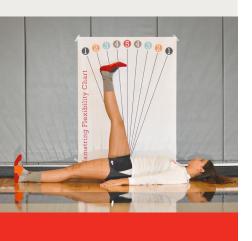
STRAIGHT-LEG RAISE



OBJECTIVE:

To measure lower body flexibility

EQUIPMENT: Wall chart



PRIOR TO TESTING:

✓ Set up wall measuring chart

TEST INSTRUCTION AND EXECUTION:

Coach measures each side, one student at a time

Proper straight-leg raise execution:

- 1. Student lies on back with center of hip aligned with center points of lines on wall chart
- 2. Head back in contact with the ground
- 3. Toes pointed to the ceiling
- 4. Raise leg closest with the wall slowly keeping the foot "cocked" (dorsiflexed)
- 5. Free leg should remain straight, in contact with the ground, toe to the ceiling
- 6. Meaure the score based on the line which the malleolus (ankle) reaches; If in between lines, round down
- 7. Repeat if disqualification occurs
- 8. Turn student to face other direction and repeat on the other leg

3 SCORING

- ✓ Scores are recorded as a whole number from 1-9
- ✓ Disqualifications:
 - Raising leg does not remain straight
 - Raising leg foot does not remain dorsiflexed
 - Free leg loses contact with ground
 - Free leg toe does not remain vertical
 - Student does not raise leg under control