

Push Up Competition

Athletes can choose to participate in both Push Up competitions.

Traditional Push Up

1. Hands are to be placed on the floor, slightly wider than shoulder width. Elbows at 45 degrees.
2. Back must remain straight.
3. A completed push up is when the upper arm is parallel to the floor and elbows are bent at 90 degrees before pushing back up. Push ups that do not meet this requirement will not count.
4. Knees and stomach (not chest) may NOT touch the ground. If knees or stomach touch, the competition turn is over for that athlete. An athlete may pause in the upright position, with only hands and feet touching the floor.
5. In case of a tie, two winners will be awarded the place.

Knee Push Up

Above rules apply except knees will be on the floor and feet cannot touch the floor.

PROPER PUSH UPS



Common Mistakes

- Hands too far forward
- Not going down far enough (to 90*)
- Not locking out at top
- Tempo is too fast
- Elbows out too far

