



**NEW YORK STATE  
SELECTION/CLASSIFICATION PROGRAM  
FOR INTERSCHOOL ATHLETIC PROGRAMS**

**New York State Learning Standards for  
Health, Physical Education, Family and Consumer Sciences**

*"It is not at what age you participate,  
but rather with whom and under what conditions"*

*J. Kenneth Hafner*

**MARCH 2005**

**The University of the State of New York  
The New York State Education Department  
Office of Elementary, Middle, Secondary  
and Continuing Education  
Albany, New York 12234**

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## PREFACE

With the adoption of *Learning Standards in Health, Physical Education, Family and Consumer Science*, physical education has been included as a content area in the curriculum, along with other academic subjects. Selection/Classification, a process for screening students approved by the Board of Regents as part of the school eligibility rules\* in 1980, is aligned with Learning Standards 1 and 2. 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 the knowledge and ability to create and maintain a safe and healthy environment.

The State Education Department (SED) has worked collaboratively with the New York State Athletic Administrators Association (NYSAAA), New York State Public High School Athletic Association (NYSPHSAA) and directors of physical education/athletics, to promote physical education and interschool athletic competition statewide. This guide to Selection/Classification procedures, the culmination of a two-year revision process, is one result of this collaboration.

The document represents the shared belief of NYSAAA, NYSPHSAA, the directors of physical education/athletics, and SED 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 appropriate levels of maturity and physical ability.

Normally, a student is eligible for senior high athletic competition in a sport during each of four consecutive seasons commencing with entry into the ninth grade. However, by satisfying the requirements of Selection/Classification, a student may receive extended eligibility to permit:

- 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 Selection/Classification is to provide for students in grades 7 through 12 a mechanism allowing them to participate safely at an appropriate level of competition based upon readiness rather than age and grade. Students do not mature at the same rate and there can be a tremendous range of developmental differences between students of the same age. The program is not to be used to fill positions on teams, provide additional experience, provide a place for junior high students when no modified program is offered, or reward a student. Instead, it is aimed at the few select students who can benefit from such placement because of their level of readiness. It will also be *fairer* to the other students on the modified teams.

\*“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.” – Commissioner’s Regulation Section 135.4 (c)(7)(ii)(a)(4)

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## How to Use This Guide

New York State Selection/Classification is a model program that may be implemented at the discretion of all local school districts. It is not mandated. Selection/Classification is intended for use by female and male 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 7 – 12

### Sports Categories (Girls and Boys)

- Attachment J (Girls)
- Attachment K (Boys)

### Athletic Competition Levels

- Modified
- Frosh
- Junior Varsity
- Varsity

The main body of this document is organized to assist the director of physical education/athletics in administering all aspects related to Selection/Classification. This includes the following sections:

- Selection/Classification Implementation Procedures
- Selection/Classification Procedure Checklist
- Attachment Forms

There is great diversity among student athletes throughout New York State. Selection/Classification was designed to assess a student's physical maturation, physical fitness and skill, so that the student may be placed at a level of competition that should result in increased opportunity, a fairer competitive environment, reduced injury, and greater personal satisfaction.

**NEW YORK STATE LEARNING STANDARDS**  
**for**  
**HEALTH, PHYSICAL EDUCATION, FAMILY AND CONSUMER SCIENCES**

Excerpted from:  
New York State Education Department, May 1996

Available online: [www.emsc.nysed.gov/ciai/phyped.html](http://www.emsc.nysed.gov/ciai/phyped.html)

- STANDARD 1: Personal Health and Fitness**  
**Students will** have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical education activity, and maintain personal health.
- STANDARD 2: A Safe and Healthy Environment**  
**Students will** acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.
- STANDARD 3: Resource Management**  
**Students will** understand and be able to manage their personal and community resources.



## SELECTION/CLASSIFICATION IMPLEMENTATION PROCEDURES

Students, teachers, coaches, or parents/guardians may request the director of physical education/athletics to process a student through the Selection/Classification screening procedure. Students will not be exposed to the screening procedure without a specific request.

If a student in grade 7 or 8 has reached the chronological age of 15 years old prior to September 1, they are eligible to participate on high school athletic teams without being processed through the Selection/Classification screening procedure. Only medical approval by the school district physician is required. The reason that these students are eligible for the high school teams is that they are already at an advanced age and will lose some of their four years of high school eligibility due to being over age if not allowed eligibility.

If a student has been processed through the Selection/Classification screening 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 as long as they remain at the same level of athletic competition in the same sport category. If the student changes levels or sports, the Selection/Classification screening procedure must be repeated to meet the specific athletic performance and developmental standards.

If a student fails to meet one or more of the athletic performance standards related to the Selection/Classification screening process, he/she may be retested as many times as is appropriate for a specific item or items. If there is a sound basis for a special approval, it can be requested from the State Education Department (see Attachment B).

