

REQUIREMENTS

1. Write 500 words on how to train for sports.
2. Give the rules for two track and two field events. Tell what an amateur is.
3. Prepare plans for holding a sports meet. Outline duties of each official needed.
4. Serve as an official in an athletic meet or major sport.
5. Qualify in one event for your weight in each of the following groups:

	<i>Under 75 Lbs.</i>	<i>Under 95 Lbs.</i>	<i>Under 110 Lbs.</i>	<i>Under 125 Lbs.</i>	<i>Under 140 Lbs.</i>	<i>Under 160 Lbs.</i>	<i>Under 175 Lbs.</i>	<i>Under 200 Lbs.</i>	<i>Over 200 Lbs.</i>
GROUP 1									
Running long jump.....	10 ft. 2 in.	11 ft. 6 in.	12 ft.	13 ft.	14 ft.	15 ft.	16 ft.	14 ft.	10 ft.
Running high jump.....	3 ft. 2 in.	3 ft. 6 in.	3 ft. 9 in.	4 ft.	4 ft. 3 in.	4 ft. 2 in.	4 ft.	3 ft. 6 in.	3 ft.
Standing long jump.....	5 ft. 10 in.	6 ft. 3 in.	6 ft. 9 in.	7 ft. 2 in.	7 ft. 4 in.	7 ft. 6 in.	7 ft. 4 in.	6 ft.	5 ft.
Standing high jump.....	2 ft. 6 in.	3 ft.	3 ft. 2 in.	3 ft. 4 in.	3 ft. 6 in.	3 ft. 8 in.	3 ft. 5 in.	3 ft.	2 ft. 4 in.

GROUP 2									
50-yard dash	8 sec.	7½ sec.	7¾ sec.	7½ sec.	7 sec.	6¾ sec.	7 sec.	7¾ sec.	8¾ sec.
100-yard dash				13 sec.	12¾ sec.	12¾ sec.	12½ sec.	14 sec.	15¾ sec.
6-potato race	36 sec.	28 sec.	27 sec.	26 sec.	25 sec.	24 sec.	28 sec.	32 sec.	36 sec.

GROUP 3									
20-yard swim	19¾ sec.	18¾ sec.	17¾ sec.	17½ sec.	16¾ sec.	16 sec.	15 sec.	15¼ sec.	18¾ sec.
40-yard swim	47 sec.	40 sec.	39 sec.	38 sec.	37 sec.	36 sec.	35 sec.	39 sec.	40 sec.

GROUP 4									
Pull-up	3 times	5 times	6 times	8 times	10 times	12 times	10 times	6 times	4 times
8-lb. shot-put	15 ft.	20 ft.	24 ft.	28 ft.	32 ft.	34 ft.	36 ft.	37 ft.	38 ft.
Push-up from floor	7 times	9 times	10 times	12 times	14 times	16 times	17 times	12 times	8 times
Rope climb 18 ft.	29 sec.	17 sec.	15 sec.	13 sec.	11 sec.	14 sec.	17 sec.	20 sec.	25 sec.

GROUP 5									
1. Baseball throw for accuracy	42 ft.	48 ft.	51 ft.	54 ft.	57 ft.	65 ft.	70 ft.	60 ft.	50 ft.
(3 strikes, 6 throws)									
2. Baseball throw for distance	120 ft.	150 ft.	175 ft.	195 ft.	210 ft.	220 ft.	230 ft.	200 ft.	175 ft.
3. Basketball goal shooting (30 sec.)	5 in 8	5 in 8	6 in 9	7 in 10	8 in 11	9 in 12	10 in 13	8 in 12	6 in 15

Training

Every boy who is planning to take part in any form of athletics should first see that he is in good physical condition. He must be physically fit. The boy who feels that he is below the average standard of boys of his own age should build up his body by giving strict attention to the laws of health. This means plenty of sleep at regular hours, wholesome food, an abundance of water—both inside and outside—all the fresh air that it is possible to get—both day and night—hard work, and lots of exercise (outdoors whenever possible). Many boys are taking the wise precaution of having a thorough examination by a good doctor to make sure that their hearts and lungs and other vital organs are in condition to allow them to take part in competitive sports.

