters, thus enabling each team member to compete at the same time. Each team member will abide by the time limit for each specified exercise.
- 3) Each team is allowed a three (3) minute rest period between events.
- 4) Teams must be staggered at the start so as not to create a backup of competitors at any one event. All six (6) team members will begin the sit-ups and proceed through the entire course as a unit.
- 5) The next team to compete should not begin the sit-ups until the previous team has reached the standing long jump, creating a gap between competing teams. There is only to be three teams on the competition field at any given time.
- 6) Coaches and assistant coaches are not allowed on the competition field while their team is competing. All coaches are to remain outside the roped area of the field. Additionally, once the teams’ competition begins, coaches may not communicate with their team. Coaches who fail to comply with these rules will cause their team to be disqualified from the competition.
- 7) Escorts will be assigned to each team prior to the start of the competition. The escort will be responsible for maintaining the teams official score sheet. The escort is the only one authorized to handle or write on the score sheet.
- 8) Prior to the start of the competition, a member of the National YPF Advisory Committee, monitors and counters will be assigned to each competition event. There will be enough monitors and counters to provide one for each team member competing. The Advisory Committee member has the final say on any disputes concerning his/her particular event. Monitors and counters at all sanctioned state or national competition will be made up of volunteers from active duty, retired or reserve Marines or members of the Marine Corps League.

Breaking a Tie:

Although six (6) members will compete on each team, only the score of the five (5) highest competitors will count towards the team’s overall score. Adding the score of the sixth team member to each team score breaks the team ties. If one of the tied teams only has five (5) competitors, then the team with six (6) competitors wins. If a tie still exists, compare the fastest run time to determine the winner, if by chance a tie still exists, each remaining exercise is compared to determine the winner; if a tie remains after all exercises are compared in reverse order, then both teams will be declared the winner for that particular place - 1st, 2nd, 3rd, 4th etc.; the same applies for individual competition.

Competition Uniform:

The uniform for competition will be **compression shorts for both male and female** with appropriate shorts and shirts as commonly worn by track teams. Sweatshirts may be worn during the sit-ups and standing long jump only - elbows must be exposed during the push-ups and pull-ups portion of the competition. Footwear will be sneakers or appropriate gym shoes. No spikes or cleated footwear will be allowed. Socks may be worn, but are not mandatory. The same footwear and uniform must be worn during the entire course of the competition, except as noted with the sweatshirt.

National High School Physical Fitness Championships

Under the watchful eye of their coaches, American students push their bodies to the limits. Pulling, pushing, bending, leaping and sprinting their way towards the highest standards in physical fitness. It all begins each fall at high schools across the country, and boils down to a single event...an event that embodies the epitome of physical fitness.

The National High School Physical Fitness Championships is the culmination of countless days, hours and minutes of grueling preparation. The competition here is keen. The rewards are tangible. The self-discipline is mandatory. The challenge is unique. The winners are all those who learn the importance of lifelong physical fitness.

For more than 238 years the United States Marine Corps has maintained that physical fitness is essential to its role as our country's elite force in readiness. The standards established are time-tested and have kept Marines in good stead throughout their military careers and on into their civilian endeavors.

Reinforcement of these standards of physical excellence among the young people of America is the goal of the United States Marines Youth Foundation, Inc. and its National Youth Physical Fitness Program. Along the way though, the program accomplishes much more.

On an individual basis, each young man or woman can compete against his own best efforts, against those of fellow students, and against known standards for Marines. Steady improvement will be its own incentive for staying with the program, and the self-discipline required to prepare for competition builds on the character of those who participate.

Beyond the individual fitness benefits, there will be those few who achieve top performance and earn the privilege of representing their schools at the National High School Physical Fitness Championships. It means recognition for the young athletes and their schools and the opportunity to compete amongst some of the nation's greatest athletes.

Earning a Spot:

High schools have to compete and obtain a qualifying score at the state or regional level in order to secure a spot at the National Championships. State and regional meets are scheduled through the United States Marines Youth Foundation, Inc. headquarters. A schedule of current state and regional meets can be viewed at the Foundations Website at www.usmarinesyouthfoundation.org. If there is no state or regional meet scheduled for your area, and you would like to host one or just be a participant, please call the United States Marines Youth Foundation, Inc. at 1-703-207-9588 or email at Admin@usmarinesyouthfoundation.org. All schools wanting to compete at the state level must fill out an entry form (also located on our website) and submit it to the National Headquarters.

