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2026 ALL-SERVICE NATIONAL JROTC FITNESS CHALLENGE CHAMPIONSHIPS

STANDING OPERATING PROCEDURES 1 SEPT 2025 – REVISION #1

Event Manager: Sports Network International
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Toll-free) 800/327-9311 ★ E-mail) raider@thenationals.net
"HELPING BOYS & GIRLS BECOME SUCCESSFUL MEN & WOMEN"

Competition Site

Beach behind Plaza Resort & Spa & Ocean Center Arena
600 North Atlantic Avenue & 101 N Atlantic Ave
Teams stay here through the Team Package Plan with SNI

1. GENERAL OVERVIEW / EVENT HIGH POINTS

- a. Congratulations and thank you for preparing for the All-Service National JROTC Fitness Challenge Championships! This SOP will allow you to review all rules & procedures needed to compete safely and effectively within the arduous events of this Fitness Championship Event. The "Fitness Nationals" are designed to provide programs with a fantastic opportunity to compete against many of the best programs in the nation in a first-class environment. The entire weekend will be a part of the largest gathering of JROTC cadets anywhere in the world known by all as the "Nationals JROTC Weekend".
- b. The event maintains **FIVE COMPETING TEAM EVENTS**, TWO are slated to be held OUTDOORS (**3k Team Beach Run, Physical Team Test**) on the sunny shores of the famous Daytona Beach (weather permitting). The final three events (**Standing Double Broad Jump, Weighted Ball Throw and Pull-ups/Flexed Arm Hang**) are held inside the carpeted conference area of the Ocean Center. Details on each event are found within. Inclement weather plans to move all FIVE events into the Ocean Center are also maintained herein. Teams should become familiar with all SEVEN events to be fully prepared.
- c. All teams should attend looking to challenge themselves physically & mentally in a first-class environment to compete safely and effectively. All military-based JROTC units and community-based cadetting groups in good standing are eligible to enter teams in this all-service competition! The general directions, layout and other papers for the Fitness Nationals are posted on the official website for download/review.
- d. All schools must utilize the **MySchool Website** (<http://myschool.thenationals.net>) for all event matters. Schools should use the Fitness Nationals website (<http://fitness.thenationals.net>) as a resource for valuable event/trip information. SNI also posts photos, messages and late breaking fun on the Fitness Nationals Facebook page (<https://www.facebook.com/JROTCFitnessNationals>). Schools are also strongly encouraged to distribute this Facebook Page and the Fitness website address to their parents to give them a better experience following your efforts here at the Fitness Nationals.
- e. Entry into the event begins annually on 1 OCTOBER (roughly 7 months prior) and continues until competition slots are filled at 81 team entries! All JROTC units wishing to obtain a competition slot should register to attend as soon as they know they are planning to compete! Registration is done on-line from the event website. When the competition slots are filled, the event is full. We will likely have a waiting list but planning a trip from distance based on that is at best a problem.
- f. No drill cadets competing on the first day of the National High School Drill Team Championships may compete in the Fitness Nationals. If the cadet ONLY competes on the final day, we CAN do it!
- g. As the Event Director for the Fitness Nationals, SNI maintains sole judgment pertaining to competition items. All decisions made by SNI regarding rules, procedures or other matters are final. All competitors, instructors, and supporters are subject to comply with all the rules & procedures of this SOP and of the Fitness Nationals. Any items not specifically covered by this document are enforced at the sole determination of the SNI Judging Director. If you have any questions regarding this event, please direct your question either via phone or email to SNI in advance or after the competition.

h. All competitors, instructors, and team supporters are subject to comply with all of the rules & procedures of this SOP and of the competition. Any items not specifically covered by SNI regulations are at the sole discretion and determination of the Judging Director of the competition. Items may be changed on site for fairness, weather, safety or other valid event reasons. **IT IS CRITICAL THAT INSTRUCTORS PROVIDE ALL OF THESE REGULATIONS TO THEIR CADETS IN ADVANCE. WE WILL NOT GO THROUGH EXPLAINING ALL THE REGS TO THE CADETS ON-SITE!**

2. TEAM COMPOSITION, ELIGIBILITY & ENTRY RULES

- a. The Nationals are open to JROTC programs and select other quality groups after review by the competition committee of SNI. Under no circumstances may any attendee of the Fitness Nationals be older than a high school age and status to compete. School-based programs may have younger cadets (as often happens within military schools, etc.) without issue,
- b. **Cadets must be enrolled within their competing JROTC program no later than 1 February of the competition year to be eligible to compete.** This hard deadline is waived if the cadet is newly entered into the SCHOOL after that date. Any team violating this rule will have the program and instructors banned from attending the event for a minimum of 5 years. **WARNING YOU NOW** we spot check certain cadets.
- c. This competition is designed **for 14-person MALE, MIXED and FEMALE teams of which 9 of YOUR CHOICE will compete in every event.** This will yield up to FIVE additional cadets as backups in every event. (NOTE: Mixed teams think about having both male & female alternates!)
- d. **MIXED TEAMS must have a minimum of THREE females in every event.** Increased numbers of females are not generally recommended but are allowed. **MALE TEAMS** are generally comprised of all male members, however due to injury or personal preference; the team may contain any quantity of females. **Female teams may only be comprised of teams utilizing all females.**
- e. Cadets may enter every team event for their team, some or none. This is a coach's decision. Cadets will substitute only within the team they are assigned. Male or Female Division team members cannot substitute onto the Mixed Division Team, etc. Substitutions can be done **ONLY** prior to the start of an event and can be done for any reason at the complete discretion of the team. No "medical waiver" or similar is required, nor do you need to have any medical need. You have a multi-member team to form your best nine competitors in any/every event.
- f. Teams maintaining cadets who have team members with non-biological gender roles MUST follow their current schoolboard policy to correctly compete at the JROTC Fitness Nationals.
- g. Schools MAY enter a maximum of THREE fitness teams, with no more than one PER DIVISION. **No cadet may compete for more than one team.** This is a DQ offense.
- h. **Every competing cadet MUST provide the completed and signed Covenant Not to Sue.** Each School/Coach should make a duplicate copy of these forms and provide the copy to the Meet Director at check-in. Each school is required to submit in advance all money/paperwork as required to be able to compete. **There is no exception to this requirement.** Schools should plan ahead for unit inspections, snow days or other items that can interfere with these deadlines as some have little flexibility.
- i. It should be noted that a week prior to the competition on Friday at 5pm EST, **ALL FITNESS CHAMPIONSHIP competition rosters for the teams will be frozen and no changes of any kind can be made after that point. From this date, you cannot add, drop nor swap any competitors on or off your team.** Instructors will be REMINDED SEVERAL TIMES to double-check their rosters to ensure numbers, genders and other details are correct. We are going to have a flawless awards ceremony this year!



3. COMMANDER'S CALL

- a. A ZOOM Commander's Call will be held for the Fitness Nationals event in the weeks prior. Expansive and detailed pre-event communication through this and emails allows items to be covered long before the day of the event. All event questions should be asked in advance via email or telephone. Last minute instructor's questions (while rare) regarding the competition may be quite difficult to gain an answer on-site as personnel can be very unavailable handling other issues.
- b. As the event items are not set until the morning of the event, no ability to review and walk through competition areas the day prior is available. No teams may "practice" anything once set.

