

Fencing

Time (hr:min:sec)	Point Value
10:00	1
20:00	2
30:00	3
40:00	4
50:00	5
1:00:00	6
1:10:00	7
1:20:00	8
1:30:00	9
1:40:00	10
1:50:00	11
2:00:00	12

Note: For times greater than 2 hours, figure points at a rate of 1 point/10 minutes.

Football

Time (hr:min:sec)	Point Value
under 4:59	0
5:00	0.5
10:00	1.0
15:00	1.5
20:00	2.0
25:00	2.5
30:00	3.0
35:00	3.5
40:00	4.0
45:00	4.5
50:00	5.0
55:00	5.5
1:00:00	6.0
1:05:00	6.5
1:10:00	7.0
1:15:00	7.5
1:20:00	8.0
1:25:00	8.5
1:30:00	9.0
1:35:00	9.5
1:40:00	10.0
1:45:00	10.5
1:50:00	11.0
1:55:00	11.5
2:00:00	12.0

Note: Count only the time you are actively participating.

Wrestling and Boxing

Time (min:sec)	Point Value
under 4:59	0
5:00	2.0
10:00	4.0
15:00	6.0
20:00	8.0
25:00	10.0
30:00	12.0
35:00	14.0
40:00	16.0
45:00	18.0
50:00	20.0
55:00	22.0
60:00	24.0

Note: For times greater than 1 hour, figure points at a rate of 4 points/10 minutes.

Calisthenics

Time (min)	Point Value
10:00	0.25
20:00	0.50
30:00	0.75
40:00	1.00
50:00	1.25
60:00	1.50

Note: These are continuous, repetitive calisthenics that are more stretching than muscle-strengthening.

Stationary Cycling

(Adjusted for weight and resistance using the Schwinn Calibrated Resistance Ergometer)

	Load: 1.0	2.0	3.0	4.0
Weight (lbs)				
15:00 Minutes				
	<i>POINT VALUE</i>			
100	3.20	8.72	18.79	—
120	2.18	5.60	12.03	20.44
140	1.48	4.09	8.18	14.39
160	1.13	3.20	5.94	8.37
180	0.77	2.58	4.54	7.05
200	0.37	2.01	3.76	6.13
220	—	1.56	3.19	4.91
240	—	1.30	2.67	4.12
30:00 Minutes				
	<i>POINT VALUE</i>			
100	6.40	17.44	37.58	—
120	4.35	11.19	24.05	40.88
140	2.96	8.18	16.36	28.79
160	2.27	6.40	11.87	16.74
180	1.53	5.15	9.09	14.09
200	0.73	4.01	7.57	12.26
220	—	3.13	6.38	9.82
240	—	2.60	5.34	8.24
45:00 Minutes				
	<i>POINT VALUE</i>			
100	9.60	26.16	56.36	—
120	6.53	16.79	36.08	61.31
140	4.43	12.26	24.54	43.18
160	3.40	9.60	17.81	25.10
180	2.30	7.73	13.63	21.14
200	1.10	6.02	11.27	18.38
220	—	4.69	9.56	14.72
240	—	3.89	8.01	12.36
60:00 Minutes				
	<i>POINT VALUE</i>			
100	12.80	34.88	75.15	—
120	8.70	22.38	48.10	81.75
140	5.91	16.35	32.72	57.57
160	4.53	12.80	23.74	33.47
180	3.06	10.30	18.17	28.18
200	1.46	8.02	15.02	24.51
220	—	6.25	12.75	19.63
240	—	5.19	10.68	16.48

Note: Resistance is consistent, regardless of speed.

Walking or Running on a Motorized Treadmill Set at Various Speeds and Inclines

Speed (mph)	Time (Min)	0%	5%	10%	15%	20%
3 mph	10:00	0.50	0.55	0.70	1.00	1.50
	15:00	0.75	0.82	1.05	1.50	2.25
	20:00	1.00	1.10	1.40	2.00	3.00
	25:00	1.50	1.65	2.10	3.00	4.50
	30:00	2.00	2.20	2.80	4.00	6.00
	45:00	3.50	3.85	4.90	7.00	10.50
	60:00	5.00	5.50	7.00	10.00	15.00
4 mph	10:00	1.32	1.45	1.88	2.64	3.96
	15:00	2.00	2.20	2.80	4.00	6.00
	20:00	2.99	3.29	4.19	5.98	8.97
	25:00	3.98	4.38	5.57	7.96	11.94
	30:00	5.00	5.50	7.00	10.00	15.00
	45:00	8.00	8.80	11.20	16.00	24.00
	60:00	11.00	12.10	15.40	22.00	33.00
5 mph	10:00	2.49	2.74	3.49	4.98	7.74
	15:00	4.00	4.40	5.60	8.00	12.00
	20:00	5.64	6.20	7.90	11.28	16.92
	25:00	7.32	8.05	10.25	14.64	21.96
	30:00	9.00	9.90	12.60	18.00	27.00
	45:00	14.00	15.40	19.60	28.00	42.00
	60:00	19.00	20.90	26.60	38.00	57.00
6 mph	10:00	4.00	4.40	5.60	8.00	
	15:00	6.50	7.15	9.10	13.00	
	20:00	9.00	9.90	12.60	18.00	
	25:00	11.50	12.65	16.10	23.00	
	30:00	14.00	15.40	19.60	28.00	
	45:00	21.50	23.65	30.10	43.00	
	60:00	29.00	31.90	40.60	58.00	
7.5 mph	10:00	6.50	7.15	9.10		
	15:00	10.28	11.31	14.39		
	20:00	14.00	15.40	19.60		
	25:00	17.78	19.56	24.89		
	30:00	21.50	23.65	30.10		
	45:00	32.75	36.02	45.85		
	60:00	44.00	48.40	61.60		