The National Competition:

The National High School Physical Fitness Championships are traditionally held in San Diego each spring. The National Championships can accommodate up to 100 teams (the top 50 male and female teams in the country). Teams competing at the national level are determined by results of state competitions. Funding for competition and pilot teams as well as coaches, and additional coaching assistants is the responsibility of the individual schools. Escorts accompanying the teams are also the responsibility of each school.

A detailed outline of the national competition will be mailed to each team attending the national championships at least four weeks prior to the National Championships.

Competition for the National Championships will be broken down over a two-day period. The High School Girls Competition is conducted on Friday of the week of competition, while the High School Boys Competition is conducted on Saturday.

Below is a **SAMPLE** schedule of events that should be followed if attending the National Championships.

Monday - Wednesday

High School teams arrive in the San Diego area.
Occupy Barracks / Coaches Time

Thursday

AM - Run through the competition course with Advisory Committee, judges, monitors and students.
Coaches Time / Prep for Competition
Mandatory Coaches Meeting

Friday

Championship Opening Ceremony
Girl's Competition

Saturday

Boy's Competition
Closing Ceremony
Awards Banquet (Coat and Tie Social Event)

Sunday - Monday

Clear Barracks / Teams return home

Awards:

Awards for state, regional and national competition will be provided by the United States Marines Youth Foundation, Inc. Awards for state competition will be provided by the Foundation for those events that are recognized and organized through the Foundation. Forms for ordering awards can be found on the Foundations website at www.usmarinesyouthfoundation.org or call the Foundation at 1-703-207-9588 to place the order.

Awards will be presented to the top three places at the National Championships (going up to seven depending on the number of teams competing and to the top three places at state and regional competitions. Below is a breakdown of the awards to be presented at the National Championships. This list is not inclusive:

Individual Awards:

1st Place Overall Individual Male and Female
2nd Place Overall Individual Male and Female
3rd Place Overall Individual Male and Female and possibly -
4th Place Overall Individual Male and Female
5th Place Overall Individual Male and Female
6th Place Overall Individual Male and Female
7th Place Overall Individual Male and Female

Coaches Awards:

1st Place Coaches Award
2nd Place Coaches Award
3rd Place Coaches Award and possibly -
4th Place Coaches Award
5th Place Coaches Award
6th Place Coaches Award
7th Place Coaches Award

Team Awards:

1st Place High School Team
2nd Place High School Team
3rd Place High School Team and possibly -
4th Place High School Team
5th Place High School Team
6th Place High School Team
7th Place High School Team

Team Awards:

(Top six competitors male and female division)
Gold All-Star Team
Silver All-Star Team
Bronze All-Star Team

Marine Corps League Foundation Award

Overall Male and Female (Check)
1st Place Team (Check)

Performing the Exercises

Crunches

EQUIPMENT: Mats, such as those used for tumbling or wrestling.

TIME LIMIT: Two Minutes

IMPORTANT: Competitors may rest in either in the up or down position as long as they maintain the correct body position while resting.



FULL EXERCISE

Position: Lie on back, legs bent, shoulders flat on mat with head raised, and feet flat on mat. Hands are folded across the chest. A partner or official counter holds feet in place.

Execution: Sit up, keep both arms crossed and tight against the body; bending forward until both forearms or elbows touch the thighs; arms must remain folded across the chest. Return to the starting position, ensuring that the shoulders touch the mat before resuming the next repetition. **NOTE:** This exercise will replace the sit-ups in competition after the 2015 competition year

MODIFICATION #1

Position: Sit on the mat with legs bent and feet flat on the mat. Thighs form a 45-degree angle with the ground.

Execution: Sit up, bending forward until forehead is directly in front of the knees. Return to starting position ensuring that the elbows and forearms are flat on mat before resuming next repetition.



