



EVENT SCORING WOMEN

SITUPS										
Age	18-25	Points	26-35	Points	36-45	Points	46-55	Points	56-65	Points
Excellent	>43	10	>39	10	>33	10	>27	10	>24	10
Good	37-43	8	33-39	8	27-33	8	22-27	8	18-24	8
Above Average	33-36	6	29-36	6	23-26	6	18-21	6	13-17	6
Average	29-32	5	25-28	5	19-22	5	14-17	5	10-12	5
Below Average	25-28	4	21-24	4	15-18	4	10-13	4	7-9	4
Poor	18-24	3	13-20	3	7-14	3	5-9	3	3-6	3
Very Poor	<18	2	<13	2	<7	2	<5	2	<3	2

SQUATS										
Age	18-25	Points	26-35	Points	36-45	Points	46-55	Points	56-65	Points
Excellent	>43	10	>39	10	>33	10	>27	10	>24	10
Good	37-43	8	33-39	8	27-33	8	22-27	8	18-24	8
Above Average	33-36	6	29-36	6	23-26	6	18-21	6	13-17	6
Average	29-32	5	25-28	5	19-22	5	14-17	5	10-12	5
Below Average	25-28	4	21-24	4	15-18	4	10-13	4	7-9	4
Poor	18-24	3	13-20	3	7-14	3	5-9	3	3-6	3
Very Poor	<18	2	<13	2	<7	2	<5	2	<3	2

PUSH UPS										
Age	17-19	Points	20-29	Points	30-39	Points	40-49	Points	50-59	Points
Excellent	>35	10	>36	10	>37	10	>31	10	>25	10
Good	27-35	8	30-36	8	30-37	8	25-31	8	21-25	8
Above Average	21-27	6	23-29	6	22-30	6	18-24	6	15-20	6
Average	11-20	5	12-22	5	10-21	5	8-17	5	7-14	5
Below Average	6-10	4	7-11	4	5-9	4	4-7	4	3-6	4
Poor	2-5	3	2-6	3	1-4	3	1-3	3	1-2	3
Very Poor	0-1	2	0-1	2	0	2	0	2	0	2

VERTICAL JUMP	POINTS
≥25	10
21-24	8
17-20	6
13-16	4
9-12	2
≤8	1

BODY FAT FOR WOMEN	POINTS
Essential	10-12% 10
Athletic	14-20 8
Fitness	21-24 6
Average	25-31 4
Poor	> 32% 2

SEATED FLEXIBILITY	POINTS
Super	>30 10
Excellent	21-30 8
Good	11-20 6
Average	1-10 5
Fair	-7-0 4
Poor	-14 to -8 3
Very Poor	<-15 2



EVENT SCORING MEN

SITUPS										
Age	18-25	Points	26-35	Points	36-45	Points	46-55	Points	56-65	Points
Excellent	>49	10	>45	10	>41	10	>35	10	>31	10
Good	44-49	8	40-45	8	35-41	8	29-35	8	25-31	8
Above Average	39-43	6	35-39	6	30-34	6	25-29	6	21-24	6
Average	35-38	5	31-34	5	27-29	5	22-24	5	17-20	5
Below Average	31-34	4	29-30	4	23-26	4	18-21	4	13-16	4
Poor	25-30	3	22-28	3	17-22	3	13-17	3	9-12	3
Very Poor	<25	2	<22	2	<17	2	<9	2	<9	2

SQUATS										
Age	18-25	Points	26-35	Points	36-45	Points	46-55	Points	56-65	Points
Excellent	>49	10	>45	10	>41	10	>35	10	>31	10
Good	44-49	8	40-45	8	35-41	8	29-35	8	25-31	8
Above Average	39-43	6	35-39	6	30-34	6	25-29	6	21-24	6
Average	35-38	5	31-34	5	27-29	5	22-24	5	17-20	5
Below Average	31-34	4	29-30	4	23-26	4	18-21	4	13-16	4
Poor	25-30	3	22-28	3	17-22	3	13-17	3	9-12	3
Very Poor	<25	2	<22	2	<17	2	<9	2	<9	2

PUSH UPS										
Age	17-19	Points	20-29	Points	30-39	Points	40-49	Points	50-59	Points
Excellent	>56	10	>47	10	>41	10	>34	10	>31	10
Good	47-56	8	39-47	8	34-41	8	28-34	8	25-31	8
Above Average	35-46	6	30-39	6	25-33	6	21-28	6	18-24	6
Average	19-34	5	17-29	5	13-24	5	11-20	5	9-17	5
Below Average	11-18	4	10-16	4	8-12	4	6-10	4	5-8	4
Poor	4-10	3	4-9	3	2-7	3	1-5	3	1-4	3
Very Poor	<4	2	<4	2	<2	2	0	2	0	2

VERTICAL JUMP	POINTS
≥36	10
31-35	8
26-30	6
21-25	4
17-20	2
≤16	1

BODY FAT FOR MEN	POINTS	
Essential	≤7	10
Athletic	8-11	8
Fitness	12-17	6
Average	18-24	4
Poor	>25%	2

SEATED FLEXIBILITY	POINTS	
Super	>27	10
Excellent	17-27	8
Good	6	6
Average	0-5	5
Fair	-8 to -1	4
Poor	-19 to -9	3
Very Poor	<-20	2