Stair Climbing

(10 steps; 6"-7" in height; 25°-30° incline)

<i>Round Trips—Average Number Per Minute</i>						
<i>Time (min:sec)</i>	5	6	7	8	9	10
<i>POINT VALUE</i>						
3:00	.43	.69	1.00	1.36	1.80	2.33
3:30	.5	.81	1.17	1.59	2.10	2.72
4:00	.57	.92	1.33	1.82	2.40	3.16
4:30	.64	1.04	1.50	2.05	2.70	3.5
5:00	.71	1.15	1.67	2.27	3.00	3.89
5:30	.79	1.27	1.83	2.50	3.30	4.28
6:00	.86	1.38	2.00	2.73	3.60	4.67
6:30	.93	1.50	2.16	2.98	3.90	5.06
7:00	1.00	1.62	2.33	3.18	4.20	5.44
7:30	1.07	1.73	2.50	3.41	4.50	5.83
8:00	1.14	1.85	2.67	3.65	4.80	6.22
8:30	1.21	1.96	2.83	3.86	5.10	6.61
9:00	1.29	2.08	3.00	4.09	5.40	7.00
9:30	1.36	2.19	3.16	4.32	5.70	7.39
10:00	1.43	2.31	3.33	4.55	6.00	7.78
10:30	1.50	2.42	3.50	4.77	6.30	8.17
11:00	1.57	2.54	3.67	5.00	6.60	8.55
11:30	1.64	2.65	3.83	5.23	6.90	8.94
12:00	1.71	2.77	4.00	5.45	7.20	9.33
12:30	1.79	2.88	4.16	5.68	7.50	9.72
13:00	1.86	3.00	4.33	5.91	7.80	10.11
13:30	1.93	3.12	4.50	6.14	8.10	10.5
14:00	2.00	3.23	4.67	6.36	8.40	10.89
14:30	2.07	3.35	4.83	6.59	8.70	11.28
15:00	3.00	3.46	5.00	6.82	9.00	11.67

Point Value For Using a Single Step (approximately 7 inches in height)

<i>Stepping Rate (per min)</i>	<i>Time (min:sec)</i>	<i>Point Value</i>
30	6:30	1.5
	9:45	2.25
	13:00	3.0
35	6:00	2.0
	9:00	3.0
	12:00	4.0
40	5:00	2.5
	7:30	3.75
	10:00	5.0

Rope Skipping

Time (min:sec)	70-90 Steps/Min	90-110 Steps/Min	110-130 Steps/Min
POINT VALUE			
5:00	1.5	2.0	2.5
7:30	2.25	3.0	3.75
10:00	3.0	4.0	5.0
12:30	4.25	5.5	6.75
15:00	5.5	7.0	8.5
17:30	6.75	8.5	10.25
20:00	8.0	10.0	12.0
22:30	9.25	11.5	13.75
25:00	10.5	13.0	15.5
27:30	11.75	14.5	17.25
30:00	13.0	16.0	19.0

Note: Skip with both feet together, or step over the rope, alternating feet.

Golf

Holes	Point Value
under 4	0
4	0.6
6	1.0
9	1.5
12	2.0
15	2.5
18	3.0
21	3.5
24	4.0
27	4.5
30	5.0
33	5.5
36	6.0

Note: No motorized carts!

Rowing

Time (min)	Point Value
15:00	3.5
30:00	7.0
45:00	10.5
60:00	14.0

Note: 2 oars, 20 strokes a minute, continuous rowing.

Tennis/Badminton/Aerial Tennis (Doubles)

Time (hr:min:sec)	Point Value
under 14:59	0
15:00	0.38
30:00	0.75
45:00	1.13
1:00:00	1.50
1:15:00	1.88
1:30:00	2.25
1:45:00	2.63
2:00:00	3.00

Note: Points are awarded to players of equal ability.

Walking or Running One Mile at Various Altitudes

Time (min:sec)		Point Value	Time (min:sec)		Point Value
Standard	5,000 Feet		8,000 Feet	12,000 Feet	
19:59-14:30	20:29-15:00	1	20:59-15:30	21:29-16:30	1
14:29-12:00	14:59-12:30	2	15:29-13:00	16:29-14:00	2
11:59-10:00	12:29-10:30	3	12:59-11:00	13:59-12:00	3
9:59- 8:00	10:29- 8:30	4	10:59- 9:00	11:59-10:00	4
7:59- 6:30	8:29- 7:00	5	8:59- 7:30	9:59- 8:30	5
under 6:30	under 7:00	6	under 7:30	under 8:30	6

Circuit Weight Training

Time (min:sec) Point Value

5:00	.84
10:00	1.68
15:00	2.52
20:00	3.36
25:00	4.20
30:00	5.04
35:00	5.88
40:00	6.72
45:00	7.56
50:00	8.40
55:00	9.23
60:00	10.07

Super Circuit Weight Training

Time (min:sec) Point Value

5:00	1.30
10:00	2.60
15:00	3.90
20:00	5.21
25:00	6.51
30:00	7.82
35:00	9.12
40:00	10.42
45:00	11.72

Minitrampoline

Time (min:sec) Point Value

5:00	1.25
10:00	2.50
15:00	3.75
20:00	5.00
25:00	6.25
30:00	7.50
35:00	8.75
40:00	10.00
45:00	11.25
50:00	12.50
55:00	13.75
60:00	15.00

Aerobic Dancing and Other Exercise Programs Conducted to Music

Time (min:sec) Point Value

5:00	1.0
10:00	2.0
15:00	3.0
20:00	4.0
25:00	5.0
30:00	6.0
35:00	7.0
40:00	8.0
45:00	9.0
50:00	10.0
55:00	11.0
60:00	12.0