

# AAU USA BOBSLED/SKELETON YOUTH COMBINE

## JUNIOR OLYMPICS

CRITERIA FOR COMBINE – TEST SPEED OVER 40 YARDS, SHOT TOSS FOR DISTANCE, BROAD JUMP, TIMED POWER CLEANS FOR REPS, AND TIMED BENCH PRESS FOR REPS (60 SECONDS EA.)

**\*\*SPRINTS-** All sprints should be conducted on a track surface, and must be measured by a laser timing system. To start, athletes must have at least one foot within one meter of the first timing eye. One foot in, and one foot out of the starting box. No rocking back or rolling forward allowed. First timing eye is 15" off of ground, while the rest will be 36" off of ground. Timing will be for 15 meters, and 40 yards overall. Scoring is by the table.

**\*\*SHOT TOSS-** Shot put (not med ball) must be thrown forward and underhand with two hands. Distance is measured from a starting line to the nearest foot. Athletes may fall forward and cross the take off point only after they have released the shot. Male athletes born before 2002 will use a 16 pound shot, and female athletes born before 2002 will use a 12 pound shot. Male athletes born 2002 and later will use a 12 pound shot, and female athletes born 2002 and later will use an 8 pound shot. All athletes under 11 will use a 4 pound shot.

**\*\*BROAD JUMP-** Standing start with toes on a line jumping forward. It is measured from jump line to any impact point closest to the start.

**\*\*POWER CLEANS-** Timed for 60 continuous seconds, and on verbal commands given by head judge according to all AAU Combine rules. Athlete must maintain control of the bar and hands must remain in contact. Once the athlete releases the bar, regardless of time remaining, their attempt is over.

**\*\*BENCH PRESS-** Timed for 60 continuous seconds, and on verbal commands given by head judge according to all AAU Powerlifting rules that apply to bench press. Athletes under 11 years old may use any commercially available bar suited to their weight needs, otherwise a 15 kilo or 20 kilo bar should be used

\*weight to be used for each athlete in both contest requiring a barbell will be determined age and weight class according to AAUPL. The following is how weight will be determined-

Male athletes born before 2002 will use 70% of weight class. Ex.- athlete is in 90 kilo class-  $90 \times .70 = 63$  kilos. The weight used for this athlete will be 63 kilos in both barbell events.

Female athletes born before 2002 will use 60% of their weight class.

Male athletes born 2002 and later will use 50%.

Female athletes born 2002 and later will use 40% of their weight class.

\*weights can be scaled in 10% increments when needed, and should be scored by a 20% deficit

USA BOBSLED/SKELETON YOUTH COMBINE SCORE TABLE – RUN MALE

TIME @ 15M	SCORE	TIME @ 40 YARD	SCORE
2.60	0	6.5	0
2.58	5	6.4	5
2.56	10	6.3	10
2.54	15	6.2	15
2.52	20	6.1	20
2.50	25	6.0	25
2.48	30	5.9	30
2.46	35	5.8	35
2.44	40	5.7	40
2.42	45	5.6	45
2.40	50	5.5	50
2.38	55	5.4	55
2.36	60	5.3	60
2.34	65	5.2	65
2.32	70	5.1	70
2.30	75	5.0	75
2.28	80	4.9	80
2.26	85	4.8	85
2.24	90	4.7	90
2.22	95	4.6	95
2.20	100	4.5	100

## USA BOBSLED/SKELETON YOUTH COMBINE SCORE TABLE – JUMP MALE

DISTANCE IN FOOT/INCH	SCORE
6/0	0
6/3	5
6/6	10
6/8	15
6/9	20
7/0	25
7/3	30
7/4	35
7/6	40
7/8	45
7/9	50
8/0	55
8/3	60
8/4	65
8/6	70
8/8	75
8/9	80
9/0	85
9/3	90
9/4	95
9/6	100

## USA BOBSLED/SKELETON YOUTH COMBINE SCORE TABLE – THROW MALE

DISTANCE IN FEET	SCORE
25	0
26	5
27	10
28	15
29	20
30	25
31	30
32	35
33	40
34	45
35	50
36	55
37	60
38	65
39	70
40	75
41	80
42	85
43	90
44	95
45	100

## USA BOBSLED/SKELETON YOUTH COMBINE SCORE – RUN FEMALE

TIME @ 15	SCORE	TIME @ 40	SCORE
2.50	0	7.0	0
2.49	5	6.9	5
2.48	10	6.8	10
2.47	15	6.7	15
2.46	20	6.6	20
2.45	25	6.5	25
2.44	30	6.4	30
2.43	35	6.3	35
2.42	40	6.2	40
2.41	45	6.1	45
2.40	50	6.0	50
2.39	55	5.9	55
2.38	60	5.8	60
2.37	65	5.7	65
2.36	70	5.6	70
2.35	75	5.5	75
2.34	80	5.4	80
2.33	85	5.3	85
2.32	90	5.2	90
2.31	95	5.1	95
2.30	100	5.0	100

## USA BOBSLED/SKELETON YOUTH COMBINE SCORE – THROW FEMALE

DISTANCE IN FEET	SCORE
20	0
21	5
22	10
23	15
24	20
25	25
26	30
27	35
28	40
29	45
30	50
31	55
32	60
33	65
34	70
35	75
36	80
37	85
38	90
39	95
40	100

## USA BOBSLED/SKELETON YOUTH COMBINE SCORE – JUMP FEMALE

DISTANCE IN FEET/INCH	SCORE
5/8	0
5/9	5
6/0	10
6/3	15
6/4	20
6/6	25
6/8	30
6/9	35
7/0	40
7/3	45
7/4	50
7/6	55
7/8	60
7/9	65
8/0	70
8/3	75
8/4	80
8/6	85
8/8	90
8/9	95
9/0	100

USA BOBSLED/SKELETON YOUTH COMBINE SCORE- BENCH AND  
POWER CLEAN MALE AND FEMALE

REPS	SCORE
30	100
29	96
28	92
27	88
26	84
25	80
24	76
23	72
22	68
21	64
20	62
19	58
18	54
17	50
16	46
15	44
14	40
13	36
12	32
11	28
10	25
9	20
8	15
7	10
6	5

