



## ATHLETIC PLACEMENT PROCESS

### Parent/Guardian Permission (1 of 2)

Dear Parent/Guardian:

There is a New York State Education (NYSED) program that permits physically and emotionally appropriate students to try out for an athletic team that is outside of their grade placement. It is called the Athletic Placement Process (APP). For information please see –

[NYSED Athletic Placement Process for Interschool Athletic Programs](#)

Your child may be eligible to participate in sports outside of his or her normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the APP.

This evaluation is a comprehensive evaluation of your child's emotional and physical maturity (including height and weight); as well as athletic abilities, physical fitness, and sport-specific athletic skill in relationship to other student athletes at that level.

Physical maturity is determined by the district medical director during a physical exam, using the Tanner Scale. The Tanner Scale requires the inspection of the entire body, including the breasts and genitals. The district does accept a history of menarche for girls in place of a physical examination. Private medical exams for the Tanner rating and/or menarche must be approved by the District Medical Director. Upon passing District medical clearance, the student may proceed to the physical fitness and skill assessments. Students must pass all tests in order to meet the requirements of the APP.

If your child successfully meets the requirements of the APP, he/she will be allowed to try out for competitive high school athletics. Please read the attached New Paltz Central School District Board of Education policy 7420 for full information. **Please note the NP policy is the policy under which the APP is taken, not that which is listed in the APP booklet attached. Please read it carefully.**

It is important for you and your child to understand that, once the requirements are met and if he/she is accepted as a member of the team, he/she cannot return to a lower-level team (modified) in that sport in that season. Remember, at the higher level of play your child will be exposed to the social atmosphere that is common among older students in a high school environment. Therefore, it is important to take into account your child's ability to handle the additional demands.

Please feel free to contact me regarding this program or to discuss any aspect of your child's athletic placement. If you agree to allow your child's participation in this program, please sign and return the parental permission form to the middle school nurse.

Peter Bianco

Director of Health, Physical Education and Athletics



## **NEW PALTZ**

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### **ATHLETIC PLACEMENT PROCESS**

Please return this sheet to the MS Nurse

#### **PARENT/GUARDIAN PERMISSION (2 of 2)**

##### **PARENT/GUARDIAN STATEMENT**

Sport: \_\_\_\_\_

I have read the attached letter and I understand the purpose and eligibility implications of the Athletic Placement Process.

My son/daughter (name): \_\_\_\_\_ has my permission to undergo the evaluation process and to participate in this program. I understand that the determination of physical maturity is a private examination involving inspection of breasts and genitals and will be done by a licensed school health professional, and I give my permission for the examination. Upon passing the medical clearance, he/she may proceed to the physical fitness and skill assessments. I understand that passing the evaluation process does not guarantee my child a position on a team, but only permits them to try out.

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Parent/Guardian Signature

Date

*NYSED Athletic Placement Process Last Updated December 2017*

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MS Nurse Signature

Date

**ATHLETIC PLACEMENT PROCESS FOR INTERSCHOOL ATHLETIC PROGRAMS (APP)**  
**BOE 7420**

**2025**

The Board recognizes that the New York State Education Department (NYSED)/ New York Public High School Athletic Association's (NYSPHSAA) Athletic Placement Process was designed for mature and exceptionally skilled students to advance to a higher level of competition. The program is not to be used to fill positions on teams. It is aimed at the very few select students who can benefit from such placement because of their level of Physical and Emotional readiness and expertise. Only the exceptional athlete is permitted for classification to a higher level of competition. Based on this purpose the district's policy for eligibility to advance to a higher level of competition is as follows:

**A) Individual Sports**

1. No Junior Varsity team exists - Athletic Placement Process is available only to Varsity level;
2. Junior Varsity team exists - Athletic Placement Process is available only to Junior Varsity level, except if the student meets the requirements set forth in "2(b)" below.

