



BSF NIGERIA

Dear Prospective BSFN Athletes,

All athletes who would like to be licensed for competition for the Bobsled & Skeleton Federation of Nigeria must submit a virtual combine. All currently licensed BSFN athletes are required to submit a virtual combine to renew their current license. **Athletes will be asked to submit their videos and marks via an online portal.** Only athletes who successfully submit a virtual combine will be eligible for an invitation to the BSFN Camp. Each submission will be tallied based on a points system and ranked against the submissions of their peers. The top performances will receive a personal invitation to join the respective BSFN Training Camp.

Age Requirements: Submissions will be accepted from all current BSFN licensed athletes and any new athletes between the age of 16 to 30 years old.

Eligibility: The virtual combine is open to all eligible Nigerian athletes located all over the world from any sporting background. **Must have a valid Nigerian Passport.**

Events Tested: 45m sprint (with 15m split), Shot throw, Standing Broad/Long Jump

VIRTUAL COMBINE PROTOCOL

Below you will find the details for what to expect for the virtual combine. Athletes will be asked to perform the following exercises to the best of their ability in order to accumulate the maximal number of points. Please see the designated men's and women's points scales for reference. The events that will be tested for each gender are:

MEN:

Sprint – Splits will be taken at the 15m and 45m mark, and a calculated 30m fly will be determined between the 15m and 45m times. Only ONE sprint should be uploaded and recorded for the score card and submission portal per athlete.

Standing Broad Jump – this will be done on a flat track surface. With toes on the line for the start, the athlete will jump forward and must land flat on their feet to count the jump. The leap will be measured from the start line to the heel of the athlete. If the athlete does not land with their feet in the same line, the person doing the measurement should choose the mark that is closest to zero. If the athlete falls forward or backwards, the jump does not count and should be redone. If the athlete has access to a sand pit, they may complete the test in sand. The athlete is allowed to fall **forwards only**, and the mark should be taken from where the sand mark is closest to zero. Not from where the athlete's heel lands. Only ONE jump should be uploaded and recorded for the score card and submission portal per athlete.

Shot Put Throw – This test should be done on grass or on a dust/sand landing pad. Each athlete will have their toes placed at a designated starting line. From there, the **male athlete will toss an 8kg (16b) shot put or small weighted medicine ball** forward with an underhand grip held between the legs. The athlete is allowed to cross over the start line or fall forward as they release the ball. Only ONE throw should be uploaded and recorded for the score card and submission portal per athlete.

WOMEN:



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Sprint – Splits will be taken at the 15m and 45m mark, and a calculated 30m fly will be determined between the 15m and 45m times. Only ONE sprint should be uploaded and recorded for the score card and submission portal per athlete.

Standing Broad Jump – this will be done on a flat track surface. With toes on the line for the start, the athlete will jump forward and must land flat on their feet to count the jump. The leap will be measured from the start line to the heel of the athlete. If the athlete does not land with their feet in the same line, the person doing the measurement should choose the mark that is closest to zero. If the athlete falls forward or backwards, the jump does not count and should be redone. Only ONE jump should be uploaded and recorded for the score card and submission portal per athlete.

Shot Put Throw – This test should be done on grass or on a dust/sand landing pad. Each athlete will have their toes placed at a designated starting line. From there, the **female athlete will toss a 4kg (9lb) shot put or small weighted medicine ball** forward with an underhand grip held between the legs. The athlete is allowed to cross over the start line or fall forward as they release the ball. Only ONE throw should be uploaded and recorded for the score card and submission portal per athlete.

COMBINE TEST RULES

Please be sure to review the “Combine Protocol” for specific instructions on how to conduct each test and accompanied videos that demonstrate each test. All results should be submitted via the official Combine Score card and uploaded to the BSFN Submission Portal online. Additionally, be sure to notate the following guidelines:

1. All test repetitions for each exercise must be video recorded via camera or cell phone and submitted along with the official score card for the combine test to be accepted.
2. Video recording must be clear and free from any obstructions in the video field.
3. All sprint times must be taken using a **handheld stopwatch**
4. **The athlete must wear the same clothing throughout the entire testing process**
5. Please follow all federal, state and local COVID-19 guidelines
6. Please be sure to take all necessary health and safety precautions.
7. Be sure to properly warmup and hydrate
8. All testing videos and pictures should be submitted in their raw form (do NOT edit or combine)

By submitting your score card and uploading videos and data to the BSFN portal, you are accepting all guidelines and agree to the terms of data usage. You agree that any media submitted via this virtual combine will be authorized for usage by BSFN for any promotional or marketing purposes. You are also agreeing to follow the instructions indicated for each event. Any variation to the rules and guidelines could result in a voided combine test or a score of zero points for the test event.



