

MIDLANDS HOCKEY UMPIRING ASSOCIATION – Fitness testing

With effect from 1st June 2018 all umpires wishing to be considered for promotion from Grade 3, Grade 2 or Grade 1 to a higher panel will need to complete a fitness test. This may be either the Cooper or Beep Test.

Currently for 2018/19, we are not expecting all umpires on our panels to complete a test but this may change in later seasons, subject to the need to ensure we have sufficient numbers of experienced and able umpires to fulfil the level of appointments we are required to appoint to.

In addition, all umpires who wish to be promoted from County to Regional level will need to complete a fitness test before their Regional assessment. EMHUA or BCHUA will need to oversee the Cooper or Bleep Test and submit the necessary confirmation before any Regional assessment can be undertaken on the Men's side of the game. The appropriate test will also need to have been completed for all umpires wishing to be promoted from County to Regional Level on the Women's side before the assessment is undertaken.

There will be a window for the test to be accepted for the current season and this will begin on 1 June of each year. E.g, if the test is completed after 1 June 2018 then the test will be valid for the season 2018/19.

Dates will be publicised of available opportunities to complete the tests as a group. Candidates nominated by BCHUA and EMHUA may also attend.

The Bleep Test

Please follow the links for information on the test

https://en.wikipedia.org/wiki/Multi-stage_fitness_test

<https://www.youtube.com/watch?v=9XgGPULnDxY>

If you wish to practice, there are various Apps available but you need to ensure

- a) that it is a 20m test and
- b) that the app has the correct number of laps per stage.

One App that is correctly formatted is Bleep Test HD which is available from iTunes.

Alternatively, contact Colin Jones who can supply an mp3 file for you to use

The Cooper Test

This is the distance covered in a 12 minute run

Fitness Level Requirements:

Cooper Test

If a running track is not available, note that a full size pitch is 91.4m x 55.0m and **RUNNING ROUND THE OUTSIDE OF THE PITCH** the following distances are approximately as follows:

5 times round = 1,465 metres; 5.5 times round = 1,610 metres; 6 times round = 1,755 metres

6.5 times round = 1,900 metres; 7 times round = 2,050 metres; 7.5 times round = 2,195 metres.

The minimum age- related requirements for MRHUA umpires are:

Age		Up to 29	30-39	40-44	45-49	50-54	55+
Women	MRHUA	1,900m	1,800m	1,700m	1,600m	1,500m	1,400m
	NPUA proposed – TO BE CONFIRMED	2,300m	2,300m	2,300m	2,300m	2,300m	2,300m
2017/18	NPUA levels	2,300m	2,200m	2,000m	2,000m	1,850m	1,850m
Men	MRHUA	2,200m	2,100m	1,900m	1,800m	1,700m	1,600m
	NPUA proposed – TO BE CONFIRMED	2,500m	2,500m	2,500m	2,500m	2,500m	2,500m
2017/18	NPUA levels	2,500m	2,400m	2,200m	2,200m	2,100m	2,100m

The Bleep Test

The minimum age-related requirements for MRHUA umpires are:

Age		Up to 29	30-39	40-44	45-49	50-54	55+
Women	MRHUA	7.1	6.5	5.8	5.4	5.0	4.5
	NPUA proposed – TO BE CONFIRMED	9.0	8.0	7.0	7.0	7.0	7.0
2017/18	NPUA levels	8.1	7.5	6.8	6.8	6.0	6.0
Men	MRHUA	8.1	7.5	6.8	6.4	6.0	5.5
	NPUA proposed – TO BE CONFIRMED	10.0	9.0	8.0	8.0	8.0	8.0
2017/18	NPUA levels	9.1	8.5	7.8	7.8	7.0	7.0

Please note that the NPUA levels for 2018/19 were decided upon a couple of years ago to increase the level of fitness required from umpires and currently there are no plans to distinguish above the age of 40.

Only watchers approved by MRHUA Selection Panels can administer the fitness tests within MRHUA. It is not permitted for the Cooper Test to be run on a treadmill. Once completed the form should be sent to the relevant Chair of Selection for retention for that season.