# SEBT Group Score Sheet

Star Excursion Balance Test

ISAAN SPORT TECHNOLOGY

Team or squad | Date | Tester | Footwear: barefoot / socks | Score: mean / best (circle one) | Directions: all 8 / ANT, PM, PL

| Name | Leg length | | Standing on left | | | | | | | | Standing on right | | | | | | | | Composite % | | ANT, R minus L (cm) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | L | R | ANT | AL | L | PL | P | PM | M | AM | ANT | AL | L | PL | P | PM | M | AM | L | R | |
| 1 | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | |

**Directions:** ANT = Anterior AL = Anterolateral L = Lateral PL = Posterolateral P = Posterior PM = Posteromedial M = Medial AM = Anteromedial

Write each score (mean or best of 3) in centimetres. Right and left name the standing leg. Composite (%) = (ANT + PM + PL) ÷ (3 × leg length) × 100, for each leg. A right and left anterior difference of more than 4 cm is a reason to retest and watch the athlete (Plisky et al. 2006).

Sources: Gribble et al. 2013; Robinson and Gribble 2008; Hertel et al. 2006; Plisky et al. 2006.