

Fitness Testing Requirements

Tournament Guidelines and Criteria for Officials – March 2023

FIH Panels – Current Yo-Yo Test Minimums and sprint test maximum.
(Internationally ranked Australian Umpires)

Gender and Panel	Yoyo Intermittent Recovery Test	RSA Test
Women - World Cup and Olympic Games Panel	1440m (17.1)	6.6 sec
Women - Pro League Panel	1320m (16.6)	6.6 sec
Women - International Elite Panel	1320m (16.6)	6.6 sec
Women - Advancement Panel	1320m (16.6)	6.6 sec
Women - International Panel	1120m (16.1)	6.8 sec
Men - World Cup and Olympic Games Panel	2200m (19.4)	6.2 sec
Men - Pro League Panel	2000m (18.7)	6.2 sec
Men - International Elite Panel	2000m (18.7)	6.2 sec
Men - Advancement Panel	2000m (18.7)	6.2 sec
Men - International Panel	1640m (17.6)	6.4 sec



Yo-Yo test – Minimum Results for Umpires attending National Tournaments who are not already reporting to FIH as shown in the above Requirements.

Tournament	Level	Rationale	Responsible for Sign Off
Women Hockey One	1120 (16.1)	Need to reach this level to be considered for appointment	FIH Umpire Manager/ Technical Official or an approved HA Official is to witness and sign the test to ratify results & send to HA. The witness must be approved by the MA or HA OAG prior to the test being conducted. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process e.g. family member or spouse, to the Umpire.
Women Under 21 Panel	1120 (16.1)	Need to reach this level to be considered for appointment	FIH Umpire Manager/ Technical Official or an approved HA Official is to witness and sign the test to ratify results & send to HA. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g. family member or spouse, to the Umpire.
Women Under 18 Panel	1040 (15.7)	Need to reach this level to be considered for appointment	FIH Umpire Manager/ Technical Official or an approved HA Official is to witness and sign the test to ratify results & send to HA. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g. family member or spouse, to the Umpire.
Women Country Panel			
Women Under 15 Panel	1040 (15.7)	Testing completed prior to tournament. May still be selected if benchmark not achieved but NO UPGRADE to U/18s possible until benchmark is achieved. Would need to reach the level required for acceptance to U18 Panel in the following tournament.	FIH or HA Umpire Manager/Technical Official or a member approved by the MA. It is recognized that a number of these umpires may be from regional areas and support from Development Officers, or a Senior Coach or Umpire Coach is encouraged. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g. family member or spouse, to the Umpire.
Women Masters Panel			
Women Under 13 Panel	1040 (15.7)	Testing completed prior to tournament. May still be selected if benchmark not achieved and still be possibly UPGRADED TO U/15. This is to provide umpires with the knowledge & chance to practice YoYo tests. Also ensure fitness standards are known early in their pathway.	FIH or HA Umpire Manager/Technical Official or a member approved by the MA. It is recognized that a number of these umpires may be from regional areas and support from Development Officers, or a Senior Coach or Umpire Coach is encouraged. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g. family member or spouse, to the Umpire.

Yo-Yo test – Minimum Results for Umpires attending National Tournaments who are not already reporting to FIH as shown in the above Requirements.

