



International and EYHL Fitness Policy

Fitness has become a very important component of the success of our umpires. The game is becoming faster and the teams are becoming more professional and requiring higher levels of performance from our umpires. Therefore, an increase in the physical toning aspect of the umpires' preparation is required to be operating in the modern hockey environment.

As part of our commitment to supporting national hockey and improving umpiring within Ireland, IHUA expects all our umpires to commit to and maintain high standards of personal fitness.

The National Fitness Manual is available for download for the 'Information Section' on our website (www.irishhua.com) if anyone is looking additional help and guidance with their fitness and toning.

FIH International Umpires and EHF Nomination List

IHUA are required to report the fitness scores of all international umpires to the FIH on the following dates: -

Panel Talent Development Panel - 1st October

International Panel - 1st October

Advancement Panel - 1st February, 1st June & 1st October

International Elite Panel - 1st October

Pro League Panel - 1st February, 1st June & 1st October

World Cup Panel Olympic Games Panel - 1st February, 1st June & 1st October

IHUA are also required to report the fitness scores of all umpires on the Nominated List to the EHF at regular intervals throughout the season.

1. All active umpires who hold an international umpire badge or are on the EHF nomination list must reach the required international standard (Annex A and Annex B) before the respective dates listed above. All results are forwarded to the EHF & FIH accordingly.

2. Fitness testing will take place at the EYHL Umpire Briefing days each season, as these days are mandatory. All fitness results will be collated and published on the IHUA website for full transparency.

3. If umpires who do not reach the required international standard they will be removed from EHF Nomination List. Similarly, the FIH are likely to advise IHUA of the action they have taken.

4. All umpires appointed to an EHF or FIH tournament must be fit and meet the international fitness requirement. IHUA has the authority to request an umpire to complete a fitness test prior to an EHF/FIH tournament and/or withdraw any umpire from their international appointment, should it be necessary.

5. No umpire will be added to the EHF list until they have consistently (at least two consecutive tests) demonstrated a fitness level to the required international level.

6. The IHUA Committee will take into consideration 'special cases' where umpires could not possibly have taken a test for genuine reasons (sickness, injury etc). These must be made in writing (e-mail) in advance of the initial test date and must include all relevant details.

EYHL

7. All national umpires who meet the EYHL selection criteria and who commit to the EYHL Umpiring Group will be required to successfully pass two fitness tests each season to the required IHUA standard. The required IHUA standards are outlined in Annex C (below).

8. All national umpires will be required to complete a 'Beep test' but a 'Cooper test' may be requested, in exceptional circumstances. *Except international umpires and those on the EHF nomination list, who will be required to complete the international fitness level to umpire at EYHL level.

9. Fitness testing will take place at the EYHL Umpire Briefing days each season. All fitness results will be collated and published on the IHUA website for full transparency.

10. Umpires are encouraged to obtain their maximum level of fitness during the fitness sessions as it may be considered for selection purposes, on occasions, during the course of the season.

11. Umpires who are unable to attend the EYHL Umpire Briefing days, for exceptional reasons only, will be granted approval to have their fitness test conducted within 28 days. Re-tests should also be conducted within 28 days. In both these circumstances, it is the full responsibility of the umpire to make these additional arrangements, through the Appointments Coordinator.

12. For re-testing purposes, the test will be conducted by one of the Approved IHUA Fitness Assessors (Annex D) and must be overseen by second Approved IHUA Fitness Assessors or a member from the Provincial Association from which the umpire(s) are affiliated to.

13. Umpires who do not pass the fitness test(s) will be ineligible to officiate in any EYHL matches. Any prior appointments will be removed.

The IHUA does not wish to enforce any sanctions upon its umpires and thus would strongly encourage all its umpires to make maintain high fitness levels throughout the season (and off-season).

