

## **Flexibility Rules**

Participants will be given 1-minute to prepare or make adjustments for this event. Each participant will be required to remove his or her shoes for measurement.

1. Event official will set the following parameters for the participant:
  - a. Legs are to remain straight during the stretch measurement.
  - b. Three attempted stretches will be taken with the best measure being recorded.
  - c. Hands should be overlapped while stretching.
  - d. Ballistic or rapid bounce stretches will not be counted.
  - e. The event official will record and initial the participant's measure from scale A on the sit and reach box on the results sheet.