Tournament	Level	Rationale	Responsible for Sign Off
Men Hockey One	1640 (17.6)	Need to reach this level to be considered for appointment	FIH Umpire Manager/ Technical Official or an approved HA Official is to witness and sign the test to ratify results & send to HA. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g....family member or spouse, to the Umpire.
Men Under 21 Panel	1640 (17.6)	Need to reach this level to be considered for appointment	FIH Umpire Manager/ Technical Official or an approved HA Official is to witness and sign the test to ratify results & send to HA. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g....family member or spouse, to the Umpire.
Men Under 18 Panel	1560 (17.4)	Need to reach this level to be considered appointment	FIH Umpire Manager/ Technical Official or an approved HA Official is to witness and sign the test to ratify results & send to HA. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g....family member or spouse, to the Umpire.
Men Country Panel			
Men Under 15 Panel	1560 (17.4)	Testing completed prior to tournament. May still be selected if benchmark not achieved but NO UPGRADE to U/18s possible until benchmark is achieved. Would need to reach the level required for acceptance to U18 Panel in the following tournament.	FIH or HA Umpire Manager/Technical Official or a member approved by the MA. It is recognized that a number of these umpires may be from regional areas and support from Development Officers, or a Senior Coach or Umpire Coach is encouraged. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g. family member or spouse, to the Umpire.
Men Masters Panel			
Men Under 13 Panel	1560 (17.4)	Testing completed prior to tournament. May still be selected if benchmark not achieved and still be possibly UPGRADED TO U/15. This is to provide umpires with the knowledge & chance to practice Yo Yo tests. Also ensure fitness standards are known early in their pathway.	FIH or HA Umpire Manager/Technical Official or a member approved by the MA. It is recognized that a number of these umpires may be from regional areas and support from Development Officers, or a Senior Coach or Umpire Coach is encouraged. The MA rep must declare any real or perceived conflict of interest as part of the prior approval process, e.g. family member or spouse, to the Umpire.

Criteria and Guidelines for Fitness Testing for Hockey Australia Officials

- Hockey Australia and the Officiating Advisory Group request all MA's to run a three yearly Yo-Yo test for all National Panel umpires (Hockey One, 21's, 18's & Country) and half yearly Yo-Yo test for Under 15's and Under 13's. The Four Monthly reporting schedule is February/March, June/July & October/November. Half-yearly reporting schedule is February/March and October/November. This coincides with the FIH Umpire fitness testing schedule and all National Panel members are encouraged to coordinate their Fitness testing with the FIH Panel members.
- Fitness Testing for Indoor Umpires must be run in the October/November reporting cycle;
- Fitness Tests are required for all National Tournaments and must be run within 8 weeks prior to the commencement of the tournament. Tests completed prior to 8 weeks before the tournament must be approved by the OAG if there is a request to accept the result;
- MA's are to be responsible for approval of those members who witness fitness tests and sign off (as shown in the above table);
- Hockey One, Under 21, Under 18 and Country tournaments - the appointed panel members must have met the required level by 8 weeks prior to the commencement of the tournament. Any extension requests must be approved by the OAG and full circumstances of the request provided to enable an informed decision;
- Under 15 and Under 13 tournaments - the appointed panel members must run a fitness test and provide their best result;
- Injuries sustained between the successful Yo-Yo test and the commencement of the tournament must be reported to the Umpire Manager who will liaise with the OAG to decide on action to be taken;
- Umpires with injuries which require ongoing physio attention/treatment, in the lead up to the tournament, must provide a letter from the physio for a medical clearance;
- FIH YoYo Test link is: <https://www.youtube.com/watch?v=xoRUOmm6XZY&t=260s>
- Umpire Managers are encouraged to keep a record of all recorded fitness tests provided by panel members prior to the Tournament (see suggested table on the right)

*Indoor levels to be added in August 2023

Example:

Umpires	Result/ Date	Rank	Result U/D/S	Rank U/D/S
	2440 (20.2)	1	U	(U4)
	2000 (18.7)	2	U	(U3)
	1840 (18.3)	3	U	(U6)
	1840 (18.3)	3	U	(D1)
	1800 (18.2)	5	D	(D4)
	1720 (17.8)	6	D	(D3)
	1600 (17.5)	7	U	(S)
	1600 (17.5)	7	U	(U7)
	1600 (17.5)	7	U	(U1)
	1560 (17.4)	10	U	(U3)
	1560 (17.4)	10	U	(U5)
	1480 (17.2)	12	U	(D1)
	1480 (17.2)	12	U	(S)
	1480 (17.2)	12	U	(D3)
	1440 (17.1)	15	D	(D11)

Key: U = Up; D = Down; S = Same