

INDOOR OBSTACLE COURSE TEST PERFORMANCE STANDARDS

General: In PE117, inability to successfully complete one or more obstacles, results in the failure of the IOCT.

1. THE START LINE:

Performance: Cadets will start from a standing position with one foot on the mat and one foot on the wood floor. They will run the course from either the left or the right lane. Cadets that start in the right lane must remain in the right lane until they complete the horizontal bars (Cadets starting in the left lane will remain in the left lane).

2. THE LOW CRAWL - (Obstacle #1):

Performance: (Men and Women) From a standing start at the starting line, move forward and drop to the prone position. Move through the tunnel head first and face down. Crawl on your chest the entire 20 feet using the low crawl technique.

3. THE TIRE RUN - (Obstacle #2)

Performance: (Men and Women) From a running start, step into each of the eight tires; alternating feet so that some portion of the foot touches the floor inside each tire. If a cadet misses a tire and/or fails to touch the floor inside each tire, he/she will be halted and will re-negotiate the obstacle from the beginning.

4. THE TWO HAND VAULT - (Obstacle #3)

Performance:

(Men) From a running start, place both hands on the obstacle simultaneously and vault over the horse using the flank/squat, touching only the hands and land on the feet under control. No hurdle, handspring or twisting vault will be allowed.

(Women) From a running start, scale the obstacle and land on the feet under control. No hurdle, handspring or twisting vault will be allowed.

5. THE SHELF MOUNT - (Obstacle #4)

Performance: (Men and Women) Mount the shelf without touching metal supports (Only the wood portion of the shelf may be used to get on the shelf). The recommended method is to hook the heel, go to inner thigh, and then raise upper body on to the shelf. Cadets who cannot grasp the shelf on their own may request a lift to a dead arm hang position.

If an individual fails to complete the obstacle successfully, he/she will an event failure. Cadets failing to mount the shelf after 15 seconds of trying must climb the cargo net all the way to the track and complete the IOCT and report that they failed the shelf.

6. THE BALANCE WALK ON THE HORIZONTAL "H" BARS - (Obstacle #5)

Performance: (Men and Women) Climb down to the H bars from the track and balance walk to the center using the vertical supports for assistance. Drop down to the floor from the diagonal red bar and land under control. If cadets fall off the "H" bars, they must remount the bars at the position where they fell. If unable to remount the "H" bars cadets may go back and remount using the shelf.

7. THRU THE TIRES - (Obstacle #6)

Performance: (Men and Women) From a running start, grasp the top of the tire cables and slide thru the center, feet first. Diving head first is not allowed.

8. BALANCE BEAM TRAVERSE - (Obstacle #7)

Performance: (Men and Women) Mount the balance beam touching one foot within the three foot zone and walk, jog or run the entire length of the three balance beams. When reaching the end of the third beam, with at least one foot within the three foot zone, jump and land on two feet under control, then execute either a side, forward or shoulder roll. A cadet that falls off the beam, does not put one foot in the three foot zone on each end, does a dive off the beam, or fails to execute a roll, must re-negotiate the entire obstacle.

9. THE WALL SCALE - (Obstacle #8)

Performance: (Men and Women) From a running start, scale the wall without the use of vertical side supports. Dismount safely, landing on two feet.

10. THE HORIZONTAL LADDER - (Obstacle #9)

Performance: (Men and Women) Jump and move across the ladder showing support on each rung. If a cadet falls off the horizontal ladder he/she must return to the beginning of the ladder, remount and repeat the entire obstacle. Cadets who cannot jump and reach the ladder on their own may request a lift to a dead arm hang position on the first rung.

11. THE ROPE CLIMB - (Obstacle #10)

Performance: (Men and Women) Using any leg and hand method or hands only, climb the rope and touch the red mark on the rope four feet above the shelf before touching any part of the shelf or shelf supports. If a cadet touches the red mark on the rope four feet above the shelf, and then returns to the floor, the cadet may climb the cargo net and is not an event failure. If a cadet mounts the shelf without touching the red mark four feet above the shelf, the cadet is an event failure. If a cadet has fails to successfully negotiate the obstacle, he/she will climb the cargo net and continue the IOCT. The cadet will report as a rope failure.

12. RUNNING TWO AND THREE QUARTERS LAPS ON THE TRACK - (Obstacle #11)

Performance: (Men and Women) Climb over the railing to the track and pick up a 6-pound medicine ball. Hold the ball with two hands in front of the body and run one full lap around the track. Do not carry the ball one handed or on the hip, shoulder, etc. Drop the ball where it was picked up and pick up a baton. Carry it in a visible manner, for one full lap. Drop the baton where it was picked up. Run empty handed to the finish line. On the last turn raise your hands over your head and yell "Time" when approaching the finish line. Listen to the instructor at the finish line for your finish time. Move to the outside lane and exit the track.

Time Credit

A time credit is awarded to any cadet who is delayed during the running of the obstacle course due to unavailability of equipment. A time credit can also be given for unusual circumstances that arise in the running of the course. Time credits can be reduced by starting cadets at 20 second intervals and by having the slower performers move to the rear of the line. Examples of equipment non-availability time credits are as follows:

- A cadet arrives at the shelf but cannot negotiate the obstacle because other cadets are in their way.

- A cadet arrives at the H-bars and balance walk and must stop because the preceding cadet is directly in front of them blocking their progress.
- A cadet arrives at the rope climb and all ropes are being utilized.
- Cadets are briefed to notify the instructor on the spot if they are being held up. As soon as the instructor sees that a time credit is warranted, he/she will advise the cadet to begin a counting out loud. The instructor will make the appropriate adjustment to the cadet's running time in the card marking formation. Cadets never award themselves a time credit.
- A cadet shall try all obstacles until successful or until an instructor sends the cadet to the next obstacle.

IOCT TAB Award

- The IOCT TAB is given to those cadets running the IOCT at the A- or better time (2:38 for men, and 3:35 for women).
- Cadets who want to earn the IOCT TAB should be identified and placed at the beginning of the start line.
- When a cadet earns the IOCT TAB, the PI should circle "TAB" on the grade card and make a formal presentation to the awardee in front of the section at the beginning of the following lesson.

Selected Athlete Program IOCT Grade Scale

- Cadets enrolled in the SAP will take the normal IOCT when not prohibited by a medical excusal. The SAP cadets will be graded using the "SAP IOCT Grade Scale". SAP cadets are allowed to fail up to two events and still pass the IOCT as long as the overall time meets minimum requirements.