

Number	Entry	Category	Registration Requirements
708	Physical Fitness	Performance, Athletics	Sign up on student registration form. Dates on website.

GENERAL GUIDELINES FOR ALL ATHLETIC COMPETITIONS

All students entering athletic events MUST enter at least two (2) other non-athletic events.

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit.

On the other hand, a sports program has the potential of becoming an end in and of itself. Students and staff who hold sports above all else do themselves a disservice and do not honor the Lord. Schools that enter competition solely to compete in sports are missing a tremendous opportunity for their students to broaden their talents and abilities in other areas.

EXCEL Convention may refuse to accept teams or individuals:

1. Who are only interested in sports competition.
2. Whose coaches or players have demonstrated disrespect for officials and/or other teams and coaches.
3. Who have repeatedly displayed a negative attitude.

Schools desiring to enter any athletic competition must agree to abide by the rules as outlined in these Guidelines.

Athletics Dress Code

Male

- Contestants must wear loose fitting, full length, sweat pants, warm-up pants or trousers.
- Uniformity in dress is mandatory for team events.
- Students competing in basketball may wear their athletic attire during their event only.
- Non-marking soles are required for all athletic shoes worn on gym floors.
- Shorts, and sleeveless shirts will NOT be allowed. (Exception: a numbered tank top over a colored T-shirt is acceptable for athletics)

Female

- Loose-fitting skirts and tops are to be worn for competition. Skirts must be full and loose fitting. Skirts must touch the floor when the wearer is in an upright kneeling position.
- For modesty reasons is it recommended that:
 - white athletic clothing NOT be worn.
 - dark colored leggings be worn under the skirt.
- Non-marking soles are required for all athletic shoes worn on gym floors.
- Shorts, and sleeveless shirts will NOT be allowed. (Exception: a numbered tank top over a colored T-shirt is acceptable for athletics)

TRACK AND FIELD

1. Appropriate athletic clothing must be worn. (See athletic dress code above.) All track and field contestants must wear athletic numbers during competition.
2. A contestant may enter no more than three events in the Athletic Division.
3. It is the responsibility of the contestant to be present when his event is run. He will be disqualified if he misses his event.
4. Substitutions in relay teams are allowed only in case of sickness or family emergency. The Track Head Judge must approve all substitutions.
5. Contestants must compete with shoes on both feet.
6. In all field events, it is the contestant's responsibility to check in with the Chief Judge before competition begins.
7. Any contestant performing in both field events and running events must immediately report to the starting place for his race when his running event is announced. However, he must tell the field event Chief Judge of his whereabouts and report back to the same judge when his running event is completed; each contestant shall resume field competition where he left off.

8. Qualifiers for the final heats will be the eight contestants or teams with the fastest qualifying times. Eight contestants qualify for fastest times for the 1600-Meter Run. NOTE: where lanes permit.
9. A heat shall consist of up to eight runners, with each man assigned his own lane.
10. Winners of heats shall be placed in lanes accordingly:
 - a) Fastest time Lane 3,
 - b) Second fastest time Lane 4,
 - c) Third fastest time Lane 2,
 - d) Fourth fastest time Lane 5,
 - e) Fifth fastest time Lane 1,
 - f) Sixth fastest time Lane 6,
 - g) Seventh fastest time Lane 7,
 - h) Eighth fastest time Lane 8.
11. In the 100-Meter Dash, 400-Meter Dash, and 400-Meter Relay, a runner shall run within his assigned lane and shall not step over his lane line for three or more consecutive steps with either or both feet.
12. In the 1600-Meter Run, a runner must be one full stride ahead of another runner before he can cut over to the latter's course.
13. All field measurements are to be recorded to the nearest 1/4 inch except in the High Jump where the measurements will be recorded, by the judges, to the nearest 1/2 inch. Times are to be recorded to the nearest 1/10 second.
14. Starting blocks may be used for any race. It is the responsibility of a fellow teammate to remove the blocks immediately after the race has begun.
15. In all events that involve measuring (except the High Jump), ties by identical measurements shall be separated by the second best performance of the tying contestants. If a tie still exists, it shall be decided by the third performance.
16. Spectators and coaches are not allowed on the track field.

For more specific rules for track and field, please refer to:

National Federation Handbook for Track and Field

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In case of a conflict of rules, the EXCEL Convention guidelines have precedence.

FIELD EVENTS

(708) Physical Fitness (Male)

Sit-Up

1. Back lying, legs bent at least 90° angle, feet together flat on floor, arms folded across the abdomen without holding shirt.
2. Sit up and touch the knees with the folded arms without holding shirt.
3. Keep arms folded across the abdomen. Buttocks must stay in contact with ground.
4. The event judge will assign a "buddy" who will hold the contestant's feet against the floor by holding the contestant's ankles.
5. The contestant will be allowed ten minutes to perform as many sit-ups as possible without stopping.

Push-Up

1. Front lying, palms of hands flat on floor and approximately 1 foot from ears directly to side of head.
2. Straighten arms to lift body.
3. Chest must touch floor for each completed movement.
4. Body must remain in a rigid position during the upward push and downward motion.

5. The contestant will be allowed five minutes to complete as many push-ups as possible without stopping.

Pull-Up

1. Standing with the bar adjusted to at least eight (8) inches beyond extended arm, grasp bar with back of the hand toward the contestant.
2. Flex arms, raise body, touch chin to bar; return to starting position.
3. Move upward and downward with body in extended position.
4. The contestant will be allowed five minutes to perform as many pull-ups as possible without stopping.

Rules

1. The contestant must do the exercises in the following order (1) pull-ups, (2) push-ups, (3) sit-ups.
2. Only 60 seconds will be allowed between exercises.
3. A judge will count the number of correct exercises performed. The judge will "warn" the contestant of the first improper movement; count will stop at the second improper movement or when time is up.

Scoring

Pull-Ups ----- 1 point each

Push-Ups ----- 1/2 point each

Sit-Ups ----- 1/3 point each

The contestant with the highest total points shall win first place. Subsequent places will be determined by total points of each contestant.

Physical Fitness competition is counted as one of the three athletic events in which a male contestant is allowed to compete. Contestants should select events carefully so they will not be competing in a back-to-back- situation; i.e., 400-Meter Relay followed by 1600-Meter Run.