

No. 105

Athletic Badge Test for Boys

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Playground and Recreation Association of America
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Price, Five Cents



A CROUCHING START



A STANDING START



PULL UP (CHINNING)



STANDING BROAD JUMP

The Athletic Badge Test for Boys

The Playground and Recreation Association of America has adopted the following as standards which every boy ought to be able to attain:

First Test

Pull Up (Chinning).....	4 times
Standing Broad Jump.....	5 ft. 9 in.
60 Yards Dash.....	8 3-5 seconds

Second Test

Pull Up (Chinning)	6 times
Standing Broad Jump.....	6 ft. 6 in.
60 Yards Dash.....	8 seconds
or 100 Yards Dash.....	14 seconds

Third Test

Pull Up (Chinning).....	9 times
Running High Jump.....	4 ft. 4 in.
220 Yards Run.....	28 seconds

As these standards have been tested in the public schools of several cities it has been found that boys of 12 years of age should be able to qualify for the badge under the first test, elementary school boys of 13 years and over for the second test, and high school boys for the third test. It does not seem, however, to those who have had experience with this form of athletics, that the different standards should be limited to these age groups. Accordingly no age or even weight limit is fixed. Any boy may enter any test at any time.

Similar tests are now in use in many cities and in some country districts. The Association has attempted through a committee of experts* from different parts of the country to establish stand-

*Committee which fixed tests: George W. Ehler, Director, Department of Physical Education, University of Wisconsin, Madison, Wis., Chairman; J. H. McCurdy, International Y. M. C. A. Training College, Springfield, Mass.; George J. Fisher, Secretary of the Physical Department, International Committee, Y. M. C. A., New York City; W. E. Meanwell, Director, Gymnasium, University of Wisconsin, Madison, Wis.; Wm. A. Stecher, Secretary, Philadelphia Playground Association, Philadelphia, Pa.; E. B. DeGroot, Chicago Playground Association, Chicago, Ill.

ards which would be simple, consist of events which are interesting, and be generally acceptable. The tests require only simple apparatus, a comparatively small space. They can be conducted in a short period of time even with a considerable number of boys, and the measure of each boy's performance can be accurately determined.

Rules

The following general rules shall govern the final competition:

No boy is permitted to receive more than one badge in any one year.

It is necessary to qualify in all three events in any one class in order to win a badge.

There shall be but one trial in chinning, one in the dashes, and three in the jumps.

1. PULL UP (CHINNING)

A portable chinning bar in a doorway, a horizontal bar in the gymnasium or the rungs of a ladder set at an angle against a building may serve the purpose.

Each contestant begins with his hands on the bar. Then with his arms straightened at full length he pulls himself up without a kick, snap, jerk, or swing, until his chin is above the bar. Lowering himself again until his arms are straight, he repeats the "Pull Up."

2. STANDING BROAD JUMP

Whenever possible it is best to prepare a jumping pit by digging up a piece of ground about 4 feet by 25 feet and have a wooden or metal strip 2 inches by 4 inches imbedded in the ground at one end of the pit flush with the surface, to serve as a "take off." It is also well to mark off 5 feet 9 inches and 6 feet 6 inches from the "take off." Each competitor is allowed three jumps, his best jump being taken as his record.

"The feet of the competitor may be placed in any position, but shall leave the ground once only in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forward, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, nor slide either foot along the ground in any direction."*

3. 60 YARDS DASH, 100 YARDS DASH AND 220 YARDS RUN

A stop watch is necessary for timing the boys in this event. Under the direction of a starter each individual competitor takes his position on the starting mark. The starter gives the signal by saying: "On the mark," "Get set," "Go." At the word "Go" the time keeper starts his watch. As the runner crosses the finish line (60 yards, 100 yards or 220 yards from the starting line), the time keeper stops his watch. The time indicated on the stop watch is the runner's time.

"A false start is one where any part of the person of a competitor touches the ground in front of his mark before the starter purposely gives his signal. The third false start shall disqualify the offender. The competitor shall keep his hands behind the mark assigned to him."*

4. RUNNING HIGH JUMP

"The bar shall be a thin stick and shall rest on pins which shall project not more than three inches from the uprights. When this bar is removed, it shall constitute a trial jump without result."

"The height shall be measured from the middle of the bar to the ground on a direct line."