Crunches Scoring Chart

	Age	Age	Age	Age	Age	Age	Age	Age	Age	Age	Age	Age	Age		
REPS	5	6	7	8	9	10	11	12	13	14	15	16	17+	College	Meet
3		19	16	13	10	7	4	2	-	-	-	-	-	-	-
6		22	19	16	13	10	7	5	3	1	-	-	-	-	-
9	AS DETERMINED BY FITNESS INSTRUCTOR	25	22	19	16	13	10	8	6	4	2	-	-	-	-
12		28	25	22	19	16	13	11	9	7	5	3	2	-	2
15		31	28	25	22	19	16	14	12	10	8	6	5	2	5
18		34	31	28	25	22	19	17	15	13	11	9	8	5	8
21		37	34	31	28	25	22	20	18	16	14	12	11	8	11
24		40	37	34	31	28	25	23	21	19	17	15	14	11	14
27		43	40	37	34	31	28	26	24	22	20	18	17	14	17
30		46	43	40	37	34	31	29	27	25	23	21	20	17	20
33		49	46	43	40	37	34	32	30	28	26	24	23	20	23
36		52	49	46	43	40	37	35	33	31	29	27	26	23	26
39		55	52	49	46	43	40	38	36	34	32	30	29	26	29
42		58	55	52	49	46	43	41	39	37	35	33	32	29	32
45		61	58	55	52	49	46	44	42	40	38	36	35	32	35
48		64	61	58	55	52	49	47	45	43	41	39	38	35	38
51		67	64	61	58	55	52	50	48	46	44	42	41	38	41
54		70	67	64	61	58	55	53	51	49	47	45	44	41	44
57		73	70	67	64	61	58	56	54	52	50	48	47	44	47
60	76	73	70	67	64	61	59	57	55	53	51	50	47	50	
63	79	76	73	70	67	64	62	60	58	56	54	53	50	53	
66	84	79	76	73	70	67	65	63	61	59	57	56	53	56	
69	90	84	79	76	73	70	68	66	64	62	60	59	56	59	
72	96	90	84	79	76	73	71	69	67	65	63	62	59	62	
75	100	94	90	84	79	76	74	72	70	68	66	65	62	65	
78	"	100	96	90	84	79	77	75	73	71	69	68	65	68	
80	"	"	100	94	88	82	79	77	75	74	71	70	68	70	
83	"	"	"	100	94	88	84	80	78	77	74	73	70	73	
86	"	"	"	"	100	94	90	86	82	80	77	76	73	76	
89	"	"	"	"	"	100	96	92	88	84	80	79	76	79	
91	"	"	"	"	"	"	100	96	92	88	84	82	79	82	
93	"	"	"	"	"	"	"	100	96	92	88	86	82	86	
95	"	"	"	"	"	"	"	"	100	96	92	90	86	90	
97	"	"	"	"	"	"	"	"	"	100	96	94	90	94	
99	"	"	"	"	"	"	"	"	"	"	100	98	94	98	
100	"	"	"	"	"	"	"	"	"	"	"	100	98	100	
101	"	"	"	"	"	"	"	"	"	"	"	"	100	"	

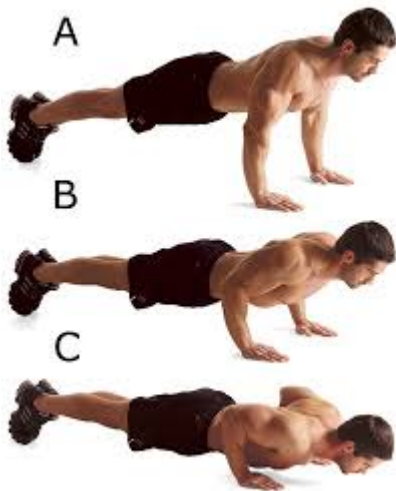
Performing the Exercises

Push-Ups

EQUIPMENT: Mats, such as those used for tumbling or wrestling.

TIME LIMIT: Two Minutes

IMPORTANT: Pause is permitted; Pause must be taken in the “Up” position.



FULL EXERCISE

Position: Hands are placed palm down on mat, thumbs directly under the shoulders. Body is held in a straight line from the shoulders to the feet with no part of the body touching the mat. Elbows are locked with arms forming a straight line from the shoulders to the wrists.

Feet may be no more than one foot apart. Counter lies face down on the mat opposite the competitor, placing his hand palm down under the competitor’s chest.

Execution: The competitor lowers his body by bending the elbows and bringing torso downward until the chest touches the back of the counters hand. The body must maintain a straight line from the shoulder to the feet. The competitor then returns to the starting position, again maintaining his body in a straight line. The elbows must lock straight before the next repetition begins.

MODIFICATION #1

Position: Extend arms to full length with hands and fingers pointing forward on ground just under and slightly outside of the shoulders. The knees are bent at right angles to the body. The body is extended so that it is in a straight line. The hands and knees support the competitor’s weight. Counter lies face down on the mat opposite the competitor, placing his hand palm down under the competitor’s chest.



Execution: The competitor keeps the body tense and straight, bend the elbows and touch chest to the back of counter’s hand. Feet will remain in the air where knees are still bent at right angles to the body. Return by pushing body back to original position so that elbows lock straight before the next repetition begins.

