



# National and International Index Competition

## Rules and Procedures

### 1. Registration

Athletes must check-in at the registration table one hour prior to scheduled competition for Height and Bodyweight.

A photo ID may be required at check-in and proof of age.

The competition is for athletes under 20 years old. If the athlete turns 20 on the day of the NSCA International Index Championship they are not eligible to compete.

Clothes and shoes used for competition will be reviewed during registration.

Release form must be signed prior to the competition allowing the NSCA to use competitor's name, photo and Index scores for promotional purposes.

### Credential

Athletes will receive a credential that allows them access to the competition floor and designated athlete areas.

Athlete will be allowed one coaching credential.

No one will be allowed in the athlete warm up area and competition areas without proper credentials.

#### **Rule # 1**

The Head Judge must be CSCS or NSCA-CPT certified.

## Testing Card

One official testing card will be issued during registration. Athletes carry a testing card that judges record test data on as athlete is tested.

### **Rule # 2**

Losing the card or altering any of the data will result in disqualification.

### **Rule # 3**

Shoes are required for all tests, but no spikes or shoes that would mark the floor are allowed. Lifting boots can be worn for the Hang Clean.

## 2. Height Measurement

Equipment and materials needed:

Height measuring device or flat wall against which the athlete stands.

Device to place on the head of the athlete that forms a right angle with the wall.

Procedure:

Athlete must take shoes off.

Athlete must stand with heels, buttocks, back and head against the wall.

Place device on athlete's head so that a right angle is formed with the wall.

Measure to the nearest 1/4" and record height.

## 3. Bodyweight

Equipment and materials needed:

Scale

Procedure:

Athlete must weigh-in with only T-shirt, shorts, and socks (no shoes, sweats or equipment).

Judge may ask an athlete to remove clothing if clothing appears to impact body weight.

Judge will round body weight to the nearest whole pound.

#### 4. Introduction

After registration athletes will be introduced to the audience.

Females will be competing first in every event followed by males.

#### 5. Test Vertical Jump

Testing will begin with the first athlete being called to the Vertical Jump testing station.

When their name is called the athlete has 15 seconds to begin the first attempt and 15 seconds to follow with a second attempt after the announcer calls for the second attempt.

Alphabetically the second athlete will be called to test.

Procedure for Vertical Jump:

Athlete stands with side to the unit making sure ankles, hips and shoulders are next to the unit.

Athlete then reaches as high as possible with the hand that will be touching the vanes.

The height reached becomes zero for the Jump Station device.

The judge sets the device so the target vanes are between 10-20 inches, 20-30 inches, or 30-40 inches. If the athlete jumps but does not reach the lowest vane, or jumps and touches the highest vane, the judge will adjust the height of the target vanes and the athlete still has two official jumps remaining.

With the feet flat the athlete jumps, touching the highest vane possible.

The vanes touched are moved out of the way for the second attempt. Record the better of the two trials to the nearest 1/4". The score is not the vane that is left visible after the jump but the highest one that was touched.

#### **Rule # 4**

Ankles, hips and shoulders must be next to the unit when determining the competitors reach height.

#### **Rule # 5**

Must reach as high as possible with the hand that will be touching the vanes.

<b>Rule # 6</b>	Standing on tiptoes and or bending the knees when reaching is not allowed.
<b>Rule # 7</b>	Taking a step or shuffle before the jump is not allowed.
<b>Rule # 8</b>	The Head Judge can correct the athletes form or disqualify them based on his or her discretion.

## 6. Test Pro Agility Run

Competitors will be called based on lowest index points from the vertical jump competing first and the highest index points from vertical jump competing last.

Competitors will have 15 seconds from the time the announcer calls their name to begin their official attempt.

For International competitions the official NSCA floor will be used for testing Pro Agility. Local testing should be done on a non slip wood basketball type floor.

Competitors will be allowed to warm-up on the official floor.

Procedure for Pro Agility Run:

Start in Hit Position straddling center line. The athlete always begins running to the right five yards and touches the line with the right hand. The athlete then returns running ten yards to the left touching the line with the left hand. The athlete finishes by running back through to the starting line where the time is recorded. The total distance run is 20 yards.

If the athlete fails to touch the line with their hand or has some other procedural error, the athlete will be notified of the problem and it is up to the discretion of the Head Judge to award a second official attempt without penalty.