4. COMPETITION EVENTS & GENERAL INFORMATION

- a. The All-Service Fitness Nationals are comprised of FIVE total team events. These events are designed to test your cadets physically as well as test their ability to work as a team. Teams must enter and obtain a score in all five events in their entered division to be eligible for the overall title. The brief event overviews are as follows (note: details on each are found later in this document):



1. **Standing Double Broad Jump:** Event is held at the Ocean Center inside. The jumper stands behind the jumping line. The jumper makes two immediate and consecutive jumps for a total distance. Two tries of the double jump with the best one recorded for individual and team results. Here is a great training video: <https://www.youtube.com/watch?v=cDW8uCvrmy0>
2. **Pull-ups / Flexed Arm Hang:** Event is held at the Ocean Center inside. Male cadets will execute pull-ups for a total done within 1 minute. Cadets competing as Females will execute a flexed arm hang for time until failure. Total seconds with chin over the bar will be recorded. Each team member receives only ONE try. Total seconds (female) / quantity (male) for team and individual awards.
3. **3-Kilometer Team Beach Run:** Event is held on the SOFT SAND of Daytona Beach! *Male and Mixed Teams run together with a 10' long x 4" PVC Schedule 40 drain pipe, Male and Mixed Division teams will use tubes filled with beach sand. The Female Division tube is empty.* Teams run to the halfway point, entire team gets a turn-around marker, and then the team returns ending at the starting point. Each team receives ONE try with the time recorded.
4. **Weighted Ball Toss:** Event is held at the Ocean Center inside. A ball (male 12kg / female 6k) is symmetrically thrust forward with two hands overhead to achieve maximum distance from the thrower. Each cadet will receive two tries. The best of the two tries will count towards team and individual awards. Straight distance while keeping the ball within the throwing lane works well.
5. **Physical Team Test (PTT):** The P.T.T. consists of numerous obstacles that require individual/team agility, strength, power, balance and stamina. Team will run to the end around a mid-point and then reverse the course executing everything in reverse to re-cross the start/finish line. Each team will receive just ONE try with the team time recorded. The slam ball used here is 30lbs.

NOTE: The Ultimate Fitness Cadet competition is held as a part of these team events. This event is NOT a part of the overall scoring and is fully described herein.

- b. All schools **MUST** check the **SOP Update/Clarifications page** on the Fitness Nationals website throughout the Spring. Major and minor changes and general event news will be posted there first.
- c. **All penalties follow a MINOR THROUGH SERIOUS format.** In timed events, this will be a 10sec. / 30sec. / 1min. / 5 min / 10min. In counting events, it can mean a stoppage in count OR subjective total reduction. All these of course depend on the infraction seriousness and any advantage the team gained through their effort. While they are all subjective, typical penalties are listed upon the scoresheets included on the event website.
- d. Any cadet who curses or utilizes other unsportsmanlike acts may earn a SERIOUS penalty. Acting in this manner is unbecoming a JROTC cadet or coach so ensure it does not happen to your team.

- e. **Any team that starts or finishes an event with one cadet missing will be deeply penalized.** On counting events, a zero is placed for all cadets missing (this IS the penalty). Teams competing with two or more missing, or those teams who gain an advantage by not competing with the prescribed gender configurations, will be disqualified receiving a zero score – 99-minute max time depending on the event.
- f. The weather for any late Spring event in Florida will likely be gorgeous but HOT. Teams must prepare for HOT & RAINY weather conditions to be fully prepared. Also, teams must maintain solid communication lines to receive & distribute late-breaking, on-site directions from SNI should bad weather occur resulting in an event delay or a cancellation.
- g. Teams will take their team photos in the Ocean Center with a custom event backdrop. All teams are assigned a photo time for their shot. Printing Fitness Championship photos will be a high priority. They will be distributed to most all teams along with their score sheets and complete team event scoring reports immediately following the conclusion of their Awards Ceremony.

5. TENTATIVE SCHEDULE OF EVENTS NOTE

- a. *May 1st, FRI, 1100-1600:* Early School check-in/registration at the Ocean Center Arena.
- b. *May 2nd, SAT, 0600-0930:* School check-in/registration at the OCEAN CENTER Scoring Table.
- c. *May 2nd, SAT, 0745 on:* Rotation of two beach team events begins on the sand behind the Plaza Resort.
- d. *May 2nd SAT, 0745 on:* Rotation of all team events moves to the Ocean Center East Lobby.
- e. *May 2nd SAT, roughly 1930 (final time posted AFTER teams confirmed):* Awards ceremony begins.

NOTE: The final competition schedule will be impacted by the number of team entries. The actual event schedule for your teams, as well as a finalized event schedule will be forwarded to every school roughly two weeks prior to the event and posted on the Fitness Nationals website for your fans.

6. SAFETY WHILE AT THE FITNESS NATIONALS

- a. SNI takes the safety of Fitness competitors and spectators seriously. Having people in positions of authority that have extensive practical experience dealing with heat and exertion issues is hugely beneficial. SNI reminds all programs to pay special attention in this area. SNI will maintain staffing that has a focus and background to look for these issues.
- b. **SNI will ensure medical is on-site on the beach for the rigorous 3K Team Run and the Physical Team Test.** Additionally, a water station will be available for extreme emergencies and a shaded tunnel area will be available to teams. NOTE: When the competition moves back indoors to the Ocean Center, a dedicated medic is on-site there as well to manage any injuries worthy of that level of care.
- c. TEAMS WILL BE ON THE BEACH FOR ROUGHLY 3 HOURS. Instructors MUST prepare their cadets for safe & effective competition OUTSIDE IN THE FLORIDA SUN. Therefore, the following specifics will be checked at the Beach Registration by SNI:
 - i. Personal water bottle for every team member with FULL hydration plan in place.
 - ii. Sunscreen PRODUCT available for application & reapplication for every team member.



NOTE: It is STRONG RECOMMENDATION teams bring a 10'x10' pop-up and their own basic first aid kit for minor team injuries for their team members & spectators.

- d. Cadre and Judges are also responsible for conducting a continuous, rigorous safety program with cadets through reporting of possible injuries. All unit instructors are required to read the detailed [SNI Fitness Risk Overview](#) posted to the website.
- e. Two-way radios are maintained by key staff at the competition area(s), as well as between SNI key personnel and judges at each event site to ensure safe and effective medical requests and rule discussion. Additionally, these radios allow questions to be asked and answered on the spot should a team have an on-site situation arise that requires immediate feedback.

- f. Footwear protecting the bottom of the feet must be in use by all cadets competing within the fitness challenge. This can be sneakers or water shoes as long as the bottom of the foot is covered.
- g. Weather will determine special daily risk assessments and changes to events for safety reasons. These will be fully briefed on the morning of the competition and throughout the day.

7. EVENT REGISTRATION & OCEAN CENTER ENTRY DOORS

- a. All competing schools should enter the Ocean Center through the single SOUTHEAST DOOR (signs will point you around). Those coming to spectate at the Drill competition enter through the main NORTH and SOUTH doors open for all parts of the competition. The SOUTHEAST DOOR is for Fitness Event registration AND competition.
- b. The vast bulk of the teams will register at the Ocean Center on the day prior to the event during the general registration for both the National High School Drill Team Championships and the National JROTC Fitness Challenge Championships. During this registration, you will ensure the required paperwork (especially permission forms) is submitted, and finances are correct. Schools will receive their color identifying hospital-type competition ID bands for your cadets to denote the division within which they are competing. Those few schools (mostly local) will need to come to the Ocean Center the morning of the event to "check-in & register" BEFORE coming to the beach to compete. SNI suggests this be done 45 minutes PRIOR to your first Fitness competition time.



