



Marine Corps League Youth Physical Fitness Program



March 9, 2024

Dear Coach,

Greetings and thank you for continuing to enrich the lives of the young men and women that you lead both inside and outside of the Youth Physical Fitness (YPF) Program. As the new YPF Chairman, I will be relying upon your experience as I seek to build upon past successes in an attempt to elevate participation in this program to levels not seen in decades.

But first things first. The 2024 National High School and JROTC Physical Fitness Championships, sponsored by the Marine Corps League and the U. S. Marines Youth Foundation, Inc., will be held 16 - 18 May at the Arkansas Military & First Responders Academy (AMFRA) located at 10710 Interstate 30, Little Rock, Arkansas 72209. We have a block of discounted rooms available at the Little Rock Marriott at 3 Statehouse Plaza, Little Rock, AR 72201. <https://www.marriott.com/event-reservations/reservation-link.mi?id=1708712476227&key=GRP&app=resvlink>

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 must complete and return the enclosed documents.

Teams are responsible for their own transportation throughout this entire evolution. Similarly, teams are responsible for their own lodging throughout this entire evolution. That said, like last year, teams may request to use Camp Robinson's barracks at no expense. Camp Robinson is located in North Little Rock, AR. Teams that elect to use on-base billeting will remain in place at the conclusion of this evolution until the billeting areas are inspected and cleared. If the facilities do not pass inspection, a cleaning fee will be assessed to the responsible team(s). Linen will not be provided so teams should plan on bringing blankets or sleeping bags. A same-sex coach or adult chaperone 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.

Teams must be registered in order to compete. Registration forms can be found with this package. These forms must be emailed to ypf@mcleague.org **no later than 12 April.**

All meals, with the exception of the paid-for awards banquet, are the responsibility of the individual schools. The awards banquet will be held in AMFRA's gymnasium on the evening of 18 May after all scores have been tabulated.

Each athlete must complete the release of liability form. Coaches are required to provide the forms for each participant at the coaches meeting on 17 May.

Students participating in the event will participate according to the gender assigned to them at birth. If coaches have an issue they should contact me. Parents, by signing this letter, you consent to photographs possibly being taken of your child and published online.

In the past, smooth coordination of this event has been hampered by incomplete or inaccurate logistical information being submitted in an untimely fashion. **Please help us out by getting your t-shirt sizes and banquet numbers to us soonest.** Reminder that all the documents included with this letter (waivers are to be hand carried and delivered to the coordinator at the coaches meeting) be emailed **no later than 12 April.**

Semper Fidelis,

Sean Patton

YPF@MCLeague.org

(610)554-3226

Enclosures

- 1) Team Registration Form
- 2) Logistical Information
- 3) Waiver
- 4) Competition Guidelines



Marine Corps League
Youth Physical Fitness Program



2024 National High School
Physical Fitness Championships
Team Roster / Registration Form

SCHOOL NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACHES NAME: _____

COACHES T-SHIRT SIZE _____ EMAIL ADDRESS: _____

BEST PHONE NUMBER(S): _____ TEAM QUALIFYING SCORE: _____

NAMES OF ASSISTANT COACHES/ESCORTS/CHAPERONES AND T-SHIRT SIZES FOR EACH:

This team is a: MALE FEMALE COMPETITION PILOT

STUDENT NAME	AGE	GRADE	INDIV SCORE	T-SHIRT SIZE

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

TOTAL NUMBER OF BAQUET ATTENDEES FOR THIS TEAM: _____

I certify that the above named athletes are full-time students in grades 9-12 and will not have attained the age of 20 prior to the competition.

High School Principal



Marine Corps League
Youth Physical Fitness Program



2024 National High School
Physical Fitness Championships
Logistical Information

SCHOOL NAME: _____

COACH'S NAME: _____

COACH'S EMAIL: _____

COACH'S PHONE NUMBER(S): _____

ARRIVAL DATE AND TIME _____

AIRLINE AND FLIGHT NUMBER _____

NUMBER OF PASSENGERS _____

DEPARTURE DATE AND TIME _____

AIRLINE AND FLIGHT NUMBER _____

NUMBER OF PASSENGERS _____

ON BASE BILLETING

NOT REQUIRED _____

REQUIRED _____

NUMBER OF FEMALES _____

NUMBER OF MALES _____

AWARDS BANQUET

Our total number of meals is: _____. This includes everyone associated with your team--students, coaches, volunteers, parents, etc. This number should match the number on your team registration form.



Marine Corps League

Youth Physical Fitness Program



2024 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 the Arkansas Military and First Responders Academy, the Marine Corps League, the U.S. Marines Youth Fitness Foundation, the U.S. Marine Corps, the Department of the Navy, the U.S. Government, and all agencies and instrumentalities thereof, its agents, officers, servants, and personnel from and all liability, claims, demands, and actions whatsoever resulting from my involvement with this event. Parental consent includes an acknowledgment that your child may be photographed during this 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.

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. Known risks 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 vehicles; (4) interaction with animals, both wild and domestic; (5) significant distances from recreational areas to medical treatment facilities or hospitals.

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.

Signature of Releaser (Relationship to participant): _____

Signature of Participant: _____ Date: _____



Marine Corps League Youth Physical Fitness Program



2024 National High School Physical Fitness Championships

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: <https://www.mcleaguelibrary.org/youth-programs/youth-physical-fitness-ypf/>

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. 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 relation 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.