



LEISURE DIVISION (LeD) P&R SCORING GUIDELINES

- Standard: 16 go/ 17 hold for both pulse and respiration
- Only score the **initial** outgoing pulse/respiration. Use instructions on back of scorecard.

PULSE & RESPIRATION EXAMPLES

Example 1. No Holds				
	Out (Scored)	1st Hold	2nd Hold	Points
Pulse	10			0-5 5
Respiration	9			0-5 5
Holds	No Holds +10	1 Hold +5	2 Holds 0	0, 5, 10 10
P&R Points 0 - 20 Refer to back for scoring				20

Example 2. One Hold				
	Out (Scored)	1st Hold	2nd Hold	Points
Pulse	17	13		0-5 0
Respiration	14	12		0-5 3
Holds	No Holds +10	1 Hold +5	2 Holds 0	0, 5, 10 5
P&R Points 0 - 20 Refer to back for scoring				8

Example 3. Two Holds				
	Out (Scored)	1st Hold	2nd Hold	Points
Pulse	17	17	14	0-5 0
Respiration	16	16	13	0-5 3
Holds	No Holds +10	1 Hold +5	2 Holds 0	0, 5, 10 0
P&R Points 0 - 20 Refer to back for scoring				3

SCORING TABLE

Pulse

12 or less	+5
13	+4
14	+3
15	+2
16	+1
17 or higher	+0

Respiration

9 or less	+5
10-13	+4
14-17	+3
18-21	+2
22-25	+1
26 or higher	+0

Holdovers

No holds	+10
1 Hold	+5
2 Holds	+0

**Pull if not
recovered after
2 holds**