



UNITED STATES MARINE CORPS  
TRAINING AND EDUCATION COMMAND  
1019 ELLIOT ROAD  
QUANTICO, VIRGINIA 22134

IN REPLY REFER TO  
1533  
C46JR  
10 Feb 2020

From: Director, Marine Corps Junior Reserve Officers' Training Corps  
(MCJROTC)  
To: Distribution  
Subj: 11th ANNUAL UNITED STATES MARINES YOUTH FOUNDATION NATIONAL YOUTH  
PHYSICAL FITNESS POSTAL COMPETITION LETTER OF INSTRUCTION  
Ref: (a) MCO 1533.6E MCJROTC Program  
(b) United States (MYF) Program Booklet, 8<sup>th</sup> Ed.  
Encl: (1) Competition Rules  
(2) NYPFT Score Sheet  
(3) NYPFT Scoring Chart  
(4) Coaches Invitation & Forms

1. Situation

a. Purpose. This Letter of Instruction (LOI) provides information and administrative instructions for the 2020 United States Marine Youth Foundation (USMYF), National Youth Physical Fitness (NYPF) Postal Competition.

b. Background. In the past, several of our Marine Corps Junior Reserve Officers' Training Corps (MCJROTC) units have participated in this event and had an enjoyable time at local, regional or national venues. Over the last few years all MCJROTC units had the opportunity to participate in the Annual NYPF Postal Competition.

2. Mission. In accordance with reference (a), all MCJROTC units are to conduct the MCJROTC Physical Fitness Test (PFT) semi-annually. In support of the U.S. MYF during the second half of the school year 2019-2020, MCJROTC units may participate in the 11<sup>th</sup> Annual NYPF Postal Competition utilizing reference (b).

3. Execution

a. Commander's Intent

(1) It is my intent that as many MCJROTC units that want to compete will enter their top 6 male cadets and top 6 female cadets in the 2020 NYPF Postal Competition. No mixed teams.

(2) The end state is to provide highly physically trained and motivated cadets with an opportunity to compete against each other at the national level.

b. Concept of Operations

(1) From January - 1 April 2020, MCJROTC units that want to

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participate in the NYPFT postal competition, enclosure (1), may submit their top 6 male and top 6 female results for the NYPFT on enclosure (2) utilizing the scoring chart from enclosure (3). **Do not use the LE I textbook PFT scoring charts.** Score sheets will be emailed to the U.S. Marine Corps Youth Foundation, Inc. representative for final scoring. From the scores submitted, the Marines Youth Foundation will determine the top male and female team in each region.

(2) The top male (**qualifying score 1875**) and top female (**qualifying score 1250**) MCJROTC team from each region will advance to the National Championships to be held in Fort Indiantown Gap (FITG) Pennsylvania from 13-16 May 2020. **All teams will compete on Saturday 16 May 2020.**

(3) Transportation for the 1<sup>st</sup> Place male and female MCJROTC team from each region will be provided by Headquarters MCJROTC.

(4) Lodging will be provided for 6 team members and chaperones on Fort Indiantown Gap. You must bring your own linen.

(5) The competition will be held at:  
In The Net  
798 Airport Road  
Palmyra, PA. 17078

(6) MCJROTC teams that are not 1<sup>st</sup> Place finishers but meet the qualifying score (1875 male - 1250 females) can still travel to FITG, PA. to participate at their own expense.

(7) The 1<sup>st</sup> Place male and female scoring teams in each region will receive a plaque and medals for each team member from U. S. Marines Youth Foundation (MYF).

(8) All participants will receive a U.S. Marines Youth Foundation (MYF) certificate of completion.

(9) Competition events, rules and guidelines are published in reference (b) and can be found at [www.usmarinesyouthfoundation.org](http://www.usmarinesyouthfoundation.org).

(10) Coaches invitation, event schedule, and required forms are in enclosure (4) and must be turned in to the USMYF Executive Director Thomas W. Hazlett Sr. at [tw haz@comcast.net](mailto:tw haz@comcast.net) by 10 May 2020.

