**TRUNK TEST**

1. **CLEARLY FAILS**
   - Put in upright position and let go slowly
   - Classifier rotates legs athlete resists
   - Succeeds one or both

2. **IN DOUBT**
   - Fails both
   - Resist flexion palpate spinal extensors
   - Resist extension palpate abdominals

3. **BENDS FORWARDS AND BACKWARDS AND REGAINS UPRIGHT POSITION**
   - Fix at proximal 1/3 of thighs
   - Succeeds all

4. **ROTATES 45° OR MORE**
   - Fix thighs
   - Succeeds all

5. **MAXIMAL LATERAL FLEXION (for 2')**
   - Fix thighs
   - Succeeds all

6. **FAILS ONE OR MORE**

7. **HIP ABDUCTION (LYING ON SIDE)**
   - Classifier holds lower legs assisting to enter and maintain position
   - Athlete moves legs from one side to other, arms 90° abduction shoulders flat on plinth
   - "Bum shuffling"
   - Succeeds one or both

8. **FAILS BOTH**
   - Succeeds one or both

**FURTHER HINTS (MHT)**