



ATA FIT TEST *Effective beginning 2018 Fall Nationals National Testing, October 19, 2018*

Structure

FIT TEST	Round 1	Round 2	Round 3	Round 4	Round 5
TECHNIQUE	Push-Ups	Plank	Jab-Jab-Cross + #2 Round Kick	2:00 then rest 1:00 Fit Test Combo	2:00 Fit Test Combo
EMPHASIS	Upper Body	Core	Anaerobic*	Aerobic*	Recovery*
TIMEFRAME	1:00 then rest 1:00	2:21 then rest 1:00	2:00 then rest 1:00	2:00 then rest 1:00	2:00

Fit Test Combo: #2 Front Kick (Land in Front), Jab, Cross, #2 Round Kick (Land in Front), #3 Side Kick

**Quality of Technique and Power will also factor into score*

Round 1 - Push-Ups

- Males will perform as many push-ups as they can in 1-minute from a traditional position
- Females will perform as many push-ups as they can in 1-minute from a modified position

Males	1pt.	2pt.	3pt.	4pt.	5pt.
Age 16-29	<20	20-34	35-44	45-54	>54
Age 30-39	<15	15-24	24-34	35-44	>44
Age 40-49	<12	12-19	20-29	30-39	>39
Age 50-59	<8	8-14	15-24	25-34	>34
Age 60+	<5	5-9	10-19	20-29	>29

Females	1pt.	2pt.	3pt.	4pt.	5pt.
Age 16-29	<6	6-16	17-33	34-48	>48
Age 30-39	<4	4-11	12-24	25-39	>39
Age 40-49	<3	3-7	8-19	20-34	>34
Age 50-59	<2	2-5	6-14	14-29	>29
Age 60+	<1	1-2	3-4	5-19	>19

Rest – 1 minute

Round 2 - Plank

- Males will hold a plank position for a max time of 2:21

1pt.	2pt.	3pt.	4pt.	5pt.
:45-1:17	1:18-1:33	1:34-1:44	1:45-2:20	2:21+

- Females will hold a plank position for a max time of 2:01

1pt.	2pt.	3pt.	4pt.	5pt.
:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

Rest – 1 minute



Round 3 – 4 different segments performed in :30 second blocks (with no rest) for a total time of 2-minutes

- Jab, Jab, Cross Combo (left lead)
 - Perform 15 combos in :30 seconds
- #2 Right Round Kick
 - Perform 15 kicks in :30 seconds
- Jab, Jab, Cross Combo (right lead)
 - Perform 15 combos in :30 seconds
- #2 Left Round Kick
 - Perform 15 kicks in :30 seconds

Rest – 1 minute

Round 4 – Fit Test Combo : A sparring combo, performed once every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (8 combos total)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (15 seconds)
followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (15 seconds)

***Complete the set a total of 4 times**

Rest – 1 minute

Round 5 – A sparring combo, performed twice every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (16 combos total)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (twice in 15 seconds)
followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (twice in 15 seconds)

***Complete the set a total of 4 times**

SCORING OF THE FIT TEST

Scoring for each round will be judged separately based on its own, independent scoring system. Each point value allocation shall be determined based on the Rubric criteria identified.

Conversion:

- A score of 46-50 will convert to a "+1" total score.
- A score of 41-45 will convert to a "0" total score.
- A score of <41 will convert to a "-1" total score.

Individual Round Breakdown:

- Round 1 will be scored on a five-point scale with the minimum score being "one" and the maximum score being "five".
- Round 2 will be scored on a five-point scale with the minimum score being "one" and the maximum score being "five".
- Round 3 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) with the minimum score being "one" and the maximum score being "five" on each of the three scales.
- Round 4 will be scored on a ten-point scale. The ten-point scale shall be divided into two, five-point scales (Quality and Power) with the minimum score being "one" and the maximum score being "five" on each of the three scales.
- Round 5 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) with the minimum score being "one" and the maximum score being "five" on each of the two scales.

Effective Date: To be implemented at the 2018 Fall Nationals