8. GENERAL TIPS FOR YOUR COMPETITION DAY

- a. **IT CANNOT BE STRESSED ENOUGH**, all schools are **ENCOURAGED** to bring canteens, water bottles, tents, beach chairs, etc. with them **TO THE BEACH** during the day to include during the 3K run and Physical Team Test if they wish. Only water is to be brought into the Ocean Center.
- b. COOLERS, tents, your first aid kid, extra drinks, snacks and other items to care for the competitors are set up in your "base camp" on the beach near the competition areas. These areas are maintained AGAINST THE SEAWALL ION THE DRIVING SIDE of the beach only. Makes for a convenient stay in the shade and a great facility to hydrate/feed your kids. Teams will need to set-up NORTH of the Main Entry Tunnel or SOUTH of the Hydration Station on the beach at the event Headquarters Daytona Grande Resort to ensure their campsite does not interfere with the Physical Team Test event.
- c. School/team signs and banners are encouraged – make it a spirit filled day! Portable toilets on the beach are available and located on the north side by the tunnel event entrance against the seawall.
- d. A filtered water-based HYDRATION STATION is available this year located SOUTH of the PTT Start in front of the Daytona Grande Resort. BUT WE REQUIRE YOU TO BRING YOUR OWN!
- e. PLEASE direct your parents to the [Fitness Challenge Facebook Page](#), the [Fitness Championships website homepage](#) and specifically the [Fitness Nationals Spectator Homepage](#). These sites will have specific information on parking & directions, as well as late breaking information on Awards Ceremony broadcast and occasional "look-ins" using Facebook Live for the competition itself.
- f. Think about getting to the event early and park **ON THE BEACH!** Beach entry starts at 8am and the entry is the road where the event entry occurs. It is a great way to enjoy your stay and get to experience one of the world's great beaches. Parking is available just to the NORTH of the Seabreeze entrance ramp where we compete. Read the complete details on costs and [rules on-line here](#).
- g. All teams are encouraged to do a trial run the day prior to ensure you know where the street & garage parking are located, how to best access the beach & other vital items to have a smooth day.

9. FITNESS PREPARATION

- a. **ALL of the events are physically demanding, and stressful weather conditions (heat, rain, etc.) can make this tougher!** However, any team that has trained hard for several months and fully prepare themselves for the events listed herein will do just fine. Please remember to hydrate BEFORE the day of the competition – solid hydration starts 48 hours prior!
- b. **The JROTC Fitness Nationals will NOT be cancelled due to weather!** Details for all schools are found later in this document on indoor back-up plans that will yield FIVE challenging events storms or clear!
- c. Judges, coaches, and ALL JROTC Fitness Nationals teams will move to the nearest safe area and await instructions should ill-timed weather present itself. At that time a weather decision will be made based on the best information available. Each team will need to provide a cell phone number to ensure this late breaking information can be transferred immediately.

10. COSTS/PAPERWORK REQUIRED TO ATTEND:

- a. Schools gain info regarding the event from the Fitness Nationals official website: <http://fitness.thenationals.net>. Here you learn everything about the event and register your school to attend and compete. After registration, you will complete your competition paperwork on the website.
- b. **The Registration Fee for the JROTC Fitness Championships is a flat \$300 per school (not per TEAM, per SCHOOL).** This fee is due after registering on-line to maintain a valid entry into the event. This can be paid by credit card or check online (with a small service fee), or a check can be mailed to SNI to cover this cost.
- c. Teams making the decision to attend the Fitness Championships should reserve a competition slot by registering on-line after the registration opens **1 October annually**. Returning teams will be allowed to enter first. Competition spaces will be granted on an earliest registered basis only.
- d. With fees being non-refundable, schools should enter only after making the firm decision to attend! Should an emergency preclude any registered team from attending, the team should immediately contact SNI. While the Registration Fee remains non-refundable, your prompt notification to SNI could allow another deserving team to attend -- thereby keeping your school in good standing.
- e. Lastly, limited “local” school entries will be made available to schools located in nearby counties to Daytona Beach, Florida. These schools will drive up to compete from home and not use the hotel rooms that are a part of the standard competition packages. **These schools will pay the School Registration Fee, and will pay a reduced \$40 per cadet, non-hotel Team Package Fee to pay their share of the competition costs.** The map to clarify who qualifies as a local school, as well as all other cost details are best viewed on the webpage: <http://www.thenationals.net/fitness-prices.htm>.



11. PARKING & ENTRY DETAILS:

- a. No pass of any kind will be needed to enter the beach competition area or inside the Ocean Center. This is open thanks to the involvement of many vendors and the fees paid by the teams to compete.
- b. Competing schools will have detailed parking info made available in advance. Buses & vans are encouraged to drop off at the competition site and return to their hotel and await a call from the team to return, pick up and move to their next events.
- c. The Plaza Resort & Spa (NOTE: the competition entrance is directly BEHIND this property) is closed for renovation but they do maintain PARKING BY PERMIT ONLY. Towing companies can come and tow any vehicle parked on their lot(s). Parents CAN (depending on the tides and the condition of the sand) park on the beach OR park in the nearby Parking Garage. There is also limited on-street parking on Seabreeze Blvd. on the other side of A1A. Please lock your vehicle and remove visible valuables to keep them safe.



12. PACKAGE PLAN, DEADLINES & REFUND POLICY

a. All participants (instructors & cadets) coming to the Fitness Nationals must participate in the event through the Fitness Nationals Team Package Plan mentioned previously (*local teams have a modified cost structure as they will not require hotel rooms*). Through this plan, the event obtains the finest judges, venues, quality oceanfront hotels, along with providing a quality competition in all aspects.

b. Every cadet will receive discounted billeting in standard through luxury oceanfront hotels in the Daytona Beach area, an event medallion on a chest ribbon, Fitness Championships t-shirt (ordered to size), a customized event water bottle for hydration, as well as a gorgeous 8" x 10" color team photos.

c. Teams may choose either a 2-night or 3-night hotel package with costs based per person, with extra nights available if desired by the school. Four cadets per room is the standard stay with three, two & one-to-a-room prices slightly higher (used for instructors & other adult supporters - all prices shown online). Parents MAY stay through this package with the school, but this is completely optional. Schools interested in the Daytona Grande Resort HQ package (event HQ) request this on the MySchool Website. **ROOMS ARE EXTREMELY LIMITED AT THE GRANDE RESORT! REQUEST EARLY!**

d. Once your school is accepted into the Fitness Nationals, School Registration Fees are completely non-refundable. Any school sending their 50% Package Fees deposit early can receive a complete refund of their Package Fees provided the request is made in writing on or before the deposit deadline outlined within this folder. Schools that do not submit the required paperwork and/or the 50% deposit by the required deadlines may be removed from the event with no refund of the school's registration fee.

e. **MOST IMPORTANT!**: After submitting the 50% deposit and the rooming list, this deposit payment is TOTALLY NON-REFUNDABLE! SNI must pay for these requested rooms, as well as purchase all items provided to each attendee IN FULL. Rooms reserved cannot be cancelled, dropped or otherwise "given back" in any manner. Also, this deposit is a guarantee to complete the transaction no later than when the final balance payment is due. Therefore, it is crucial that each school understand that the payment of 50% package fees is a commitment for THE BALANCE OF THE FEES WHEN DUE. (This is why many schools pay in full on the deposit deadline.) If it is necessary to cancel or "drop" anyone who has paid the 50% fee, the school should find someone to substitute for that person as they cannot be "dropped".



Important Refund Exception Notes!

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

13. HOTEL INFORMATION

- a. The hotels selected by SNI FOR THE Fitness Nationals will be found throughout the Volusia County area largely centered within the greater Daytona Beach area. While all hotels vary in size & location, all are within 1-8 miles of the competition site with most located directly on the beach.
- b. Hotels are available in various general quality or "Package Levels". These range from STANDARD to UPGRADE to HEADQUARTERS (the highest level). The Package Level of the hotel is an overall, arbitrary rating based on many factors based on the overall desirability, amenities, and service of the properties.
- c. The headquarters for the Fitness Nationals will be the **Daytona Grande Resort** (tall, above). This property is the jewel of the beach and is conveniently located at the start of the P.T.T. event. It is located in the 300 block of Atlantic Avenue just two blocks from the Ocean Center. Schools should know that proximity to the Ocean Center CANNOT be GUARANTEED (EXCEPT by staying at the Headquarters across the street). Therefore, all teams MUST maintain ground transport of some kind to make their trip function if they are NOT staying at the Headquarters Hotel.
- d. Several schools often request hotels offering a "breakfast". Few hotels in Daytona offer this amenity and those that do are often just juice, milk and donuts that can better be presented by your team rather than counting on a hotel to meet your timing, quality and quantity needs. Making this request is something that is quite difficult to make happen before planning anything definite.
- e. Returning schools are given the first opportunity to go back to the same hotel they stayed in the previous year **if they register by the Early Acceptance Deadline**. Schools will be assigned to a hotel as soon as possible after the 1st deposit deadline in March. Hotel info is sent to each school in the final advance package confirming their hotel placement and the placement is listed on their MySchool website.
- f. At each event hotel, the hotel management has complete charge of all security matters and will look to the Instructors and Cadet Commanders to enforce discipline for their team. SNI and/or any hotel is fully within their rights to remove a person, room or entire team from the hotel should any school fail to maintain reasonable decorum 24 hours per day. Should this occur, NO REFUND of any fees will occur. Fortunately, school conduct is generally EXCELLENT.