The next important thing to keep in mind is that all-around development should be the great aim rather than special skill in any one particular line of athletic events. This all-around ability can best be secured by taking part in all forms of games and athletics at different seasons of the year. In this way all of the muscles of the body are exercised and made strong.

"Practice makes perfect." We learn to do by doing. Every boy should prepare himself for his athletic test by practicing the different events a long time in advance of the test. Two or three months is not too long a time for training.

Keeping in mind the general laws of health, begin training by running at medium speed short distances of about 50 yards and doing two or three pull-ups and push-ups each day. Never do more than you feel you are able to do quite easily. Next, begin practicing the standing long jump. Continue practicing these four events for 1 or 2 weeks. Begin gradually and never strain to do your best.

During the second and third week, start practicing the 100-yard dash, the running long jump, and the running high jump. In the fourth week, the rope climb, standing high jump, and shot-put may be added, one at a time. The potato race is the most severe test of endurance and should be included last. The swimming events will have to be practiced whenever water suitable for such purposes is available and the season of the year will permit.

The following are some of the more important facts that should be constantly kept in mind during training:

- Begin gradually. Add one event at a time to your list.



- Avoid straining. Keep well within what you can do with a reasonable amount of effort.
- Save your supreme test until the day of the competition.
- It is much better to be undertrained than overtrained.
- Learning proper form is more important than time or distance, especially to the beginner.
- Never do in practice what is not permitted in actual performance.
- Observe carefully the rules governing the different events.
- Weigh yourself and find what weight class you are in. Then make a note of the events in which you are expected to take part and the records you must make in order to qualify.
- Study your own progress and judge the results by what you do yourself, rather than by the progress that other boys may be making.
- As the time for the test approaches, confine yourself largely to those events in which you are weakest.

For training helps on specific events, see pages 17-21.

2. Give the rules for two track and two field events. Tell what an amateur is.

Track Events

All running races other than hurdles, relays, and the steeplechase are held under the same set of rules. In straightaway events, each competitor must stay in his lane. In distance events where no lanes are provided, competitors must be 2 yards ahead of an opponent before they may cut in front of him. All parts of the body must be behind the starting line until the start of the race, and competitors will be placed at the finish in the order that any part of their torso (i.e., body not including arms, legs, feet, or head) reaches the finish line. Jostling, pushing, or obstructing another runner intentionally leads to disqualification as does running off the track.

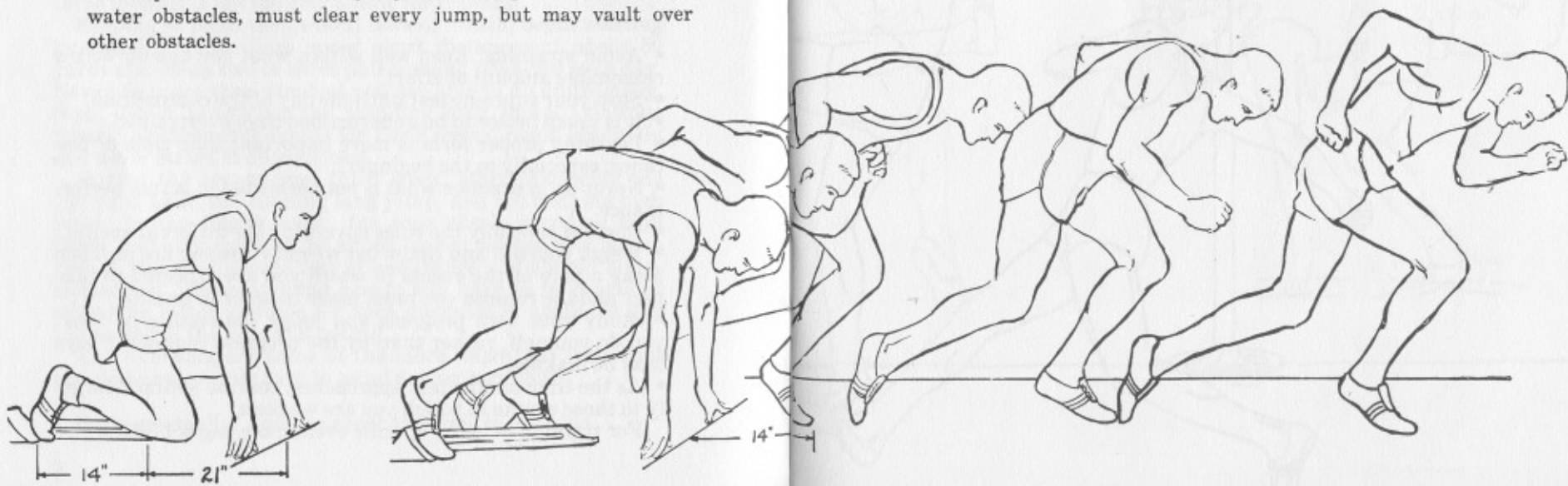
Hurdle races are run under the same rules as other track events with one addition: A competitor who runs around or carries his leg or foot alongside any hurdle shall be disqualified. Knocking down hurdles is not a reason for disqualification.

