

EAST AREA Fitness Policy - 2026/27 Season

A certain level of fitness is required in order to umpire hockey as a Level 2 umpire.

For the time being a fitness test is only needed by those umpires seeking nomination to NPUA and those regularly used as Area Reserves to National Conference games (N4).

Fitness assessment on matches

When umpires are assessed during the season, the assessor will record their view of the umpire's fitness on the feedback form (either Good, Satisfactory, or Poor).

NPUA Fitness test levels

The fitness level required is based on the gender of the umpire, and their age on the date that the test is completed.

Female umpires

Test type	Panel	Age under 45	Age 45 & over
Beep	NPUA Candidate	Level 6.5	Level 5.5
Yo-Yo	NPUA Candidate	880m	760m
Cooper	NPUA Candidate	1700m	1550m

Male umpires

Test type	Panel	Age under 45	Age 45 & over
Beep	NPUA Candidate	Level 7.5	Level 6.5
Yo-Yo	NPUA Candidate	1000m	920m
Cooper	NPUA Candidate	1900m	1700m

For Level 2 umpires operating in the East Area the following **Fitness Standards** should be attained, although not at present enforced for existing umpires. There is currently no standard for Area Panel 4 in either gender.

Cooper tests can be run using STRAVA, results to be emailed to development@east.officiating.hockey

Female Umpires

Test type	Panel	Age under 45	Age between 45 and 60	Age over 60
Beep	Area 1	Level 6.5	Level 5.5	Level 5.0
	Area 2	Level 5.5	Level 4.5	Level 4.0
	Area 3	Level 5.0	Level 4.0	Level 3.5
Yo-Yo	Area 1	880m	760m	680m
	Area 2	760m	680m	640m
	Area 3	720m	640m	600m
Cooper	Area 1	1700m	1550m	1400m
	Area 2	1550m	1400m	1350m
	Area 3	1450m	1350m	1300m

Male Umpires

Test type	Panel	Age under 45	Age between 45 and 60	Age over 60
Beep	Area 1	Level 7.5	Level 6.5	Level 5.5
	Area 2	Level 6.5	Level 5.5	Level 5.0
	Area 3	Level 6.0	Level 5.0	Level 4.5
Yo-Yo	Area 1	1000m	920m	840m
	Area 2	920m	840m	800m
	Area 3	880m	800m	760m
Cooper	Area 1	1900m	1700m	1550m
	Area 2	1700m	1550m	1450m
	Area 3	1550m	1450m	1350m