

# Hexagon Agility Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_

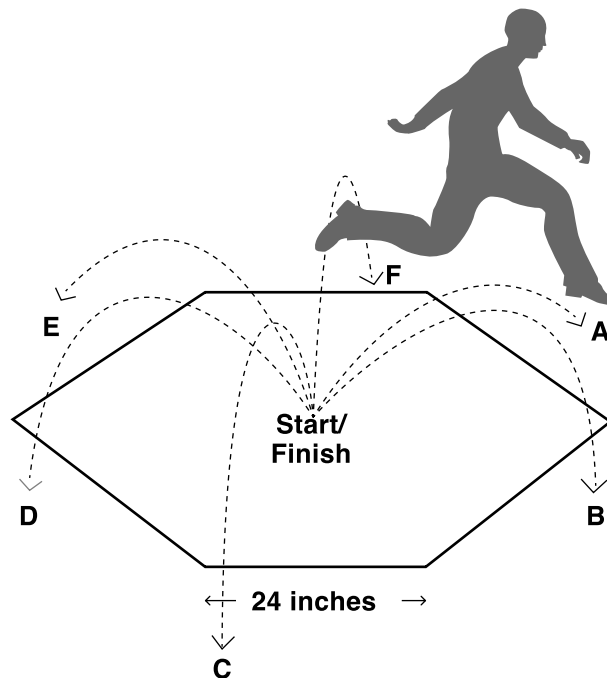
Examiner: \_\_\_\_\_ Date accomplished: \_\_\_\_\_

## Test setup

- **Hexagon dimensions:** Each side measures 24 inches (60.96 cm)
- **Equipment needed:** Floor marking tape, stopwatch

## Test procedure

1. Have the examinee stand with both feet together at the center of the hexagon.
2. Start the stopwatch, and at the same moment, have them jump with both feet over each line of the hexagon, each time returning to the center and continuing clockwise.
3. Have the examinee complete three circuits as quickly as possible.
4. Record the time.
5. Conduct two trials per session.



## Results

Trial 1: \_\_\_\_\_ Trial 2: \_\_\_\_\_

Best time: \_\_\_\_\_

## Assessment

Compare recorded times against normative data tables to determine agility rating (poor, below average, above average, excellent), categorized by gender and age.

Gender	Poor	Below	Average	Above average	Excellent
Male	> 17.8 secs	15.6 - 17.8 secs	13.4 - 15.5 secs	11.2 - 13.3 secs	< 11.2 secs
Female	> 21.8 secs	18.6 - 21.8 secs	15.4 - 18.5 secs	12.2 - 15.3 secs	< 12.2 secs

Examinee agility rating: \_\_\_\_\_

## Examiner observations

Notes on examinee's form and quickness:

Recommendations for improvement:

## Signature

Tester's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Arnot, R. B., & Gaines, C. (1986). *Sportstalent*. Penguin Books.

Mackenzie, B. (2002). *Hexagonal obstacle agility test*. [www.brianmac.co.uk](http://www.brianmac.co.uk). <https://www.brianmac.co.uk/hexagonal.htm>

<https://www.carepatron.com/>