In relay races all track rules apply; and, in addition, a baton must be passed from runner to runner within a zone extending 10 yards on each side of the finish line of each leg of the race except the last.

In the steeplechase, track rules apply, and a competitor may not step to either side of a jump. He must go over or through water obstacles, must clear every jump, but may vault over other obstacles.

Potato Race

On the starting line, place a receptacle for each competitor, not more than 2 feet high with an opening not more than 36 inches in circumference. On a straight line drawn from said receptacle at right angles to starting line, place at distances of 2 yards apart, six-light egg-shaped objects, having the greatest diameter not to exceed 4 inches and the smallest not less than 2 inches. Place the first of said objects 2 yards from the receptacle. Each competitor must pick up each object singly and place it in his own receptacle before picking up the next object. When all the objects are in the receptacle, the competitor must cross the finish line which shall be 5 yards behind the receptacle. In handicap events the marks shall be given from behind the starting line.



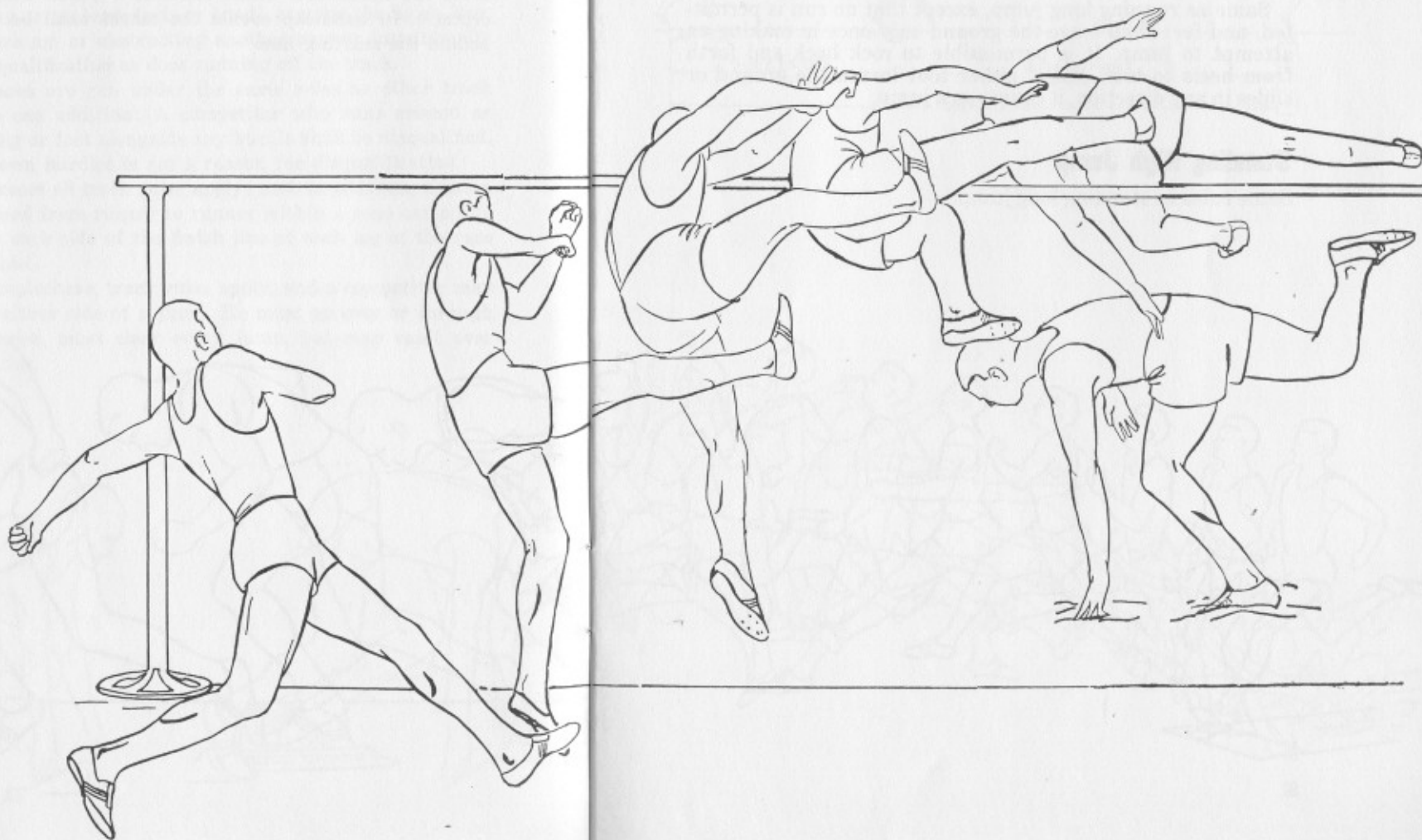
High Jump

The jump standard consists of a light square bar supported horizontally on two uprights in such a way that the least touch will knock it off. The uprights are marked off in inches and eighths of inches.

The competitor may omit any height he likes, but he cannot have the bar lowered to try at the height he omitted. That is, he must jump continuously as the bar is raised for the other competitors; and, if he omits any height, he must take the next one. He cannot go back and take a lower height.



Eagle Scout John Thomas, one of the greatest high jumpers in United States history, clears 7 feet 3 inches at Boston Garden in near perfect form.



Running Long Jump

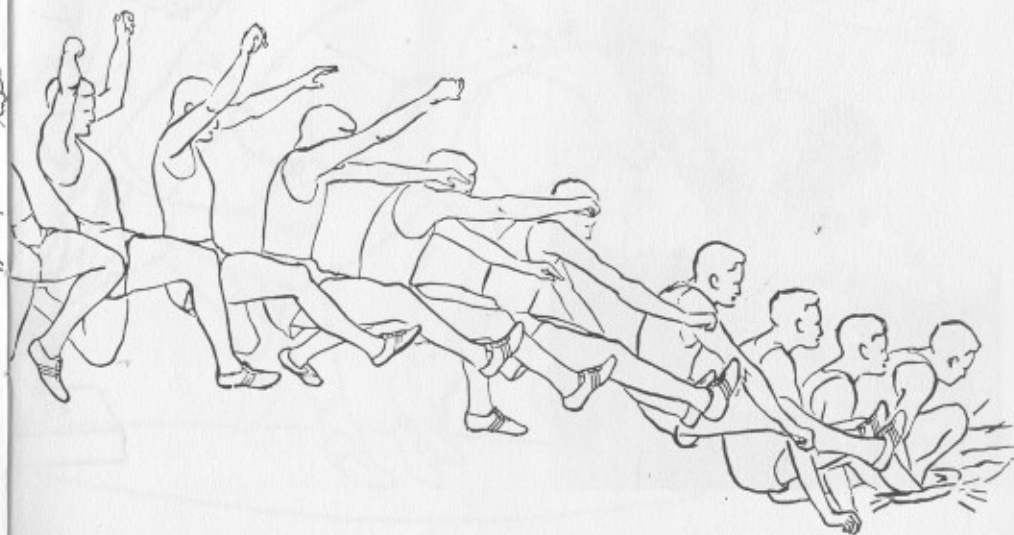
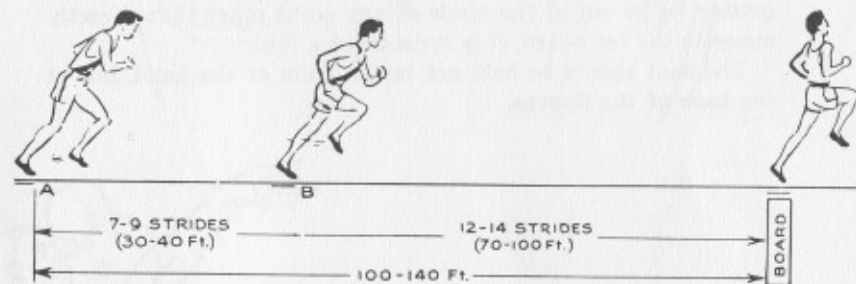
The length of the run is unlimited. Each competitor shall be allowed three jumps, and the seven top men shall be allowed three more jumps. Each competitor shall be credited with the best of all his jumps. The take-off is from a board set flush with the ground. If any competitor touches the ground beyond the board with any part of the body, it is termed a foul jump and counts as one jump.