13. COMPETITION DISCIPLINE & CONDUCT

- a. Discipline problems are not common at this event. SNI does reserve the right to remove any individual, group, spectator or unit from the event as well as the hotel for destructive, profane or other conduct unbecoming JROTC cadets or conduct detrimental to the Fitness Nationals. This includes bad conduct in or around the competition site, any event hotel or around the city. An 11pm curfew is in effect for each event evening. All schools please be aware Daytona Beach.
- b. has a city curfew for all minors not accompanied by an adult. **These decisions are NOT subject to appeal.**
- c. While cadets are waiting to compete at the competition site or just remaining as spectators, they must be in and around the competition site. Unless they are guests of the hotel, teams and their spectators may not wander inside the expansive Plaza Resort & Spa. Teams are also reminded to not leave personal belongings unattended. Lastly, teams should plan to wear the same uniform throughout the day as there may not be sufficient time to maintain a more drawn-out changing situation. While this is more of a logistical issue, it needs to be stated to ensure no team is caught by surprise.
- d. Teams should bring with them all necessary gear to compete to include water, sunscreen and a basic first aid kits as discussed earlier in this document. Hotel guests should NOT bring room towels or other hotel items to the competition areas.



14. COMPETITION EVENTS & AWARDS

- a. The following events are counted towards a team's Overall Championship point totals: 1)Standing Double Broad Jump, 2)Pull-ups/Flexed Arm Hang; 3)3K Team Run, 4)Seated Power Throw, and 5)Physical Team Test (PTT). **The TWO INCLEMENT WEATHER events (SHUTTLE RELAY replaces the 3K and the SLAM BALL PUSH replaces the P.T.T.).**
- b. Teams must enter and gain a score in ALL FIVE TEAM EVENTS IN THEIR ENTERED DIVISION to be eligible for the overall title. A Team Photo Time will be on your competition schedule as well. Try to be on-time or you risk having no picture time available later!
- c. All teams are eligible to win team trophies within each specific event entered. Each Division and event will offer 1st through 5th place team trophies (unless 10 or less entrants are in place, whereby 1st through 3rd place will be awarded. The trophies will be spectacular and befitting this lofty event.
- d. Individual Awards will be presented at the awards ceremony within the SIX individual areas of competition in 1st thru 5th place (3 events, male & female). The Ultimate Fitness Cadet will be trophied in 1st thru 3rd place, in both MALE and FEMALE competitors.

15. INCLEMENT WEATHER PLAN DETAILS

- a. SNI realizes that an outdoor event in early May in Florida can face the threat of inclement weather, especially in the late afternoon daily. This can be impending thunderstorms or other hazards that make competing outside problematic. To combat this, SNI has taken steps to ensure the chance of specific event cancellations are minimized by dedicating a large area within the Ocean Center Arena to use as a co-competition site in the midday through afternoon.
- b. First understand this: Inclement weather for this event means DANGEROUS WEATHER. Lightning, hail, or tornados would very much qualify. Hard Rain, big winds (i.e. Florida afternoon storms) or other unpleasant features WILL NOT BE CONSIDERED INCLEMENT WEATHER for your planning purposes.
- c. As currently slated, the competition structure maintains two mornings TO MIDDAY team events held on the beach AND three all-day events pre-scheduled inside the Ocean Center. Should the two earlier outdoor events be cancelled and forced to move into the Ocean Center for any reason, they will be substituted by two similar events. The 3K Team Beach Run will be converted into a **SHUTTLE TEAM RELAY (on concrete)**. The **SLAM BALL RELAY** (on concrete also) is converted over as well. Specific and detailed instructions on these two events are maintained herein later in this document.
- d. **Because of this weather component, each competing school will designate an official cell contact.** Any official decisions for event suspension, relocation, or other safety, weather or event info will be communicated via a group chat program very likely the night prior to the competition.



16. COMPETITION EVENT DETAILS - GENERAL

- a. All courses will be well-marked and pre-event instruction will make executing events effortless. No participant may leave any assigned racing area or "take a short cut" outside the marked racing area. Any cadet/team doing so will cause the team to receive a subjective penalty.
- b. **NOBODY** may run with the team while they are competing or encroaching into the competition areas in any manner. This can be considered "pacing" and often interferes with other competing teams or judges. Teams are ENCOURAGED to have their cadets stretched out on the 3K run for safety, but they may not RUN with the team EVEN FOR SHORT DISTANCES in any manner.
- c. **You cannot interfere with a judge or meet official.** This is ESPECIALLY TRUE around finish lines. This penalty can be anything from MINOR through disqualification for AGGREGIOUS or repeated issues. Teams MAY pre-position cadets on the course to encourage and/or watch their teammates so long as they are not obstructing others or running with cadets.

d. **Team members can assist each other but MAY NOT interfere with another team.** Any such interference may result in a subjective time deduction from the offending team (up to and including disqualification) and possibly a time subtraction from the team interfered with. No cadet may be carried or otherwise FULLY SUPPORTED by a team member. Carrying an injured cadet is not permitted.



e. **The competition event sites will NOT be set-up until the morning of the event.** Therefore, the teams may not see them until the actual morning of the event. This is a public beach area, and our use will be in and around the more secluded section of the public beach beginning prior to sunrise. Also, no "running the courses" can be allowed on the actual course areas when they ARE set-up.

f. All schools should ensure they do not run late to a competition area. Any team attending an area late **without just cause** may be subjectively penalized and/or removed from that segment of the competition (disqualified) at the discretion of the Competition Director.

g. All timed racing events will desire a clean start. If a team jumps the start, MINOR "false start penalty" will be assessed. No re-start will occur. All events will start with a judge visually and verbally starting a competition with the standard, On Your Mark, Get Set, **GO!**" or similar. With this, time will start.

h. In performing all competition events, the team next to compete will line up and be approached by the event Head Judge. In individual performing events, the cadets will take the team sheet from the judge and CLEARLY CHECK the names of the competitors in the order they will perform. When they move to begin their effort, the Head Judge will double check and begin. This will become the official competition team for that event. **Once the team is confirmed as set at that time, NO CHANGES CAN BE MADE TO THE COMPETITION TEAM.**

i. Teams will get the total count, before they begin and BEFORE leaving the area by the judge and initial the sheet. If there is ANY discrepancy between the result you believe you deserve versus the result provided by the judge, direct the judge to immediately contact an event official for an immediate resolution on-site (i.e., your coach timed your team and got a time 15 seconds lower, thinks you did 5 more pull-ups, etc.).

j. Competitors must wear appropriate athletic attire. This is left to the discretion of the unit. No bare midriffs are allowed **and both shoes and shirts are required to be worn at all times.** Athletic attire should be matching and personalized to easily identify your team. even from a distance. This may be done through personalized shirts, shorts, etc.

k. Should any protest, dispute, or appeal of a judge's scoring/ruling, or any other similar circumstance arise, SNI will decide the question/issue. No further appeal is available. Protests will be submitted either verbally or in writing to SNI's Competition Director within 30 minutes of the protested event/action occurring and only by a Cadre member from that protesting school/team.



l. All teams are expected to compete with honor befitting military JROTC cadets. Teams are expected to tell the head official any cadet shortages or other known rule issues BEFORE competing in their assigned event. Failure to do this WILL JEPARDIZE the ability of that team and that instructor to compete further and the Service Headquarters will be brought into play for egregious violations.

m. **NEW in 2026:** Tablet scoring will be introduced within the indoor events where individual & team scores are maintained. Instructors will be given the tools to review their times & totals are correct just minutes after they complete. This will be essential to gaining accurate and timely final scoring. More information will come forward on this as the event nears.