MODIFICATION #2

Position: Stand with feet together one arm’s length from the wall. Place hands flat on wall approximately one body width apart, keeping arms straight.

Execution: Bending elbows, lean body into wall until forehead touches the wall. Push the body back until arms are straight. Repeat exercise as many times as possible.



Push up Scoring Chart

REPS	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
1		-	-	-	-	-	-	-	-	-	-	-	-	8	
2		10	9	6	6	4	4	4	2	2	2	2	2	10	10
4	AS DETERMINED BY FITNESS INSTRUCTOR	20	18	12	12	8	8	8	4	4	4	4	4	14	14
6		30	27	18	18	12	12	12	8	6	6	6	6	18	18
8		40	36	24	24	16	16	16	12	8	8	8	8	22	22
10		50	45	30	30	20	20	20	16	12	10	10	10	26	26
12		60	54	36	36	24	24	24	20	16	12	12	12	30	30
14		70	63	44	42	28	28	28	24	20	14	14	14	34	34
16		80	72	52	48	32	32	32	28	24	16	16	16	38	38
18		90	81	60	54	36	36	36	32	28	20	20	18	41	41
20		95	90	68	60	40	40	40	36	32	24	24	20	43	43
22		100	95	76	66	48	44	44	40	36	28	28	24	45	45
24		"	100	84	72	56	48	48	44	40	32	32	28	47	47
26		"	"	92	78	64	52	52	48	44	36	36	32	49	49
28		"	"	100	84	72	60	56	52	48	40	40	36	51	51
30		"	"	"	92	80	68	60	56	50	44	44	40	53	53
32		"	"	"	100	88	76	68	60	56	52	48	44	55	55
35		"	"	"	"	100	88	80	72	64	58	54	50	58	58
38	"	"	"	"	"	100	92	84	76	68	60	56	61	61	
40	"	"	"	"	"	"	100	92	84	76	68	60	63	63	
42	"	"	"	"	"	"	"	100	92	84	76	68	65	65	
44	"	"	"	"	"	"	"	"	100	92	84	76	68	68	
46	"	"	"	"	"	"	"	"	"	100	92	84	72	72	
48	"	"	"	"	"	"	"	"	"	"	100	92	76	76	
50	"	"	"	"	"	"	"	"	"	"	"	100	80	80	
54	"	"	"	"	"	"	"	"	"	"	"	"	88	88	
58	"	"	"	"	"	"	"	"	"	"	"	"	98	94	
60	"	"	"	"	"	"	"	"	"	"	"	"	100	100	

Performing the Exercises

Standing Long Jump

EQUIPMENT: Any level surface where competitor can jump into a soft area. Take off line should be clearly marked. Tape measure is required to measure distance.

TIME LIMIT: Three jumps to be completed in two (2) minutes.

IMPORTANT: Only the best of three jumps will be recorded for score. Measuring is from take-off line to the nearest point of contact on the landing. Stepping over the line and continuing the jump is a foul and counts as an attempt. Foul jumps are not measured. Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.

EXERCISE

Position: Competitor stands with feet comfortably apart, toes just behind an established take off line. Knees may be flexed, and arms may be swung forward and backward in a rhythmical motion to build momentum.

Execution: Jump forward as far as possible. Landing may be on one or both feet.



