Performance Scales for the HEST 267 Skills Tests

Description:
The skills tests for HEST 267 is comprised of three tests: Deflagging Runner, Pass Receiving and Flag Pull Running.

Deflagging Runner: 20 Points
Description: Students attempt to deflag 10 ball carriers

Procedure:
Ten ball carriers run, one at a time, through an area ten yards wide and thirty yards long. Each ball carrier will try to prevent having his or her flag belt pulled by making a move to the left or right of the defender.

Scoring:
- Two points shall be awarded for each successful deflagging attempt.
- One point shall be awarded for an unsuccessful deflagging attempt that included the proper mechanics of a legal flag belt pull.

Mechanics of a legal flag belt pull include:
- Athletic position (head up, knees and waist bent, hands out and palms down)
- An attempt to grab the actual flag belt, NOT the flag
- A swipe in a downward motion to remove the belt

Also note:
- Students cannot hand check or make body to body contact as the flag belt is being pulled.
- The ball carrier cannot attempt to shield the flag belt. If this happens, another opportunity will be granted to the person testing.

Pass Receiving: 20 points
Description: Each student will attempt to correctly run five slant patterns and five wheel routes. One point shall be awarded for running the route correctly and one point shall be awarded for catching the football.

Procedure:

Slants -
The ball will be placed on the 3 yard line. 
The test will be run towards the near end zone. 
The receiver will line up on the line of scrimmage, four yards from sideline. 
On QB cadence, receiver runs a slant route and attempts to catch a thrown ball by the QB.

*Wheel Routes* –

The ball will be placed on the 3 yard line. 
The test will be run towards the near end zone. 
The receiver will line up on the line of scrimmage, five yards from sideline. 
On QB cadence, receiver runs a slant route and attempts to catch a thrown ball by the QB.

**Route running mechanics and scoring criteria**

*Slants*  
- Receiver’s outside foot is back  
- Receiver takes three steps, shoulder fakes and cuts off outside foot into a 45 degree angle toward the center of the field  
- An attempted catch should occur within five yards after the cut  
- Proper arm and hand mechanics depending on the ball being thrown above or below the waist

*Wheel Routes*  
- Receiver’s outside foot is back  
- Receiver takes two steps, shoulder fakes and cuts off inside foot at 90 degrees toward sideline  
- After three more steps, cuts off outside foot 90 degrees and moves toward end zone along sideline  
- Proper arm and hand mechanics depending on the ball being thrown above or below the waist

**Flag Pull Running: 5 points**

Description: Students will be graded on the proper mechanics of carrying the football when helping to administer the deflagging part of the football skills tests.
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