<b>Rule # 9</b>	Electronic timing is required to qualify for any NSCA Competition on the Pro Agility Run.
<b>Rule # 10</b>	Competitor must start from a stationary position. Swinging or rocking the arms and/or body prior to starting is cause for disqualification.
<b>Rule # 11</b>	Competitor must touch the right line with the right hand and the left line with the left hand. Failure to touch the line disqualifies the attempt.

**Rule # 12**

For safety purposes No lunging or diving will be allowed. Any competitor that falls to the ground at the finish line will disqualify the attempt.

**7. Test 10 Yard Dash**

Competitors will be called based on lowest index points from the combined vertical and pro agility sub-total competing first and the highest index sub-total competing last on the 10 Yard Dash.

Competitors have 15 seconds once announcer calls their name to begin the 10 Yard Dash.

Procedure for 10 Yard Dash:

Athlete places one hand on the starting line but not in front of the starting line so that a red light indicates the hand is in the laser beam. The opposite foot is forward but not in the laser beam. The athlete holds steady for a second and the light changes to green and a buzzer sounds to notify everyone the athlete is ready to run. The athlete leaves the beam with the hand and back foot leaving the ground at the same time. The timer starts automatically when the athlete's hand leaves the laser beam.

The Athlete is allowed ONE official attempt unless there is a procedural error in which case the athlete will be notified of the problem and it is up to the discretion of the Head Judge to award a second Official attempt without penalty.

The time is recorded when the athlete breaks the beam at 10 Yards.

Time is recorded to the nearest tenth of a second.

International Competitions will use the NSCA official floor.

**Rule # 13**

Electronic timing is required to qualify for NSCA Championships

**Rule # 14**

Competitor must start from a stationary position. Rocking back and forth or rolling forward prior to starting is cause for disqualification.

**Rule # 15**

Competitor can use either hand down but must put opposite foot forward. Competitor can not have the same foot and hand forward in their stance.

**Rule # 16**

The attempt will be disqualified if the back foot leaves the ground before the hand leaves the ground. The hand and back foot should leave at the same time.

**Rule # 17**

For safety purposes No lunging or diving will be allowed. Falling to the ground for any reason will disqualify the run.

**8. Test Hang Clean**

Competitors give their starting poundage to the judge. The lightest poundage is scheduled to lift first. The poundage on the bar never goes down only up. The competitor can change their poundage on the Hang Clean up to and including when their name is called to lift. Changing the poundage can only occur one time. Once the athletes name is called to the platform they have 15 seconds to begin the lift.

Once the bar is lifted off the platform the lift begins.

Each athlete is allowed one attempt of a maximum of five consecutive repetitions.

Procedure for Hang Clean;

Stand erect with the bar then lower the bar to just above the knees in a controlled manner and clean the bar to the chest. Stand erect before each repetition.

**Rule # 18**

No lifting belts, straps, or gloves will be allowed.

**Rule # 19**

If the bar is dropped to the platform the lift is over. The bar must remain under control at all times; during the downward phase of the lift between repetitions and including lowering the bar to the platform at the completion of the fifth repetition. Throwing the bar to the ground will result in disqualification.

**Rule # 20**

For the repetition to count the feet must remain inside the 30" x 36" box without touching it during any part of the lift.

**Rule # 21**

The repetition will not count unless the athlete is erect and under control of the weight.

**Rule # 22**

Competitors give their starting poundage to the judge. The lightest poundage lifts first. The poundage on the bar never goes down only up. The competitor can change their poundage used on the Hang Clean up to and including when their name is called to lift. Changing the poundage can only occur one time.

**Rule # 23**

The Head Judge will determine the number of repetitions that were successful.

## 9. Scoring

### **Rule # 24**

Performance Enhancing Drugs are prohibited. Competitors are subject to Drug Testing and/or Lie Detector Tests to prevent performance enhancing drug use.

First place will be awarded to the male and female with the highest NSCA Index. The highest index in each of the four tests will also be recognized.

We welcome your input to make the NSCA Index Competitions fun, exciting and fair. If you have a suggestion please submit it to:

**NSCA World Headquarters**  
**NSCA International Index Committee**  
**1885 Bob Johnson Drive**  
**Colorado Springs, CO 80906**

NSCA National and International Index Competitions are hosted by NSCA Coaching Performance which is endorsed by the National High School Athletic Coaches Association and sponsored by EPIC Athletic Performance.



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