

		U14	U14	U14	U14	U16	U16	U16	U16	U18+	U18+	U18+	U18+
Test	Gender	Need Improvement	Minimum Team BC	Above average	Excellent	Need Improvement	Minimum Team BC	Above average	Excellent	Need Improvement	Minimum Team BC	Above average	Excellent
Beep Test (m)	Male	< 4-4	4-5 - 6-9	6-10 - 9-6	< 9-7	< 6-1	6-2 - 8-3	8-4 - 10-5	< 10-6	< 8-2	8-3 - 9-10	9-11 - 12-2	< 12-3
Beep Test (m)	Female	< 4-5	4-6 - 6-3	6-4 - 8-1	< 8-2	< 4-6	4-7 - 6-10	7-1 - 8-11	< 9-1	< 5-8	5-9 - 8-2	8-3 - 10-1	< 10-2
Vertical Jump	Male	< 30	31 - 38	39 - 46	< 47	< 40	41 - 49	50 - 60	< 61	< 49	50 - 58	59 - 68	< 69
Vertical Jump	Female	< 36	37 - 39	40 - 44	< 45	< 36	37 - 42	43 - 51	< 52	< 38	39 - 43	44 - 49	< 50
Chin-up	Male	< 1	2 - 3	4 - 10	< 11	< 2	3 - 8	9 - 16	< 17	< 7	8 - 14	15 - 21	< 22
Chin-up	Female	< 0	1 - 2	3 - 6	< 7	< 1	2 - 4	5 - 10	< 11	< 1	2 - 5	6 - 10	< 11
Push-up	Male	< 13	14 - 23	24 - 35	< 36	< 14	15 - 24	25 - 34	< 35	< 22	23 - 31	32 - 46	< 47
Push-up	Female	< 14	15 - 20	21 - 31	< 32	< 16	17 - 24	25 - 33	< 34	< 17	18 - 26	27 - 35	< 36
Judogi Hang	Male	< 00:11	00:12 - 00:27	00:28 - 01:11	< 01:11	< 00:20	00:21 - 00:44	00:45 - 01:10	< 01:11	< 00:37	00:38 - 01:00	01:01 - 01:15	< 01:16
Judogi Hang	Female	< 00:11	00:12 - 00:30	00:31 - 00:41	< 00:42	< 00:20	00:21 - 00:37	00:38 - 00:58	< 00:59	< 00:26	00:27 - 00:45	00:46 - 01:03	< 01:04
Plank	Male	< 01:05	01:06 - 02:38	02:39 - 05:52	< 05:53	< 01:39	01:40 - 03:09	03:10 - 06:00	< 06:01	< 02:03	02:04 - 03:16	03:17 - 05:22	< 05:23
Plank	Female	< 01:15	01:16 - 02:00	02:01 - 03:12	< 03:13	< 01:25	01:26 - 02:21	02:22 - 04:01	< 04:02	< 01:51	01:52 - 03:05	03:06 - 04:26	< 04:27
Wall Sit	Male	< 01:21	01:22 - 05:05	05:06 - 14:59	< 15:00	< 02:05	02:06 - 05:01	05:02 - 14:16	< 14:17	< 02:13	02:14 - 05:06	05:07 - 11:00	< 11:01
Wall Sit	Female	< 02:07	02:08 - 05:10	05:11 - 14:31	< 14:32	< 02:43	02:44 - 05:24	05:25 - 11:01	< 11:02	< 03:04	03:05 - 06:33	06:34 - 14:59	< 15:00