#### 4. Tasks

##### a. MCJROTC Instructors

(1) **Between January and 1 April 2020** and in accordance with reference (b) you may conduct the NYPFT to enter a male and/or female team in the postal competition.

(2) Ensure cadets are enrolled in the MCJROTC unit for the 2019-2020 school year.

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(3) All exercises must be completed on the same day within the time limits and rest periods outlined in enclosure (1).

(4) Full exercises by both girls and boys will be conducted in the following order: **Crunches** (2 minutes), **Push Ups** (2 minutes, resting in the up position only) **Standing Long Jump** (2 minutes 3 jumps), **Pull-ups** (2 minutes), hands outward, no flexed arm hang, and the 300 yard shuttle run. **Modified exercises are not authorized. Males/Females do the same exercise.**

(5) There will only be 3 minutes of rest after each exercise.

(6) Complete all sections of enclosure (2) on your computer. Ensure all contact information is correct. The score sheet will not be accepted if it is hand written.

(7) Email enclosure (2) no later than 1 April 2020, using the email completed box located on the lower right hand side of the form. If the email link does not work, save a copy and attach the enclosure to an email and send to:

Mr. Thomas Hazlett  
Email: [tw haz@comcast.net](mailto:tw haz@comcast.net)  
Subject: Postal Competition

(8) Faxed forms will not be accepted.

(9) It is the MCJROTC instructor's responsibility to ensure the score sheet is completely filled out and has been received by the Marine Foundation representative (Thomas Hazlett). **You should receive an email from Mr. Hazlett acknowledging receipt of your score sheet.**

(10) Headquarters MCJROTC will not intervene with undeliverable email or no record of score sheets to Mr. Hazlett even if copied on the email.

b. Region Directors

(1) Encourage all schools in your region to participate in this event.

(2) If available, provide funding assistance to MCJROTC teams that want to participate at the National Championship and were not the top teams within your region.

c. MCJROTC Operations

(1) Coordinate with the U.S. Marines Youth Foundation for final scores, results, and awards.

(2) Assist the Region Directors as needed.

(3) Publish coordinating instructions regarding lodging, transportation, and funding information to each school after the final results are determined.

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5. Command and Signal. POC for this matter is the MCJROTC Operations and  
Instructional Support Branch Manager, Carmen E. Cole at  
(703) 784-0417 or [carmen.cole@usmc.mil](mailto:carmen.cole@usmc.mil).



R. C. OLTMAN

Distribution:  
ALL MCJROTC Units  
Regional Directors  
MCJROTC HQTRS Staff Sections  
U. S. Marines Youth Foundation, Inc.

# 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 20<sup>th</sup> 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.

- i) 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.

# ANNUAL MCJROTC YOUTH PHYSICAL FITNESS POSTAL COMPETITION SCORE SHEET

REGION:

SCHOOL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACHES NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE NUMBERS: \_\_\_\_\_

(Work): \_\_\_\_\_ (Home): \_\_\_\_\_

Date of Scoring: \_\_\_\_\_

All team members must have competed together in consecutive exercises  
Do not record the best scores over the course of several attempts

Cadet Name	CRUNCHES	POINTS	PUSH-UPS	POINTS	LONG JUMP	POINTS	PULL-UPS	POINTS	SHUTLE RUN	POINTS	TOTAL
											POINTS
1											0
2											0
3											0
4											0
5											0
6											0

Number of Certificates of Participation required:  **Team Score:**

Name of Instructor attesting to the validity of cadet scores

Team Gender:       Male       Female

Please email this form to: [twlaz@comcast.net](mailto:twlaz@comcast.net)

**Deadline for submission: Midnight on 1 April**

For Official USE only

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**Enclosure (2)**

# 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

**UNITED STATES MARINES YOUTH FOUNDATION, INC.**

3619 Jefferson Davis Hwy.– Suite 115  
Stafford, Virginia 22554

(717) 420 - 0623

E-mail: [Admin@usmarinesyouthfoundation.org](mailto:Admin@usmarinesyouthfoundation.org)

Fax: (703) 207-0047

Web: <http://usmarinesyouthfoundation.org>

Dear Coach:

January 2020

The 2020 National High School and JROTC Physical Fitness Championships, sponsored by the U. S. Marines Youth Foundation, Inc., will be held May 13 - 16 at Fort Indiantown Gap (FITG), Pennsylvania

This letter serves as an invitation for your school to enter a team into the National High School and JROTC Physical Fitness Championships. In order to compete at the National Championships, teams should meet the qualifying score as outlined in the National High School Physical Fitness Program Book and complete and return the enclosed documents.

