

## TOOL 9

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### **20 METRE RUSHES SCRIPT**

1. The purpose of the 20 m Rushes is to assess your physical capability to move quickly over short distances while getting in and out of the prone position repeatedly.
2. You must cover a total distance of 80 m in 51.0 seconds or less.
3. To start, you will lie down in the prone position with your hands and shoulders on or behind the line with your hands raised.
4. On “5, 4, 3, 2, 1, GO,” you will get up and run to the 10 m line.
5. You will touch one foot on or over the line, get down into the prone position, perpendicular to the line, with your hands and shoulders on or behind the line, and perform a hand release.
6. After your hand release, you will get up, run to the 20 m line, touch one foot on or over the line, get down into the prone position, perpendicular to the line, with your hands and shoulders on or behind the line, and perform a hand release.
7. After your hand release at the 20 m line, you will get up, turn around, and run back to the 10 m line.
8. You will repeat this sequence every 10 m until you have covered 4 x 20 m and have completed seven hand releases.
9. Once your foot touches or crosses the 20 m line on your last trip, your time is stopped and recorded to the nearest tenth of a second.
10. If there is a fault, you must correct it before continuing. Faults include:
  - Not touching your foot to the line.
  - Not performing a hand release.
  - Your hands and shoulders over the line.
11. If you do not meet the standard, you can re-attempt a maximum of one time, after a five minute break.
12. **You are not allowed to dive or drop into the prone position.**
  - If you dive or drop into the prone position, we will stop the evaluation immediately. We will retrain you on the protocol and you can restart with no penalty (it will still be your first attempt).