In conclusion, the director of physical education/athletics ensures compliance with the Selection/Classification regulations. Working in this capacity, the director of physical education/athletics is required to implement the following required procedural phases:

- Phase 1** Confirm that the school district has approved a resolution to allow students to participate in the Selection/Classification model program. If no such resolution exists, proper steps should be taken to ensure that this first requirement is accomplished. (see Attachment A – Sample Resolution).
- Phase 2** Convene a committee, similar to the mixed competition panel, to perform a pre-evaluation assessment of the student to determine if the student has the potential to successfully participate at a higher level of athletic competition.
- Phase 3** Process a student through the Selection/Classification procedures when requested by the student, recommended by a coach or physical education teacher, or suggested by the director of physical education/athletics. All students who are to be screened for the program must first obtain parental permission and then start with the school physician. Athletic performance testing may be done only after the school physician gives Selection/Classification approval.
- Phase 4** Send letters and forms to the individuals involved in the Selection/Classification process as follows:
  - a) **Parents** – The screening procedure must not begin until the director of physical education/athletics has received parental permission (see Attachment C).

- b) **Health and Developmental Rating by the School Physician** – Care must be taken to familiarize the school physician with the Selection/Classification model program and its purpose. It should be emphasized that the screening process to determine the developmental rating of each candidate be as inconspicuous and discreet as possible (see Attachments D and E).
- c) **Sport Skill Evaluation by the Coach** – The coach must understand the intent and purpose of the program and he/she must place the student’s welfare above all else (See Attachment G).
- d) **Performance Testing** – The performance test must be administered by a physical educator who is not the coach of the team for which the student is being evaluated (See Attachment I).
- e) **Special Approval Request** – If a student is unable to achieve all of the athletic performance testing requirements, the director of physical education/athletics may request special approval from the State Education Department by submitting the Attachment B and the Special Approval Request Application to the Associate in Physical Education. In return, a review process to determine approval or nonapproval will be conducted.

**Phase 5** When final approval related to all procedural requirements of Selection/Classification has been granted to the student, he/she may now participate in the tryout period associated with the higher level of specific athletic competition. Additionally, all New York State Public High School Athletic Association (NYSPHSAA) TryOut Regulations found on page 97 of the NYSPHSAA 2004 – 2006 Handbook must be followed.

**Phase 6** Mail notices to all schools director of physical education/athletics and section officials announcing the students approved to participate in Selection/Classification and listing their athletic performance scores (See Attachment H).

Mail a letter to the parents of the child explaining the outcome of the screening procedure and outlining the eligibility limitations for their child.

**Phase 7** The director of physical education/athletics must maintain a permanent Selection/Classification record for each student who qualifies. This record is to remain on file in the director’s office. The following information must be included:

- Individual Athletic Profile (Attachment B)
- Parental Permission (Attachment C)
- Developmental Screening  
(Attachment D – Males)  
(Attachment E – Females)
- Athletic Performance Testing (Attachment F)
- Coach’s Sport Skill Evaluation (Attachment G)
- Notification of Qualifications (Attachment H)
- Letter to Parent



**DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS  
SELECTION/CLASSIFICATION PROCEDURE CHECKLIST**

**STUDENT NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**PARENTS**

- Correspondence sent out
- Discussions took place
- Permission slip returned

DATE \_\_\_\_\_

DATE \_\_\_\_\_

DATE \_\_\_\_\_

**MEDICAL APPROVAL**

- Correspondence sent out
- Evaluation returned

DATE \_\_\_\_\_

DATE \_\_\_\_\_

**COACH'S SKILL EVALUATION**

- Correspondence sent out (if applicable)
- Evaluation returned

DATE \_\_\_\_\_

DATE \_\_\_\_\_

**ATHLETIC PERFORMANCE**

- Correspondence sent out
- Test results returned

DATE \_\_\_\_\_

DATE \_\_\_\_\_

DATE \_\_\_\_\_

**TRYOUT EVALUATION**

- Correspondence sent out (if applicable)
- Evaluation returned

DATE \_\_\_\_\_

DATE \_\_\_\_\_

DATE \_\_\_\_\_

**INDIVIDUAL ATHLETIC PROFILE**

DATE \_\_\_\_\_

**LETTER SENT TO SCHOOLS/SECTION (copy)**

DATE \_\_\_\_\_

**PARENT LETTER (copy)**

DATE \_\_\_\_\_

# **ATTACHMENT**

# **FORMS**



## RESOLUTION BY BOARD OF EDUCATION

WHEREAS, Section 135.4(c) (7) (ii) (a) (4) of the Regulations of the Commissioner of Education provides for a board of education to permit pupils in grades no lower than seventh grade to compete on interscholastic athletic teams organized for senior high school pupils, or senior high school pupils to compete on interscholastic athletic teams organized for pupils in the seventh and eighth grade; and

WHEREAS, these pupils are to be placed at levels of competition appropriate to their physiological maturity, physical fitness and skills in relationship to other pupils in accordance with the standards established by the Commissioner of Education; and

WHEREAS, the State Education Department issues the standards for these pupils to compete under a program called the Selection/Classification Program;

THEREFORE BE IT RESOLVED that the \_\_\_\_\_ (name of school district) \_\_\_\_\_ Board of Education shall permit pupils to compete under the Selection/Classification Program in all sports.\*

\*NOTE: If any limitation is to be placed on the Selection/Classification Program (example: specific sports or specific levels) it shall be specified within the content of the Board of Education resolution.



