

ATHLETE NAME: _____

ATHLETE TEAM: _____

TEAM REVIEWER'S NAME: _____

BENCH TEST DATE: _____

SPORT CLASS PROPOSED _____

This tool is to help guide you to determine an athlete's classification. To determine the score above, tally up how many times you chose each class using the tests on the next 4 pages.

The class you chose the most often will determine the athlete's classification.

If it is close between two classes:

- *Look at which class was most often chosen for the Trunk Tests.*
- *Look at on-field functionality, football activities, and chair set-up/activities (as outlined in the Team Reviewer Course and Manual)*
- *Assign the higher of the two classes to be safe.*

	CLASS 1	CLASS 2	CLASS 3	CLASS 4	NOTES
For Each Section, Tally How Many Times You Chose Each Class On the Next Four Pages					
TRUNK TESTS					
UPPER EXTREMITY TESTS					
LOWER EXTREMITY TESTS					

TRUNK TESTS

	1	2	3	4	RATING
TRUNK SUPPORT	<i>Unable to sit upright without support</i>	<i>Struggles to sit upright independently, but will be able to support their upper torso (shoulder area)</i>	<i>Able to sit upright unassisted. Shows some instability in hips and below bellybutton.</i>	<i>Able to sit upright unassisted with no difficulty</i>	
TRUNK ROTATION	<i>Little to no ability to rotate torso or trunk</i>	<i>Able to rotate torso with both shoulders and ribcage. Lower part of torso, including belly button area will not rotate or will only rotate a small amount.</i>	<i>Able to rotate torso with shoulders, ribcage and lower part of torso, including their belly button. Hips do not rotate and shift to complete the twist.</i>	<i>Able to fully rotate their entire torso and hips. May have one side stronger than the other.</i>	
SIDE BEND	<i>Little to no ability to tip sideways. If tipping, only in their shoulders.</i>	<i>Able to lean over with their shoulders and the top of their torso, but will struggle when they start using their lower torso by the belly button.</i>	<i>Able to lean over and touch the ball, but will struggle or show more effort controlling body as their arms get closer to the ball. Struggle holding body in place when down.</i>	<i>Able to lean over and touch the ball with no difficulty. May have one side stronger than the other, but weak side is still completed with minimal difficulty.</i>	LEFT
					RIGHT
FORWARD BEND	<i>Little to no ability to lean forward. If moving forward, it is a small amount and only in shoulders.</i>	<i>Able to actively bend forward approximately 45 degrees, (halfway to knees) and return to upright position without using upper extremity assist.</i>	<i>Able to bend forward down to knees and return upright with minimum difficulty.</i>	<i>Able to bend forward down to knees and return upright with no difficulty.</i>	

UPPER EXTREMITY TESTS (PART 1)

	1	2	3	4	RATING
HAND GRIP	<p><i>Unable or really struggles to grasp the ball OR does not have a hand/there is a significant limb loss or deficiency impacting the hands</i></p>	n/a*	n/a*	<p><i>Able to grasp the ball and bring it into their lap with control</i></p>	
FRONT ARM LIFT	<p><i>Able to move arms through a small amount of the skills. Has significant difficulty moving arms independently</i></p>	<p><i>Able to move arms through most of the skill. Has some difficulty moving arms through full movement, especially above shoulders (strains, shaky movement or cannot lift above head)</i></p>	<p><i>Able to move arms through whole skill. Has mild difficulty raising arms above head and returning to starting position (strains, shaky movement, one arm smoother than other)</i></p>	<p><i>Able to move arms through whole skill. Has no difficulty raising arms above head and returning to starting position.</i></p>	
SIDE ARM LIFT	<p><i>Able to move arms through small amount of the skill. Has significant difficulty moving arms independently.</i></p>	<p><i>Able to move arms through most of the skill. Has some difficulty moving arms through full movement, especially above shoulders (strains, shaky movement, or cannot lift above head)</i></p>	<p><i>Able to move arms through whole skill. Has mild difficulty raising arms above head and returning to starting position (strains, shaky movement, one arm smoother than other)</i></p>	<p><i>Able to move arms through whole skill. Has no difficulty raising arms above head, touching hands and returning to starting position.</i></p>	<p>PALM UP</p> <hr/> <p>PALM DOWN</p>

*Athletes in class 2, 3, and 4 should be able to grasp the ball in the Hand Grip Test. For that test, mark as a 4 if able to grasp the ball

UPPER EXTREMITY TESTS (PART 2)

	1	2	3	4	RATING
BACKWARD ARM LIFT	<i>Struggles to pull elbows back. Struggles to bring shoulder blades together.</i>	<i>Able to pull elbows back a little, but hands still in front of body. Shoulder blades pull up and elbows do not touch.</i>	<i>Able to pull elbows back so wrists next to waist. Pulls elbows straight back, with shoulder blades starting to come together.</i>	<i>Able to pull elbows all the way back so hands behind waist. Pulls elbows back and towards each other with shoulder blades coming together.</i>	
BICEP CURL	<i>Significant difficulty bringing hand up to shoulder and back down (strains, shaky movement). Gets hand about halfway up or less.</i>	<i>Difficulty bringing hand up to shoulder and back down (strains, shaky movement). Gets hand about 2/3 of the way up.</i>	<i>Mild difficulty bringing hand up to shoulder and back down (slight strain or a little shaky). Gets hand all the way to shoulder.</i>	<i>No difficulty bringing hand up to shoulder and back down (slight strain or a little shaky). Gets hand all the way to shoulder.</i>	
WRIST MOVEMENT	<i>Struggles to pull hand up more than a little OR athlete does not have a wrist.</i>	<i>Able to pull hand up around 1/2 way. Action may look strained.</i>	<i>Able to pull their hand all the way up.</i>	<i>n/a*</i>	PALM DOWN
					PALM UP

*Athletes in class 3 and 4 should be able to lift their hand all the way up. For this test, mark as a 3 if able to lift their hand.

LOWER EXTREMITY TESTS

	1	2	3	4	RATING
LEG LIFT	<i>Unable to lift leg OR does not have a leg to lift.</i>	<i>n/a*</i>	<i>n/a*</i>	<i>Able to lift leg up with foot coming off the ground.</i>	LEFT
					RIGHT
FRONT AND SIDE REACH	<i>Struggles to reach up to ball even when held at reachable distance.</i>	<i>Will not be able to touch the ball. Able to reach for ball, but will not shift weight only one butt cheek.</i>	<i>Will reach ball to side and struggle with front. Able to shift weight onto one butt cheek, but not lift opposite butt cheek. Not using legs for stability.</i>	<i>Will reach ball both side and front. Able to shift weight onto one butt cheek and lift opposite butt cheek. One side may be weaker than the other. Using legs for stability.</i>	SIDE LEFT
					SIDE RIGHT
					FRONT LEFT
					FRONT RIGHT

**Only athletes in class 4 should be able to lift their leg. For this test, mark as a 1 if unable to lift their leg.*