

Science Hill High School  
1509 John Exum Pkwy  
423-232-2190  
Johnson City, TN 37604  
7th Brigade, USACC

UPDATED: 10/26/2018

---

## Science Hill High School Topper Cadet Challenge SOP

---

**Summary:** This Standard Operating Procedure (SOP) manual provides guidance for the execution of Cadet Challenge.

**Applicability:** This SOP applies to all JROTC cadets at Science Hill High School. It covers the operating procedure of the Cadet Challenge and also tells how to properly execute the event.

**Suggested improvements:** Send comments and suggested improvements to the S-3.\*

---

### Chapter 1

<b>Introduction</b>	<b>Paragraph</b>	<b>Page</b>
Uniform	1-1	2
Purpose	1-2	2
Preparation	1-3	2
Scoring	1-4	2

### Chapter 2

	<b>Paragraph</b>	<b>Page</b>
Arrival Area/Time	2-1	2
Formation	2-2	2
Entrance	2-3	2
Events	2-4	2
Departure/Time		

### Chapter 4

	<b>Paragraph</b>	<b>Page</b>
Curl-ups	4-1	2
Pull-ups	4-2	2
Flexed-arm Hang	4-3	3
Shuttle Run	4-4	3
Mile Run	4-5	3
Push-ups	4-6	

## **Chapter 1-Introduction**

**1-1. Uniform-** Cadets shall wear the JROTC PT shirt and athletic pants/shorts

**1-2. Purpose-** To test cadets on their physical prowess

**1-3. Preparation-** Inform cadets and tell them bring their PT uniform

**1-4. Scoring-** Scores of all events for each cadet shall be tallied up and submitted to the SAI/NCO

## **Chapter 2- Arrival/Departure**

**2-1. Arrival Area/Time-** Your JROTC class period

**2-2. Formation-** Before the challenge cadets shall fall in and stretch

**2-3. Entrance-** N/A

**2-4. Departure/Time-** The end of your class period

## **Chapter 4- Events**

**4-1. Curl-ups-** Conduct this event on a flat surface, preferably with a mat. Start cadets in a lying position on their backs with their knees up so their feet are flat on the floor and about 12 inches from their buttocks. Cadets will have their arms crossed with their hands placed on opposite shoulders and their **elbows held close to the chest** throughout the exercise. The feet are to be held by a partner at the instep. At the command “ready, go” cadets must then lower their backs so that their shoulder blades touch the floor/mat. This constitutes one repetition of a curl-up. During each repetition, bouncing off the floor/mat is not allowed and the fingers must touch the shoulders at all times. **Cadets may rest in the “up” position.** Resting in the “down” position will end the exercise. Cadets complete as many curl-ups as possible in 60 seconds.

**4-2. Pull-ups-** Conducts this event using a horizontal bar approximately one and one-half inches in diameter. The bar should be high enough so that cadets can hang with their arms fully extended and their feet free of the floor/ground. Have cadets assume the hanging position on the bar using either an overhead grasp (palms facing away from the body) or underhand grip (palms facing toward the body). Cadets begin the exercise by first raising their body until the chin is over the bar without touching it. To complete one repetition, the body must be lowered to the full-hang starting position. During each repetition, the body must not swing, legs must not kick or bend, and the pull must not be jerky. Cadets are scored on the number of pull-ups they can correctly execute. There is no time limit on this event. Cadets who can not do the pull-up will do the Flexed-arm Hang.

**4.3 Flexed-arm Hang-** Using a horizontal bar as in the pull-ups, have cadets climb a ladder until their chin is above the bar. They begin the exercise by grasping the bar with their hands, shoulder width apart, using either an overhand grasp (palms facing away from body) or underhand grip

(palms facing toward the body). At the command “ready, go” the cadets step off the ladder. Simultaneously, an assistant instructor will remove the ladder and prevent any forward swinging of the legs. The cadet’s chin should be above the bar. Kicking and other body movements are not permitted while the cadets are on the bar. Start the stopwatch on the command “go” and stop it when the cadet’s chin rests on the bar, the chin tilts backwards to keep it above the bar, or if the chin falls below the level of the bar. Scoring is to the nearest hundredth of a second. Only cadets who can no do the pull-up will do the flexed-arm hang.

**4.4 Shuttle Run-** Conduct this event on an area that has two parallel lines 30 feet apart. Start cadets at the standing position. At the command “ready, go” have cadets run to the opposite line, pick up one block, run back to the starting line, and **place the block** behind the line(If a block is tossed across the line, the score will not be recorded). Cadets then run back and pick up the second block, which **they carry across** the line. Scoring is to the nearest hundredth of a second.

**4.5 Mile Run-** Conduct this even on the track. At the command “ready, go,” have cadets run around the track for four complete laps as fast as they can. Scoring is to the nearest second.

**4.6 Push-up-** Conduct this event on a flat surface. Start the cadets on their hands and feet with a straight back and legs. At the command “ready, go,” Cadets must make a 90 degree angle with their arms and push back to the starting position. Cadets must rest in the up(starting) position to rest. If the knees or chest touch the ground then the exercise is terminated. Cadets will repeat this for 60 seconds(1 minute) as many times as they can.