Teams are requested to arrive in FITG no earlier than 13 May and depart no later than the morning of 17 May. Teams are responsible for their own transportation into and out of FITG and are also responsible for their own transportation in and around FITG. Teams will not depart the billeting area until the barracks are inspected and cleared. A cleaning fee will be charged to the teams in the event the barracks does not clear Base Billeting.

Teams must be registered with the U. S. Marines Youth Foundation in order to compete. Registration forms can be found with this package. These forms can be mailed, faxed or e-mailed to the Foundation Headquarters (See above) to arrive no later than 15 April.

Lodging for teams is at the FITG Barracks. Linen will not be provided however, the Board of Directors voted that the USMYF would pay for the barracks. A coach or adult chaperons must be billeted in the barracks with each six member team. There will be no exceptions. In the event of unacceptable behavior or disciplinary problems, teams will be directed to find off-base lodging at their own expense and may be subject to disqualification from the competition. FITG will not be able to provide ground transportation to FITG from the Harrisburg Airport for teams utilizing base lodging arrangements. Return ground transportation to Harrisburg Airport will also not be provided.

The majority of meals during the competition may be consumed at a FTIG Facility. A roster of the total number of people that anticipate eating each meal at the dining facility is required. Meal schedules will be available upon arrival. The payment for all planned meals that are to be consumed at FTIG facility (meals will be catered) are to be paid by check payable to U.S. Marines Youth Foundation, Inc. Breakfast and Lunch on 14 - 15 May approximately \$6.00 each meal. Dinner on 15-16 May approximately \$10.00 per meal

The U. S. Marines Youth Foundation, Inc., and Fort Indiantown Gap will not assume liability for injuries incurred during your stay on FITG. Each athlete must have a completed and signed the proper release forms, one is attached to this document and the Fort Indiantown Gap form is available on line. Coaches are required to provide the forms for each participant upon arrival to Ft. Indiantown Gap. A coaches meeting is being planned for Friday, May 15<sup>th</sup>. The awards ceremony will be held at a FTIG Facility on 16 May after the meet is completed and scores calculated.

**NEW POLICY, PLEASE READ CAREFULLY**

The USMYF has adopted a Transgender policy that must be followed. Students participating in the event will participate by gender as to what the student's birth certificate states. If there has been a change in gender of what the original birth certificate states, it is the coaches responsibility to provide proof of change. Prior to arrival, Coaches are to make the staff of the USMYF aware of any Transgender participating and provide proof by birth certificate of the gender change or the student will not be allowed to attend. Coaches, do not wait until the meet to coordinate this, if you do, the student will not be allowed to compete nor will the USMYF provide billeting.

Parents, by signing this letter, you consent to photographs possibly being taken of your child and published on line.

Coaches, have payment for meals available during the coaches check-in held at the barracks. It is further requested that if at all possible, teams pay for these events by check, made payable to the U. S. Marines Youth Foundation. Because Saturday the 16th is the day of the meet, it will be difficult to provide a normal lunch; we will attempt to have fruit and protein bars available.



**The address of the facility where the rehearsal/meet will take place is:  
In The Net  
798 Airport Road  
Palmyra, PA 17078**

It is imperative that all the documents included with this letter (Waivers are to be hand carried) be returned to the U. S. Marines Youth Foundation at the below address no later than April 15th 2020.