Standing Long Jump Scoring Chart

FT.	IN.	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
3"	0"	18	10	2	-	-	-	-	-	-	-	-	-	-	-	-
3"	2"	22	14	6	-	-	-	-	-	-	-	-	-	-	-	-
3"	4"	26	18	10	2	-	-	-	-	-	-	-	-	-	-	-
3"	6"	30	22	14	6	-	-	-	-	-	-	-	-	-	-	-
3"	8"	36	26	18	10	2	-	-	-	-	-	-	-	-	-	-
3"	10"	42	30	22	14	6	-	-	-	-	-	-	-	-	-	-
4"	0"	48	36	26	18	10	2	-	-	-	-	-	-	-	-	-
4"	2"	54	42	30	22	14	6	-	-	-	-	-	-	-	-	-
4"	4"	60	48	36	26	18	10	2	-	-	-	-	-	-	-	-
4"	6"	68	54	42	30	22	14	6	-	-	-	-	-	-	-	-
4"	8"	76	60	48	36	26	18	10	4	-	-	-	-	-	-	-
4"	10"	84	68	54	42	30	22	14	8	2	-	-	-	-	-	-
5"	1"	92	76	60	48	36	26	18	12	6	-	-	-	-	-	-
5"	2"	100	84	68	54	42	30	22	16	10	4	-	-	-	-	-
5"	4"	"	92	76	60	48	36	26	20	14	8	2	-	-	-	-
5"	6"	"	100	84	68	54	42	30	24	18	12	6	-	-	-	-
5"	8"	"	"	92	76	60	48	36	28	22	16	10	4	1	-	-
5"	10"	"	"	100	84	68	54	42	33	26	20	14	8	4	-	-
6"	0"	"	"	"	92	76	60	48	39	30	24	18	12	8	-	-
6"	2"	"	"	"	100	84	68	54	45	36	28	22	16	12	12	12
6"	4"	"	"	"	"	92	76	60	51	42	33	26	20	16	16	16
6"	6"	"	"	"	"	100	84	68	57	48	39	30	24	20	20	20
6"	8"	"	"	"	"	"	92	76	64	54	45	36	28	24	24	24
6"	10"	"	"	"	"	"	100	84	72	60	51	42	33	28	28	28
7"	0"	"	"	"	"	"	"	"	92	80	68	57	48	39	32	32
7"	2"	"	"	"	"	"	"	"	100	88	76	64	54	45	36	36
7"	5"	"	"	"	"	"	"	"	"	100	88	76	64	54	42	42
7"	8"	"	"	"	"	"	"	"	"	"	100	88	76	64	48	48
7"	11"	"	"	"	"	"	"	"	"	"	"	100	88	76	54	54
8"	2"	"	"	"	"	"	"	"	"	"	"	"	100	88	60	60
8"	5"	"	"	"	"	"	"	"	"	"	"	"	"	100	66	66
8"	8"	"	"	"	"	"	"	"	"	"	"	"	"	"	72	72
9"	0"	"	"	"	"	"	"	"	"	"	"	"	"	"	80	80
9"	4"	"	"	"	"	"	"	"	"	"	"	"	"	"	88	88
9"	8"	"	"	"	"	"	"	"	"	"	"	"	"	"	96	96
9"	10"	"	"	"	"	"	"	"	"	"	"	"	"	"	100	100

Performing the Exercises

Pull-Ups

EQUIPMENT: Pull-up bars, approximately 1 ½" outside diameter.

TIME LIMIT: No time limit for this event.

IMPORTANT: Competitors are permitted to rest in the down position only.



FULL EXERCISE

Position: Hang from bar with palms away from body, thumbs curled under and around the bar. Arms and legs must be completely extended with feet off the floor. Ankles may be crossed to keep legs together.

Execution: Pull body straight up, placing chin over the bar. Return to starting position with arms fully extended.

MODIFICATION #1

Position: Adjust height of bar to chest level. Grasp bar with palms facing out. Extend legs under the bar keeping body and knees straight. The heels are on the floor. Fully extend arms so they form a 90-degree angle with bodyline. A partner braces the competitor's heels to prevent slipping.

Execution: Pull body up with arms until chest touches bar. Lower body until elbows are fully extended. Repeat as many times as possible.



MODIFICATION #2 (FLEXED ARM HANG)

Position: Grasp bar with palms facing body. Partner lifts competitor into place until chest touches bar and chin is above bar.

Execution: Hold body straight with chin above bar and chest touching bar as long as possible. When chin is no longer above bar, time is called.