Amended 25th August 2018

Annex A – FIH International Umpires

The FIH has chosen two tests for the international umpires to mirror the conditions during matches as much as possible: -

- **The YO-YO Intermittent Recovery Test**
- **45 metre Sprint Test**

The required levels for international umpires are set with respect to current panel structure and are the following: -

Panel / Test	Talent Dev. Panel	International Panel	Advancement Panel	International Elite Panel	Pro League Panel	WC Panel and Olympics
Yo Yo Test	Women (1120m) 16.1	Women (1120m) 16.1	Women (1880m) 18.4	Women (1440m) 17.1	Women (1880m) 18.4	Women (1880m) 18.4
	Men (1440m) 17.1	Men (1440m) 17.1	Men (2280m) 19.6	Men (1760m) 18.1	Men (2280m) 19.6	Men (2280m) 19.6
45 metre Sprint Test	Women 7 secs	Women 7 secs	Women 7 secs	Women 7 secs	Women 7 secs	Women 7 secs
	Men 6.5 secs	Men 6.5 secs	Men 6.5 secs	Men 6.5 secs	Men 6.5 secs	Men 6.5 secs

Yo-Yo Intermittent Recovery Test Level 1

Minimum level men: 1440m Minimum level women: 1080m

This test is set up like the Bleep test.

Two cones are set up 20m apart, with a third final cone 5m further away from the start of the test.

Umpires are to start in the middle cone, run 20m, return, and then stop, using the 5m as a recovery for them (see diagram below).

The aim of the test is to run as many times as possible between the cones 20m apart, at the speed indicated by the signals of the audio.

After each run back and forth, you have 10 seconds active recovery, whereby you jog or walk to the cone 5m away and return to the starting position.

You should come to a complete stop at the start, before running the next shuttle.

The test is over when you can no longer reach the cones (you have one warning, then the second time a cone is missed the test is over). The speed you need to run at increases as the test progresses.

If these instructions are not clear, please watch the man in this video, and how he uses the recovery period (please ignore the man who speaks!): <https://www.youtube.com/watch?v=sFLpnZTdHPs>



Figure 1. The setup for the Yo-Yo Intermittent Recovery Test.

Although there is a minimum level, please note that this is not the target distance, it is the minimum expected level. Therefore, you continue to run after you have passed this level, until you cannot run anymore. In other words you should run to your maximum capability.

When you finish - please note the distance in meters that you have run, not the speed or session level, e.g. 1080m, 860m, 2200m etc.

Please note that there are multiple versions of this test, so it is very important to use the right one.

Annex B - EHF Nomination List Fitness Testing (International)

Bleep Test

	MEN	WOMEN
Under 30 years old	Minimum of Level 10	Minimum of Level 9
30 - 40 years old	Minimum of Level 9	Minimum of Level 8
Over 40 years old	Minimum of Level 8	Minimum of Level 7

Cooper Test

The run must be completed within 12 minutes. Distance travelled must be as follows:

	MEN	WOMEN
Any Age	2500 metres	2300 metres
Laps (Hockey Pitch)	8.5	8 (minus 50m)*

Annex C - EYHL Fitness Testing (national)

Bleep Test

	MEN	WOMEN
Under 40 years old	Minimum of Level 8.5	Minimum of Level 7.5
Over 40 years old	Minimum of Level 7.5	Minimum of Level 6.5

Cooper Test

The run must be completed within 12 minutes. Distance travelled must be as follows:

	MEN	WOMEN
Any Age	2400 m	2200 m
Laps (Hockey Pitch)	8	7.25

Bleep Test Guidelines / Instructions

The 20m multistage fitness test (MSFT) is a commonly used maximal running aerobic fitness test.

It is also known as the 20 meter shuttle run test, beep or bleep test among other names.

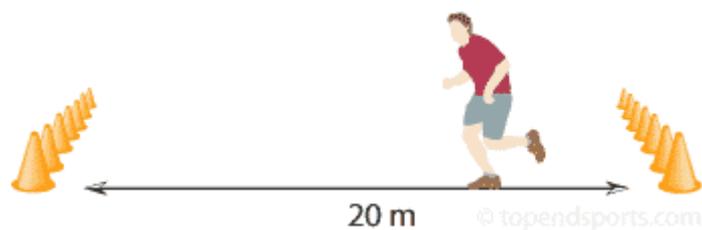
Bleep Testing Procedure:

The test involves continuous running between two lines 20 metres apart in time to recorded beeps.

The umpire stands behind one of the lines facing the second line, and begin running when instructed by the recording. The speed at the start is quite slow. The umpire continues running between the two lines, turning when signalled by the recorded beeps.

After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). If the line is reached before the beep sounds, the umpire must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the umpire is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps'.

The test is stopped if the umpire receives a second warning.



Scoring:

The umpire's score is the level and number of shuttles (20m) reached before they were unable to keep up with the recording. Record the last level completed (not necessarily the level stopped at).

Annex D

APPROVED IHUA FITNESS ASSESSORS

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