

SPRINGFIELD TWP POLICE PUSH-UP/SIT-UP CHALLENGE

- \$50 and a certificate for the winner of each category (TOTAL OF \$600 AT STAKE) – This money is not from tax-payers of Springfield Township. \$300 was put up by the Officers and a matching \$300 was put up by the Chief of Police.

CATEGORIES:

<u>PUSH-UPS</u>	<u>SIT-UPS</u>
1. Elementary – Male	7. Elementary – Male
2. Elementary – Female	8. Elementary – Female
3. Middle School – Male	9. Middle School – Male
4. Middle School – Female	10. Middle School – Female
5. High School – Male	11. High School – Male
6. High School – Female	12. High School – Female

- Students must video their push-ups and/or sit-ups. Video must show the entire student's body. No loose-fitting clothing may be worn while performing the push-ups and/or sit-ups (this eliminates cheating). The video must record all reps. The video may not be edited in any way.
- In the event of a tie, the winner will be decided by the shortest length of time it took for the student to complete their respective number of push-ups/sit-ups.
- Students are to submit an Email to chief@springfieldbucks.org and must contain the following. (DO NOT SEND THE VIDEO AT THIS TIME) – Videos will be requested as needed at a later date.

Email must contain the following:

1. Full Name and Age
2. School currently attending
3. Date the push-ups and/or sit-ups were completed
4. Number of push-ups and/or sit-ups completed
5. Name of an adult witness (no entries will be accepted without a witness)

Push-up Standard must be adhered to and is as follows:

Testing the student starts in push-up position with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2–4 inches) with the toes supporting the feet. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up. The push-ups can be done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval. If a metronome is needed, they can be found on the internet. Just google 20 BPM Metronome. That will give you 3 second intervals.

Sit-up/Curl-up Standard must be adhered to and is as follows:

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk, curling up to touch the outside of forearms and elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. "Bouncing" off the floor is not permitted and the student must keep their arms tight to their chest (no reaching elbows out to the knees). There is no rest period permitted during the testing. The student must be in constant motion during the test. The sit-up will only be counted only if performed correctly.

DISCLAIMER

***The Springfield Township Police Dept. strongly recommends that you consult with a physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. The Springfield Township Police Dept. is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. If there are any questions or concerns of how to perform an exercise, the Springfield Township Police Dept. recommends consulting with a certified trainer or physician before performing the exercise.

You should understand that when participating in any exercise, exercise program or exercise challenge, there is the possibility of physical injury. If you engage in these exercises, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the Springfield Township Police Dept and the Township from any and all claims or causes of action, known or unknown, arising out of engaging in this challenge.***