

Safety test U14

Name:	First name:	Size:
		Weight:

Physical tests	1 Point	2 Points	3 Points
Relay	> 15"	12" - 15"	< 12"
Planks	10" - 20"	20" - 30"	> 30"
Neck exercise	5 x	7 x	10 x
Squat with bar	>90° & heels up	90° & heels up	90° & heels on floor
Pushups	Hands chin height	Hands ear height	Hands forehead height
Total	___/15Points		

Technical tests	1 Point	2 Points	3 Points
3 scrum calls	1 right	2 right	3 right
Push position standing (1vs 2)	Straight back	Straight back + 1criterion	Straight back + 2criteria
Push position advancing	Straight back	Straight back + 1criterion	Straight back + 2criteria
Push position retreating	Straight back	Straight back + 1criterion	Straight back + 2criteria
5 second push with partners (1+2)	Straight back	Straight back + 1criterion	Straight back + 2criteria
Total	___/15Points		

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Physical tests	Mandatory compliance criteria
Relay (3 x 5m)	The position is done correctly 4 times.
Planks	The player maintains a straight posture, flat back, elbows below the shoulders
Neck exercise	The player is able to take his/her hands off the floor and keep the posture stable for 5 " Important: flat Back head/neck straight
Squat with bar	Straight back, straight arms
Pushups	The player is able to support himself/herself with his/her torso tense.
The physical tests are successful if at least 12 out of 15 points are achieved	

Technical tests	Mandatory compliance criteria
3 scrum calls	After a quick run of 20 ", the player correctly executes the commands: crouch / bind / set
Push position standing (1vs 2)	<ul style="list-style-type: none"> • Straight back in a horizontal position • Bent Legs, knees below or behind the hip • head raised
Push position advancing 2m	<ul style="list-style-type: none"> • Straight back in a horizontal position • Bent Legs, knees below or behind the hip • head raised
Push position retreating 2m	<ul style="list-style-type: none"> • Straight back in a horizontal position • Bent Legs, knees below or behind the hip • head raised
5 second push with partners (1+2)	<ul style="list-style-type: none"> • Straight back in a horizontal position • Bent Legs, knees below or behind the hip • head raised
The physical tests are successful if at least 13 out of 15 points are achieved	