17. COMPETITION EVENT DETAILS – SPECIFIC

- a. Both the 3K Team Beach Run and the P.T.T. will be timed using electronic timing, as well as stopwatches. Therefore, regulations will be present in both event descriptions to correctly wear and position the RFID tag on your cadet.
- b. The actual start times and rotation of events will be determined after all schools have registered. Teams will have ample ability to move between events with prior planning. This FINAL event schedule will be distributed via the official website roughly one week prior to the event.
- c. All distances for Standing Double Broad Jump and Weighted Ball Throw will be measured using a professional laser device that has an accuracy to tenth of an inch in the same manner for every school USING THE WALL BEHIND THE COMPETITOR. Therefore, all distances will be computed to a tenth of an inch but from the wall. This will increase measuring accuracy and greatly reduces ties for individual and even team awards.

a. STANDING DOUBLE BROAD JUMP

HOW TO?: <https://www.youtube.com/watch?v=cDW8uCvrmY0>

1) General Scenario:

- a. The standing broad jump HAS BEEN REPLACED with a similar but more rigorous double jump. The course is still within the **Ocean Center Fitness Hub**. The course will maintain two judges working together. A LAUNCH JUDGE (to check cadet names, watch the take-off area, etc.) and a DISTANCE JUDGE (marks the landing spot, measures and calls distance).



2) Specific Regulation:

- a. Four or five stations will be set-up per school and cadet 1-5 on the judges listing will initially muster to their correct starting position. Each competing cadet will jump on command, then the judge will come BACK through the lined cadets will get jump #2 and jump again. The LAUNCH Judge will ensure the DISTANCE Judge is ready. He/she will then turn to the cadet and say, "Cadet Jump". The cadet will have 5 seconds to jump. Cadets #6-#9 then jump to complete the rotation.
- b. The jumpers' feet should be comfortably apart and BEHIND the line upon take-off. The athlete takes off from a standing start jumping for distance. The jumper will launch and land #1) with **simultaneous feet touching the ground with feet parallel** and #2) **without pausing or changing forward momentum** for an immediate 2nd launch and final landing point. This TOTAL distance of both jumps together will be recorded.
- c. If feet do not land together and/or an immediate 2nd jump does not occur, THE JUMP WILL BE CONSIDERED A FOUL AND NO SCORE WILL BE MAINTAINED. Any pause or delay in the 2nd jump will result in a foul.
- d. This double jump better tests power, co-ordination and explosiveness along with balance than a single jump. Each jumper receives TWO double jump tries.
- e. The BEST distance between the two jumps for every cadet WILL be recorded and used for both team and individual scoring. Try to gain TWO good jumps as the tiebreaker will use your second best effort as the first level tie breaker!
- f. NOTE-Keep your feet STILL on your initial starting placement. Most fouls occur when the jumper takes a small 1-2" "hop" forward just before their initial jump, often placing the toes on or over the line for a foul. Also ensure your cadet DOES NOT put their hand(s) behind them or roll backwards upon landing as this would shorten their jump distance!

b. PULL-UPS / FLEXED ARM HANG

1) General Scenario

- a. The Pull-up/Flexed Arm Hang area will be hosted inside at the Ocean Center. The competition area will maintain FIVE competition, steel pull-up bars adjacent to each other. There will also be a 6th set-up designated as a warm-up bar just off to the side. **Every cadet competitor will receive only one opportunity to execute their best score.**
- b. All MIXED teams will designate **THREE CADETS** to compete in the flexed arm hang, regardless if they have more than three. Therefore, six of your cadets will be executing pull-ups. This ensures all teams use the same exact framework to make scoring even.
- c. Female cadets will be assisted starting in the “chin over bar” position. Pull-up cadets will simply jump or may be assisted up to grab the bar by a teammate. While non-slip grip tape is on the bar, **gloves are RECOMMENDED for all competitors to ensure sufficient grip is maintained.**
- d. Position on the bar for ALL competitors will be as follows: **The cadet will grasp the bar with their hands, shoulder width apart using an overhand grasp (palms facing away).** KIPPING IS NOT PROHIBITED so long as you clear the bar with your chin and come to a straight arm hang. In other words, the judge will not ban the practice.
- e. The course will maintain one BAR JUDGE at each competition bar (to keep count of the official curl-up quantities and/or seconds of flexed arm hang) as well as a single event HEAD JUDGE (to check cadet names, address cadets, record scoring and maintain an on-time event).
- f. Parents, spectators and others watching MAY NOT COUNT pull-ups. INSTRUCTORS TELL YOUR CADETS! This is confusing as ONLY THE BAR JUDGE determines what a valid pull-up is. If this happens and it confuses the Bar Judge, your team may face a subjective penalty.

2) Specific Regulation:

- a. Competing cadets from the same school will be called forward by name with the phrase “**on your mark**”. Cadet will compete 5 at a time and then 4 at a time to complete the event.
- b. Cadets executing pull-ups will have one minute to do as many CORRECT pull-ups as possible (chin is pulled ABOVE the bar and returned to a straight arm hang). If the cadet **HAS NOT PAUSED** at any time and is still doing QUALITY PULL-UPS, the judge **MAY** extend this one-minute limit for this cadet only. The judge will count out to be heard by the competitor. Judges will NOT count incorrect pull-ups. The judge will have a counter in use and his or her word is law.
- c. The cadets will then have 5 seconds to move to the bar to be ready to perform. The head judge will ensure the BAR JUDGES are ready. He/she will then turn to the cadets and ask, “**Cadets Ready?**” The cadets will state a confident, “**CADET READY!**”. The judge will then direct the cadet into the correct starting position (can be assisted by cadets). Standard pull-up cadets begin at a full unassisted hang with both hands on the bar. Flexed Arm Hang cadets will start on an assisted box getting their chin comfortably over the bar.
- d. Cadets may pause in any manner so long as they do not lose contact with the bar. At the command of BEGIN, cadets executing the Flexed Arm Hang will have their support removed and the clock will begin. **Their time will continue until their chin is no longer ABOVE the bar.**
- e. Physical pull-ups will be executed by every member of the 9-person Male Division team. Six of the nine competing members of the Mixed Division team (**note: if your mixed team competes MORE THAN THREE females, only THREE will be permitted to do the flexed arm hang and six MUST execute pull-ups.**) Female Teams will ALL execute flexed arm-hang.



- f. For Flexed Arm-Hang, time will end if: 1) the cadet's chin rests on the bar, 2) the chin tilts backward to keep it above the bar, 3) the chin falls below the level of the bar, 4) either hand breaks contact with the bar, or 5) there is kicking or other flailing movement while the cadet is on the bar.

