

Physical Conditioning (Men)

(Aug 2024 Version)

Skills (60%)							Attendance & participation	Written exam
Exam	Score	*2400 meters run	Score	Plank	Pull-ups (Forehand grip)	*** Sit and reach		
		18%		14%	14%	14%	20%	20%
	18	Within 9'30"	14	>3'01"	10	44		
	17	10'00"						
	16	10'30"	13	2'46" - 3'00"	9	40		
	15	11'00"						
	14	11'30"	12	2'31" - 2'45"	8	37		
	13	12'00"						
	12	12'30"	11	2'16" - 2'30"	7	34		
	11	13'00"						
	10	13'30"	10	2'01" - 2'15"	6	31		
	9	14'00"						
	8	14'30"	9	1'46" - 2'00"	5	28		
	7	15'00"						
	6	15'30"	8	1'31" - 1'45"	4	25		
	5	16'00"						
	4	16'30"	7	1'11" - 1'30"	3	22		
	3	17'00"						
	2	17'30"	6	51" - 1'10"	2	19		
	1	18'00"						
			5	31" - 50"	1	16		
			4	21" - 30"	**12 times bent-knee inverted row	13		
			3	11" - 20"	**9 times bent-knee inverted row	11		
			2	6" - 10"	**6 times bent-knee inverted row	9		
		1	< 5"	**3 times bent-knee inverted row	< 9			
Number of trials (Maximum score will be selected)		1		1	1	3		
Remarks		* 2400 meters run - Spike shoes cannot be used. ** Knee bend inverted row - The bar height is 0.8/0.9m. The chest should touch the bar for each repetition. *** Sit & Reach - The toe touch position is 23cm.						

Physical Conditioning (Women)

(Aug 2024 Version)

Skills (60%)							Attendance & participation	Written exam
Exam	Score	*1600 meters run	Score	Plank	**Bent-Knee Inverted Row (Forehand Grip)	***Sit and reach		
		18%		14%	14%	14%		
	18	Within 7'45"	14	>2'31"	10	45		
	17	8'00"						
	16	8'30"						
	15	8'45"	13	2'16" - 2'30"	9	42		
	14	9'00"						
	13	9'15"						
	12	9'30"	12	2'01" - 2'15"	8	39		
	11	9'45"						
	10	10'00"						
	9	10'15"	11	1'46" - 2'00"	7	36		
	8	10'30"						
	7	10'45"						
	6	11'00"	10	1'01" - 1'15"	6	33		
	5	11'15"						
	4	11'30"						
	3	11'45"	9	1'31" - 1'45"	5	29		
	2	12'00"						
	1	12'15"						
			8	1'16" - 1'30"	4	26		
			7	46" - 1'00"	3	23		
			6	36" - 45"	2	20		
		5	26" - 35"	1	17			
		4	16" - 25"		14			
		3	11" - 15"		11			
		2	6" - 10"		9			
		1	< 5"		< 9			
Number of trials (Maximum score will be selected)		1		1	1	3		
Remarks		* 1600 meters run - Spike shoes cannot be used. ** Knee bend inverted row - The bar height is 0.8/0.9m. The chest should touch the bar for each repetition. *** Sit & Reach - The toe touch position is 23cm.						