SELECTION/CLASSIFICATION

**INDIVIDUAL ATHLETIC PROFILE**

(PLEASE PRINT OR TYPE)

**PART I – SCHOOL INFORMATION FOR 20\_\_ - 20\_\_**

School _____	Superintendent _____
Address _____	School Physician _____
City _____	Director of P.E./Athletics _____
Zip Code _____	Phone ( ) _____

**PART II – PUPIL INFORMATION**

Name _____	Date of Birth _____	Age _____
Height _____ (inches)	Weight _____ (lbs)	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female
		Grade _____

**PART III – EVALUATION INFORMATION**

Sport _____	Desired Level _____ (Varsity, Jr. Varsity, Frosh, Modified)
Parental Permission Received: <input type="checkbox"/> (Check)	
Medical Approval: <input type="checkbox"/> (Check)	Examination Date ____/____/____

DEVELOPMENTAL RATING:

Female: Post Menarche Age (Years + Months) Developmental Rating:	Male: Developmental Rating:
--	--------------------------------

ATHLETIC PERFORMANCE TEST RESULTS:

Shuttle Run <input type="text"/> (1/10 sec)	Standing Long Jump <input type="text"/> (feet + inches)	Fixed Arm Hang <input type="text"/> (seconds)	Stomach Curls <input type="text"/> (number)	50-Yard Dash <input type="text"/> (1/10 sec)	1.5 - Mile Run <input type="text"/> (min + sec)
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**PART IV – SPORTS SKILLS**

Prior Sports Experience: _____
Coach's Rating in Desired Sport: (check)
Below Average <input type="checkbox"/> Average <input type="checkbox"/> Above Average <input type="checkbox"/> Superior <input type="checkbox"/>

**PART V – FINAL PLACEMENT**

CHECK LEVEL OF FINAL PLACEMENT AFTER ALL PROCEDURES HAVE BEEN COMPLETED:
VARSITY <input type="checkbox"/> JR. VARSITY <input type="checkbox"/> FROSH <input type="checkbox"/> MODIFIED <input type="checkbox"/>

**SEE THE REVERSE SIDE FOR SPECIAL ATHLETIC PERFORMANCE APPROVALS FROM THE STATE EDUCATION DEPARTMENT**





PARENTAL PERMISSION

Dear Parent/Guardian:

There is a New York State program that permits a few qualified students to participate on an athletic team beyond their grade placement. It is called the Selection/Classification Program.

Your child \_\_\_\_\_ (name) may be eligible to participate in \_\_\_\_\_(sport) above normal grade level. In order to establish the appropriate eligibility, we must have your permission to begin the Selection/Classification screening process. This screening evaluates your child's physiological maturity, athletic performance abilities (physical fitness), and athletic skill in relationship to other student athletes at the specific participation level. The school physician will evaluate your child using the Tanner Scale, to determine his or her physiological maturity.

If your child can successfully meet the requirements of the Selection/Classification Program, he/she will be allowed to participate in an extended athletic career. Under normal circumstances, a student is only eligible for senior high school athletic competition in a sport for four consecutive seasons commencing with the student's entry into the ninth grade. However, by meeting the Selection/Classification requirements established by the New York State Education Department, your child's eligibility can be extended to permit:

- 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.

**It is important for you and your child to understand that once the requirements are met and 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. Your child will be exposed to the social atmosphere that is inherent to older students and the high school environment.**

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 my office.

Sincerely,

\_\_\_\_\_  
Director of Physical Education/Athletics

\_\_\_\_\_  
PARENT/GUARDIAN STATEMENT

I understand the purpose and eligibility implications of the Selection/Classification Program. My son/daughter \_\_\_\_\_ (name) has my permission to participate in the Selection/Classification Program.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_





\*\*\*\*\*

# SPECIAL CASE

\*\*\*\*\*

*If this boy does not qualify for the developmental rating required by using the standards of the maturity scale on the reverse side of this form, but in your opinion he can safely compete with older boys at the level of play indicated below, you as the school physician may give him approval as a SPECIAL CASE.*

STUDENT: \_\_\_\_\_

SPORT: \_\_\_\_\_

### Physician Statement:

I give my permission for this boy to participate on the team for this sport at the level indicated below:

(Check appropriate level)

- Varsity
- Jr. Varsity
- Frosh
- Modified

I realize he did not meet the requirements for this sport using the maturity scale for the Selection/Classification Program, but in my opinion he can safely compete with older boys. I, therefore, give him SPECIAL APPROVAL to play provided he can achieve the required scores on the athletic performance tests and has skills satisfactory to the coach.

NOTE: Before signing, be sure to read the above physician statement carefully.

