

FLEE Scoring Sheet

IKDC 2000 Score:					Score:	Pass	Fail
Age	18-24	25-34	35-50	51-65			
Male	89.7	86.2	85.1	74.7			
Female	83.9	82.8	78.5	69			

Timed Lateral Step Down:	Fault 1		Fault 2		Fault 3		Time		Pass	Fail
60° ± 5; 80 bpm for 3 min 3 faults = stop test	L	R	L	R	L	R	L	R		

Timed Leap and Catch:	Fault 1		Fault 2		Fault 3		# Lines Missed		Pass	Fail
60% height used 40 bpm for 60 seconds	L	R	L	R	L	R	L	R		

SL Hop for Distance (cm):	Uninvolved Side				Involved Side				%	Quality	Pass	Fail
1 inch = 2.54 cm	1	2	3	Avg	1	2	3	Avg		Good Fair Poor		

Timed SL Hop (sec):	Uninvolved Side				Involved Side				%	Quality	Pass	Fail
6 meters = 19.7 feet	1	2	3	Avg	1	2	3	Avg		Good Fair Poor		

Triple Hop (cm):	Uninvolved Side				Involved Side				%	Quality	Pass	Fail
1 inch = 2.54 cm	1	2	3	Avg	1	2	3	Avg		Good Fair Poor		

Crossover Hop (cm):	Uninvolved Side				Involved Side				%	Quality	Pass	Fail
1 inch = 2.54 cm	1	2	3	Avg	1	2	3	Avg		Good Fair Poor		

Square Hop Test (30 sec):		Quality	Pass	Fail
(# complete revolutions x 8) + # additional lines - # lines missed = score		Good		
Uninvolved Score: (_____ x 8) + _____ - _____	=	Fair		
Involved Score: (_____ x 8) + _____ - _____	=	Poor		

LEFT Test:		Quality	Pass	Fail
A to C = 30 feet, B to D = 10 feet		Good		
1. Forward Run: ACA		Fair		
2. Backward Run: ACA		Poor		
3. Side Shuffle: right then left (face center)		Time: Men = 109.4 sec Women = 117.2 sec		
4. Carioca: right then left (face center)				
5. Figure 8: A, D, circle C, B, circle A, B, circle C, D, A				
6. 45° cuts: ADCBA, plant outside foot then repeat ABCDA				
7. 90° cuts: ADBA-ABDA, plant outside foot and cut 90°				
8. 90° crossover cuts: ADBA-ABDA, plant inside foot and cut 90°				
9. Forward Run: ACA				
10. Backward Run: ACA				