"Each boy shall be allowed three trial jumps at each height."

"Running under the bar in making an attempt to jump shall be counted as a balk and three successive balks shall constitute a trial jump."*

The following order of events is suggested: pull up (chin-ning), jumping, running.

Badges

THE HURDLER

Designed by R. Tait McKenzie, M. D., University of Pennsylvania,
for the Playground and Recreation Association of America, 1912,
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The following badges have been adopted for the three different classes:



Copyright 1912
First Test



Copyright 1912
Second Test



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Third Test

The badge for the first test is distinguished by one star in the space below the hurdler, the badge for the second test by two stars

*The rules quoted in the fine type are with slight adaptation the rules laid down in the Official Handbook of the Public Schools Athletic League of New York City.

below the hurdler, the badge for the third test by the Greek word *APIΣΤON* below the hurdler. All the badges are in bronze. The feeling has been strong that the badges should be simple and beautiful but should not in themselves have intrinsic value, that the value should be in what the badge stands for. In designing this badge for the boys of America Dr. R. Tait McKenzie has rendered a large service.

The Association recommends that each boy passing the tests be allowed to pay for his own badge just as a young man or woman at college elected to Phi Beta Kappa pays for the key awarded.

Prices

The price, postpaid, either singly or in quantity is twenty cents each.

Ordering Badges

Public schools, private schools, playgrounds, evening recreation centers, settlements, church organizations, and other organizations of good standing in any city, town, village or rural community may use the tests adopted by the Association and *certify* on blanks furnished by the Association, the names and addresses of boys passing the tests, ordering the number of badges of each kind required.

The American Committee on Athletic Standards for Boys will pass on each list certified. If such list is accepted by the committee, the badges ordered will be forwarded on receipt of the money for such badges. The Association will reserve the right to test boys whose names have been sent in if in the judgment of the Committee it seems desirable to do so. The Association will expect those certifying these lists to exercise the greatest possible care. The object in passing on each list is so far as possible to make sure that badges shall go only to such boys as have passed the tests required.

Presentation of Athletic Badges to Boys

The Association suggests that the presentation of the badges be such as to deepen the sense of loyalty to their country in the minds of the boys and girls receiving them, and also to impress members of their families and others who shall witness the ceremony. The following program is suggested:

1. Singing of Star Spangled Banner
2. Reading of Lincoln's Gettysburg Speech by the Mayor or some other adult
3. The boys who have been previously awarded repeat together the following declaration of allegiance:
 I will honor my country
 I will do my best to build up my country's free institutions
 I will not disgrace my city or my school
 I will try to keep myself strong for my country's service
4. The boys who are now to receive badges repeat the same declaration of allegiance to America
5. An address not to exceed five minutes on the subject "For a Better America" to help deepen the feeling of patriotism
6. Award of the badges to those who have passed the first test, second test, third test
7. Singing of America,—first stanza by those who have just been awarded the badges and those who have received them in previous years; the remaining stanzas by all who have gathered together

Wherever possible it will be found effective to arrange for a procession. If the award of the badges is out of doors, the presence of a band will help greatly.

THE BADGE TEST

What It Does

- ¶ Every boy ought to be physically efficient.
- ¶ Specialized athletics have developed remarkable American athletes but they have done most for those who needed athletic training least.
- ¶ Every boy ought to try to reach a certain minimum physical standard. Such standards have been formulated by a committee of experts and are here presented.
- ¶ Every boy passing the tests is authorized to wear this badge which stands for physical efficiency.
- ¶ Every boy wearing this badge as he meets another boy—even though their homes be on opposite sides of the continent—when he sees the badge upon the other boy knows that they have had the same tests, and feels a certain comradeship.

¶ In these days the boy who makes himself physically efficient is preparing himself for efficient citizenship later.

¶ It is hoped that once each year in each city there can be a meeting of the boys who have qualified in previous years to welcome those who have just qualified. It would not be unfitting in our American cities as in the cities of ancient Greece for the leaders in the city's life to make such a time a notable annual event.

¶ In some cities the physical standard of the boys has been made much higher because of these tests—sometimes thirty per cent higher. To achieve the same result nationally would enable America to continue to have in these days of city life the pride in the physical fitness of her boys which she formerly had in the pioneer days.

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