



NORTH WEST
HOCKEY
OFFICIATING

Progression & Fitness Tests Policy

Progression, NPUA Nomination and Fitness Test - Policy

Progress to (Nomination) NPUA L3 Candidate

1. An Umpire who wishes to progress to NPUA must complete (pass) the North West Fitness Test. Prior to an assessment is arranged. (*see page 3 for the North West Fitness requirements*).
2. To be put forward (Nominated) for NPUA an umpire should receive **“two above panel”** assessments (**a mark of 9 on both assessments as a minimum**) by two different assessors (Appointed by NW AOC) within the same season, see [Key Characteristics Coaching and Assessing for Assessment Marking](#)
3. The NW AOC will also consider all coaching, assessment and team feedback reports when deciding whether to put forward a candidate.
4. In all such situations the Development Lead will be in contact with the umpire to offer support and coaching opportunities to aid their progression.



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Progress to (Nomination) NPUA L3 Returnee

1. An Umpire who wishes to return to NPUA must complete (pass) the North West Fitness Test. Prior to an assessment is arranged. *(see page 3 for the North West Fitness requirements).*
2. To be put forward (Nominated) for NPUA an umpire should receive **“one above panel” (a mark of 9 minimum)** assessment by a NW AOC appointed assessor. [Key Characteristics Coaching and Assessing for Assessment Marking](#)
3. The NW AOC will also consider all coaching, assessment and team feedback reports when deciding whether to put forward a candidate.
4. In all such situations the Development Lead will be in contact with the umpire to offer support and coaching opportunities to aid their progression.



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Fitness Tests - Policy

Fitness Level Requirements

The age band is the age range that is valid as of the date of the fitness test. The required standards for the Beep and Cooper tests will continue to apply to the gender and age of the umpire.

The Beep Test

To pass the Beep test, you must complete the run to the required level. The test must be run on a 20m course. Any umpire who fails to reach the line on or before the beep on three occasions fails the test.

The Cooper Test

To pass the Cooper test, you must run the required distance in under 12 minutes. If using a full-size Hockey pitch (91.4m x 55.0m) rather than a running track, and running around the outside of the pitch, please note the following approximate conversion factors (one pitch is equivalent to 292.8m):

Female umpires

Test type	Panel	Age < 45	Age 45 & over
Beep	Candidates NPUA Returnees	Level 6.5	Level 5.5
Cooper	Candidates NPUA Returnees	1,700m	1,550m

Male umpires

Test type	Panel	Age < 45	Age 45 & over
Beep	Candidates NPUA Returnees	Level 7.5	Level 6.5
Cooper	Candidates NPUA Returnees	1,900m	1,700m

Note: Fitness Tests must be in-person with a NW Hockey AOC approved assessor