



**MILITARY LAW CAUCUS**

**2<sup>nd</sup> Annual P.U.S.H. Competition  
Official Rules**

**1. Purpose**

- a. The primary purpose of this competition is to raise money for the Military Law Summer Fellowship Fund and to support homeless veterans in central Pennsylvania. The Military Law Summer Fellowship Fund, similar to the Public Interest Law Fund, is to financially support students who receive unpaid summer internships with a branch of the military.
- b. The secondary purpose of this competition is to provide Penn State Law, School of International Affairs, and other Penn State military and veteran organizations a friendly, competitive environment where students have the opportunity to raise money for a good cause while simultaneously doing what everyone in the military does, push-ups.

**2. Competing**

- a. The 2018 Military Law Caucus P.U.S.H. Competition will take place on September 28, 2018, at 3 PM, with the competition beginning at 4 PM, outside of the Katz Building (Penn State Law).
- b. This competition is open to anyone over the age of 18 and affiliated with Penn State Law, School of International Affairs, and other Penn State military and veteran organizations.
- c. If a person decides to compete, they must fill out the Competitor's Form and return it by 5 PM, September 19, 2018 to either Kylie Hanlon in her mailbox or email [psu.mlc.secretariat@gmail.com](mailto:psu.mlc.secretariat@gmail.com), or to Mary Beth in the Student Services office.
- d. By filling out the Competitor's Form, that person agrees that they will have at least one pledge prior to the competition.
- e. Competitors have until the start of competition at 4 PM on September 28, 2018, to turn in their pledge form(s).
- f. A non-mandatory competitor's information and rule explanation session will be held on September 25<sup>th</sup> at 6 PM outside the Katz Building to explain to competitors the rules, demonstrate a match, review the proper push-up, and field questions.
- g. If a competitor does not have at least one pledge prior to the start of the competition they will be disqualified. Competitors will be given, and have access to, copies of the pledge form upon return of the competitor's form.

**3. The Pledges**

- a. Competitors and donors will need to fill out an official 2018 MLC push-up competition pledge form for a pledge to count towards the competitor.

- b. Prior to the competition, every competitor will need to turn in at least one (1) pledge form.
- c. The form will have all necessary information required for the donor and competitor to fill out.
- d. The final donation amount from the pledges will be based on the number of push-ups the competitor completes during the competition.
- e. Competitors are urged to get as many pledges as possible.

#### **4. The Competition**

- a. Competitors will compete in a head-to-head, bracket style, single-elimination tournament.
- b. There will be a separate men's and women's bracket.
- c. Rounds will feature matches where two competitors will complete as many push-ups as possible in cadence with a 60-beats per minute metronome.
- d. The first competitor to not maintain cadence with the metronome or accumulate three (3) faults will lose that match.
- e. Each match will have four or five officials; a push-up judge for each competitor, an official counter, and an official recorder.

#### **5. The Match**

- a. At the beginning of each match, judges will direct each competitor to take their marks.
- b. Once each competitor has indicated to the judges that they have taken their marks, the judges will start the metronome.
- c. Competitors will then assume the proper push-up position.
- d. Once the judges see the competitors assume the proper push-up position, the judges will get a verbal acknowledgement from each competitor that they are ready to begin.
- e. Once each competitor has verbally acknowledged that they are ready to begin, a judge will begin to countdown from three in cadence with the metronome (3, 2, 1, GO).
- f. On the GO, each competitor will begin to complete push-ups in cadence with the metronome.
- g. Competitors must reach the proper "down" and "up" positions at the beep of the metronome.
- h. If a competitor does not reach the proper "down" or "up" position at the beep of the metronome, they will be assessed a fault.
- i. During the match, competitors will be assessed faults for either not maintaining cadence or performing an incomplete push-up.

- j. If a competitor accumulates three faults during a match, that competitor loses the match.
- k. There are no time-outs and there are no appeals from a judge's decision.

### **6. The Proper Push-Up**

- a. On the command 'take your marks,' assume the push-up position by placing your hands where they are comfortable for you. Your feet may be together or up to twelve (12) inches apart.
- b. When viewed from the side, your body should form a generally straight line from your shoulders to your ankles.
- c. On the command 'GO,' begin the push-up by bending your elbows and lowering your entire body as a single unit until your arms are at least parallel to the ground. This is considered the 'down' position.
- d. Then, return to the starting position by raising your entire body until your arms are fully extended. This is considered the 'up' position.
- e. Your body must remain rigid in a generally straight line and move as a unit while performing each repetition.
- f. At the end of each repetition, the official scorer will state the number of repetitions of completed correctly.
- g. If you fail to keep your body generally straight, to lower your whole body until your upper arms at least parallel to the ground, to extend your arms completely, or not keep pace with the metronome you will be assessed a fault.