Pull up Scoring Chart

REPS	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
1		12	11	10	9	8	7	7	6	6	5	5	5	3	3
2		25	22	20	18	16	14	14	12	12	10	10	10	6	6
3		40	33	30	27	24	21	21	18	18	15	15	15	9	9
4		50	44	40	36	32	28	28	24	24	20	20	20	12	12
5		60	55	50	45	40	35	35	30	30	25	25	25	15	15
6		80	70	60	54	48	42	42	37	36	30	30	30	18	18
7		90	80	70	63	56	49	49	42	42	35	35	35	21	21
8		100	90	80	72	64	56	56	49	48	40	40	40	24	24
9		"	100	90	81	72	63	63	56	54	45	45	45	27	27
10		"	"	100	90	80	70	70	63	60	50	50	50	30	30
11		"	"	"	100	90	80	77	70	66	55	55	55	33	33
12		"	"	"	"	100	90	84	77	72	60	60	60	36	36
13		"	"	"	"	"	100	92	84	80	65	65	65	39	39
14		"	"	"	"	"	"	100	91	86	70	70	70	42	42
15		"	"	"	"	"	"	"	100	92	75	75	75	45	45
16		"	"	"	"	"	"	"	"	100	80	80	80	48	48
17		"	"	"	"	"	"	"	"	"	90	85	85	51	51
18		"	"	"	"	"	"	"	"	"	100	90	90	54	54
19		"	"	"	"	"	"	"	"	"	"	100	95	57	57
20		"	"	"	"	"	"	"	"	"	"	"	100	60	60
22		"	"	"	"	"	"	"	"	"	"	"	"	65	68
24		"	"	"	"	"	"	"	"	"	"	"	"	70	76
26		"	"	"	"	"	"	"	"	"	"	"	"	75	84
28		"	"	"	"	"	"	"	"	"	"	"	"	80	92
30		"	"	"	"	"	"	"	"	"	"	"	"	85	100
32		"	"	"	"	"	"	"	"	"	"	"	"	90	"
34		"	"	"	"	"	"	"	"	"	"	"	"	95	"
36		"	"	"	"	"	"	"	"	"	"	"	"	100	"

FLEXED ARM HANG

SECONDS	POINTS		SECONDS	POINTS		SECONDS	POINTS		SECONDS	POINTS
70	100		52	64		34	34		17	17
69	98		51	62		33	33		16	16
68	96		50	60		32	32		15	15
67	94		49	58		31	31		14	14
66	92		48	56		30	30		13	13
65	90		47	54		29	29		12	12
64	88		46	52		28	28		11	11
63	86		45	50		27	27		10	10
62	84		44	48		26	26		9	9
61	82		43	46		25	25		8	8
60	80		42	44		24	24		7	7
59	78		41	42		23	23		6	6
58	76		40	40		22	22		5	5
57	74		39	39		21	21		4	4
56	72		38	38		20	20		3	3
55	70		37	37		19	19		2	2
54	68		36	36		18	18		1	1
53	66		35	35						

Performing the Exercises

Shuttle Run (300 Yards)

EQUIPMENT: Two pylons spaced 60 yards apart. Stop watch required to time event. Starting pistols required to properly start the event.

TIME LIMIT: Scored in ratio to total elapsed time required to complete the run.

IMPORTANT: The run is continuous without stopping. If competitor fails to complete the run, he/she receives no points. If a competitor knocks over a pylon while making a turn, he/she must return it to the upright position before continuing the event. Provided adequate equipment and timers are available, more than one competitor may run the event at one time. Running area should be level.

EXERCISE

Position: Runners may use a standing distance type start or a crouched sprinters start. No part of the body may extend over the starting line and no device such as starting blocks or depressions may be used to assist the competitors.

Execution: Each competitor runs the 60 yard distance five times, making a complete turnaround at each marker. On the fifth leg of the run the competitor's total elapsed time for the event is clocked and recorded as he/she crosses the finish line.



