



# Appendix F: Article 27 Table

This table is to be used in conjunction with Article 27, Part D.

Score	Pushups (# in 60 Seconds)	Sit-Ups (# in 60 Seconds)	Vertical Jump (inches)	½ Mile Shuttle Run (minutes and seconds)
9	30	32	17.5	4:29.6
8	29	31	17.4-16.0	4:29.7-4:38.2
7	28-22	30	15.11-15.0	4:38.3-4:54.7
6	21-15	29-28	14.11-11.0	4:54.8-5:35.4
5	14-11	27-19	10.11-9.0	5:35.5-5:59.
4	10-7	18	8.11-8.0	5:59.2-6:13.3
3	6-5	17-16	7.11-7.0	6:13.4-6:30.0
2	4-3	15-11	6.11-6.0	6:30.1-7:00.1
1	2-1	10-5	5.11-5.0	7:00.2-9:59.9
0	NP	NP	NP	NP

Employees must achieve a minimum score of 16 points, with "NP" (no performance) in not more than one category.

If the employer elects not to use all of these categories in a mandatory fitness program, the minimum score shall be reduced proportionately.