**Thomas W. Hazlett  
41 Englewood Dr.  
Palmyra, VA.  
22963**

Semper Fidelis,

*Thomas W. Hazlett Sr.*

Thomas W. Hazlett Sr.  
Executive Director  
U. S. Marines Youth Foundation, Inc.  
(Cell Phone 717-420-0623)  
[tw haz@comcast.net](mailto:tw haz@comcast.net)

**AS A LAST REMINDER NOTE:** It is imperative that **all information** on **all forms** be filled out completely. Your cooperation is greatly appreciated.

If you have any questions, please refer them to:

Thomas W, Hazlett  
(717) 420 - 0623  
[tw haz@comcast.net](mailto:tw haz@comcast.net)

# 2020 National High School Physical Fitness Championship

## Schedule of Events

***13-16 May 2020***

TIME

EVENT

LOCATION

Fort Indiantown Gap, PA.

All Day

Teams Arrival

***13-14 May 2020***

LOCATION

TIME

EVENT

In The Net Sports Complex

**4 p.m. 15 May**

Event Rehearsal

After Rehearsal

Coaches Meeting

**6:30 pm**

Dinner

TBD

***16 May 2020***

TIME

EVENT

8:30 a.m.

Opening Ceremony

9:30 a.m.

Female Competition

LOCATION

In The Net Sports Complex.

***16 May 2020***

TIME

EVENT

Following Female

In The Net Sports Complex

Competition

Male Competition

6 p.m. – 6:30 p.m.

Arrive Awards Ceremony

FITG, Place TBD

***17 May 2020 Depart Fort Indiantown Gap***

# Logistical Needs

**School** \_\_\_\_\_  
**Contact** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_  
**Email** \_\_\_\_\_

ARRIVAL DATE AND TIME \_\_\_\_\_

AIRLINE AND FLIGHT NUMBER \_\_\_\_\_

NUMBER OF PASSENGERS \_\_\_\_\_

DEPARTURE DATE AND TIME \_\_\_\_\_

AIRLINE AND FLIGHT NUMBER \_\_\_\_\_

NUMBER OF PASSENGERS \_\_\_\_\_

## LODGING, FITG

REQUIRED \_\_\_\_\_ NOT REQUIRED \_\_\_\_\_

NUMBER OF FEMALES \_\_\_\_\_

NUMBER OF MALES \_\_\_\_\_

## MEALS,

REQUIRED \_\_\_\_\_ NOT REQUIRED \_\_\_\_\_

Thursday B \_\_\_\_\_ L \_\_\_\_\_

Friday B \_\_\_\_\_ L \_\_\_\_\_ D \_\_\_\_\_

Saturday B \_\_\_\_\_ Concession \_\_\_\_\_ BUFFET DINNER

D \_\_\_\_\_

# Waiver of Liability

## The National High School Physical Fitness Championships INFORMED CONSENT AND WAIVER OF LIABILITY

This is a voluntary release of liability and complete assumption of risk. I hereby release U. S. Marines Youth Foundation (hereinafter "USMYF"), the United States Marine Corps, the Department of the Navy, the United States Government, Fort Indiantown Gap and all agencies and instrumentalities thereof, its agents, officers, servants, and personnel (hereinafter "the government"), from any and all liability, claims, demands and actions whatsoever resulting from my presence on Fort Indiantown Gap (FTIG), utilizing FITG facilities or my involvement in this event. Parental consent also agrees to your child possibly being photographed during the event.

This release applies to myself, and to my parents, spouse, children, guardian, executors, future heirs, assigns, creditors, and administrators. This release of liability includes, but is not limited to claims based on negligence, both passive and active, of the government arising out of, or relating to any loss, damage, illness, death, or injury that may be sustained while on the Depot. This release also applies to all dangers inherently involved in the event in which I desire to participate. I understand that the risks involved in this visit include, but are not limited to, risks resulting from equipment, terrain, my personal physical condition, vehicles, other participants and lack of hydration.

Known risks aboard military installations include, but are not limited to: (1) injuries or death resulting from strenuous activities; (2) injuries or death resulting from recreational activities; (3) high volume of traffic by civilian and military vehicles; (4) interaction with animals, both wild and domestic; (5) significant distances from recreational areas to medical treatment facilities or hospitals; and (6) potentially hazardous training activities, including but not limited to, range firing, aircraft operations, and field maneuvers.