Shuttle Run Scoring Chart

MIN: SEC:	Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17+	College	Meet
2:00		10	6	2	-	-	-	-	-	-	-	-	-	-	-
1:58		12	8	4	-	-	-	-	-	-	-	-	-	-	-
1:56		14	10	6	2	-	-	-	-	-	-	-	-	-	-
1:54		18	12	8	4	-	-	-	-	-	-	-	-	-	-
1:52		22	14	10	6	2	-	-	-	-	-	-	-	-	-
1:50		26	18	12	8	4	-	-	-	-	-	-	-	-	-
1:48		30	22	14	10	6	2	-	-	-	-	-	-	-	-
1:46		34	26	18	12	8	4	-	-	-	-	-	-	-	-
1:44		38	30	22	14	10	6	2	-	-	-	-	-	-	-
1:42		44	34	26	18	12	8	4	-	-	-	-	-	-	-
1:40		50	38	30	22	14	10	6	2	-	-	-	-	-	-
1:38		56	44	34	26	18	12	8	4	-	-	-	-	-	-
1:36		62	50	38	30	22	14	10	6	2	-	-	-	-	-
1:34		68	56	44	34	26	18	12	8	4	-	-	-	-	-
1:32		76	62	50	38	30	22	14	10	6	2	-	-	-	-
1:30		84	68	56	44	34	26	19	12	8	4	2	-	-	-
1:28		92	76	62	50	38	30	22	14	10	6	4	2	-	-
1:26		100	84	68	56	44	34	26	18	12	8	6	4	-	-
1:24		*	92	76	62	50	38	30	22	14	10	8	6	-	-
1:22		*	100	84	68	56	44	34	26	18	12	10	8	-	-
1:20		*	*	92	76	62	50	38	30	22	14	12	10	-	-
1:18		*	*	100	84	68	56	44	34	26	18	14	12	-	-
1:16		*	*	*	92	76	62	50	38	30	22	18	14	-	-
1:14		*	*	*	100	84	68	56	44	34	26	22	18	-	-
1:12		*	*	*	*	92	76	62	50	38	30	26	22	6	6
1:10		*	*	*	*	100	84	68	56	44	34	30	26	14	14
1:08		*	*	*	*	*	92	76	62	50	38	34	30	22	22
1:06		*	*	*	*	*	100	84	68	56	44	38	34	30	30
1:04		*	*	*	*	*	*	92	76	62	50	44	38	38	38
1:02		*	*	*	*	*	*	100	84	68	56	50	44	43	43
1:00		*	*	*	*	*	*	*	92	76	62	56	50	47	47
:58		*	*	*	*	*	*	*	100	84	68	62	56	51	51
:56		*	*	*	*	*	*	*	*	92	76	68	62	55	55
:54		*	*	*	*	*	*	*	*	100	84	76	68	60	60
:52		*	*	*	*	*	*	*	*	*	92	84	76	68	68
:50		*	*	*	*	*	*	*	*	*	100	92	84	76	76
:48		*	*	*	*	*	*	*	*	*	*	100	92	84	84
:46		*	*	*	*	*	*	*	*	*	*	*	100	92	92
:44		*	*	*	*	*	*	*	*	*	*	*	*	100	100

National Youth Physical Fitness Program and National High School Physical Fitness Program *Scoring Chart*

Points	Crunches	Push Ups	Long Jump	Pull Ups	Run
1	11		5' 8.5"		68.75
2	12		5' 9"		68.50
3	13		5' 9.5"	1	68.25
4	14		5' 10"		68.00
5	15		5' 10.5"		67.75
6	16		5' 11"	2	67.50
7	17		5' 11.5"		67.25
8	18	1	6' 0"		67.00
9	19		6' 0.5"	3	66.75
10	20	2	6' 1"		66.50
11	21		6' 1.5"		66.25
12	22	3	6' 2"	4	66.00
13	23		6' 2.5"		65.75
14	24	4	6' 3"		65.50
15	25		6' 3.5"	5	65.25
16	26	5	6' 4"		65.00
17	27		6' 4.5"		64.75
18	28	6	6' 5"	6	64.50
19	29		6' 5.5"		64.25
20	30	7	6' 6"		64.00
21	31		6' 6.5"	7	63.75
22	32	8	6' 7"		63.50
23	33		6' 7.5"		63.25
24	34	9	6' 8"	8	63.00
25	35		6' 8.5"		62.75
26	36	10	6' 9"		62.50
27	37		6' 9.5"	9	62.25
28	38	11	6' 10"		62.00
29	39		6' 10.5"		61.75
30	40	12	6' 11"	10	61.50
31	41		6' 11.5"		61.25
32	42	13	7' 0"		61.00
33	43		7' 0.5"	11	60.75
34	44	14	7' 1"		60.50
35	45		7' 1.5"		60.25
36	46	15	7' 2"	12	60.00
37	47		7' 2.5"		59.75
38	48	16	7' 3"		59.50
39	49		7' 3.5"	13	59.25
40	50	17	7' 4"		59.00
41	51	18	7' 4.5"		58.75
42	52	19	7' 5"	14	58.50
43	53	20	7' 5.5"		58.25
44	54	21	7' 6"		58.00
45	55	22	7' 6.5"	15	57.75
46	56	23	7' 7"		57.50
47	57	24	7' 7.5"		57.25
48	58	25	7' 8"	16	57.00
49	59	26	7' 8.5"		56.75
50	60	27	7' 9"		56.50

