

Progressive Assessment Trial (PAT)

Test Components

1.	Speed and Endurance Test	Beep Test
2.	Strength Test	Upper Limb, Lower Limb and abdominal Test
3.	Competitive Routine Test	To perform sets of competitive routine

Test Requirement:

- Athletes whose attendance falls below 70% are required to take the PAT.
- Athletes must pass all 3 Tests in order to pass the PAT.
- Athletes who fail their first PAT will be issued with a warning letter.
- Subsequent Failure will result in expulsion from the National Team.