I hereby authorize emergency medical treatment in the event of injury or illness. I also authorize trained health care providers, including, but not limited to physicians, nurses, nurse practitioners, and hospital corpsmen, to administer routine and/or emergency medicines and treatments, as needed.

I understand that no special measures have been taken to specifically address the needs, tendencies, and care of minor children. I agree that this release applies, not only to myself, but also to my minor children who accompany me, and to any minor children entrusted to my care of guardianship.

I further state that I, \_\_\_\_\_ (PRINT NAME) have carefully read the foregoing release, know the contents thereof, and sign this release as my own free act, on behalf of myself and/or my children or children for whom I am authorized to act as legal guardian.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Releaser (Relationship to participant)

Participant: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

# UNITED STATES MARINES YOUTH FOUNDATION, INC.

## The 2020 High School Physical Fitness Championships

### Team Roster / Registration Form

(Please type or print clearly)

SCHOOL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACHES NAME: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE NUMBER:(Work) \_\_\_\_\_ (Home) \_\_\_\_\_  
(Cell) \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

ASSISTANT COACHES / ESCORTS: \_\_\_\_\_  
\_\_\_\_\_

This is a: MALE  FEMALE  COMPETITION  PILOT  TEAM

I am registering my team for competition in: YPF National Championships

TEAM NAME: \_\_\_\_\_ TEAM QUALIFYING SCORE: \_\_\_\_\_

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STUDENT NAME	AGE	GRADE	IND. SCORE	T-SHIRT SIZE
_____				
_____				
_____				
_____				
_____				

Submit **ONE** form for **EACH** team entered into competition (male / female) and pilot teams (male / female).

*I certify that the above named athletes are full-time students in grades 9-12 and meet the age requirement for competition. (Students cannot reach their 20<sup>th</sup> birthday prior to competition)*

\_\_\_\_\_  
*High School Principal*

# UNITED STATES MARINES YOUTH FOUNDATION

## 2020 NATIONAL HIGH SCHOOL PHYSICAL FITNESS CHAMPIONSHIPS

FORT INDIANTOWN GAP, PA.

May 13 - 16, 2020

Breakfast	\$6	x number (adults)	_____	x	_____	days	=	_____	\$ 0.00
14th	\$6	x number (students)	_____	x	_____	days	=	_____	\$ 0.00
Lunch	\$6	x number (adults)	_____	x	_____	days	=	_____	\$ 0.00
14th	\$6	x number (students)	_____	x	_____	days	=	_____	\$ 0.00
Dinner	\$10	x number (adults)	_____	x	_____	days	=	_____	\$ 0.00
Fri. 15th	\$10	x number (students)	_____	x	_____	days	=	_____	\$ 0.00
Banquet	\$10	x number (adults)	_____				=	_____	\$ 0.00
Sat. 16th	\$10	x number (students)	_____				=	_____	\$ 0.00
			_____				=	_____	\$ 0.00
			_____				=	_____	\$ 0.00
Total Due								_____	\$ 0.00

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# UNITED STATES MARINES YOUTH FOUNDATION, INC.

## National High School Physical Fitness Program

### Regional and National Competition Guidelines

High school physical fitness teams are eligible to compete at the regional and national level. The state level of competition will be broken down by state. The complete list of states, state organizing committees and dates of competition can be found at our web site: [www.marineyouthfoundation.org](http://www.marineyouthfoundation.org).

#### ***Qualifying Criteria:***

- 1.) Each high school team will consist of at least five or six members and accompanied by at least one adult coach or chaperone for each team.
- 2.) Team members must be full-time students in high school grades 9-12.
- 3.) In order to qualify for competition, students in grades 9-12 must not have reached their 20th birthday during the current school year.
- 4.) Teams should attain a qualifying score of 1875 points for male teams (375 point individual average) and 1250 points for female teams (250 point individual average) in order to compete at sanctioned regional or national events.
- 5.) Teams competing at regional or national events must be registered with the United States Marines Youth Foundation.