Points	Crunches	Push Ups	Long Jump	Pull Ups	Run
51	61	28	7' 9.5"	17	56.25
52	62	29	7' 10"		56.00
53	63	30	7' 10.5"		55.75
54	64	31	7' 11"	18	55.50
55	65	32	7' 11.5"		55.25
56	66	33	8' 0"		55.00
57	67	34	8' 0.5"	19	54.75
58	68	35	8' 1"		54.50
59	69	36	8' 1.5"		54.25
60	70	37	8' 2"	20	54.00
61	71	38	8' 2.5"		53.75
62	72	39	8' 3"		53.50
63	73	40	8' 3.5"	21	53.25
64	74	41	8' 4"		53.00
65	75	42	8' 4.5"		52.75
66	76	43	8' 5"		52.50
67	77	44	8' 5.5"		52.25
68	78		8' 6"	22	52.00
69	79		8' 6.5"		51.75
70	80	45	8' 7"		51.50
71	81		8' 7.5"		51.25
72	82	46	8' 8"	23	51.00
73	83		8' 8.5"		50.75
74	84	47	8' 9"		50.50
75	85		8' 9.5"		50.25
76	86	48	8' 10"	24	50.00
77	87		8' 10.5"		49.75
78	88	49	8' 11"		49.50
79	89		8' 11.5"		49.25
80	90	50	9' 0"	25	49.00
81			9' 0.5"		48.75
82	91	51	9' 1"		48.50
83			9' 1.5"		48.25
84	92	52	9' 2"	26	48.00
85			9' 2.5"		47.75
86	93	53	9' 3"		47.50
87			9' 3.5"		47.25
88	94	54	9' 4"	27	47.00
89			9' 4.5"		46.75
90	95	55	9' 5"		46.50
91			9' 5.5"		46.25
92	96	56	9' 6"	28	46.00
93			9' 6.5"		45.75
94	97	57	9' 7"		45.50
95			9' 7.5"		45.25
96	98	58	9' 8"	29	45.00
97			9' 8.5"		44.75
98	99	59	9' 9"		44.50
99			9' 9.5"		44.25
100	100	60	9' 10"	30	44.00

Request for Certificates

School: _____ Instructor: _____

Street Address: _____ Phone: (_____) _____

City: _____ State: _____ Zip Code: _____

Participation Numbers:

Scoring 250 or more points: _____

Scoring less than 250 points: _____

Total number of participants: _____

<u>AWARD</u>	<u>Number of certificates</u>	<u>AWARD</u>	<u>Number of certificates</u>
First Award	_____	Second Award	_____
Third Award	_____	Fourth Award	_____
Fifth Award	_____	Sixth Award	_____
Seventh Award	_____	Eighth Award	_____
Ninth Award	_____	Tenth Award	_____
Participation Award	_____		

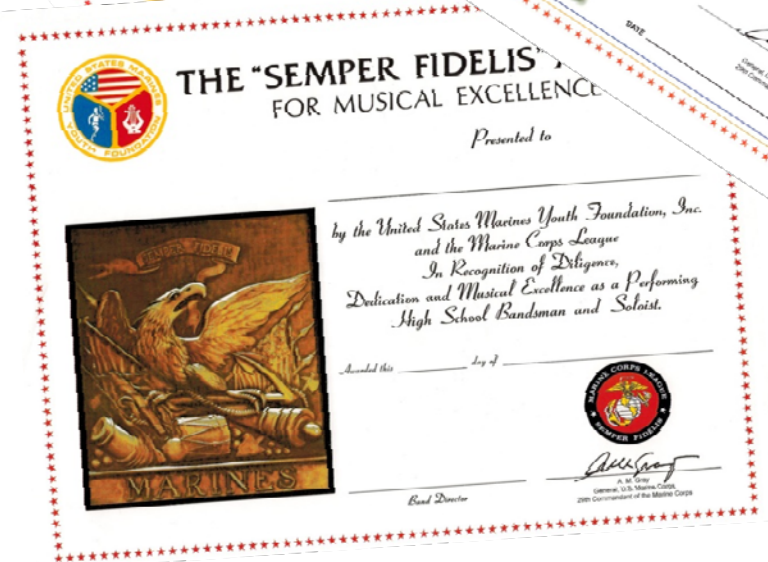
This request is for grade(s) _____

Total certificates requested _____

These awards are the main incentive for students to maintain interest in physical fitness year after year, throughout their entire academic career. The key to success of this incentive award program is to administer one certificate per student per school year. Certificates are not awarded according to age or grade level. The first time a student passes the test, he/she is awarded the First Certificate of Athletic Accomplishment. The second time that same student passes the test he/she is awarded the Second Certificate of Athletic Accomplishment, etc.

Forward this request to:
United States Marines Youth Foundation, Inc.
 3619 Jefferson Davis Hwy, Suite 115
 Stafford, Virginia 22554

(703) 207-9588 Fax: (703) 207-0047 E-Mail: admin@usmarinesyouthfoundation.org



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