Signed \_\_\_\_\_

School Physician      Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_



**SELECTION AND CLASSIFICATION  
Developmental Maturity Form**

**THIS SECTION TO BE COMPLETED BY THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS:**

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

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

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_  Male  Female

Parental/Guardian Permission Form Received:  Yes

Desired Level:  Varsity  Jr. Varsity  Frosh  Modified

Desired Sport: \_\_\_\_\_ **REQUIRED RATING FOR THIS SPORT & LEVEL:**

**THIS SECTION TO BE COMPLETED BY THE SCHOOL MEDICAL DIRECTOR:**

(OR THE STUDENT'S LICENSED HEALTH CARE PROVIDER FOR REVIEW BY THE SCHOOL MEDICAL OFFICER)

**SCREENING PROCEDURES:**

A. CIRCLE THE CURRENT DEVELOPMENTAL STAGE OF THE ATHLETE USING THE TANNER SCALE:

1                      2                      3                      4                      5

B. ALTERNATIVE TO EXAM FOR FEMALES: IF SHE HAS HAD THE ONSET OF MENARCHE, SHE QUALIFIES AS TANNER 5

C. CHECK APPROPRIATE BOX BELOW, SIGN, DATE AND RETURN FORM TO THE DIRECTOR OF PHYSICAL EDUCATION/ATHLETICS.

- Tanner score is appropriate for the sport and level indicated above
- Tanner score is not appropriate for the sport and level indicated above

SIGNED \_\_\_\_\_ EXAMINATION DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
School Medical Director



\*\*\*\*\*

# SPECIAL CASE

\*\*\*\*\*

*If this girl does not qualify for the developmental rating required by using the standards of the maturity scale on the reverse side of this form, but in your opinion she can safely compete with older girls at the level of play indicated below, you as the school physician may give her approval as a SPECIAL CASE.*

STUDENT: \_\_\_\_\_

SPORT: \_\_\_\_\_

### Physician Statement:

I give my permission for this girl to participate on the team for this sport at the level indicated below:

(Check appropriate level)

Varsity     Jr. Varsity     Frosh     Modified

I realize she did not meet the requirements for this sport using the maturity scale for the Selection/Classification Program, but in my opinion she can safely compete with older girls. I, therefore, give her SPECIAL APPROVAL to play provided she can achieve the required scores on the athletic performance tests and has skills satisfactory to the coach.

Signed \_\_\_\_\_

School Physician      Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_



## ATHLETIC PERFORMANCE TESTING INSTRUCTIONS FOR THE TESTER

\_\_\_\_\_ (name) has been approved by the school physician to take the Athletic Performance Test components for the sport indicated below. Please proceed with the testing as described in Attachment I and in the following manner:

1. Refer to the instructions on administering the six-item Athletic Performance Test. Read Attachment I and the Description of Athletic Performance Test Items carefully.
2. The test can be given in any time frame and in any order. Any of the six-items may be retested as many times as desired. Please note that the entire six-items may not be required in some sports. Test only those items required for the sport that the student would be playing. Only the best scores should be recorded.
3. Encourage the student to do his/her best on each test item. Before commencing with the test, inform the student of the minimum requirement for each component in order to qualify (See Attachment J).
4. Return this score sheet to the director's office as soon as the test is completed.

### ATHLETIC PERFORMANCE TEST SCORES

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

Desired Sport \_\_\_\_\_ Desired Level \_\_\_\_\_

Test Administered By \_\_\_\_\_ Date \_\_\_\_\_

#### Components

#### Score

SHUTTLE RUN (nearest tenth)

1/10 seconds

STANDING LONG JUMP (feet and inches to nearest inch)

feet + inches

FLEXED ARM HANG (nearest second)

seconds

STOMACH CURLS (one for each completed movement)

number

50 - YARD DASH (nearest tenth of a second)

1/10 seconds

1.5 - MILE RUN (minutes and nearest second)

min + sec



## COACH'S SPORT SKILL EVALUATION INSTRUCTIONS FOR THE COACH

Coach \_\_\_\_\_

Sport \_\_\_\_\_ Level \_\_\_\_\_

\_\_\_\_\_ (student's name) is a candidate for the Selection/Classification Program. As the coach of the team, your complete assessment of his/her skill level is an important factor in this process. Please complete and return this form as soon as possible. The student's parents have given their child permission and the school physician has cleared him/her to be evaluated by you.

1. If you are familiar with the candidate, please write an evaluation of his/her skill level on the back of this sheet. Supporting information would be helpful in determining proper placement, so be specific. If you are not familiar with the candidate, I would appreciate it if you would contact his/her former coaches for their assessment and schedule a short "audition" session if practical.
2. What level of play would you recommend for this student? \_\_\_\_\_ (level) Is it likely he/she would be in the starting lineup? \_\_\_\_\_ Yes \_\_\_\_\_ No

If not, what percentage of quality playing time would you estimate he/she would receive at that level? \_\_\_\_\_ %

NOTE:

Students elevated to advanced levels of competition by this process should be few and far between. The program is intended only for the unusually gifted athlete who has the physical maturity and athletic skills to be placed beyond other youngsters in his/her chronological age bracket. Abuses in the program by the decision makers who seek to satisfy the needs of the team rather than considering the well-being of the individual cannot be condoned. There are many potential social/emotional pitfalls that must be avoided, and once a student is elevated, the decision is irreversible. Please keep in mind that no practices may be attended until you are notified by the director's office that the student's parental permission has been granted and the student has successfully completed an athletic health appraisal and development screening by the school physician.

