

	Radar Gun (mph)	Vertical Jump Test (inches)	4 Buoy Drill (sec)	Obstacle Course (sec)	Medicine Ball Hold (sec)	12.5 Meter Sprint (sec)	Passing Drill
18 U Boys							
Green	>42	>62	<5	<15	>70	<6.3	4-5
Yellow	>35	>55	<6.5	<19	>45	<7	2-3
Red	<35	<55	>6.5	>19	<45	>7	0-1
18U Girls							
Green	>35	>55	<6	<20	>60	<6.5	4-5
Yellow	>28	>49	<7.5	<25	>35	<7.2	2-3
Red	<28	<49	>7.5	>25	<35	>7.2	0-1
16 U Boys							
Green	>40	>57	<6	<19	>60	<6.5	4-5
Yellow	>33	>50	<7.5	<22	>40	<7.5	2-3
Red	<33	<50	>7.5	>22	<40	>7.5	0-1
16U Girls							
Green	>32	>50	<6.5	<20	>45	<7	4-5
Yellow	>25	>45	<8	<26	>25	<7.8	2-3
Red	<25	<45	>8	>26	<25	>7.8	0-1
14U Boys							
Green	>35	>55	<6.5	<20	>45	<7	4-5
Yellow	>27	>50	<8.5	<25	>25	<8.5	2-3
Red	<27	<50	>8.5	>25	<25	>8.5	0-1
14U Girls							
Green	>27	>50	<7.5	<25	>35	<7.5	4-5
Yellow	>23	>40	<9.5	<30	>20	<9	2-3
Red	<23	<40	>9.5	>30	<20	>9	0-1
12U Boys							
Green	>29	>50	<8	<25	>30	<8	3-4-5
Yellow	>22	>40	<10	<30	>15	<10	1-2
Red	<22	<40	>10	>30	<15	>10	0
12U Girls							
Green	>24	>43	<9	<27	>25	<8.5	3-4-5
Yellow	>20	>35	<11	<35	>10	<11	1-2
Red	<20	<35	>11	>35	<10	>11	0
10U Coed							
Green	>21	>40	<9	<30	>15	<10	3-4-5
Yellow	>10	>30	<12	<40	>5	<13	1-2
Red	<10	<30	>12	>40	<5	>13	0