



NORTH WEST
HOCKEY
OFFICIATING

Progression & Fitness Tests

Progression, NPUA Nomination and Fitness Test

Progress to (Nomination) NPUA

(L3 Candidate, L3 Returnee)

1. An Umpire who wishes to progress to NPUA MUST complete (pass) the Fitness Test and achieve a score required by the NPUA and shall draw up a Personal Development plan PDP) before the second assessment is arranged. *(see next page for the Fitness Policy).*
2. To be put forward for NPUA an umpire should receive two 'above panel' assessments by two different assessors within the same season.
3. The NW AOC will consider all coaching, assessment and team feedback reports when deciding whether to put forward a candidate.
4. In all such situations the Performance Development Lead will be in contact with the umpire to offer support and coaching opportunities to aid their progression.



Fitness Tests

Fitness Levels.

The Beep Test

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.

		Required Level	
Test	Age Range	Male	Female
Beep	Under 30	8.1	7.1
	30 – 39	7.5	6.5
	40 – 44	6.8	5.8
	45 – 49	6.4	5.4
	50 – 54	6.0	5.0
	55 and over	5.5	4.5

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

Required Level			
Test	Age Range	Male	Female
Cooper	Under 30	2,200m	1,900m
	30 – 39	2,100m	1,800m
	40 – 44	1,900m	1,700m
	45 – 49	1,800m	1,600m
	50 – 54	1,700m	1,500m
	55 and over	1,600m	1,400m

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):