3. Rate this student's skills relative to other members of the team.

Below Average    
  Average    
  Above Average    
  Superior

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date



## NOTIFICATION OF QUALIFICATIONS

TO: Executive Director, Section \_\_\_\_\_ Date \_\_\_\_\_

FROM: Director of Physical Education/Athletics School \_\_\_\_\_

SUBJECT: Selection/Classification – Qualified Students Season:  Fall  Winter  Spring

Please accept this as official notification that the following student(s) successfully completed the requirements of the January 2005 Revised Selection/Classification Program:

				ATHLETIC PERFORMANCE SCORES					
				Shuttle Run	Standing Long Jump	Flexed Arm Hang	Stomach Curls	50 – Yard Dash	1.5 – Mile Walk/ Run
Name	Grade	Sport	Level						
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									

cc: A copy of Notification of Qualifications should be forwarded to the office of the director of physical education/athletics of each school district scheduled for interschool athletic sport competition (use another sheet for additional names).



## **ATHLETIC PERFORMANCE TEST SELECTION/CLASSIFICATION**

### **Components:**

1. Lower Limbs
  - a) Agility - **SHUTTLE RUN**
  - b) Explosive power of muscles – **STANDING LONG JUMP**
2. Upper Body

Arm and shoulder muscle strength and endurance – **FLEXED ARM HANG**
3. Abdomen

Abdominal muscle strength and endurance – **CURL-UPS (Sit – ups)**
4. Speed

Running Speed – **50 – YARD DASH**
5. Cardiovascular

Cardiorespiratory system endurance – **1.5 – MILE RUN/WALK**

### **General Rules of Testing**

- Component may be retested as many times as desired to achieve the best performance.
- Test components may be administered in any order.
- There is no time frame for testing.



## DESCRIPTION OF ATHLETIC PERFORMANCE TEST ITEMS

### 1. LOWER LIMBS

a) *Item:* **SHUTTLE RUN**

*Equipment:* Two blocks of wood, 2" x 2" x 4", a split-second stopwatch

*Description:* Two parallel lines are marked on the floor 30 feet apart. Place blocks of wood behind one of the lines. Athlete starts from behind the other line. On the signal "Ready – Go," the athlete runs to the blocks, picks up one, runs back to the starting line and places it behind the line; then runs back and picks up the second block which and carries it back across the starting line.

*Rules:* Allow two trials with a maximum of five minutes, rest in between. Athlete may not throw the block of wood; it must be placed behind the line.

*Scoring:* Record the fastest of the trials to the nearest tenth of a second.

b) *Item:* **STANDING LONG JUMP**

*Equipment:* Mat or floor and tape measure.

*Description:* Athlete stands with feet several inches apart and toes just behind the takeoff line. Swing the arms backward and bending the knees, the jump is accomplished extending the knees and swinging the arms forward.

*Rules:* Allow three trials. Measure from the back edge of the take-off line to the heel or part of the body that touches the floor nearest the take-off line. (Suggestion: Tape the measure to the floor starting at the back of the take-off line and have the athlete jump along the tape so scorer can observe the mark to the nearest inch.

*Scoring:* Record the best of three trials in feet and inches to the nearest inch.

### 2. UPPER BODY

*Item:* **FLEXED ARM HANG**

*Equipment:* Horizontal bar approximately 1-1/2" in diameter

*Description:* Adjust bar height so it is approximately equal to the athlete's standing height. Use an overhand grasp (palms away from the face). With two spotters, one in front and one in back, athlete raises body off the floor to a position where the chin is above the bar, the elbows are flexed, and the chest is close to the bar. Hold this position as long as possible.

*Rules:* a) Start watch as soon as athlete has chin above the bar.  
b) Stop watch when chin touches the bar, head tilts back to keep chin above the bar, or chin falls below level of the bar.

*Scoring:* Record to the nearest second for the length of time the athlete can hold the start position.

### 3. ABDOMEN



*Item:* **CURL-UPS (Sit-ups)**

*Equipment:* Mat and stopwatch

*Description:* Athlete lies on back with knees bent, feet flat on the floor, heels 12" from the buttocks, and back flat on floor. Arms across the chest, fingers on the opposite shoulder, elbows against chest. For a taller athlete, this distance may be adjusted to accommodate him/her. With someone holding the feet down, the athlete brings upper body forward, curling up (sitting up) to touch elbows to thighs. That is one curl-up. Athlete must return to start position before starting next curl-up. Exercise is repeated for one minute and athlete completes as many curl-ups as possible in the one-minute interval.

*Rules:* Fingers must remain in contact with shoulders, back should be rounded and head should be forward on the way up. Scapula must touch the floor before starting next curl-up. Hips must remain on the floor.

*Scoring:* Record one curl-up (sit up) for each completed movement of touching elbows to thighs. No score is given if the fingertips do not maintain contact with shoulders, or if the elbows are extended, or if the hips leave the ground.

