

## HI-STEPPER

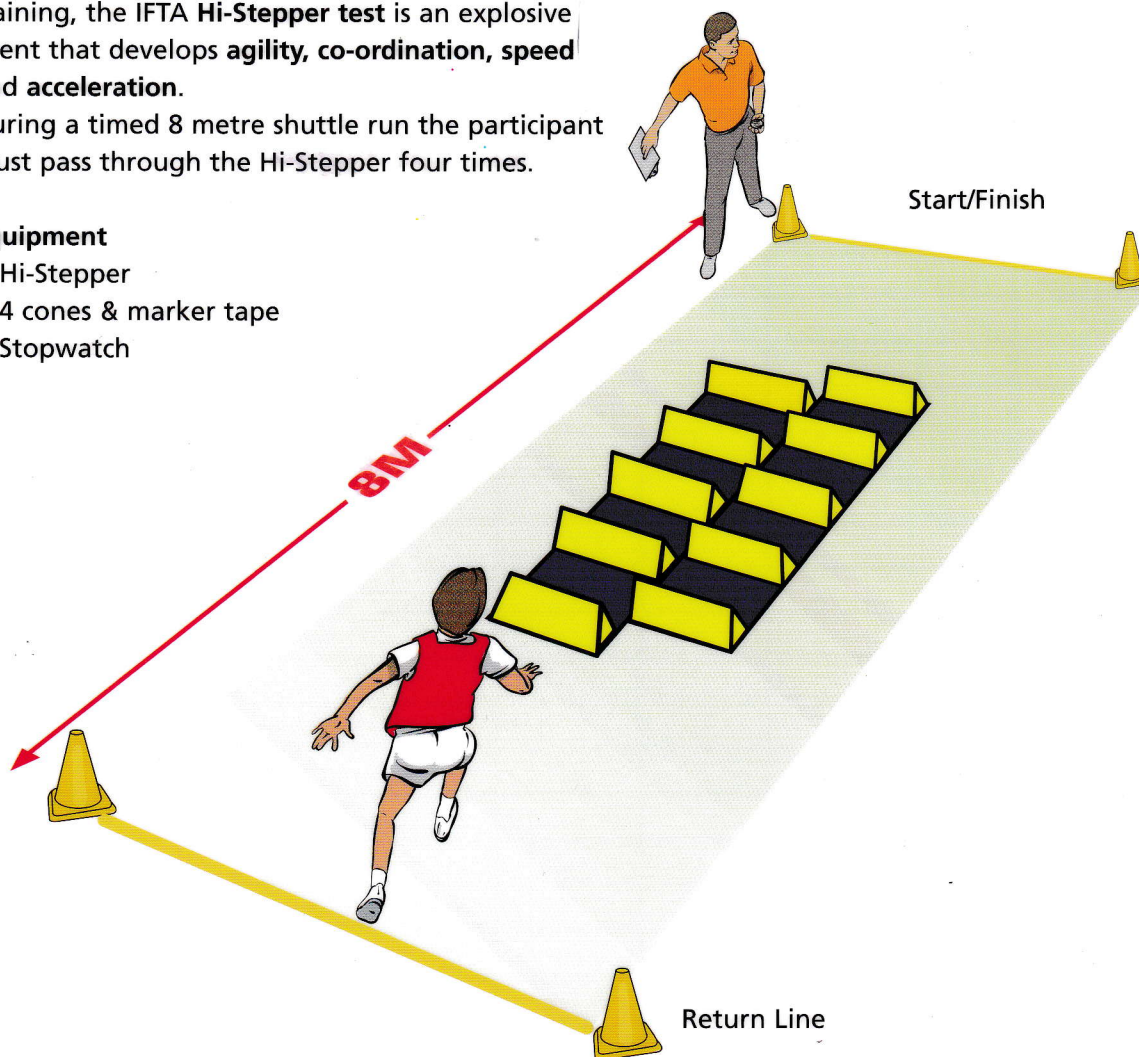
### Description

Inspired by the tyres American footballer's use for training, the IFTA **Hi-Stepper** test is an explosive event that develops **agility, co-ordination, speed and acceleration**.

During a timed 8 metre shuttle run the participant must pass through the Hi-Stepper four times.

### Equipment

- Hi-Stepper
- 4 cones & marker tape
- Stopwatch



### Rules

- The participant starts from behind the start line and sprints over the Hi-Stepper placing one foot in each of the squares.
- Places one foot **over** the return line before turning and repeating the Hi-Stepper in the other direction.
- After completing the Hi-Stepper four times the clock stops when the participant re-crosses the start line.

- Use the IFTA scoring tables to convert time to points.

### Tips

- Participants – make sure that you do the Hi-Stepper correctly to avoid time penalties.
- Judges – two cones on the start and return lines provide a focus for participants and judges.

### Scoring

- Time is taken to the nearest tenth of a second.
- Time penalties of 0.5 seconds are added for missing squares of the Hi-Stepper or stepping onto wedges.

### Safety

- Ensure adequate run off at each ends of the Hi-Stepper.