**B) Team Sports**

1. Athletic Placement Process available only to Junior Varsity level, except as provided in "2(b)", as set forth below;
2. Eighth graders can participate at Varsity level, but only if they meet the requirements set forth in (a) - (e), as set forth below;

(a) Student athlete(s) participated at the Junior Varsity level as a seventh grade student;

(b) Statistically performed at a high level on the Junior Varsity team as a starter;

(c) Positive recommendation from coach;

(d) Parents/Guardians and student athlete(s) meet with the Athletic Director, Head Coach, and High School Building Principal;

(e) A panel, made up of the Superintendent or Assistant Superintendent, High School Principal and Athletic Director must be convened for the purpose of reviewing all pertinent facts relevant to a particular student playing at the varsity level and will make final determination.

The Board directs that the Superintendent implement appropriate procedures for the Athletic Placement Process and that District Office maintain a file of those students deemed eligible as a result of such procedures.

# **ATHLETIC PLACEMENT PROCESS FOR INTERSCHOOL ATHLETIC PROGRAMS**



The University of the State of New York  
The New York State Education Department  
Office of Curriculum and Instruction  
Albany, New York 12234  
February 2015

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## PREFACE

The Athletic Placement Process (APP) is a program for evaluating students who want to participate in sports at higher or lower levels, as approved by the Board of Regents as a part of the school eligibility rules in 1980, and is aligned with Learning Standards 1 and 2. Commissioner's Regulation Section 135.4(c)(7)(ii)(a)(4) states:

*A Board of Education may permit pupils in grades no lower than seventh to compete on any senior high school team, or permit senior high pupils to compete on any teams in grades no lower than seventh, provided the pupils are placed at levels of competition appropriate to their physiological maturity, physical fitness, and skills in relationship to other pupils on those teams in accordance with standards established by the Commissioner.*

These standards state that students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, maintain personal health, and acquire both the knowledge and ability to create and maintain a safe and healthy environment.

The New York State Education Department (NYSED) has collaborated with the New York State Athletic Administrators Association (NYSAAA), the New York State Public High School Athletic Association (NYSPHSAA), the Statewide School Health Services Center (SSHSC), district directors of school health services (commonly referred to as medical directors and previously known as school medical officers), and directors of physical education/athletics to promote physical education and interschool athletic competition statewide. This guide to the Athletic Placement Process is the result of that collaboration.

This document represents the shared belief of the NYSAAA, the NYSPHSAA, medical directors, directors of physical education/athletics, and the NYSED that physical education and interscholastic athletic competition are important to the development of the whole child, and that students benefit when they can participate in such activities at a pace that is consistent with their physical and emotional maturity, size, fitness level, and athletic skill.

Schools, both public and private, competing in interscholastic sports under the jurisdiction of the Commissioner's Regulations may choose whether or not to adopt a policy that permits students in the 7<sup>th</sup> and 8<sup>th</sup> grades to try out for a high school team, or that permits high school students to play at the modified level. If schools choose to have such a policy, the process outlined in this document is to be followed.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons, beginning with entry into the ninth grade. However, by satisfying the requirements of the APP, a student may receive extended eligibility that permits:

- a) participation during five consecutive seasons in the approved sport, after entry into the eighth grade; or
- b) participation during six consecutive seasons in the approved sport, after entry into the seventh grade.

THE INTENT OF THE APP IS TO PROVIDE A PROTOCOL FOR THOSE DISTRICTS THAT CHOOSE TO ALLOW STUDENTS IN GRADES 7 AND 8 TO MOVE UP; OR FOR STUDENTS IN GRADES 9-12 TO MOVE DOWN, ALLOWING THEM TO PARTICIPATE SAFELY AT AN APPROPRIATE LEVEL OF COMPETITION BASED UPON PHYSICAL AND EMOTIONAL READINESS AND ATHLETIC ABILITY RATHER THAN AGE AND GRADE ALONE.



Students do not mature at the same rate, and there can be tremendous developmental differences between students of the same age. **The APP is not to be used to fill positions on teams, provide additional experience, provide an opportunity for middle school or junior high students when no modified program is offered, or to reward a student.** Instead, it is aimed at the few, select students who can benefit from such placement because of their level of readiness.

