

MIDLANDS HOCKEY OFFICIATING COMMITTEE – Fitness testing 2025/26

Applicable to all Umpire Members wishing to be considered for promotion to the Midlands A and B panels and/or nomination to NPUA. *All umpires are welcome to undertake a test.*

We will pay travelling expenses for all Midlands umpires and organisers who attend a testing session. In the case of umpires, this will be limited to one event. **NPUA umpires should submit expenses to NPUA**

We will be running Fitness tests at Lichfield HC on Thursday 11th July and Tuesday 12th August, commencing at 6.30pm. Further venues will be announced when and if organised.

We will be running Bleep and Cooper tests but not the Yo-Yo. As with last season, we will accept Cooper tests that are recorded on Strava. Please see below for further details.

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 Cooper Test may be run on a treadmill, subject to prior approval being given (this applies to both Midlands Hockey and NPUA). The gradient must be set to 1%

The minimum age- related requirements for Midlands umpires are set out below. **NB, these are also the minimum requirements for umpires seeking promotion to NPUA (Indoors and Outdoors):**

The Cooper Test

The Bleep Test:

Age	Up to 44	45 +		Up to 44	45 +
Women	1,700m	1,550m		6.5	5.5
Men	1,900m	1,700m		7.5	6.5

Only watchers approved by Midlands Selection Panel can administer fitness tests within Midlands. 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 Colin Jones for retention for that season.

You may arrange your own Cooper test, without an approved watcher, but the test is recorded by Midlands Hockey using the free version of the fitness app, Strava (which is available on both the Apple and Android app stores):

- Having created an account (you can either create a new account or login using existing Facebook, Google or Apple account credentials), members apply to be added to the existing “Midlands Officiating” group on Strava - <https://www.strava.com/clubs/738782>
- Members then complete a Cooper Test and upload the results automatically via their smartphones / smartwatches. That can be configured to happen automatically (by going into ‘Profile – Settings - Applications, Services and Devices’ on Strava) and we’d suggest that the title of the activity be amended to read “Midlands Fitness Test 2025/26
- Ensure that the result is shown in ‘Posts’. The ‘Recent Activity’ page contains a lot of general posts and makes finding fitness tests difficult
- **Only the Cooper test can be completed using this test method.**

If using Strava, to record the Cooper test, then the following requirements need to be adhered to:

- The activity must be renamed to “Midlands Hockey Fitness Test 2025-26” and must appear in ‘Posts’
- The elapsed time must be 12:00 or under
- A map of the activity must be shown.
- The start and end of the activity can not be hidden
- The activity privacy must be Public or allow followers to see
- Over the run there must not be more than a 30 metre net elevation drop
- The umpire must be a member of the Midlands Officiating Strava Group

CSGJ – 9 July 2025

For Reference – NPUA Requirements

Female Umpires

Test Type	Outdoor Panel	Indoor Panel	Age <45	Age 45 and Over
Beep	N1, N2, & HPP	N1 & HPP	Level 8	Level 7
	N3	N2	Level 7	Level 6
	N4 & Candidates	N3 & Candidates	Level 6.5	Level 5.5
Yo-Yo	N1, N2, & HPP	N1 & HPP	1,120m	1,000m
	N3	N2	1,000m	880m
	N4 & Candidates	N3 & Candidates	880m	760m
Cooper	N1, N2, & HPP	N1 & HPP	2,000m	1,850m
	N3	N2	1,800m	1,650m
	N4 & Candidates	N3 & Candidates	1,700m	1,550m

Male Umpires

Test Type	Outdoor Panel	Indoor Panel	Age <45	Age 45 and Over
Beep	N1, N2, & HPP	N1 & HPP	Level 9	Level 8
	N3	N2	Level 8	Level 7
	N4 & Candidates	N3 & Candidates	Level 7.5	Level 6.5
Yo-Yo	N1, N2, & HPP	N1 & HPP	1,640m	1,280m
	N3	N2	1,240m	1,040m
	N4 & Candidates	N3 & Candidates	1,000m	920m
Cooper	N1, N2, & HPP	N1 & HPP	2,200m	2,000m
	N3	N2	2,000m	1,800m
	N4 & Candidates	N3 & Candidates	1,900m	1,700m