NOTE: Teams are encouraged to have non-competing cadets on the sides of the pull-up bars to stabilize the bar apparatus to make it as stable as possible.

c. 3K TEAM BEACH RUN

1) General Scenario:

- a. Teams will run as a team for 1.7 miles (3K). A single 4" by 10' white PVC Schedule 40 PVC pipe will be carried by each team, For MALE & MIXED DIVISION TEAMS, in 2026 this pipe will be COMPLETELY FILLED with sand. For FEMALE DIVISION TEAMS, the pipe will be empty. No other items are required to be carried by the team – this is a straight beach **team** run.
- b. In 2026, There is NO REQUIREMENT that each cadet hold the pipe EXCEPT WHEN CROSSING THE FINISH LINE where they must ALL BE IN CONTACT WITH THE PIPE.
- c. In 2026, every team will have the returning lead runner wearing a vest with a number. This will assist SNI in identifying your school. ADDITIONALLY, every school will have a single representative standing near the timing officials to double check the official times after the event. Failure to do this may cause an improper procedure penalty on the team.
- d. The course is on a traffic-free stretch **of intentionally soft sand** on the World's Most Famous Beach. There is no incline. There will be multiple teams on the course at a time so teams must be mindful that running in column formation **WILL BE REQUIRED** in parts of the course.
- e. The event will maintain on a .85 miles turn-around point where all team members **ARE AMASSED AND COUNTED** just beyond the pier of the boardwalk. The team will gain a turn-around marker that identifies them as having reached the half-way point. ALL TEAM MEMBERS MUST reach the turn-around point **TOGETHER** before they are given this marker. At that point, the entire team completes the event. The time will stop when the last team member crosses the finish line with all having hands on the pipe and **one member holding the marker**. Failure to maintain the marker at the finish MAY result in your team being disqualified from the event.



2) Specific Details:

- a. To make the racing the most fair over several hours, new in 2026 SNI will take the top finishers from the previous year race and group them as best as possible so they are largely “competing together” against one another. In this way, tides, course traffic and other variables are not mitigated but will be similar for the teams who have earned this distinction.
- b. One cadet on your running team will wear a Velcro-attached, RFID. All teams must ensure at the start, the CADET CLOSEST TO THE START/FINISH LINE in the front of the pipe carry will maintain the timing chip. When the starter says "GO", this cadet will be the first to charge forward, break the plane of the starting line and starting your time. ALL TEAMS MUST ENSURE AT THE FINISH: this RFID cadet in the LAST POSITION on the pipe holding the pipe as they cross the finish line. The electronic timing (and the stopwatch clocks) will STOP when the last cadet holding the tube crosses the finish line. Failure to maintain the RFID Chip person in the LAST POSITION on the pipe will place a 1-minute timing penalty on the team.
- c. Each team MUST cross the finish line with **ALL TEAM MEMBERS TOUCHING THE DRAIN PIPE.** Teams failing to finish as outlined above will receive a 5-minute penalty.

d. WEIGHTED BALL THROW

HOW TO?: <https://www.youtube.com/watch?v=uEsiD1D0LbY>

1) General Scenario:

- a. This event is COMPLETELY NEW for 2026 and beyond and will be a far better test of core strength and far less subjective. It will be DIFFERENT from several current and past military tests. The event will be hosted inside the Ocean Center in a limited competition space. Ensure you read and perform in accordance with the regs detailed here for a top score.
- b. The competition area will have FIVE throwing stations. The competition area will maintain a starting line, a throwing station number, and a laser distance measuring device used for every valid throw.
- c. Your first five cadets enter the five throwing stations. Cadets 6 & 7 will help give the ball back to the thrower. Cadets 8 & 9 will go downrange to stop the ball after the throw and roll it back. Judges will NOT touch the ball – only your team members!
- d. Your job is to throw the ball a prescribed herein for distance. If your ball touches the ceiling, the wall or anything other than the floor in front of you, it will be a DQ for an illegal throw.
- e. Each tossing station will maintain TWO judges working together. A LAUNCHING JUDGE to check cadet names, watch the tossing area, etc. and a DISTANCE JUDGE (marks the spot of the throw, measures and gives the distance thrown.



2) Specific Regulation:

- a. Five cadets will step forward to their station, get seated and in position. Teammates as described will get into their correct positions as well.
- b. The Head Judge will ensure the Distance Judge is ready. He/she will then turn to the cadet and ask, “Cadet Ready”? The cadet will state a confident, “CADET READY!”. The judge will then say, “Cadet Throw”. The cadet will then have 5 seconds to throw the ball correctly for distance. **The ball may travel IN ANY ARCH!** All cadets throw one at a time, then they each throw again. The best effort will serve as their individual mark and their best will also add to the team totals.
- c. Competing team members will stand behind a starting line with their feet slightly apart. Men will hold a 12lb. rubber medicine ball (6lb. for females) as shown above. They will hold the ball over their heads with two hands as shown. They will start behind the line always starting where they choose. The thrower will take a SINGLE STEP FORWARD staying completely BEHIND the line. As the hands come forward, the ball is released symmetrically by the hands over the head like a soccer throw-in with all motion forward. The opposing foot may lift off the ground on follow through, but the ball must be thrown before the second foot makes contact with the ground. When the ball lands, the judge will mark the spot and measure unless a foul has been called.
- d. NO PART of the thrower may make contact with the ground on or over the throwing line at any point in the process. This would be recorded as a FOUL.
- e. **Cadets must not throw favoring one arm or rotating in any way.** This would be recorded as an illegal throw and a FOUL.
- f. Each cadet will receive two attempts as detailed. The BEST distance from these two throws for each cadet will be used for both team totals and individual scoring.



e. PHYSICAL TEAM TEST (PTT)

1) General Scenario:

- a. The PTT is the team event designed to test the strength, balance, stamina, strategy and endurance of a team of young cadets over a distance of roughly $\frac{1}{2}$ mile total using a variety of physical obstacles. To complete well, cadets must use teamwork and technique! The team score is the time it takes to complete the tasks, put all items used back in their approximate starting positions, and finish the course with all team members.
- b. The course is on a traffic free stretch of soft sand on the World's Most Famous Beach. Time to complete the course will be kept and recorded for each team. Judges will be stationed along the route to ensure compliance with all rules.
- c. The event will be timed digitally and by stopwatches. A single team cadet will wear an RFID tag in accordance with the rules outlined under Specific Details.



2) Specific Details:

- a. Each team will compete on the course three schools at a time using a left, middle and right side of the course which are mirror images to eliminate any interference. Well-prepared schools should be able to complete the course in WELL in less than four minutes. A team may be removed from the course at the seven-minute mark for failure to progress.
- b. **ALL TEAMS MUST ENSURE AT THE START:** The first cadet through the tunnel will be wearing the team RFID chip. **ALL TEAMS MUST ENSURE AT THE FINISH:** The cadet in the LAST POSITION going through the tunnel at the finish. MUST BE THE CADET WEARING THE RFID CHIP. The electronic timing (and the stopwatch clocks) will STOP when the last cadet WEARING THE CHIP GOES THROUGH THE TUNNEL AND STEPS FORWARD TO CROSS THE START/FINISH LINE.
- c. ALL TEAM RFID CHIPS will be turned in and collected by SNI after your final beach event for the day. They are yours to use - not to keep!
- d. Where course items need to be carried, they can be carried in any manner by any cadet or cadets so long as all rules herein and on-site are followed. HOW you choose to accomplish this is your call.
- e. The team will be assembled behind a starting line. The grader will command, "Get Set, GO!" or similar. The GO command will start the clock. At that point, the team begins the course.
- f. The course will consist of the following items over a roughly .5 mile soft & hard sand terrain. The exact placement MAY BE CHANGED due to BEACH CONDITIONS:
 - *Tunnel Crawl (30in inside diameter)*
 - *30lb Ammo Can Carry* (NOTE: female teams DO NOT carry the ammo can)
 - *Sled Drag (using attached rope)*
 - *Turn Around Flag - the halfway mark!*
 - *OVER the 2' vault (legs & core OVER an obstacle)*
 - *Agility Maze (a tight zig-zag maze accomplished in column formation)*
 - *One 100lb. Barrel Roll (as shown, filled with sand)*
 - *Tire Footwork (in a staggered pattern)*
- g. The event begins with all cadets in column formation. On the command to start, one or two cadets will grab the **AMMO CAN(s)**; all members then go through the **TUNNEL CRAWL**; then will **execute the 24" VAULT**, then run through the **AGILITY MAZE**; then cadet(s) will push the **BARREL** 20 yards. Then do the **TIRE FOOTWORK** (must slow & attempt!); The team then places a single cadet in the **SLED DRAG**. The team will drag the sled AROUND the **TURN-AROUND FLAG** and back past the sled start point. The team will then complete the course in inverse order until all team members and the ammo can cross the finish.
- h. All obstacles must be reasonably attempted AND placed back as found, or a MAJOR subjective penalty may be assessed for EACH item not properly attempted.
- i. The ammo can cannot be THROWN but can be slid/pushed/pulled on the ground or in the tunnel. It can be swapped between cadets or carried by multiple cadets. *The Ammo Can CANNOT go in the sled!*