Standing Long Jump

Same as running long jump, except that no run is permitted, and feet shall leave the ground only once in making an attempt to jump. It is permissible to rock back and forth from heels to toes; but if either foot leaves the ground or slides in any direction, it counts as a jump.

Standing High Jump

Same rules as standing long jump.

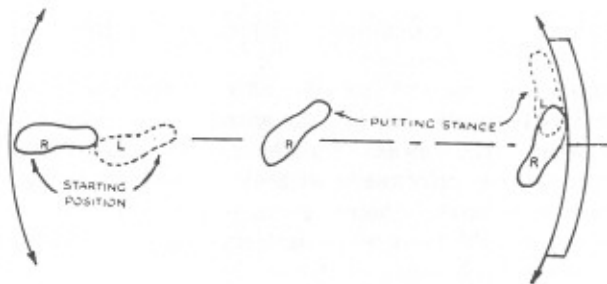


Shot Put

A shot is an 8-, 12-, or 16-pound metal sphere. It is thrown from a circle, 7 feet in diameter. A toe board is placed at the edge of the circle that faces in the direction of the throw.

If a competitor's foot touches on top or over the circle or toe board, it is considered a foul. If after having thrown the competitor walks out of the circle at any point other than directly opposite the toe board, it is considered a foul.

The shot should be held not in the palm of the hand, but at the base of the fingers.



Definition of an Amateur

The following is the definition adopted by the International Amateur Athletic Federation—

“An amateur is one who competes only for the love of sport.”

Every Scout should uphold this standard for himself and also for others. This means that he should never take part in sports for money or compete with others who are being paid or where a cash prize is being given to a winner. He should always give his right name when participating in sports. A true amateur has a high sense of honor, honesty, fair play, and courtesy to opponents, officials, and spectators. He does not attempt to twist or avoid the rules so as to take unfair advantage of anyone.

Planning a Meet

A successful sports meet takes planning. Here is a list of the preparations that need to be made before the first starting gun is fired:

1. In determining the date and hour of the athletic meet, do not conflict with other events of interest.

2. In selecting the place where the meet is to be held, have it as centrally located as possible. This will add greatly to the attendance of both contestants and spectators. Naturally, one of the main considerations will be a suitable place for the holding of the different events and the accommodation for those who are to take part and those who are to watch the results.

3. The meet should be well advertised. The interest and attendance will depend very largely upon the publicity that it is given. Newspaper articles, special posters, admission tickets, and programs will help in making the event well known.

4. The selection of the events is one of the most important features. It will depend upon the type of people it hopes to interest. The competitors should be classified on weight or other suitable basis and certain definite events provided for each of the classes. In this way a large number of competitors will be interested, and all will be given a fair chance.

5. Entry forms listing events should be provided for those who are to compete. These should be sent in a few days in advance so that the entries for the different events can be printed on the program.

6. Announcements of the results should be made on the field at the time of the meet as well as in the local papers. A careful record should be kept of the results in each event to show exactly what every competitor has done.