#### ***Competition Rules:***

The Marine Corps League (MCL) National Youth Physical Fitness Committee serves as the organizing body for regional and national competitions. The MCL committee members will also be present during the National Championship Meet to ensure consistency within the competition.

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

Prior to the start of the competition, a member of the National MCL Committee, judges, monitors and counters will be assigned to each competition event. There should be enough monitors and counters to provide one for each team member competing. The head judge at each event has the final say on any disputes concerning his/her particular event. Judges, monitors and counters at all sanctioned regional and national events will be made up of volunteers from active duty, retired or reserve Marines or members of the Marine Corps League.

Escorts will be assigned to each team prior to the start of 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.

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.

Each team is allowed a three (3) minute rest/prep period between events.

Teams must be staggered at the start so as not to create a backup of competitors at any one event. All team members will begin the Crunches and proceed through the entire course as a unit.

The next team to compete will not begin the Crunches until the previous team has reached the third exercise event, creating a gap between competing teams. All remaining teams will continue without further breaks between teams.

Coaches and assistant coaches are not allowed on the competition field while their team is competing. All coaches and assistant coaches are to remain outside the roped area of the field. Coaches may communicate with their teams during periods of rest. Coaches and assistant coaches who fail to comply with these rules may cause their team to be disqualified from the competition.

Only two people from each team may be permitted on the field during competition to take pictures or shoot video. Additionally, those individuals will be identified prior to the start of competition. The escort for each team will brief the photographers on the rules of the field and annotate their names on the teams score sheet. Failure to check in with the escort prior to the start of competition will result in the photographers being asked to leave the field.

### ***Performing the Exercises for Competition:***

The exercises used for state, regional and national competition are the same as described in the National High School Physical Fitness Program Book, which can be found on our website under "[High School Program Book.](#)" The five exercises are as follows:

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

**Position:** Competitor lies on back with legs bent and feet flat on the mat. Thighs must form a 45-degree angle with the ground. Hands are placed crossed, flat on the chest with forearms against the upper body. Feet are held in place by an official counter. The counter will hold the feet at the competitors' ankles. If a competitor is unable to be held in this manner, the official counter will kneel on the competitors' feet. The counter cannot hold the feet in any manner, which would assist the competitor, i.e., the counter sits on the competitor's feet with arms locked behind the competitors' legs.

**Execution:** Bending forward until the forearms or elbows touch the thighs; arms must remain against the chest and need only to touch any part of the legs. Return to the starting position, ensuring that the hands and arms remain against the upper body, the shoulder blades must touch the mat before resuming the next repetition.

**Important:** 1) Hands and forearms must remain interlocked. 2) Hands must remain against the chest. 3) Any part of the arm must come directly in contact with the upper leg. 4) Knees and feet cannot be spread further than shoulder width apart at any time during the exercise period. Feet must remain flat on the mat and legs must remain at a 45-degree angle during the entire exercise. 5) The buttock and/or small of the back cannot be raised more than one (1) inch above the mat when beginning each repetition. 6) Competitors may rest in either the up or down position as long as they maintain the correct body position while resting.

**B) Push-Ups -** Two (2) minute time limit, a non-stop exercise. Competitors can rest in the up position (maximum 60 reps for 100 points).

**Position:** Competitors must place some part of their hand or fingers under the shoulder (most competitors place their thumbs under the shoulder). Girls must keep their head and neck straight and head cannot drop as chin is touching fist. The body is held in a straight line (parallel to the ground) from the shoulders to the feet with no part of the body touching the ground other than hands and feet. Elbows are locked with arms forming a straight line (perpendicular to the ground) from the shoulders to the wrists. Feet may be spread no further than one foot apart. Counter lies face down on the ground opposite the competitor, placing his/her hand palm down under the competitors chest for males, and fisted (the thumb will be at the top of the fist when placed on the ground) under the chin for females.