Effective July 1, 2017, Commissioner's regulation §135.4(c)(7)(ii)(a) was amended to clarify the conditions under which K-8 public school districts may employ the APP protocol to allow the opportunity for exceptional student athletes to participate in interscholastic sports at the high school(s) with which the K-8 school district contracts for the education of its high school students, when such students are bona fide students of the K-8 school district.

Commissioner's regulation §135.4(c)(7)(ii)(a)(4) was amended as follows, effective July 1, 2017:

(ii) Nothing in this subclause shall prohibit a bona fide seventh or eighth grade student, as defined by subdivision (g) of section 135.1, who is regularly enrolled in a public school district organized for pupils in kindergarten through eighth grade that contracts with a neighboring school district or districts on a tuition basis for the education of its high school students pursuant to Education Law sections 2040 and 2045 and section 174.4 of this Title, from seeking to participate in a high school team, in accordance with the standards described in item (i) of this subclause, provided that the boards of education of the sending school district (as such term is defined in section 174.4(a)(1) of this Title) and the receiving school district(s) (as such term is defined in section 174.4(a)(2) of this Title) adopt a resolution to permit such participation. In the case of seventh and eighth grade students attending a public school district organized for pupils in kindergarten through eighth grade that contracts with more than one neighboring school district for the education of its high school students, any such seventh or eighth grade student who participates in high school athletics pursuant to this subclause may select only one high school in which to compete during their seventh and eighth grade participation; if, following participation in a high school team during seventh and/or eighth grade, such student chooses to attend a different high school with which the student's kindergarten through eighth grade school district contracts for the education of its high school students, such student shall be ineligible to participate in any interscholastic athletic contest in a particular sport for a period of one year.

The APP protocol contained within this guidance document in determining a student's eligibility for APP is applicable to 13 public school districts in the State that operate to serve students in grades K-8 only, and contract for the education of their high school students with other public school districts pursuant to the provisions of Education Law §§2040, 2045 and Commissioner's regulation §174.4. However, NYSED recognizes that such school districts will face unique administrative challenges when employing the APP with the contracting district. The regulation requires the boards of education of the sending school district and the receiving school district(s) to adopt a resolution to permit such participation. In order to safely and appropriately implement the APP, the following considerations should be resolved and included in the each board's resolution to employ the APP. This list is not intended to be exclusive and each district may find additional administrative considerations that they wish to include in the

resolution; those included below are simply a sampling of the issues that should be considered. Please note, that both school districts remain obligated to ensure compliance with the Commissioner's regulations.

### **Administrative Considerations:**

- **APP Eligibility**

The resolutions should include a designation of which school district's administration will provide approval for a student to begin the APP eligibility process, including the administration of the sport skill evaluation, and the physical fitness test.

- **Medical Director**

The resolutions should either designate which district's medical director will be responsible for approval for the student to go through the APP, or how the two medical directors will cooperate to make such decisions.

- **Transportation**

The resolutions should include a policy addressing whether APP students will be eligible for transportation to practices or games, to the extent that such transportation is provided for such teams. Transportation

- **Communication**

It is recommended that each district engages in continuous communication about the administration of the APP, including among the boards of education and parents.

### **Resources**

Below is a sample APP policy currently in use which may be a useful resource:

- <https://emoschools-public.sharepoint.com/Parent%20Student/Health%20and%20Athletics/Selective%20Classification.pdf>

## How to Use This Guide

The APP is a program that may be implemented at the discretion of local school districts. It is not mandated.

The APP is intended for use by student athletes in grades 7 - 12, and directly relates to specific interschool sport categories and levels of competition as follows:

### Intermediate

- Grades 7 - 8

### Commencement

- Grades 9 - 12

### Athletic Competition Levels:

- Modified
- Freshman
- Junior Varsity
- Varsity

The main body of this document is organized to assist the medical director and the physical education director and/or athletic director in administering all aspects of the APP.

