

Abdominal Plank Rules

Participants will be given 1-minute to prepare or make adjustments for this event.

1. Starting Position:
 - a. Participant will kneel on the floor with forearms against the floor.
 - b. Time will begin when the proper position is obtained
 - c. The back should be flattened throughout the duration of the plank. The back and legs should remain in alignment. (see diagram below).
 - d. Participant's time will stop when the back and legs are no longer flattened or the participant drops to the floor.
2. Participants will maintain the plank position until fatigue.
3. The event official will record and initial the participant's total time in plank position on the results sheet.