- j. When executing the Speed Agility Maze, cadets who touch the obstacle in any form with any part of their bodies MAY receive a MINOR penalty. If they dislodge anything, it becomes a MAJOR penalty – BE CAREFUL! This maze is accessed ONLY in column formation (cannot run two or more across).
- k. When executing the Sled Drag, a single competing cadet (cannot be changed) is placed in the sled then dragged using the provided rope WITH ONE or TWO PEOPLE ONLY. If the rope breaks, teams are permitted to CARRY, DRAG or MOVE the sled with any number of cadets. (HINT-lying down in the sled makes the drag INFINITELY EASIER than sitting up).
- l. When executing the Tire Footwork, every cadet ATTEMPTS to run through the tires placing one foot in every tire center. There is no penalty for stumbling or missing a tire so long as the attempt is made.
- m. All cadets then run to the Event Turn Around Point, circle this, and run through the entire course in reverse (moving items BACK to their original starting positions) thereby completing in reverse order.
- n. Once a cadet crosses the finish line of any race, that cadet cannot go back and help the team in any way – **their event is completed at that point**. Violation of this rule will be a MAJOR Penalty PER OCCURANCE. Time stops when the last team member crosses the finish line.
- o. When rolling the barrel, any number of cadets can be used to roll the barrel.

f. ULTIMATE FITNESS CADET

1) General Scenario:

- a. This competition is based on the highest average individual finisher in the THREE individual events hosted at the fitness competition. 1)PULL-UPS/FLEXED ARMHANG; 2)WEIGHTED BALL THROW; and 3) DOUBLE LONG JUMP.
- b. Finding the top finishing Ultimate Fitness Cadet in this manner allows every cadet who competes in these three events to be eligible to capture the title. These events are held indoors and therefore, cannot be “washed out” by weather. These events are also a solid blend that require many physical attributes to maintain a top finish. Good luck to all top cadets.
- c. A FEMALE who is forced to compete as a pull-up MALE CADET will NOT be eligible for the Female Fitness Cadet award if they do not compete as a female in all events with all the other females. There are no waivers or exceptions to this as they will not be competing in common events.



2) Specific Details:

- a. A cadet must compete and gain a valid score within ALL THREE IDENTIFIED INDIVIDUAL EVENTS to be eligible for this award. This award maintains no bearing in the overall team scoring and is strictly done to identify personal excellence at the JROTC Fitness Nationals.
- b. The order of finish of every individual competing within the three identified events is recorded by SNI. The placements for every cadet in the three events will be identified and “totaled” to give each competitor a “score” for the over ranking as the Ultimate Fitness Cadet.
- c. Using this example will better explain. Jacob Jackson gets 3rd highest max distance in the Power Throw. He was 17th best in Broad Jump. He finished tied for 10th in the number of pull-ups he was able to accomplish. His “score” in the Ultimate Fitness competition would be “30”. That score would compare to all others within their same sex to determine the top Male & Female finishers.
- d. The person with the lowest total would win the event. One male cadet and one female cadet will be recognized as the Ultimate Fitness Cadet.
- e. INDIVIDUAL CADET TIES WILL NOT BE BROKEN WHEN COMPUTING THE ULTIMATE FITNESS CADET FINALISTS. This is too cumbersome and not needed for finding the top finishers. Therefore, if three cadets all have 21 pullups and tied for 1st, they would each use “1” as their finish number and the 4th cadet would be denoted as 4th Place (4).

17. INCLEMENT WEATHER EVENTS (should outside events be cancelled)

1. TEAM SHUTTLE RELAY (*Replaces the 3K*)

1) General Scenario:

- a. The concrete portion of the Ocean Center Exhibit Hall will be cleared and used for this event. A start/finish line will be taped down and a large, 36" turn around cone will be set-up 20 yards straight ahead. The event is a shuttle run meaning one cadet runs, completes the course, exchanges the baton to the next cadet and so on. Time stops when the FINAL cadet completes the course as prescribed herein. Time is recorded. One team attempt only. Three stations will be used at a time, one per school.
- b. Teams will use a standard relay baton (supplied by SNI) that will be passed between cadets. CAUTION must be exercised as you are running indoors on concrete. Tennis shoes or similar gripped sole shoes are required.



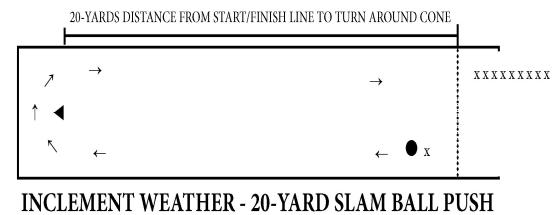
2) Specific Details:

- a. All divisions will be run using 9 running cadets on each team.
- b. Three teams will compete at a time. The race starts with the baton placed into a small metal cylinder located on the RIGHT side of the starting line. On the command GO, time starts and runner immediately grabs the baton from the container and runner #1 runs forward to the turn-around point roughly 20 yards away.
- c. As they near the tall, Orange Cone turn-around point, the runner will slow to execute the turn-around safely and effectively. The cadet will then upon returning to the starting line SLOW DOWN SUFFICIENTLY to GENTLY place the baton into the light metal cylinder. If the baton comes out of the cylinder OR the cylinder is knocked over, the runner did not control their speed and actions sufficiently and a MINOR penalty will be in place for EACH failure to slow sufficiently to gently place the baton in the cylinder. NO PART OF THE RELAY is more important for safety and competitive balance than the slowing of the running cadet!
- d. Time will end when the 9th running cadet places the baton in the metal cylinder as detailed herein.
- e. Any cadet HITTING a CONE will receive a MINOR penalty for each infraction. Any cadet DISLODGING a cone will receive a MAJOR penalty for each infraction. Executing this course as prescribed will be as safe as running outside so long as the cadets slow down.

2. SLAM BALL PUSH (*Replaces the P.T.T.*)

1) General Scenario:

- a. The concrete portion of the Ocean Center Exhibit Hall will be cleared and used for this event. A start/finish line will be taped down and a large, 36" turn around cone will be set-up 20 yards straight ahead. Three stations will be used at a time, one per school.
- b. The next cadet in sequence may begin when the 30lb slam ball CROSSES the start/finish line. Time stops when the final cadet brings the ball back PAST the start/finish line. The event is a shuttle run meaning one cadet completes, and the next cadet repeats. Time stops when the FINAL cadet completes the course as detailed. Time is recorded. One team attempt only.
- c. **This event is incredibly ARDUOUS and will wear out even the most conditioned cadet!** PLEASE ensure your cadets have not only practiced event, but maintain exception lower back and arm strength to complete this event quickly and safely. **Teams that DO NOT PRACTICE THIS EVENT at home risk SERIOUS INJURY!**



INCLEMENT WEATHER - 20-YARD SLAM BALL PUSH

2) Specific Details:

- a. **Cadets are ONLY permitted to touch the slam ball with their hands.** The slam ball will always be on the FLOOR and pushed/rolled. Moving the ball in any other way or gaining any advantage using your feet or other body parts will result in a subjective penalty PER OCCURANCE based on the subjective advantage gained.
- b. Cadets will execute this course on two feet bent over at the waist. Cadets CANNOT be in any other position. The ball may be moved with **any technique** so long as the rules of this event are maintained.
- c. Strength, agility, speed, strategy, and PRACTICE will be essential to execute this event.

