

Performance Testing and Evaluation Procedures



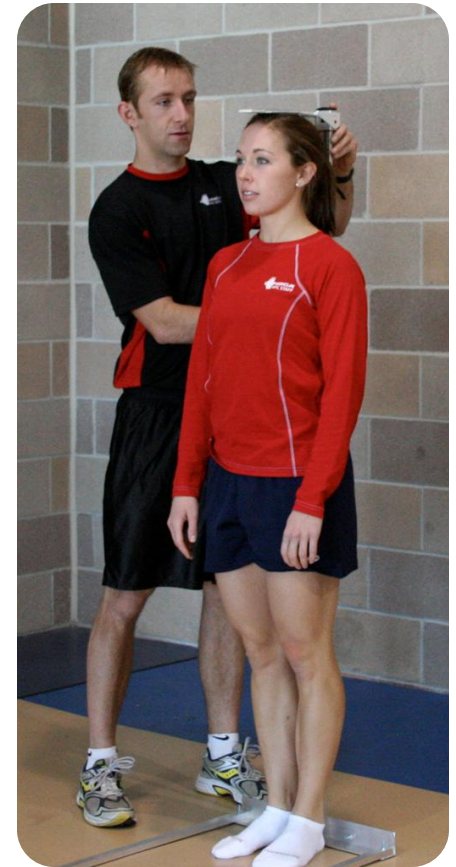
Athletes move from one testing station to another carrying a Test Data Card. The coach records test data on the card until all tests have been completed.

Equipment and materials needed:

- Height measuring device to measure height or flat wall against which the athlete stands.
- Measuring tape or marked area on wall.
- Device to place on the head of the athlete that forms a right angle with the wall.

Procedure:

1. Athlete must take shoes off.
2. Athlete must stand with heels, buttocks, back and head against the wall.
3. Place device on athlete's head so that a right angle is formed with the wall.
4. Measure to the nearest $\frac{1}{2}$ " and record height.





Equipment and materials needed:

- Scale

Procedure:

1. Athlete must weigh-in with only t-shirt, shorts, and socks (no shoes, sweats or equipment).
2. Judge may ask an athlete to remove clothing if clothing appears to impact body weight.
3. Judge will round body weight to the nearest whole pound.



Body Composition

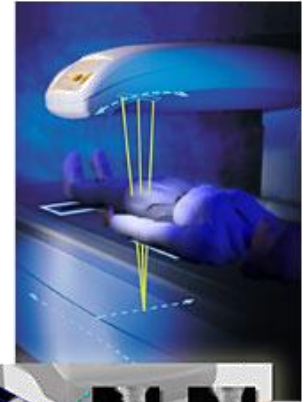
Although there are expensive devices available such as underwater weighing or the DEXA unit, Lean Body Mass (LBM) can be determined with inexpensive devices as well. With a competent tester, skinfold measurement technique provide a reasonable and valid means for assessing body fat.

Equipment and materials needed:

- Skinfold device to measure double layer of finger-pinched skin and subcutaneous fat and competent tester to measure three or five site.

Procedure:

1. Take bodyweight, then determine % of fat, subtract the fat from the bodyweight to determine pounds of Lean Body Mass.



DEXA Body Scan



Skinfold Calipers



Hand-held Body Fat Scanner



Vertical Jump

Equipment and materials needed:

- Device to measure vertical jump.

Procedure:

1. Athlete stands with side to the unit.
2. Make sure feet and hips are next to the unit.
3. Athlete then reaches as high as possible with one hand and arm fully extended.
4. The height reached becomes zero for the Jump Station device.
5. With the feet flat the athlete jumps, touching the highest vane possible. NO steps or shuffling of the feet are allowed.
6. The jump is recorded and displayed to the nearest 1/4".
7. Record the best jump.



Pro-Agility Run

Equipment and materials needed:

- Electronic Agility timer
- Forty feet or more on a wood basketball floor.

Procedure for Pro-Agility Run:

1. Start in Hit Position straddling center line. (*No swinging or rocking to start*)
2. The athlete always begins running to the right first.
3. Run five yards and touches the line with the right hand.
4. Return running ten yards to the left touching the line with the left hand. (*Touch with correct hand, NO spinning*)
5. Finish by running back through to the starting line where the time is recorded. (*No lunging or diving*)
6. The total distance run is 20 yards.
7. Record time to the 1000th of a second.



10-Yard Dash (or 40-Yard Dash)

Equipment & materials needed:

- Electronic timer.
- Thirty or more yards on a wood basketball floor for the 10. (Sixty yards for the 40)

Procedure for 10 Yard Dash:

1. Athlete places one hand one hand on the starting line but not in front of the starting line. A red light appears on the control box when the beam is broken.
2. Athlete runs and the timer starts automatically when the hand leaves the laser beam. (NO rocking or rolling; must start from stationary position)
3. The time is recorded when the athlete breaks the beam at 10 (or 40) Yards. (NO lunging or diving)
4. Time is recorded to the nearest 1000th of a second.

