

OBSTACLE COURSE ELEMENT DESCRIPTION

The Obstacle Course will be made up of 10 individual elements which are described below. If, in the opinion of the judge, a legitimate attempt is not made on each element the competitor will be disqualified. Each competitor will be timed on the course. Penalty time will be added to the elapsed time to determine the final time.

Agility Tests

BATON SHUTTLE

Description: The participant will shuttle 3 batons between 3 placement mats. Baton 1 must be placed on mat 1, baton 2 must be placed on mat 2, etc. After placing the 3 batons, the competitor may proceed to the next element.

Penalty: A 5-second penalty will be assessed if all 3 batons are not in contact with their corresponding mat.

TIRE AGILITY

Description: The participant will step through each tire. After stepping through each tire the competitor may proceed to the next element.

Penalty: A 5-second penalty will be assessed if all tires are not completed, or if the competitor touches any part of his/her body above the knee to the tire or ground.

LOW BAR

Description: The participant will go under the bar.

Penalty: A 5-second penalty will be assessed if the bar is knocked from the stand.

DUMMY SHUTTLE

Description: The participant will move the dummy from the starting point to the placement mat while navigating the slalom cones.

Penalty: A 5-second penalty will be assessed if the dummy strikes the ground at any point between the start and placement mat, if the course is not followed, or if the dummy does not end up in contact with the placement mat.

SHOT SHUTTLE

Description: The participant will move the shots clockwise around the course placing each shot on the corresponding mat.

Penalty: A 5-second penalty will be assessed if each shot is not left in contact with the appropriate placement mat.

Skills Tests

SOCCKER SKILLS

Description: The participant will maneuver the soccer ball through the course using only his/her feet.

Penalty: A 5-second penalty will be assessed if the participant is unable to navigate the course.

FLOOR HOCKEY SHOT

Description: The participant will receive up to 3 shot in a attempt to score a goal. Once a goal is scored the participant may move on to the next element.

Penalty: A 5-second penalty will be assessed if the participant is unable to score a goal in 3 shots.

FRISBEE TOSS

Description: The participant will receive up to 3 throws to contact the target. Once a target is hit the participant may move on to the next element.

Penalty: A 5-second penalty will be assessed if the participant is unable to hit the target in 3 throws.

SOCCKER SHOT

Description: The participant will receive up to 3 shots in an attempt to score a goal. Once a goal is scored the participant may move on to the next element.

Penalty: A 5-second penalty will be assessed if the participant is unable to score a goal in 3 shots.

FOOTBALL TOSS

Description: The participant will receive up to 3 throws in an attempt to pass the ball through the cut-out. Once a goal is scored the participant may move on to the next element.

Penalty: A 5-second penalty will be assessed if the participant is unable to score a goal in 3 passes.