



Michigan Indian Family Olympics

EVENT RULES: Kids Fitness Circuit

- **Event:** This circuit involves three different stations: push-ups, sit-ups, and jump rope. The child is to perform as many reps as possible in 30 seconds for each movement.
- **Ages:** The event is open to ages 7-15 years old.
- **Jump Rope Standard:** Reps are counted by one full revolution of the jump rope. The jump rope can be started from the front or back of the participant.
- **Push-ups Standard:** The child will start on knees in a “modified” position. Elbows must be bent down to 90 degrees and chest must compress the pump provided for the event to count as a rep.
- **Sit-ups Standard:** The child must start with shoulder blades on the mat and end with elbows hitting any part of the thigh to count as a rep. An event staff member will hold feet while performing this movement.
- **Results:** The reps for each station will be added together for a final point total and will determine the results.