

Rules for Pull-Up Contest

- Competitors will be divided into groups along with split between male/female. Age categories are as follows:
 - 4-6 years old
 - 7-11 years old
 - 12-16 years old
 - 16-25 years old
 - 26-35 years old
 - 36 and older
- **Competitors ages 12 and up** have to raise their chin above the bar and go all the way down. Starting position with chin above the bar with a pull-up being counted each time their chin returns above the bar.
- There is no time limit, just go until you cannot go anymore. Hanging is not allowed. You must keep attempting to do a pull-up.
- Females have the option of doing chin-ups with their palms facing them.
- The person with the most pull-ups in their age category will win.
- **Competitors ages 11 and under** will do a timed hang. They will begin supported with their chin above the bar and when support is released, the timer will start. Once their chin goes below the bar, time will stop.
- The person with the longest time in each age category will win.
- You may participate in the pull-up contest (once) any time, prior to 2 p.m. during the day.
- The contest will run until approximately 2 p.m. At this time winners will be announced.