There is great diversity among student athletes throughout New York State. The APP was revised to assess a student's physical and emotional maturation, physical fitness, and sport skill, so that a student may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, minimized risk, and greater personal satisfaction. In districts that allow the program, safety must be of paramount importance.

The APP is to be used only when an individual athlete's athletic skills warrant moving to the commencement or intermediate sport competition level, and therefore, ideally, it should be initiated by the district's physical education director and/or athletic director and physical education staff, who recognize the student's skill. The APP may be used either prior to the beginning of the season, so that the student athlete can participate in the try-out period, or within the timelines specified by the NYSPHSAA Promotion Rule.

## GENERAL INFORMATION

Physical education teachers, coaches, students, or parents/guardians may ask the physical education director and/or athletic director to evaluate a student, using the APP. Students will not be processed through the evaluation procedures without a request from the physical education director and/or athletic director and parent/guardian written permission. It is not the intent to evaluate all modified students, and evaluation should be considered only for those students with the appropriate physical and emotional readiness, and whose athletic abilities are outside of those of their age-related peers.

### **After the fall season of 2015, the following should be implemented:**

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to July 1, he or she is eligible to participate on high school athletics without undergoing the APP; only medical approval by the district medical director is required, as these students are already at an advanced age and would otherwise lose eligibility due to aging out.

A student who has undergone the APP does not need the procedure repeated if he/she achieved the required scores for fitness, maturity, and comparable physical size for the desired sport and level, regardless of the school year in which the testing was completed.

If a student has undergone the APP evaluation procedure and participated in the 7<sup>th</sup> grade, the process would not have to be repeated in the 8<sup>th</sup> grade *provided they remain at the same level of athletic competition in the same sport*. If the student changes levels or sports, the student's scores should be reviewed to see if they meet the requirements for the desired level and sport. APP evaluation procedures must be repeated only if the scores do not meet the requirements for the desired level and sport.

If a student has attained an appropriate level of physical maturity, and has a height and weight that are comparable to those of the proposed team members as determined by the medical director, they may proceed to the next level of skills assessment by the athletic/physical education director. If the medical director does not approve the student to participate in the desired sport and level, **he or she may not proceed any further in the evaluation process.** **Medical directors should not be pressured to change their decision.** If a student is approved by the medical director, but fails to meet **more than one** of the physical fitness test standards, or if a student fails to meet an appropriate sport skill level as determined by the coach, **he or she may not proceed any further in the evaluation process.**

In conclusion, the district medical director and the director of physical education/athletics and ultimately the board of education ensure compliance with the APP. It is intended only for the student who is truly at a level of physical and emotional maturity, comparable physical size, fitness, and sport skill that is commensurate with the level of competition that they wish to pursue.

Whenever there is disagreement between a private health care provider and the district medical director, efforts should be made by both parties to come to agreement for the health and safety of the student athlete. In these cases, the primary concern should be allowing an athlete to participate to the fullest level of his or her potential safely, and neither the demands of parents, athletes, administrators, or coaches should confound that concern.

# **APPENDIX**

# ATHLETIC PLACEMENT PROCESS

## PHYSICAL MATURITY FORM

**THIS SECTION TO BE COMPLETED BY THE DIRECTOR OF PHYSICAL EDUCATION AND/OR ATHLETIC DIRECTOR:**

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

Home Address \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender: ☐ Male ☐ Female

Parental/Guardian Permission Form Received: ☐ Yes Date Received \_\_\_\_\_

Desired Level: ☐ Varsity ☐ Jr. Varsity ☐ Frosh ☐ Modified

Desired Sport: \_\_\_\_\_ **\*Recommended Tanner Rating for this sport and level** \_\_\_\_\_ \* See Appendix H

**SCREENING PROCEDURES- THIS SECTION TO BE COMPLETED BY THE DISTRICT MEDICAL DIRECTOR**

(OR BY PRIVATE MEDICAL PROVIDER FOR REVIEW BY THE DISTRICT MEDICAL DIRECTOR IF PERMITTED)

