

Illinois Agility Test

Agility is an important component of many team sports, though it is not always tested, and is often difficult to interpret results. The Illinois Agility Test is a commonly used test of agility in sports, and as such there are norms available.

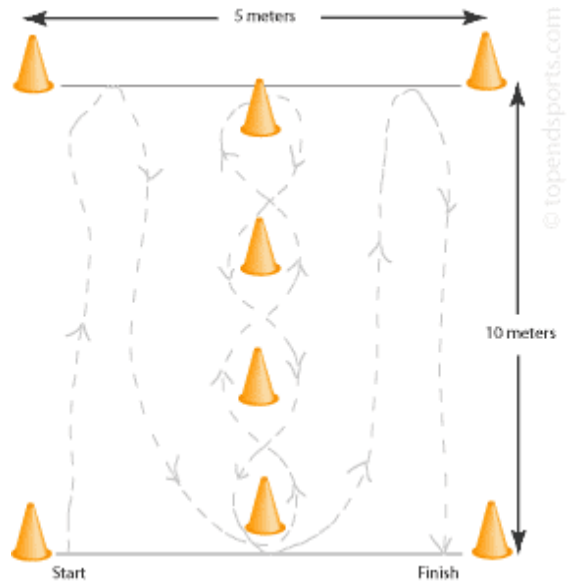
purpose: to test running agility

equipment required: flat non-slip surface, [marking cones](#), [stopwatch](#), [measuring tape](#), [timing gates](#) (optional)

procedure:

Subjects should lie on their front (head to the start line) and hands by their shoulders.

On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the timing is stopped.



Agility Run Ratings (seconds)

Rating	Males	Females
Excellent	< 15.2	< 17.0
Good	16.1-15.2	17.9-17.0
Average	18.1-16.2	21.7-18.0
Fair	18.3-18.2	23.0-21.8
Poor	> 18.3	> 23.0