

Illinois Agility Test

Test Taker's Full Name: _____ Date Accomplished: _____

Clinician's full name: _____

What you need:

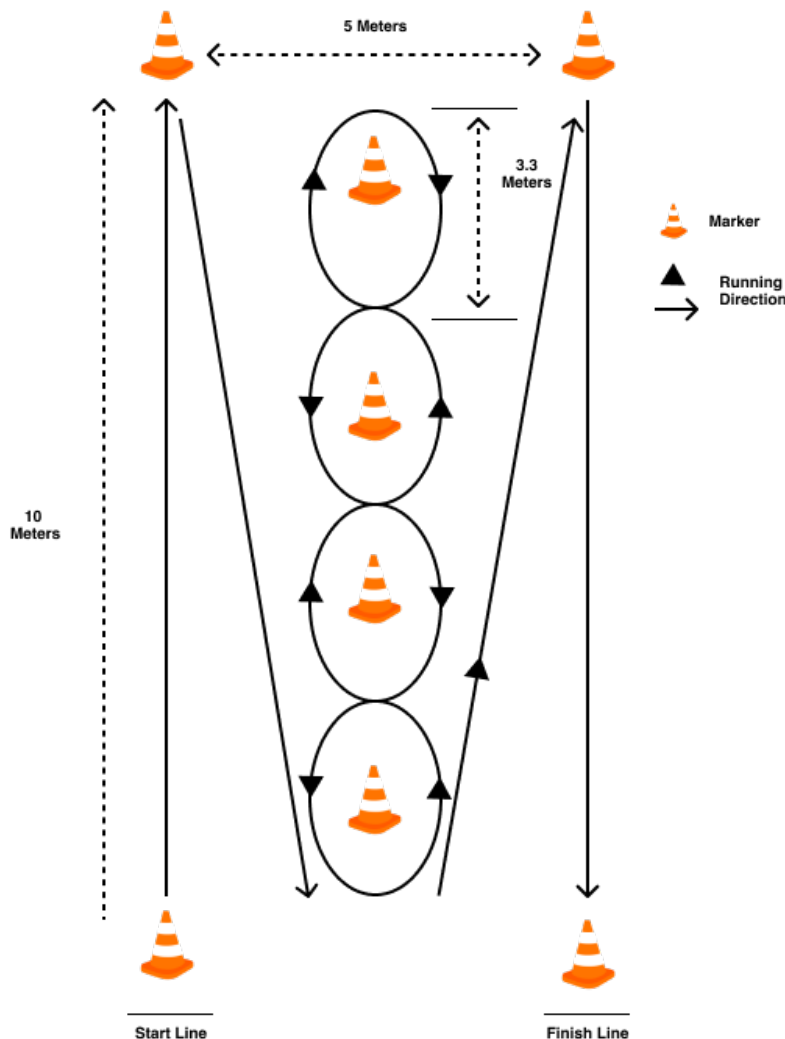
- 8 cones
- A wide and flat surface, preferably a (sports) field
- A whistle
- A stopwatch

What test takers need:

- Comfortable fitness outfits

Instructions:

First, you must arrange the cones. Four of these cones should be arranged in a straight line by 10 meters. The cones must be at least 3.3 meters apart from each other. As for the other four cones, they are to be placed laterally on each side of the central line. Laterally, they should be 5 to 6 meters apart from each other, and just like the straight line, cones on each end vertically should be 10 meters apart from each other. To get a better picture of this, please refer to this picture:



Once you have the cones set up, the next thing that you need to do is to explain and demonstrate what the test taker needs to do:

- They must first lie down in a prone position by the first cone (the starting cone).
- As soon as you blow the whistle, they have to run to the second cone, which should be 10 meters away in a straight line.
- Once they reach the second cone, they will have to make a turn and run to the third cone.
- Once they arrive at the third cone, they have to weave around the third, fourth, fifth, and sixth cones, then weave around the fifth, fourth, and third cones. The order is strict.
- Once they are back at the third cone, they're going to run to the seventh cone, then turn around and run to the eighth cone (the finish line).
- When you're done demonstrating it, you can start the test whenever the test taker is ready. They will start as soon as you blow your whistle, and the test ends when they reach the final cone.

Reminders:

Activate your stopwatch the moment you blow your whistle and deactivate it when the test taker reaches the last cone.

It's recommended that you conduct at least two trials for consistency.

Scoring:

Just record the time. That's their score. If you gave them multiple trials, get the average of all their times. The average will be their score.

Number of Trials:

Test Taker's Score:

| Males | Females | Agility Level |
|------------------------|----------------------|---------------|
| Less than 15.2 seconds | Less than 17 seconds | Excellent |
| 15.2 - 16.1 seconds | 17 - 17.9 seconds | Good |
| 16.2 - 18.1 seconds | 18 - 21.7 seconds | Average |
| 18.2 - 18.3 seconds | 21.8 - 23 seconds | Fair |
| 18.4+ seconds | 23.1+ seconds | Poor |

Additional Comments: