

MIDLANDS HOCKEY OFFICIATING COMMITTEE – Fitness testing 2023/24

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 be running Fitness tests at Lichfield HC on Monday 17th July and Wednesday 9th August, commencing at 7.00pm. 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 Bleep 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 MRHUA and NPUA). The gradient must be set to 1%

The minimum age- related requirements for Midlands 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 / B* Panels			
Test	Age Range	Required Level	
		Male	Female
Beep	Under 30	10.0	9.0
	30 – 39	9.0	8.0
	40 – 49	8.0	7.0
	50 and over		
Cooper	Under 30	2,500m	2,300m
	30 – 39		
	40 – 49	2,300m	2,300m
	50 and over	2,100m	1,850m
Yo-Yo ITRL1	All	1,640m (17.6)	1,120m

B Panel			
Test	Age Range	Required Level	
		Male	Female
Beep	Under 30	9.1	8.1
	30 – 39	8.5	7.5
	40 – 49	7.8	6.8
	50 and over	7.0	6.0
Cooper	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
Yo-Yo ITRL1	All	1,440m	1,120m

C Panel			
Test	Age Range	Required Level	
		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
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
Yo-Yo ITRL1	All	1,440m	1,120m

Only watchers approved by Midlands L2 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.

COVID 19 Implications

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 “MRHUA” group on Strava – <https://www.strava.com/clubs/MRHUA>
- 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 2023/234
- **Only the Cooper test can be completed using this test method.**
- All self-certified test results will be checked to ensure that the test was completed by running/walking without rest breaks (so Elapsed Time = Moving Time).
- Last season there were several members who stopped when they had covered the required distance. You **must** keep moving for the full twelve minutes. If there are major discrepancies between Elapsed time and Moving time, the result may be rejected
- Similar arrangements exist for NPUA members – please refer to Fitness test guidelines issued by NPUA

CSGJ – 3 July 2023