7. Awards and prizes should be secured well in advance. It is not at all necessary to give expensive prizes to ensure good interest in the athletic events. Simple ribbon badges or buttons may be given to individuals and pennants or small trophies to the different groups represented.

8. The grounds should be arranged at least one day before the meet is to be held. The track on which the runs are to take place should be carefully measured with a steel tape and the various distances marked off in marking chalk. If the track is curved, it should be measured 18 inches from the inner side. What is required will depend upon the events that are to be conducted. A committee should go over each event to see that everything necessary to conduct it is provided. The jumping pits and runways for the jumping events and the circles for the weight events should all be prepared according to the requirements governing the rules for those events. The starter's pistol and cartridges, jumping standards and sticks, the shot and measuring tape, a scoreboard and loud-speaker, and other necessities should be provided. Make sure that the timekeepers have accurate stop watches.

9. Securing qualified officials is one of the most important things to be considered.

A list of the officials required, together with their most important duties follows:

1. *Honorary Referee.* This is entirely an honorary position and is usually given to some one who is held in high esteem.

2. *Referee.* He should know thoroughly the rules of the different events as he settles all protests or disputes in connection with the conduct of the meet.

3. *Director of Games.* He sees that everything runs smoothly, that all equipment is ready, and that officials and contestants are doing as instructed.

4. *Clerk of the Course.* He has the entry list for the different events and alerts the competitors to be ready.

5. *Starter.* An experienced man is necessary for this position as he has complete control of starting all events.

6. *Judges* (at the finish). One man is necessary for each of the winners who are to be recognized. Usually, there are three, one to select the winner, another to select second-place winner, and the third to select third-place winner. The number of judges may be increased, depending upon the number of places to be counted.

7. *Timekeepers.* Their duties are to accurately time the different runners with stop watches. Experience is required in timing accurately.

8. *Field Judges.* Their duties are to measure and record the performances of the contestants in the field events and to determine when a foul has been made.

9. *Inspectors.* They assist the referee and report to him any violations of rules made by those contesting in the different events.

10. *Marshal.* He keeps the track and field clear of all who are not entitled to be on the grounds.

11. *Announcer.* He announces the result of the various events over the loud-speaker and records the events on a scoreboard.

12. *Scorer.* He records the final results of the competition in all events.

All officials should be selected because of their experience in performing the duties assigned to them.

Officiating

All sports are governed by rules. Requirement 4 is designed for a Scout to demonstrate his familiarity with the rules governing an athletic event or major sport. The average Scout, of course, will not have the opportunity to officiate at large games or field events. To complete the requirement, serve as an official in connection with an intertroop track meet or major sport competition.

Participating

To complete requirement 5, qualify in one event for your weight in each of the following groups. See the requirements for the standards for your weight.

GROUP 1

Running long jump
Running high jump
Standing long jump
Standing high jump

GROUP 2

50-yard dash
100-yard dash
6-potato race

GROUP 3

20-yard swim
40-yard swim

GROUP 4

Pull-up
8-lb. shot-put
Push-up from floor
Rope climb 18 ft.

GROUP 5

1. Baseball throw
for accuracy
(3 strikes, 6 throws)
2. Baseball throw
for distance
3. Basketball goal
shooting (30 sec.)

*See requirements for the standards for your weight



In connection with all the events in Groups 1 through 4, it is not necessary to give in detail the standard rules since national rules for amateur events as set up by the Amateur Athletic Union should be followed. The events in Group 5, however, have not in the past been recognized as standard events, and the following official rules are given:

1. *Baseball Throw for Accuracy.* Make a 15x24-inch target of wood or canvas to represent the area within which a strike must be thrown. Suspend this target about 1 or 2 feet in front of a wire backstop or fence or mat in the gymnasium. The lower edge of the target should be 24 inches from the floor. A strike is any throw that hits the target enough to move it. (Care must be taken to see that the ball hits the target directly, not on the rebound.)

The thrower shall stand facing the target with both feet on the line indicating the distance specified for this event. In delivering the ball he may step forward with either foot, but he must keep one foot on the line when the ball is thrown.

