



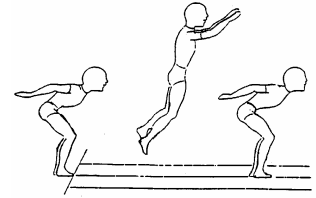
# CubOlympics

## Standing Long Jump

1 point for each inch of the long jump

Scout stands with his feet comfortably apart with toes just behind the takeoff line. He prepares for jumping with knees flexed and arms swinging in a rhythmical motion. He jumps, swinging arms forcefully forward and upward, taking off from the balls of his feet. His jump is measured from the takeoff line to the heel or any part of body that touches the surface nearer the takeoff line.

The better of two trials will be recorded.

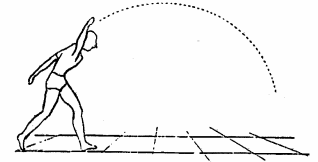


## Overhand Softball Throw

1 point for each foot of softball throw.

Scout may run up to or stand at the line and throw OVERHAND a regulation 12-inch seam rubber or leather-covered softball. The throw is measured from the line to where the ball lands.

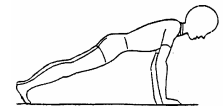
The better of two throws will be recorded.



## Pushups

2 points for each pushup in 1 minute

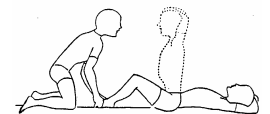
Scout's starting position is with extended arms and hands placed on floor under shoulders with fingers pointing forward. Extend body so that it is perfectly straight. The weight is supported on the hands and toes. Keeping body tense and straight, bend elbows and touch chest to floor. Return to original position. (The body must be kept straight - the buttocks not raised and the abdomen not sagging.)



## Sit-ups

2 points for each sit-up in 1 minute

Scout lies on his back for starting position, fingers laced behind neck, with knees elevated and feet flat on floor about 1 foot apart. Another boy holds feet to the floor while each successful sit-up is counted. The boy's back must touch the floor after each sit-up.



## 50 Yard Dash

Points based on place: 1<sup>st</sup> = 100 points, 2<sup>nd</sup> = 90 points, 3<sup>rd</sup> = 80 points, 4<sup>th</sup> = 70 points, 5<sup>th</sup> = 60 points and all other 50 points for participation

Scouts are grouped by age and stand behind starting line. Started raises his hand. "On your mark" - All boys step forward to starting line. "Get set" - All boys assume starting position. "Go" - Started brings hand down quickly hitting thigh at same time. The boys leave the starting line and run the 50 yards. As they cross the finish line, their finishing order is recorded.

