

Performance Scales for the Skills Test

Accuracy Test Description:

The Accuracy test consists of one student (handler) throwing the disc to a receiver starting from a cone 20 yards in front of the handler and running at an angle toward the direction of the handler. The receiver will run at a 45-degree angle from where the handler is standing. At the time of the catch, the receiver should be at least 8-10 yards away when he/she receives the disc from the handler.

The handler will throw 5 flicks and then throw 5 backhands. Each throw is worth 3 points, and is graded by accuracy of placement, disc speed and disc spin. One point is awarded for an accurate throw in each category. A total of 30 points is possible. An instructor can elect to award a half point in each category for a marginal throw.

1. Placement (one point maximum per throw) - vertically, the disc should hit somewhere from the top of the head to the waist. Horizontally, no further than an arms length on the lead shoulder.
2. Speed (one point maximum per throw) - the disc should have appropriate velocity (game condition) to avoid a defender knock down. The instructor determines this.
3. Spin (one point maximum per throw) - the disc should be rotating fast enough so that it does not wobble. The instructor determines this.

Distance Test Description:

Each student will have 5 opportunities to throw the disc for distance. The throw that travels in the air the farthest will be the one recorded for a grade. The first point of contact on the ground that the disc makes is where it is marked for the grade. The instructor does not mark where the disc rolled or slid to.

Male	Percentage of Points	Female
70 yds +	100%	55 yds +
65-69	95%	50-54
60-64	90%	45-49
55-59	85%	40-44
50-54	80%	35-39
45-49	75%	30-34
40-44	70%	25-29
35-39	65%	20-24
21-34	60%	10-19
<21	0%	<10

Plank Test Description:

This is a static hold to test total body endurance. The body is supported by the forearms (elbows directly below the shoulders) and toes. The body must be in alignment, with navel to spine and glutes engaged – cervical and lumbar spine in neutral. Hold the position as long as possible, maintaining proper alignment. Record your time.

Women's Time (min:sec)	Percentage	Men's Time (min:sec)
3:30+	100	4:00+
3:00 – 3:29	95	3:30 – 3:59
2:30 – 2:59	90	3:00 – 3:29
2:00 – 2:29	85	2:30 – 2:59
1:30 – 1:59	80	2:00 – 2:29
1:15 – 1:29	70	1:30 – 1:59
45 – 1:14	60	1:00 – 1:29
40 - 44	50	50 -59
Below 40	0	Below 50