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VIDEO RECORDING GUIDELINES PER EVENT

45-meter SPRINT

Number of people needed to administer test: 4 (2 people timing, one athlete, and one person doing the video recording)

Items needed: Tape measure that reads from 0-50 meters, 2 stop watches, camera phone, cones, tape.

Instructions: Tape measure should be taped on the ground with the “zero” on the starting line. Tape measure should be rolled out completely to show the 15m mark and the 45m mark. Cones should be placed at those two marks. Athlete should complete a full warm-up and once they are prepared to test, they will go to the line. The person doing video should be standing midway between the athlete and the finish line to ensure that they can see the whole run. At the start of the test the two timers should position themselves at the 15m mark and the 45m mark. The video should include the athlete in the right 1/3rd of the video field at the start and the timers positioned in the middle. Once the athlete is ready, the video person will start recording. The timers should both start their watch the moment the athlete moves from the start position. As the athlete passes the 15m, that timer will take the split and as the athlete passed the 45m the timer there will also take the split. Without stopping the recording, the video person will walk up to the timer at the 15m mark and record the value on the stopwatch while showing the timer standing directly at the 15m mark. Then without stopping the recording, the videographer will walk up to the timer who is still standing at the 45m mark. The videographer will record the time on the stopwatch and then show that they timer is standing directly at the 45m mark. Once this is complete, the athlete should take their score card, write down their 15m time and their 45m time. On the score card there will be a section for the 30m fly, where the athlete will subtract the difference between the 15m and 45m to get the calculated 30m fly time. Record all final values on the score card. All splits must come from the same run attempt.

SHOT/MEDICINE BALL THROW

Number of people needed to administer test: 3 (athlete, timer, videographer)

Items needed: Tape measure, camera phone, shot ball or small weighted medicine ball (4Kg for women, 8Kg for Men), tape.

Instructions: Determine a start line. If there is not a clear line, mark it with tape. The tape measure should be opened to about 20m. Athlete should stand with toes behind the start line. The person taking the mark should be standing around 8m with their eyes on the athlete to ensure that they can see the release of the ball and follow it when it lands. The person taking the mark should use all necessary precautions to make sure that they are not distracted for safety reasons. The videographer should be standing across from the person taking the mark, but far enough to see the athlete in the right 1/3rd of the camera video field. When the athlete is ready, the videographer should start recording. The athlete will then throw the ball as far as they can. The athlete is allowed to fall forward once the ball is released. The person taking the mark should run directly to the point where the ball initially landed and mark the spot with a piece of tape. Using the tape measure, the person taking the mark should place the tape measure directly on top of the initial landing spot while the athlete places the 0 at the spot of the throw release. Make sure that the measuring tape makes a straight line to get an accurate reading. Once the mark is determined the videographer will walk up to the mark and the person taking the mark will say the distance out loud. Make sure to record the measuring tape for clear results.



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STANDING LONG JUMP/BROAD JUMP

Number of people needed to administer test: 3 (athlete, timer, videographer)

Items needed: Tape measure, camera phone, tape.

Instructions: Determine the start line. Athlete should stand with toes behind the line. The person taking the mark should be standing at 2m with their eyes on the athlete to ensure that they are in position to see the heels of the foot once the athlete sticks the landing. The videographer should be standing across from the person taking the mark, but far enough to see the athlete in the right 1/3rd of the camera video field. When the athlete is ready, the videographer should start recording. The athlete will then jump as far as they can. The athlete is **NOT** allowed to fall backwards, nor are they allowed to fall forward once they land flat on both feet. The person taking the mark should run directly to the point where the athlete landed and mark the spot of the heel closest to “zero” with a piece of tape. Using the tape measure, the person taking the mark should place the tape measure directly on top of the landing spot, while the athlete places the 0 at the start line. Make sure that the measuring tape makes a straight line to get an accurate reading. Once the mark is determined the videographer will walk up to the mark and the person taking the mark will say the distance out loud. Make sure to record the measuring tape for clear results.

SUBMISSION PROCESS (free of charge)

- The Submission Process should be completed using the same phone in which the testing videos and pictures were shot for direct upload
- Upload speeds will be impacted by the quality of your WiFi Network so you may want to consider completing the Submission Process while connected to a school, business or other strong WiFi Network
- **The Submission Process must be completed all at one time so be sure to have everything you need.** There will only be **ONE** submission entry accepted per athlete.
- Visit www.bsfnigeria.com/virtual-combine to complete your submission

Failure to adhere to these instructions strictly may result in the disqualification of one of your tests. For any further questions about these instructions please contact info@bsfnigeria.com. Visit www.bsfnigeria.com/virtual-combine for more details!



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