



ATA FIT TEST

Round 1 - Push-Ups

- Males will perform as many push-ups as they can in 1-minute from a traditional position
- Females will perform as many push-ups as they can in 1-minute from a modified position

Males	1pt.	2pt.	3pt.	4pt.	5pt.
Age 20-29	<20	20-34	35-44	45-54	>54
Age 30-39	<15	15-24	24-34	35-44	>44
Age 40-49	<12	12-19	20-29	30-39	>39
Age 50-59	<8	8-14	15-24	25-34	>34
Age 60+	<5	5-9	10-19	20-29	>29

Females	1pt.	2pt.	3pt.	4pt.	5pt.
Age 20-29	<6	6-16	17-33	34-48	>48
Age 30-39	<4	4-11	12-24	25-39	>39
Age 40-49	<3	3-7	8-19	20-34	>34
Age 50-59	<2	2-5	6-14	14-29	>29
Age 60+	<1	1-2	3-4	5-19	>19

Rest – 1 minute

Round 2 - Plank

- Males will hold a plank position for a max time of 2:21

1pt.	2pt.	3pt.	4pt.	5pt.
:45-1:17	1:18-1:33	1:34-1:44	1:45-2:20	2:21+

- Females will hold a plank position for a max time of 2:01

1pt.	2pt.	3pt.	4pt.	5pt.
:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

Rest – 1 minute

Round 3 – 4 different segments performed in :30 second blocks (with no rest) for a total time of 2-minutes

- Jab, Jab, Cross Combo (left lead)
 - Perform 15 combos in :30 seconds
- #2 Right Round Kick
 - Perform 15 kicks in :30 seconds
- Jab, Jab, Cross Combo (right lead)
 - Perform 15 combos in :30 seconds
- #2 Left Round Kick
 - Perform 15 kicks in :30 seconds

Rest – 1 minute



Round 4 – A sparring combo, performed once every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (8 combos total)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (15 seconds) followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (15 seconds)

***Complete the set a total of 4 times**

Rest – 1 minute

Round 5 – A sparring combo, performed twice every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (16 combos total)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (twice in 15 seconds) followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (twice in 15 seconds)

***Complete the set a total of 4 times**

Scoring for each round will be judged separately based on its own, independent scoring system. Each point value allocation shall be determined based on the Rubric criteria identified.

Conversion:

- A score of 46-50 will convert to a “+1” total score.
- A score of 41-45 will convert to a “0” total score.
- A score of <41 will convert to a “-1” total score.

Individual Round Breakdown:

- Round 1 will be scored on a five-point scale with the minimum score being “one” and the maximum score being “five”.
- Round 2 will be scored on a five-point scale with the minimum score being “one” and the maximum score being “five”.
- Round 3 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) with the minimum score being “one” and the maximum score being “five” on each of the three scales.
- Round 4 will be scored on a ten-point scale. The ten-point scale shall be divided into two, five-point scales (Quality and Power) with the minimum score being “one” and the maximum score being “five” on each of the three scales.
- Round 5 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) with the minimum score being “one” and the maximum score being “five” on each of the two scales.

Effective Date: To be implemented at the 2018 Fall Nationals