A. TANNER SCORE AND HEIGHT/WEIGHT ASSESSMENT COMPLETED BY:

☐ District Medical Director

☐ Private Medical Provider

EXAM DATE: \_\_\_\_\_

PROVIDER NAME \_\_\_\_\_

**CIRCLE** THE CURRENT DEVELOPMENTAL STAGE OF THE STUDENT, USING THE TANNER SCALE:

1

2

3

4

5

B. ALTERNATIVE TO TANNER EXAMINATION FOR FEMALES ONLY (If accepted by district):

☐ Onset of Menarche = Tanner Stage 5

C. HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

D. CHECK APPROPRIATE BOXES BELOW AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS. (See Appendix H)

Student is ☐ approved ☐ not approved for the sport of: \_\_\_\_\_

at the following level: ☐ Modified ☐ Freshman ☐ Junior Varsity ☐ Varsity

SIGNED \_\_\_\_\_ DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
District Medical Director

## ATHLETIC PLACEMENT PROCESS

### SPECIAL TRY-OUT PROCESSES

#### BOWLING

Any 7<sup>th</sup> or 8<sup>th</sup> grade student may be given the opportunity to try out for a junior varsity or varsity bowling team. At the completion of the try-out sessions, which must include nine games bowled over a three-day period, if the individual's bowling average puts him/her in the top eight of your bowlers, he/she is eligible for the team.

#### GOLF

Any 7<sup>th</sup> or 8<sup>th</sup> grade student may be given the opportunity to try out for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes golfed over a three-day period (the first three days of the individual's tryout when the course is accessible), if the individual's golf average puts him/her in the top 8 of your golfers, he/she is eligible for the team.

#### RIFLE

Any 7<sup>th</sup> or 8<sup>th</sup> grade student may be given the opportunity to try out for a varsity rifle team. At the completion of the tryout sessions, which must include shooting at all three (3) positions over a three-day period (the first three days of the individual's tryout), if the individual's cumulative scoring average puts him/her in the top eight (8) of your shooters, he/she is eligible for the team.

## ATHLETIC PLACEMENT PROCESS

### PHYSICAL MATURITY CHART

**Recommended Tanner Scores for the Athletic Placement Process**

Approved Sports	MALES				FEMALES		
	Freshman	JV	Varsity		Freshman	JV	Varsity
Archery *	2	2	2		2	2	2
Badminton *	2	2	2		2	2	2
Baseball +	2	3	3		3	4	4
Basketball !	2	3	4		3	4	5
Bowling *	2	2	2		2	2	2
Competitive Cheerleading!	2	3	4		3	4	5
Cross-Country *	2	3	3		3	4	4
Fencing +	2	2	2		2	2	2
Field Hockey!	2	3	4		3	4	5
Football !	2	3	4		3	4	5
Golf *	2	2	2		2	2	2
Gymnastics !	2	3	3		3	4	4
Ice Hockey !	2	3	4		3	4	5
Lacrosse !	2	3	4		3	4	5
Rifle *	2	2	2		2	2	2
Skiing (Downhill) !	2	3	4		3	4	5
Soccer !	2	3	4		3	4	5
Softball +	2	3	3		3	4	4
Swim*/Diving!	2	3	3		3	4	4
Tennis *	2	3	3		3	4	4
Track & Field*	2	3	3		3	4	4
Volleyball +	2	3	3		3	4	4
Wrestling !	2	3	4		3	4	5

#### Classification of Sports According to Contact (AAP)

\*= Non Contact

+ = Limited Contact

! = Contact





# ATHLETIC PLACEMENT PROCESS

## PHYSICAL FITNESS TEST: INSTRUCTIONS

### Curl-ups

This activity measures abdominal strength and endurance.

#### Curl-ups Testing

Here's what you do:

- Have the student lie on a cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. A partner holds the feet.
- Make sure the arms are crossed with hands placed on opposite shoulders and elbows held close to chest.
- Keeping this arm position, the student raises the trunk, curling up to touch elbows to thighs, and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.
- To start, a timer calls out the signal "Ready? Go!" and begins timing the student for one minute. The student stops on the word "Stop."