### 4. SPEED

*Item:* **50-YARD DASH**

*Equipment:* Track or area marked off 50 yards and split – second stopwatch

*Description:* With arm raised, a starter uses the command “Ready – Go” and accompanies the command with a fast downward sweep of the arm to provide the time with a visual signal to start the watch.

*Rules:* Time required between the starter’s signal and the instant the athlete crosses the finish line.

*Scoring:* Record in seconds to nearest tenth of a second.

### 5. CARDIOVASCULAR

*Item:* **1.5-MILE RUN/WALK**

*Equipment:* Track or area marked off for 1.5 miles and stopwatch

*Description:* Standing at starting line, athlete begins to run on the signal “Ready – Go” from starter/timer. Starter/timer positions self at the finish line.

*Rules:* Walking is permitted. However, the object is to cover the distance in the shortest possible time.

*Scoring:* Record the time in minutes and nearest second.

## SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS					
			GIRLS			AUGUST 1992		
SPORT	LEVEL		SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	1.5 - MILE RUN
		1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC	
BASKETBALL	VAR	4	10.5	5' 8"	10	46	7.8	15:00
	JV	3	10.7	5' 6"	8	43	8.0	15:30
	FROSH	2	11.0	5' 4"	7	40	8.2	15:45
	MOD	1	11.2	5' 2"	7	38	8.4	16:00
BOWLING	VAR	2	*	*	Special	*	*	*
	JV	1	*	*	Tryout	*	*	*
	FROSH	1	*	*	Procedure	*	*	*
	MOD	1	*	*	Page 26	*	*	*
CROSS - COUNTRY	VAR	3	11.0	5' 6"	NOT Required	46	8.0	12:00
	JV	2	11.2	5' 4"		43	8.2	12:30
	FROSH	1	11.6	5' 2"		40	8.4	13:00
	MOD	1	11.8	5' 0"		38	8.5	13:30
FIELD HOCKEY	VAR	4	10.5	5' 6"	15	46	7.6	15:00
	JV	3	10.7	5' 4"	13	43	7.8	15:30
	FROSH	2	11.0	5' 2"	10	40	8.0	15:45
	MOD	1	11.2	5' 0"	10	38	8.2	16:00
GOLF	VAR	2	*		Special	*	*	*
	JV	1	*		Tryout	*	*	*
	FROSH	1	*		Procedure	*	*	*
	MOD	1	*		Page 26	*	*	*
GYMNASTICS	VAR	2	11.0	5' 6"	20	46	8.3	NOT Required
	JV	2	11.2	5' 4"	18	43	8.5	
	FROSH	1	11.6	5' 2"	15	40	8.7	
	MOD	1	11.8	5' 0"	13	38	8.9	
LACROSSE	VAR	4	10.5	5' 6"	15	46	7.6	15:00
	JV	3	10.7	5' 4"	13	43	7.8	15:30
	FROSH	2	11.0	5' 2"	10	40	8.0	15:45
	MOD	1	11.2	5' 0"	10	38	8.2	16:00
SKIING	VAR	3	11.0	5' 8"	15	44	NOT Required	15:00
	JV	2	11.2	5' 6"	13	40		15:30
	FROSH	1	11.6	5' 4"	10	38		15:45
	MOD	1	11.8	5' 2"	10	36		16:00
SOCCER	VAR	4	10.5	5' 6"	NOT Required	46	7.6	15:00
	JV	3	10.7	5' 4"		43	7.8	15:30
	FROSH	2	11.0	5' 2"		40	8.0	15:45
	MOD	1	11.2	5' 0"		38	8.2	16:00

# SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



<b>R A T I N G</b>	<b>ATHLETIC PERFORMANCE &amp; DEVELOPMENT STANDARDS</b>							
	<b>GIRLS</b>				AUGUST 1992			
	<b>SHUTTLE RUN</b>	<b>LONG JUMP</b>	<b>FLEXED ARM HANG</b>	<b>STOMACH CURLS</b>	<b>50 - YARD DASH</b>	<b>1.5 - MILE RUN</b>		
<b>SPORT</b>	<b>LEVEL</b>		1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC

<b>SOFTBALL</b>	VAR	4	10.5	5' 4"	15	42	7.6	<b>NOT Required</b>
	JV	3	10.7	5' 2"	13	40	7.8	
	FROSH	2	11.0	5' 0"	10	38	8.0	
	MOD	1	11.2	4' 10"	10	36	8.2	
<b>SWIMMING</b>	VAR	3	<b>NOT Required</b>	5' 2"	* 15	44	<b>NOT Required</b>	*15:00 +
	JV	2		5' 1"	13	40		15:30 +
	FROSH	1		5' 0"	10	38		15:45 +
	MOD	1		5' 0"	10	36		16:00 +

\* NOT REQUIRED FOR DIVERS – ANY LEVEL

+ ATHLETES MAY CHOSE EITHER THE 1.5 - MILE RUN OR THE 500 - YARD SWIM (see page 27 for requirements)

