



Fitness Test Results Form 2017-18



This form is to be completed and returned to the address at the foot of the page.

Any umpire failing to run the Test (or complete the Cooper Test as an agreed option - if injured) will not be eligible for promotional appointments.

Fitness Level Requirements

Men – A* Panel

Bleep Test	
Age Under 30	Level 8.3
Age 30-39	Level 8.0
Age Over 40	Level 7.7
Cooper Test	2250m

Men - A Panel and B* Panel

Bleep Test	Level 7
Cooper Test	2100m

Men - B Panel

Bleep Test	Level 6.5
Cooper Test	2000m

Women – A* Panel

Bleep Test	
Age Under 30	Level 7.3
Age 30-39	Level 7.0
Age Over 40	Level 6.7
Cooper Test	2050m

Women - A Panel and B* Panel

Bleep Test	Level 6
Cooper Test	1900m

Women - B Panel

Bleep Test	Level 5.5
Cooper Test	1800m

FULL NAME OF UMPIRE:

RESULT OF TEST:

DATE OF TEST:

VENUE:

NAME OF WATCHER:

SIGNATURE OF WATCHER:

Please send your completed form to Chris Reece; chris.reece59@btinternet.com

Thank you.

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SIGNATURE OF UMPIRE:

THE BLEEP TEST - AN EXPLANATION

The Bleep Test is a progressive **shuttle run** test. It represents **maximum** possible performance.

Reaching the NHUA minimum Bleep Test scores / levels are easy for some umpires and not so easy for others. It is essential that all of those who participate and all involved in supervising the Test are fully aware of this.

Key to the Test is maximising one's oxygen uptake. However, uptake is largely **genetically predetermined** and will not increase above a certain critical value. What this means is that while in most cases, the umpire can improve (i.e. reach a higher level) with further training, there will always be a **personal limitation**. It is irresponsible to attempt to push an umpire beyond what he / she considers to be 'stopping time'.

In simple terms, the Bleep Test allows the umpire and the observer (the umpire manager or selector etc.), to measure the point at which the intensity of the exercise increases to such an extent that the supply of oxygen can no longer satisfy the demand of his / her muscles. He / she is then reliant on drawing upon additional energy sources...the anaerobic metabolism...sadly something that is not sustainable for long periods of time! Therefore, once maximum oxygen uptake is reached, the umpire is working on 'over-drive' and it is the beginning of the end!

It should be noted that:

- The Bleep Test requires **maximal** effort.
- Anyone with **any** doubts over his / her ability to take part in the Bleep Test should seek medical advice beforehand.
- If an umpire has an injury or illness he / she should be advised **not** to undertake the Bleep Test. It is essential that the umpire does some light jogging and gentle stretching before commencing the Test.

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PREPARATION

The equipment / facility required:

1. A flat, non-slippery surface of at least 20 metres in length (25 metres is preferable).
2. A measuring tape to measure the 20 metres track.
3. Two marker cones for each participant (i.e. 6 umpires - 12 cones).
4. A copy of the Bleep Test
5. A cassette / CD player/Apps Etc.
6. Observers to record the results and check that the umpires are not failing /cheating!

It should be noted here, that if there are six (6) or less umpires competing at the Tournament/Test it is not wise to split the Test.

However, if there are more than eight (8) or ten (10 umpires), it is a good idea to split the Test into two sessions and ask the temporarily non-involved umpires to assist you as observers.

Ending the Test...

Be aware that the Test starts off very slowly. It is easy at the start but harder towards the end. Some umpires may withdraw **voluntarily** from the Test. They will know their own 'stopping time' and will simply stop. However, in some cases, the observer may **need to withdraw** individuals when they are no longer complying with the Test regulations.

It is recommended (in the regulations) that the umpire/s are given **two** (2) verbal warnings if they fail to reach the line before the bleep. On the **third** occasion that they fail to reach the line, they are **disqualified** from further participation. Observers

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should make a note of the Level and the number of shuttles into the Level at which each umpire withdraws or is withdrawn from the Test.

Cooper Test

The Cooper 12 minute run test is a popular field test used for measuring aerobic fitness. Developed in 1968 by Dr Ken Cooper, this fitness test was initially used to estimate the VO₂max of military personnel. Dr Cooper discovered that there was a high correlation between a person's VO₂max value and the distance they can run or walk. This test is still very popular in the military as it is used for determining basic fitness. Over the years, it has also been used by trainers and coaches to verify track and cardiovascular fitness.

Procedure of the Test

The Cooper 12 minute run fitness test requires little equipment. Marking cones, a stopwatch and an oval running track or hockey pitch is sufficient to conduct the test. The objective of this test is to run or walk as much as you can in the 12 minute period. A treadmill can also be used for the cooper test.

The Cooper 12 minute run fitness test is an extremely advantageous fitness test. This is because it can be modified to suit all populations. As the result from this test is based on the length of time, you can run as well as walk during the allotted time. One of the biggest advantages of this test is that it can be performed by several people simultaneously. In addition to this, it is fairly inexpensive as it requires little equipment. Studies have shown that the Cooper 12 minute run fitness test is quite reliable. But the level of reliability also depends on pacing strategies, motivation level and practice. The reliability of this test also depends on how strictly the test is conducted.

The Cooper 12 minute run fitness test can be quite strenuous. For this reason, it is important that you get clearance by your physician before performing it. A short warm up of approximately 10-15 minutes before beginning is a must. Keep the warm up light as you are sure to get tired during the test. Stretching your muscles well before starting will be vital to the test. Once you are warmed up properly, the Cooper 12 minute run fitness test should commence

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