

STRAIGHT-LEG RAISE



OBJECTIVE:

To measure lower
body flexibility

EQUIPMENT:

Wall chart



1 PRIOR TO TESTING:

- ☒ Set up wall measuring chart

2 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. Measure 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

- ☒ Students are scored on the left and right sides
- ☒ 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