<b>TENNIS</b>	VAR	2	10.7	5' 2"	10	38	8.3	15:00
	JV	2	10.9	5' 0"	8	36	8.5	15:30
	FROSH	1	11.2	4' 10"	7	33	8.7	15:45
	MOD	1	11.4	4' 10"	7	30	8.9	16:00
<b>TRACK &amp; FIELD</b>	VAR	3	10.7	5' 4"	15	44	7.6	**12:00
	JV	2	10.9	5' 2"	13	40	7.8	12:30
	FROSH	1	11.2	5' 0"	10	38	8.0	13:00
	MOD	1	11.4	5' 0"	10	36	8.2	13:30

\* NOT REQUIRED FOR THROWING EVENTS – ANY LEVEL

\*\* REQUIRED FOR DISTANCE RUNNERS (800 meters or above) ONLY – ANY LEVEL

<b>VOLLEYBALL</b>	VAR	3	10.5	5' 8"	15	46	7.8	15:00
	JV	2	10.7	5' 6"	13	43	8.0	15:30
	FROSH	1	11.0	5' 4"	10	40	8.2	15:45
	MOD	1	11.2	5' 2"	10	38	8.4	16:00



## SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS

		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS					
			BOYS			AUGUST 1992		
SPORT	LEVEL		SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 -YARD DASH	1.5 - MILE RUN
			1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC
BASEBALL	VAR	4	9.5	7' 3"	30	50	6.5	NOT Required
	JV	3	9.7	7' 0"	26	48	6.8	
	FROSH	2	10.0	6' 6"	22	44	7.0	
	MOD	1	10.5	6' 3"	20	42	7.5	
BASKETBALL	VAR	4	9.5	8' 0"	30	50	6.5	11:00
	JV	3	9.7	7' 6"	26	48	6.8	11:30
	FROSH	2	10.0	6' 10"	22	44	7.0	11:50
	MOD	2	10.5	6' 3"	20	42	7.5	12:00
BOWLING	VAR	2			Special Tryout Process Page 26			
	JV	2						
	FROSH	1						
	MOD	1						
CROSS - COUNTRY	VAR	3	10.0	7' 0"	NOT Required	50	6.8	10:15
	JV	2	10.3	6' 6"		48	7.0	10:30
	FROSH	1	10.5	6' 3"		44	7.2	10:50
	MOD	1	10.7	6' 0"		42	7.4	11:00
FOOTBALL	VAR	4	10.0	7' 3"	30	50	6.5	NOT Required
	JV	3	10.3	7' 0"	26	48	6.8	
	FROSH	2	10.5	6' 6"	22	44	7.0	
	MOD-A	2	10.5	6' 3"	20	42	7.5	
	MOD-B	1	10.9	6' 0"	20	40	7.8	
GOLF	VAR	2			Special Tryout Process Page 26			
	JV	2						
	FROSH	1						
	MOD	1						
GYMNASTICS	VAR	3	10.0	7' 0"	35	54	7.3	NOT Required
	JV	2	10.3	6' 6"	30	50	7.5	
	FROSH	1	10.5	6' 3"	26	46	7.8	
	MOD	1	10.7	6' 0"	22	42	8.0	
ICE HOCKEY	VAR	4	10.0	7' 0"	30	50	7.3	11:00
	JV	3	10.3	6' 6"	26	48	7.5	11:30
	FROSH	2	10.5	6' 3"	22	44	7.8	11:50
	MOD	2	10.7	6' 0"	20	42	8.0	12:00

## SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS						
			<b>BOYS</b>			AUGUST 1992			
SPORT	LEVEL		SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	1.5 - MILE RUN	
			1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC	
LACROSSE	VAR	4	9.5	7' 3"	30	50	6.5	11:00	
	JV	3	9.7	7' 0"	26	48	6.8	11:30	
	FROSH	2	10.0	6' 6"	22	44	7.0	11:50	
	MOD-A	2	10.0	6' 3"	20	42	7.5	12:00	
	MOD-B	1	10.5	6' 0"	20	40	7.8	12:30	
RIFLERY	VAR	2	NOT Required		15	40	NOT Required		
	JV	2			10	36			
	FROSH	1			7	34			
	MOD	1			4	32			
SKIING	VAR	3	10.0	7' 3"	26	50	NOT Required	11:45	
	JV	2	10.3	7' 0"	22	48		12:00	
	FROSH	1	10.5	6' 6"	20	44		12:15	
	MOD	1	10.7	6' 3"	18	42		12:30	
SOCCER	VAR	4	9.5	7' 3"	NOT Required		50	6.5	11:00
	JV	3	9.7	7' 0"			48	6.8	11:30
	FROSH	2	10.0	6' 6"			44	7.0	11:50
	MOD	2	10.0	6' 3"			42	7.5	12:00
SWIMMING	VAR	3	NOT Required		7' 0"	* 30	50	NOT Required	* 11:00 +
	JV	2			6' 6"	26	48		11:30 +
	FROSH	1			6' 3"	22	44		11:50 +
	MOD	1			6' 0"	20	42		12:00 +