2. *Baseball Throw for Distance.* The primary consideration here is distance, although the balls should be kept within a fairly well-defined area—width of a road or track. Any number of steps shall be allowed, but the thrower must not step over the line when making the throw. Measuring may be simplified by placing markers at specified distances. Distance should be measured from place where ball hits.

3. *Basketball Goal Shooting.* Draw a semicircle with a 7½-foot radius from a center directly below the center of the basket. The boy makes the first throw from behind the foul line (15 feet), recovers the ball, and makes the other throws from any point inside the semicircle. The number of goals specified within each class must be caged within 30 seconds, and more than three misses will constitute a failure in the test.

It would take too much space in this article to give in detail the rules governing each of the athletic events mentioned. Needless to say, the national rules for amateur athletic events as set up by the AAU should be followed.

HINTS ON TRAINING

(From American Sports Library)

1. Always warm up slowly and cool off gradually when finished. This will prevent muscle or tendon injury.
2. Stop practice before you are exhausted.
3. Dress lightly for practice or competition, but put on warm clothing immediately after you have finished.
4. Practice regularly; a little each day, if possible.
5. Have regular hours for eating and sleeping.
6. Don't smoke.

Training Schedule

FOR RUNNERS

1. Warm up. Easy striding for 220 yards; then walk until rested. Repeat several times.
2. Calisthenics—loosening and stretching exercises.
3. Faster striding for 150 yards or more; then walk until rested. Do this six times or more.
4. Several easy starts.
5. Full speed for 40 yards. Finish this 10 minutes before your race.

FOR JUMPERS

1. Warm up.
2. Devote a large part of the practice to get the take-off properly.
3. Decide which foot you will jump from; then starting on this foot from the take-off, run back six, eight, or some even number of strides and mark off the spot where you strike on your last stride. Let your jumping foot strike this mark in the run to the take-off. Run with a natural stride until the last two paces, which may be shortened a few inches. If you do not hit the take-off right, move your starting mark backward or forward by just the distance that you go over or fall short. Some jumpers have two marks. This is often helpful; the first mark serves as a guide to bring the jumper to the second mark on the proper stride.

4. At first, try easy jumps, raising the leading knee quickly and as high as possible when the jump is being made. Practice this until you learn how to land and how to control your body while in the air.

5. Do not try for height or distance in the high and long jumps more than once or twice a week, and take a good rub-down and dress quickly when you have finished practicing.

FOR SHOT-PUTTERS

1. Warm up by swinging arms, bending your body and springing forward, at the same time giving the body a sharp turn forward and to the right.

2. Practice should be done from a standing position to get the spring with the legs, the turn and lunge of the body, and the heave with the shoulders.

3. Before making a put always limber the muscles of the arm and shoulder by stretching your arm up to its full length.

4. Use a light shot until the fundamental motions are mastered.

FOR HURDLERS

1. Warm up and practice starts the same as for running.

2. Practice with one hurdle at first to get the stride and to overcome any hesitancy in taking the hurdle.

3. Go no higher than is necessary in clearing the hurdle. Both time and strength may be reserved in this way.

4. Later practice with two or three hurdles, aiming to get a uniform stride between the hurdles and to maintain a good balance. A good preliminary exercise is to raise the legs alternately, bringing the knees to the level of the armpit.

5. Once or twice a week, take the full number of hurdles for time.

Athletic Conditioning

Conditioning Properly. Before a Scout enters any athletic competition, the coach or trainer should make sure the boy

has been properly examined and okayed by a physician. This is important. For instance, if a boy suffers from heart trouble or a weak spine and is put into a game or a contest, overexertion or strain may often result seriously, if not fatally. Once a boy's physical condition is certified, the trainer may proceed to condition him for whatever branch of athletics he intends to enter.

Gymnastics is much preferred, as in this type of exercise "form" is the essential thing. As far as the actual work is concerned, the exercises should be selected so that the principal parts of the body receive a workout. For instance, arms bend and stretch in the elbow; arms forward-upward lift and downward-and-outward sink; rotation of the arms in the shoulders; trunk roll, standing on one leg, the other leg forward, left (straight knee) and down, and vice versa; leg bend and stretch in the knee; rotation of the head; and *finally* deep inhalations and exhalations. The bend and stretch movements should be performed from eight to ten times, and the rotations should be executed three to five times in each direction. Of course, other movements may be added from time to time such as trunk forward and down and upward stretch; up on the toes, knees bend, legs stretch; down-on-heels sink, etc.

