



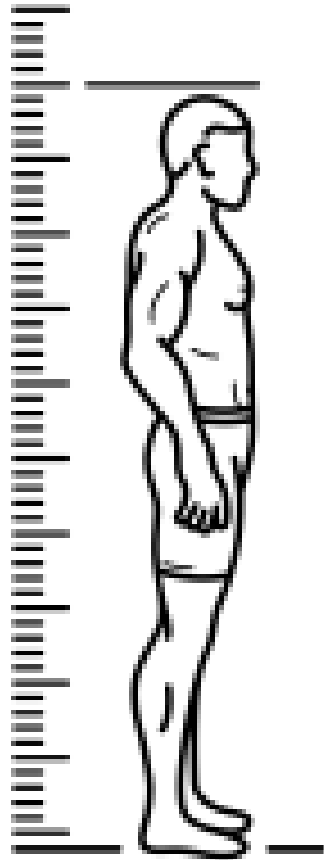
PHYSICAL ASSESSMENT

Physical assessment will be the first testing section of the combine. In this section, the testers will record the anthropometric measurements of each athlete or participant. Below are the events of the physical assessment (in no particular order):

- Standing Height
- Seated Height
- Wingspan
- Weight
- Body Composition

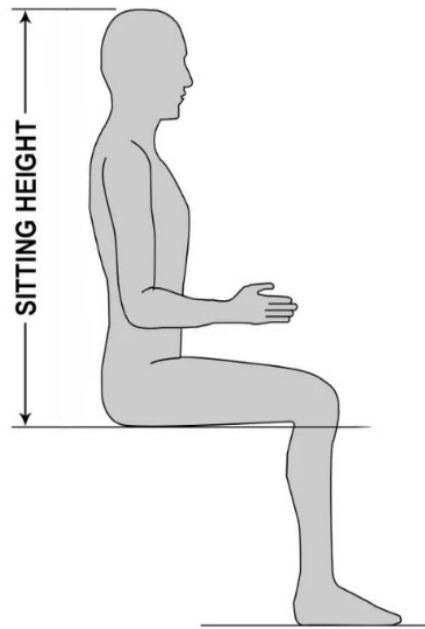
STANDING HEIGHT

Wearing no shoes, the athlete will be measured standing in a tall erect position with their back and heels touching the base of the measuring tool. Only one measurement will to be collected.



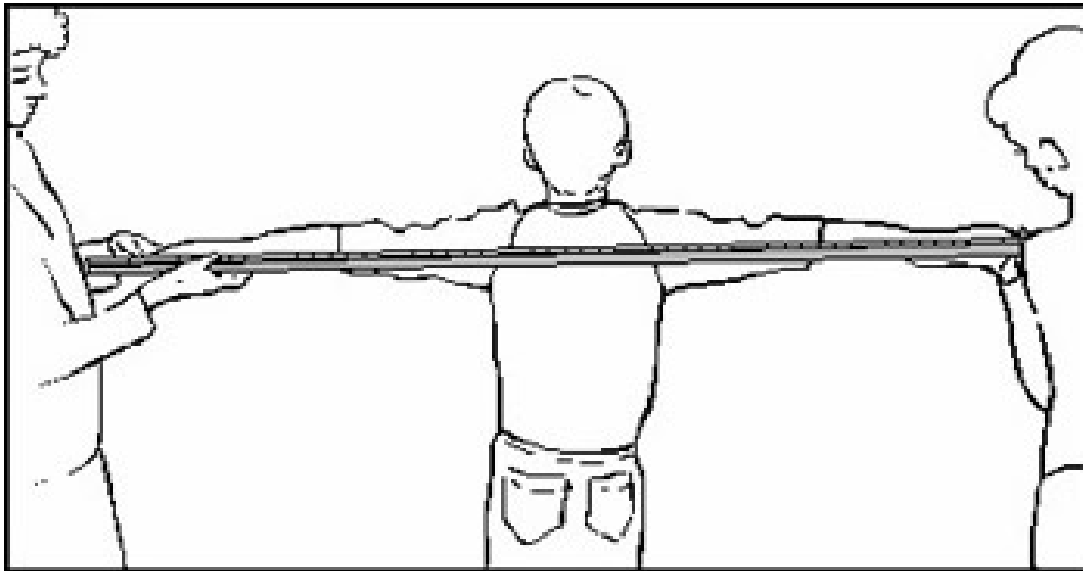
SEATED HEIGHT

Have the athlete sit on the platform in a tall upright position with hands in their lap. Ensure the athlete's thighs are parallel to the ground and knee angle is 90 degrees when sitting on platform. Varying platforms or an adjustable platform may be needed due to height discrepancies between athletes. As the athlete sits in an upright position, measure from the base of the athlete's hips to the crown of their head. This measurement provides information as to whether an athlete has their height more attributed to the legs or torso. For example: Player A is 181.2 cm and Player B is 182.2 cm for standing height. However, Player A has a seated height of 100 cm and Player B is measured at 88.5 cm. Only one measurement will be collected.



ARM SPAN

This a measurement of the prospects arm length will be taken across their back from fingertip to fingertip with both arms fully extended. This measurement will give us a good idea of the prospects arm length to torso ratio.



WEIGHT

The prospects will remove their shoes then step on the scale and come to a standstill on the scale that is being used to allow accurate measurement of their weight. Each athlete will have only 1 measurement collected.

BODY COMPOSITION

We have a couple of options to assess body composition. Those options would be the Seca or one of our InBody units (preferred method). Follow the directions of the body composition device of choice. Each athlete will only have 1 measurement collected.