• NOT REQUIRED FOR DIVERS - ANY LEVEL

+ ATHLETES MAY CHOOSE EITHER THE 1.5 - MILE RUN OR THE 500 - YARD SWIM (see page 27 for requirements)

TENNIS	VAR	3	10.0	6' 6"	26	50	7.0	11:45
	JV	2	10.3	6' 3"	22	48	7.3	12:00
	FROSH	1	10.5	6' 0"	20	44	7.5	12:15
	MOD	1	10.7	6' 0"	18	42	7.8	12:30
TRACK & FIELD	VAR	3	10.0	7' 0"	30	50	* 6.8	**10:15
	JV	2	10.3	6' 6"	26	48	7.0	10:30
	FROSH	1	10.5	6' 3"	22	44	7.2	10:50
	MOD	1	10.7	6' 0"	20	42	7.4	11:00

\* NOT REQUIRED FOR THROWING EVENTS - ANY LEVEL

\*\* REQUIRED FOR DISTANCE RUNNERS (800 meters or above) ONLY - ALL LEVELS

## SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS



		R A T I N G	ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS					
			<b>BOYS</b>				AUGUST 1992	
SPORT	LEVEL		SHUTTLE RUN	LONG JUMP	FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	1.5 - MILE RUN
			1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC
VOLLEYBALL	VAR	3	9.8	7' 3"	30	50	7.0	11:45
	JV	2	10.3	7' 0"	26	48	7.3	12:00
	FROSH	1	10.5	6' 6"	22	44	7.5	12:15
	MOD	1	10.6	6' 3"	20	42	7.8	12:30
WRESTLING	VAR	4	9.5	7' 0"	35	54	NOT Required	11:00
	JV	3	9.7	6' 6"	30	48		11:30
	FROSH	2	10.0	6' 3"	26	44		11:45
	MOD	2	10.5	6' 0"	22	42		12:00



## **SPECIAL TRYOUT PROCESS**

### **BOWLING**

As of September 1, 1995, any 7<sup>th</sup> - or 8<sup>th</sup> -grade student may be given the opportunity to tryout for a junior varsity or varsity bowling team. At the completion of the tryout sessions, which must include 9 games bowled over a 3-day period, if the individual's bowling average puts him/her in the top 8 of your bowlers, he/she is eligible to be selectively classified.

Every student must continue to meet the developmental screening requirement found in the 1992 Selection/Classification guidelines.

### **GOLF**

As of September 1, 1995, any 7<sup>th</sup> - or 8<sup>th</sup> -grade student may be given the opportunity to tryout for a junior varsity or varsity golf team. At the completion of the tryout sessions, which must include 18 holes, golfed over a 3-day period (the first 3 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 to be selectively classified.

Every student must continue to meet the developmental screening requirement found in the 1992 Selection/Classification guidelines.

#### **USE THE FOLLOWING CHECKLIST TO ASSIST YOU IN SELECTIVELY CLASSIFYING BOWLERS AND GOLFERS:**

- PARENTAL PERMISSION (ATTACHMENT C)**
- SCHOOL PHYSICIAN APPROVAL**
- DEVELOPMENTAL SCREENING (ATTACHMENT D - MALE; ATTACHMENT E - FEMALE)**
- TRYOUT SESSION**
- DETERMINATION OF ATHLETE'S POSITION IN TEAM LINEUP**
- SELECTION/CLASSIFICATION DECISION**



## SWIMMING

The physical fitness testing procedure for swimming will remain, as stated in the January 1992 Selection/Classification guidelines. The modification is the addition of a swimming option for the endurance component of the physical fitness test. This will allow the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the 1.5-mile run or the 500-yard swim. Please note the following scores:

### SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS

#### BOYS

SEPTEMBER 1995

			SHUTTLE RUN	LONG JUMP	*FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	*1.5 - MILE RUN	*500 - YARD SWIM
SPORT	LEVEL	DEV LEVEL	1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC	MIN - SEC
	VAR	3		7' 0"	30	50		11:00	8:30
	JV	2		6' 6"	26	48		11:30	8:45
	FROSH	1		6' 3"	22	44		11:50	9:00
	MOD	1		6' 0"	20	42		12:00	9:10

\* NOT REQUIRED FOR DIVERS - ANY LEVEL

### SELECTION/CLASSIFICATION PROGRAM REQUIREMENTS ATHLETIC PERFORMANCE & DEVELOPMENT STANDARDS

#### GIRLS

SEPTEMBER 1995

			SHUTTLE RUN	LONG JUMP	* FLEXED ARM HANG	STOMACH CURLS	50 - YARD DASH	*1.5 - MILE RUN	* 500 - YARD SWIM
SPORT	LEVEL	DEV LEVEL	1/10 SEC	FT' - IN"	SECONDS	NUMBER	1/10 SEC	MIN - SEC	MIN - SEC
	VAR	3		5' 2"	15	44		15:00	9:00
	JV	2		5' 1"	13	40		15:30	9:30
	FROSH	1		5' 0"	10	38		15:45	9:45
	MOD	1		5' 0"	10	36		16:00	10:00

• NOT REQUIRED FOR DIVERS - ANY LEVEL