#### Curl-ups Tip

Instruct helpers to count aloud the number of repetitions.

#### Curl-ups Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

### Shuttle Run

This activity measures speed and agility.

### Testing

Here's what you do:

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Student starts behind the opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across the starting line.

### Tips

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on a gym floor or other appropriate surface.

### Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

## One Mile Run/Walk

This activity measures heart/lung endurance.

### Testing

Here's what you do:

- On a safe, one-mile distance, students begin running on the count "Ready? Go!"
- Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

### Tips

Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time.

### Scoring

Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

## Pull-ups

This activity measures upper body strength and endurance.

### Pull-ups Testing

Here's what you do:

- The student hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from the floor, using either an overhand grip (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to the starting position.
- The student raises his/her body until chin clears the bar and then lowers his/her body to the full-hang starting position. The student performs as many correct pull-ups as possible.

### Pull-ups Tips

Spend as little time hanging from the bar beforehand as possible because the extra time on the bar may reduce the number of pull-ups performed. Discourage any leg kicking or body swinging, as this may also decrease the number of repetitions.

### Pull-ups Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.

## Right Angle Push-ups Testing

Here's what you do:

- The student starts in push-up position, with hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart (approximately 2-4 inches) with the toes supporting the feet.
- Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then back up.
- The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more at the required pace. The student should remain in motion during the entire three second interval.

### Right Angle Push-ups Tip

As with the pull-up, spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

### Right Angle Push-ups Scoring

Record only those push-ups done with proper form and in rhythm.

### Right Angle Push-ups Rationale

Right angle push-ups are a good indicator of the range of strength/endurance found in kids, whereas some kids are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

## V-sit Reach

This activity measures flexibility of the lower back and hamstrings.

### V-sit Reach Testing

Here's what you do:

- A straight line two feet long is marked on the floor as the baseline.
- A measuring line four feet long is drawn perpendicular to the midpoint of the baseline, extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point.
- Student removes his/her shoes and sits on floor with measuring line between his/her legs and the soles of his/her feet placed directly behind the baseline, with the heels 8-12 inches apart.
- With hands on top of each other, palms down, the student places them on measuring line.
- With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed.
- After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

### V-sit Reach Tip

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

### V-sit Reach Rules

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

## Sit and Reach Testing

Here's what you do:

- You'll need a [specially constructed box](#) with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet.
- The student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box.
- With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

#### **Sit and Reach Tip**

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

#### **Sit and Reach Rules**

Legs must remain straight, soles of feet against box, and fingertips of both hands should reach evenly along the measuring line. Scores are recorded to the nearest centimeter.

## ATHLETIC PLACEMENT PROCESS

### Physical Fitness: Scores Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	Choose one <sup>1</sup>		1 Mile- Walk/Run min/sec*	Choose one <sup>2</sup>	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	11	47	10.0	4.0	31	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7.0	36	8:23	2	20
	13	46	10.2	7.0	38	8:13	2	21
	14	47	10.1	8.0	40	7:59	2	20
	15	48	10.0	8.0	43	8:08	2	20

\*For swimming, see next page for alternative 500 yard swim scores.

<sup>1</sup> Upper body strength can be measured by performing pull-ups, or right angle push-ups.

<sup>2</sup> Flexibility can be measured by performing the V-sit Reach or the Sit and Reach

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## **ATHLETIC PLACEMENT PROCESS**

### **Physical Fitness Scores**

Required for the Athletic Placement Process

## **SWIMMING**

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the one mile run (see Appendix J) or the 500 yard swim.

### SWIMMING TIMES REQUIRED FOR 500 YARD SWIM

#### **BOYS**

<b>LEVEL</b>	<b>500 Yard Swim Time (min:sec)</b>
Modified	9:15
Freshman	9:00
Junior Varsity	8:45
Varsity	8:30

#### **GIRLS**

<b>LEVEL</b>	<b>500 Yard Swim Time (min:sec)</b>
Modified	10:00
Freshman	9:45
Junior Varsity	9:30
Varsity	9:00