**Execution:** The competitor lowers his/her body by bending the elbows and bringing his/her torso downward until the chest touches the back of the counters hand for males, or until the chin touches the top of the counters fist for females. The body must maintain a straight line from the shoulders to the feet. The competitor then returns to the starting position, again maintaining his/her body in a straight line. The elbows must lock straight before the next repetition begins. Broken form (hands are too wide, piking, hips or stomach touching mat) will result in repetitions not being counted. The judge will notify the competitor that he/she has broken form. If the competitor continues to break form, the judge will ask that competitor to stop, ending the event for that competitor. If the competitor corrects his/her form after the first warning, counting of repetitions will resume.

**Important:** 1) Sternum must touch counter's hand for males and the chin must touch the counter's fist for females. 2) No part of the body, other than the hands and feet may touch the ground. 3) Body must be maintained in a straight line at all times from the shoulders to the feet. 4) Arms must lock straight to complete return to the starting position. 5) Competitors can rest in the up position, however, the body must remain straight. 6) At no time during the exercise, including rest periods, can the competitor let his/her back arch or sway.

**C) Standing Long Jump -** Two (2) minute time limit to complete three (3) jumps, with best out of three (maximum 9' 10" jump for 100 points).

**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 two feet.

**Important:** 1) Only the best of three jumps will be recorded for score. 2) Measuring is from the take-off line to the nearest point of contact on the landing. 3) Stepping over the line and continuing the jump is a foul and counts as an attempt. Foul jumps are not measured. 4) Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.

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

**Position:** Hang from the bar with palms away from the body. Hands will be placed on the bar no closer than 12" or no further than 32" apart. Arms and legs must be completely extended with feet off the deck. Ankles may be crossed to keep legs together.

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

**Important:** 1) Chin must be placed over the top of the bar. 2) Arms must be fully extended when body is lowered to the starting position. 3) Legs (knees) may be bent, while executing the pull-ups as long as there is no kicking of the legs to propel the body upward. 4) No swinging, jerking or kipping of the body is permitted. However, a slight "natural" swing is permissible. A counter will hold an arm extended in front of the competitor to keep body alignment straight during the exercise and prevent any excessive swinging. 5) Competitors are permitted to rest in the down position only. 6) Hands must remain on the bar at all times during the exercise, unless a relatively minor repositioning of the hands is necessary to keep from slipping off the bar. Hands and arms cannot be "shaken-out" during the exercise. 7) Competitors must come to a dead hang following the last pull-up in order for the final repetition to be counted. Failure to do so, dropping from the bar while in the downward motion, will constitute a no count for that particular repetition. 8) Females have the option of placing their thumbs over or under the bar during the exercise.

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

**Position:** Runners may use a standing, distance-type start or a crouched, sprinters start. No part of the body may be extended 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 turn around each marker. On the fifth leg of the run, the competitors' total elapsed time for the event is clocked and recorded as he/she crosses past the pylon.

**Important:** 1) The run is continuous without stopping. 2) If a competitor fails to complete the run, he/she receives no points. 3) If a competitor knocks over a pylon while making a turn, he/she must return that pylon to the upright position and as close to the proper location as possible before continuing the event. If a competitor fails to return a toppled pylon to an upright and proper position, he/she will receive no points for the event. 4) Provided adequate equipment and times are available, more than one competitor may run the event at one time. 5) Running area should be level.

#### ***Competition Uniforms:***

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 crunches 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. 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.

#### ***Scoring of Events:***

The State and National competition will utilize the same scoring standards (identified in the scoring charts as "Meet") and basic exercises for both male and female as outlined in the National High School Physical Fitness Program chapter of the Program Book. No modified exercises or scoring standards will be used. All events will be strictly judged and scored in accordance with the descriptions as outlined in the Program Book.

#### ***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's score will break a tie. If one of the tied teams only has five (5) competitors, then the team with six (6) competitors will win the tie. If both teams have six (6) members and the scores are still tied after adding the sixth score, a comparison of team scores by event, beginning in reverse order (300-Yard Shuttle Run) will be the deciding factor on breaking a tie. The team with the fastest run time will be declared the winner. If for any reason a tie still exists after all events are compared, then both teams will be declared the winner for that particular place - 1st, 2nd, 3rd, 4th etc. This same method will be used to determine individual ties.