18. EVENT SCORING & TIMING

- a. An official timekeeper keeps the official time / quantity / distance at every event. It is reminded that teams should gain their times/distances, etc. BEFORE leaving the event area. WE STRONGLY ASK a single team rep to be on hand near the finish to "check times" to solve any dispute right there.
- b. The overall team finish (for crowning Overall Champions/ Runner-up titles) within every division **is awarded based on a value earned through placements within each team event.** A team's placement in all events will produce an overall placement point total. The **lowest point value earned** will be considered the highest finisher.



Example: a team earns: 1st place in PTT; 7th place in Power Throw; 6th place in Pull-ups; 10th place in Broad Jump and 3rd place 3K Team Run. The aggregate value for this team would be computed as: 1+7+6+10+3=27. Therefore, "27" would be the score for overall placement.

- c. For MIXED teams competing in flexed arm hang/pull-ups, the six MALE totals will be scored and receive a placement within the MALE entrants in the Mixed Division. The three FEMALE times will be totaled and receive a placement within the FEMALE entrants in the Mixed Division. These placements will be added together and compared to all other teams in the Mixed Division to gain the proportional placement of the team in this event.
- d. **There are NO TIES** at the Fitness Nationals. The tie breakers for individual events, team events and overall trophy placements are as follows:

Pull-ups-Individual

- 1st Level: Highest TEAM score
- 2nd Level: Cadet with highest Power Throw
- 3rd Level: Cadet competing earlier on the scoresheet/day

Overall Championship Ties

- 1st Level: The team winning more events
- 2nd Level: The team with most team trophies earned
- 3rd Level: Lowest time on the P.T.T. event

Standing Broad Jump & Power Throw-Indv.

- 1st Level: Longest distance of the cadet-2nd attempt
- 2nd Level: Highest finishing team
- 3rd Level: Cadet competing earlier on the scoresheet/day

3K Team Run & PTT – Team events

- 1st Level: Hundredths of a second
- 2nd Level: Highest Finishing TEAM **in P.T.T., then 3K**

Flexed Arm Hang-Individual

- 1st Level: Hundredths of a second
- 2nd Level: Highest finishing team
- 3rd Level: Cadet competing earlier in the day

Standing Broad Jump / Power Throw / Pull-ups-Team

- 1st Level: Longest individual cadet count/distance
- 2nd Level: 2nd Longest indv. cadet count/distance
- 3rd Level: 3rd Longest indv. cadet (and so on)

Flexed Arm Hang-Team

- 1st Level: Hundredths of a second
- 2nd Level: Best individual cadet time
- 3rd Level: 2nd Best ind. cadet (and so on)

Ultimate Fitness Cadet Tie Breaker

- 1st Level: Cadet with highest indv. finish/any 1 event
- 2nd Level: Cadet with 2nd highest indv. finish/any 1 event

19. SCORESHEETS & SCORE TABULATION

- a. All event score sheets can be found in advance of the competition on the “Paperwork HQ” section of the event website. These sheets during the event are printed on water resistant paper. Pay attention to these sheets to see what many of the most common PENALTIES are listed for each event.
- b. Beginning this year, all indoor “count, timing and distance” events will be recorded using electronic tablets within the Ocean Center. Cadets after executing their athletic contest will be asked to VERIFY the time, distance or quantity recorded by the judge. While serving several purposes, the largest would be the ability for the results to move directly into the scoring computer to begin computation from the actual event site initiated by the competitor themselves.
- c. Instructors will be given an app for their phone that will allow them to see the most current scoring for their teams at any time. No ability will be made available to see the scoring of other teams until the closing night Awards Ceremony. Moving in this direction will give the Fitness Nationals the most advanced scoring system available anywhere in JROTC. Well deserved for the most advance competitors found anywhere!
- d. Each area will continue to maintain A STANDARD PAPER BACKUP. While we do not expect this to be needed, they will be available for comparison and spot verification, as well as should anything unexpected arise.
- e. The electronic timing at the beach will be brought in and placed within the scoring system through the import of an Excel spreadsheet at the end of the beach competition about 2pm. These results will then be verified and also included within the totals that you will see on the phone app.
- f. More extensive use of the SNI texting program during the competition weekend will make all instructors aware of important event items so they can look in their app and ensure all is as expected.
- g. A complete scoring package maintaining all of the time/score sheets, as well as team placement information is designed to be available immediately following the Awards Ceremony (if time permits to prepare them for distribution) or they will be mailed to your team immediately following the event along with your team photos.
- h. Questions regarding Fitness Nationals scoring are welcomed and addressed after you have received your completed score sheets.
- i. It should be noted that every score sheet will be triple-checked by SNI personnel, as well as input & totaled on a computer program specially designed for the Fitness Nationals by SNI.
- j. Each unit will be judged by the SAME JUDGES within each event where any subjectivity is in play. All judges' scoring & decisions are final.
- k. Teams should feel free to discuss items with judges that pertain to correct procedures, or to double check that correct timing or other issues were executed. If there is any concern in these areas, do NOT belabor a point with a judge. Proper procedures, scoring/timing, etc., are handled by the Event Director located on-site during the competition.
- l. Any related questions from instructors regarding this competition scoring should be directed to the Judging Director of the Fitness Nationals at the Event HQ on-site. Anyone feeling there has been a mistake of some kind MUST bring this forward as soon as possible to ensure any fix that could be needed in done ASAP.



20. AWARDS CEREMONY

a. The Awards Ceremony for the Fitness Nationals will be held at the Ocean Center Arena in the evening the same day of the event. The timing of this ceremony will allow teams to end their LONG event day, have a quick dinner, pack all clothes up then get to the awards ceremony. Teams and their supporters will sit together in the raised seating of the arena. This impressive venue after a long competition day. **All teams and supporters are welcome to attend at no charge for entry!**



b. Teams will be required to move to the SOUTH SIDE of the arena to be facing the staging areas.

c. This ceremony is high energy and teams send their representative to gain awards **on the jog** at a minimum when they hear their name called. **Do not draw out your approach or face the scorn of the crowd!** 😊

d. Finalizing the event schedule will be done when the competition field is set. Only then will the final schedule be posted just a few weeks prior to the competition date. Teams will have time built into the schedule to grab dinner at one of many places in and around the ocean center. Pizza, Burger King, Wing House, Bar-B-Q and numerous other food locations are within just a few blocks of the Ocean Center beachside.

e. Dress for the Awards Ceremony will be casual but tasteful. Parents and instructors are reminded to come forward with your team to get photos or video.

f. As several teams will be packing up and hitting the road very soon afterwards, the specific requirements by SNI will be loose. Teams are suggested to wear matching athletic gear.

g. All JROTC instructional personnel must consider regulations in place by their particular service headquarters when deciding what to wear to the ceremony. The ceremony will maintain a general officer from the event sponsor to serve as the keynote speaker and to present the bulk of the trophies. Therefore, your dress should be neat and presentable to receive these awards.

h. Failure to attend the ceremony without sufficient cause will be construed as a lack of interest in supporting the event and may preclude invitation to the school in the future. Should a true emergency keep a unit from attending the ceremony, arrangements can be made to have a nearby school accept awards or ship trophies to your unit, COD.

i. No team or individual placements will be announced or presented to any team in any manner in advance. The Awards Ceremony is as much a part of the Fitness Nationals as any team event.

j. Greater details will be emailed to each school the week prior when the final event schedule is posted.



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