

Official Rules

THE 2024 ARLINGTON OLYMPICS

Hosted by Arlington Sports Conditioning

AUGUST 3-10, 2024

- MULTI-DAY ATHLETIC COMPETITION
- OUTDOORS IN ARLINGTON, VA
- 10 EVENTS TO MEASURE YOUR FITNESS AND ATHLETICISM
- MEDALS FOR TOP FINISHERS (MALE AND FEMALE)

SPACE IS LIMITED. REGISTER TODAY.

OFFICIAL RULES FOR EACH EVENT

You get one official attempt for each event, except for the Vertical Jump event, in which you get up to three attempts back-to-back. Below are official rules for each event:

1. 100-Yard Sprint

- You will run 100 yards as fast as possible on the turf.
- Cleats are recommended for better grip and faster speed on turf.
- If the turf is not available the day of the event, this event will be on the running track. In that case, you must wear sneakers. Track spikes are not allowed for this event if it's on the running track.

2. 200-Meter Sprint

- You will run 200 meters as fast as possible on the running track.
- Runners will be divided into groups of 3-4 people at a time. You must stay in your lane for the entire event.
- You must wear running sneakers. Track spikes are not allowed.

3. Ab Plank Competition

- Your body must maintain a straight line from heels to head for the entire set. The set ends when you fail to maintain a straight line or when you tap out.
- You are not allowed to place a towel, mat, or pad under your arms for this event. Your arms must be in direct contact with the ground for the entire set.
- You will hold an ab plank for as long as possible, according to this timing:
 - Traditional Ab Plank (30 seconds)
 - Elevated Ab Plank- one arm and opposite leg off ground (next 30 seconds)
 - Elevated Ab Plank- other arm and opposite leg off ground (next 30 seconds)
 - Ab Plank Jumping Jacks (until failure)
- The arm and leg that are lifted must stay straight (not bent) during the elevated ab planks.

4. **400-Meter Sprint**

- You will run 400 meters (one lap) as fast as possible on the running track.
- You are allowed to change lanes at any time during the sprint.
- You must wear running sneakers. Track spikes are not allowed.

5. **Standing Vertical Jump**

- You will get your standing reach measured (i.e., how high you can reach with one arm while keeping both feet planted).
- For this event, you will jump from a standing position. You will not be allowed a running start. You will jump and touch as high as possible against a wall or a vertical jump tester machine- without running or stepping into the jump.
- The difference between the two heights is your Standing Vertical Jump.
- You will get up to three attempts back-to-back.

6. **One Set of Shoulder Tap Pushups to failure**

- Your body must maintain a straight line from your heels to your head for the entire set. The set ends when you fail to maintain a straight line or when you tap out.
- Begin at the top of a pushup with both arms fully extended.
- Then, start each rep by bending your elbows and lowering your entire body as a single unit until your arms form a 90-degree angle or less.
- Your nose, chest, and waist must graze or come within 1-2 inches of the ground at the bottom of each rep.
- Bouncing off the ground is not allowed. Any reps that result from bouncing off the ground will not be counted.
- When you come up from the bottom, you must extend your arms fully and tap your shoulder with your opposite hand before going back down for the next rep.
- You must switch shoulders/hands for each rep.
- Partial reps or reps with bad form will not be counted. Do not drop your head or let your hips sag.
- Complete as many reps as possible in one set.
- There is no time limit, and you can rest as long as you want at the top of a pushup in between reps, as long as you maintain a straight line from your heels to your head.
- In the event of a tie, participants will be given 60 seconds to rest before starting again.

7. Three-Point Basketball Shooting Contest

- You will be given 10 untimed attempts to shoot a basketball into the hoop from straight away from 20 feet and 6 inches away (the distance of the three-point line for international play).
- Men will use a mens' basketball, and women will use a womens' basketball.
- In the event of a tie, participants will be given 5 more attempts.

8. Timed One-Mile Race

- You will run four laps around the running track as fast as possible.
- You can change lanes at any time.
- You must wear running sneakers. Track spikes are not allowed.

9. Team Obstacle Course

- ASC Founder Pete Leibman will divide the group into teams of 3-4, based on fitness level and/or one-mile race times.
- Rules and obstacles will be released on the day of the event.

10. Table Tennis Tournament

- This will be a single-elimination tournament. One bracket will be created randomly for men, and one bracket will be created randomly for women.
- Two competitors will play one game to 11 points. A game must be won by 2 points. The winner of the game will advance to the next round until there is a final winner.
- We will mainly follow the rules from USA Table Tennis, as noted below.
- Each side of the table alternates serving two points at a time. EXCEPTION: After tied 10-10 ("deuce"), service alternates at every point.
- You must toss the ball straight-up when serving. Hold the ball in your open palm, behind your end of the table. Toss at least 6" straight up, and strike it on the way down. It must hit your side of the table and then the other side. NOTE: Once the ball leaves the server's hand it is in play, and so counts as the receiver's point if the ball is missed or mis-hit.

- There is no restriction on where the ball lands on your side or your opponent's side of the table. It can bounce two or more times on your opponent's side (if so, that's your point), bounce over the side, or even hit the edge.
- A serve that touches the net on the way over is a "let" serve and is done over.
- You cannot hit the ball before it bounces on your side of the table. Doing so results in a point for your opponent. NOTE: When your opponent hits a ball that sails over your end of the table without touching it and then hits you or your paddle, that is still your point.
- If the ball touches your PADDLE hand and otherwise results in a legal hit, there is no rule violation and play shall continue as normal. Your paddle hand includes all fingers and hand area below the wrist. You may not touch the ball with your non-paddle hand for any reason. It will result in a point for your opponent.
- You may not touch the table with your non-paddle hand.
- If the players disagree on a certain call, the "honor system" applies and the players should find a way to agree, or play the point over.