

# Illinois Agility Test

Name: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

## Equipment needed

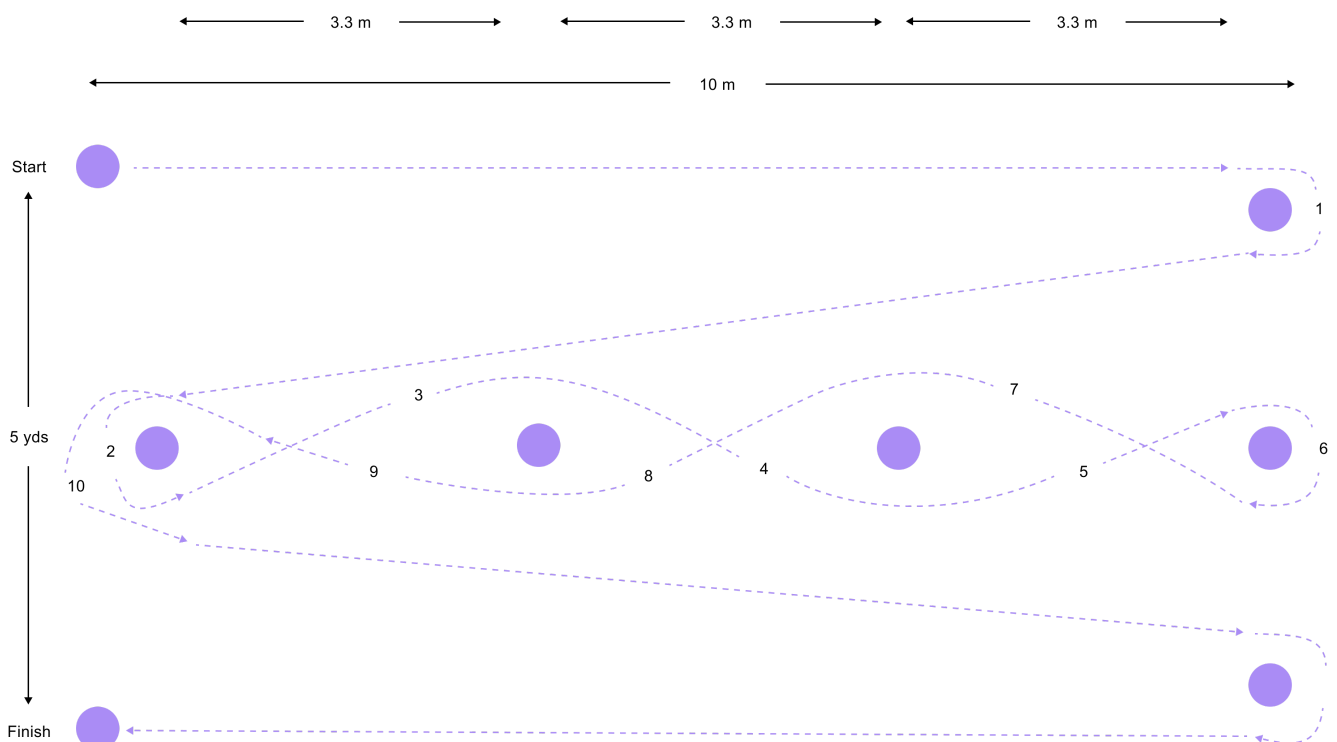
- 10m x 5m testing station
- Stopwatch or timing gates (two sets)
- Measuring tape
- Recording sheet
- Test administrator
- Eight cones

## Set up

Place the 8 cones as shown in the image below. Four cones should mark the start and finish line and the two turning points. The four cones should be an equal distance of 3.3m apart along the middle of the course.

## To conduct the test

1. The athlete will start lying on the floor with their head just behind the start line with bent arms and hands under their shoulders
2. Announce when to start; following this, the athlete will stand up as fast as possible and accelerate to the first cone
3. The athlete will follow the pattern indicated in the picture below, ensuring that all turns are made around the cone and not over the cone.
4. The time is stopped once passing through the finish line/timing gates. The test is completed three times with a 3-5 minute rest between each test to recover.



Results					
Test			Score		
Test 1					
Test 2					
Test 3					
Result (best score or average of 3)					
Interpretation					
Below are the suggested norms for the suggested norms related to the Illinois Agility Test for 16-19 year olds (Davis, 2000):					
Rating	Excellent	Above average	Average	Below average	Poor
Male (in seconds)	<15.2	15.2 - 16.1	16.2 - 18.1	18.2 - 19.3	>19.3
Female (in seconds)	<17.0	17.0 - 17.9	18.0 - 21.7	21.8 - 23.0	>23.0

## References

Davis, B. (2000). *Physical education and the study of sport*. Edinburgh: Mosby.

Getchell, B. (1979). *Physical fitness: A way of life* (2nd ed.). New York: John Wiley and Sons, Inc.

Shaw, W (2022, March 5). *The Illinois Agility Test (IAT)*. <https://sportsscienceinsider.com/illinois-agility-test/>