

Performance Scales for the Self-Setting Test Protocol

Test Description:

- The student will start by tossing ball to self and then sets to self as many times as possible in one minute.
- Players must use proper form or the pass does not count. The set must be 10 feet high or higher.
- If the ball contacts the floor at any point during the time limit then that will indicate the end of the test.

Men Accumulated Score	Percentage	Women Accumulated Score
≥50	100	≥46
45-49	95	41-45
40-44	90	36-40
35-39	85	30-35
30-34	80	25-29
25-29	75	20-24
20-24	70	15-19
15-19	65	10-14
10-14	60	5-9
≤9	50	≤4