As to the correct position of the body, the original position should be the one that is known in military language as *attention*, i.e., body erect, heels together, feet at a 45-degree angle, arms straight down the sides, fingers stretched and closed, chest out, abdomen in, shoulders well back, the upper part of body carried a trifle forward, and the head erect with the chin slightly drawn in and the eyes looking straight forward. In such movements as trunk roll, trunk forward, etc., legs bend and stretch, up on the toes, knees bend, etc., the position of *hands on hips* is generally adopted. Such exercises should be taken at least twice a day in preliminary training, and later used before practice on the field.

A few weeks before actual training, the athlete should pay particular attention to the care of his feet. If necessary, he should visit a foot specialist and have ingrown toenails corrected, corns and bunions removed, and tender skin and blisters treated.

A few weeks of this type of exercise and proper care of the feet will provide an excellent means to get the athlete in good physical condition. The question now is how to keep him there in spite of all knocks, strains, etc., that he may be subjected to. Without doubt, rubs and massage will help to not only condition him, but will in a large measure serve to keep him in condition.

Granted, then, that massage and rubs are given, the boys should be advised to follow regular habits. They should keep regular hours. They should shower in the gymnasium or at training quarters following workouts.

Training Program

An example of proper conditioning that has helped produce an all-star athlete is the training program of John Thomas, champion high jumper.

The way his coach, Ed Flanagan, describes John Thomas' training, points out the importance of practice and the thousands of jumps that went into schooling John's muscles to make those perfected, automatic responses. The coach had a great deal to do with it, but the burden of the work was on John. In fact, several sports writers have hailed John as the hardest training high jumper of all time. Coach Flanagan says that his typical week of training goes something like this:

Monday: Following a meet, John does calisthenics and some running for over an hour.

Tuesday: Some jumping with emphasis on flaws that might have shown up during the meet. For instance, Flanagan noted that his jumper was too close to the bar at the take-off when he missed at 6 feet 11 inches. Any such fault is checked during these Tuesday sessions.

Wednesday: Jumping for height.

Thursday: Some jogging and a few jumps. In addition John does a considerable amount of work with the weights, to which he attributes the powerful spring in his left leg. He has raised nearly 400 pounds with the leg-lift machine, 185 pounds with the prone press, and 145 pounds with the military press. John recalls that he has often leg-lifted heavy weights as many as 150 times in one workout. This helped to build up the powerful spring that enables him to get his body up after that fantastically high kick.

Diet

While few trainers believe in enforcing too strict a diet, it is well that some pointers be given the athlete on what types of food to eat and what *not* to eat. This, however, should be more

in a general way so participation in it is not too irksome a duty. One must remember that school athletes "do athletics" as a side line, and the main reason they are in school is to study. Furthermore, it is best not to make "babies" of them. The athlete should be instructed to observe a lighter diet in warm weather than in cold weather and to avoid drinking coffee. He should remember that coarse food is easier to digest and that certain meats (such as pork and veal) should be entirely barred; he should avoid greasy and fatty foods (such as fried potatoes, biscuits, or pastry). He should be advised of the proper foods to eat, such as lean meats (well-done steaks and roast beef and the white meat of chicken) and fish. Mashed or boiled potatoes and vegetables in general are fine. Green salads are good, particularly with olive-oil dressing, as olive oil is very beneficial for men in training. Bran bread, corn bread, and other coarse breads are preferred, as these will aid elimination.

While boys should be allowed to eat their "fill" during the week, it is a good idea on the day of a game or contest to ration out their meals about four hours before. This should consist of a couple of soft-boiled eggs or a thin slice of well-done steak, some buttered toast, and a cup of weak tea. After eating, the boys should take a two-hour nap. This will prevent their being overloaded or overtired and enable them to do their very best in competition.

