

## **MIDLANDS REGION HOCKEY UMPIRING ASSOCIATION – Fitness testing**

With effect from 1<sup>st</sup> 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://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 Cooper Test may be run on a treadmill, subject to prior approval being given (this applies to both MRHUA and NPUA). The gradient must be set to 1%

The minimum age- related requirements for MRHUA umpires are:

Age	Up to 29	30-39	40-44	45-49	50-54	55+
Women	1,900m	1,800m	1,700m	1,600m	1,500m	1,400m
Men	2,200m	2,100m	1,900m	1,800m	1,700m	1,600m

### 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	7.1	6.5	5.8	5.4	5.0	4.5
Men	8.1	7.5	6.8	6.4	6.0	5.5

### NPUA requirements

Premier / A* / A Panels			
Test	Age Range	Required Level	
		Male	Female
Beep (2018-19 season onwards)	Under 30	10	9
	30 – 39	9	8
	40 – 49	8	7
	50 and over		
Cooper (2018-19 season onwards)	Under 30	2,500m	2,300m
	30 – 39		
	40 – 49		
	50 and over	2,100m	1,850m

B Panel			
Test	Age Range	Required Level	
		Male	Female
Beep (2018-19 season onwards)	Under 30	9.1	8.1
	30 – 39	8.5	7.5
	40 – 49	7.8	6.8
	50 and over	7	6
Cooper (2018-19 season onwards)	Under 30	2,500m	2,300m
	30 – 39	2,400m	2,200m
	40 – 49	2,200m	2,000m
	50 and over	2,100m	1,850m

Only watchers approved by MRHUA Selection Panels can administer fitness tests within MRHUA. Similar rules apply to NPUA members unless specifically otherwise agreed – NPUA members should refer to the latest NPUA fitness policy.

Once the test has been completed the report form should be sent to the relevant Chair of Selection for retention for that season.

April 2018 – Updated 11 June 2018