

East Region Hockey Umpires Association

Fitness Test Confirmation Certificate

Name of Umpire: Age last birthday:

Email address:

I confirm that I have completed a Fitness Test as detailed below:

Date of test: Venue:

Cooper Test:

Distance achieved in 12 minutes of continuous running: metres

OR

Bleep Test:

Standard achieved: Umpire's Signature:

Verified by: Signature:

Status of verifier: ERHUA Selector or County HUA Rep

Cooper Test

If using a full size Hockey pitch (91.4m x 55.0m) rather than a running track, and running round the outside of the pitch, please note the following approximate conversion factors:- As one pitch is equivalent to 292.8m,

5.0 times round = 1465m	5.5 times round = 1610m	6.0 times round = 1755m
6.5 times round = 1900m	7.0 times round = 2050m	7.5 times round = 2195m

The minimum age-related requirements for ERHUA umpires are: -

Age:	Up to 29	30-39	40-44	45-49	50-54	55+
Women:						
ERHUA	1900m	1800m	1700m	1600m	1500m	1400m
NPUA "B" Panel	2300m	2200m	2000m	2000m	1850m	1850m
NPUA A, A*, Prem & FIH	2300m	2300m	2300m	2300m	1850m*	1850m*
Men:						
ERHUA	2200m	2100m	1900m	1800m	1700m	1600m
NPUA "B" Panel	2500m	2400m	2200m	2200m	2100m	2100m
NPUA A, A*, Prem & FIH	2500m	2500m	2500m	2500m	2100m*	2100m*

Bleep Test

The minimum age-related requirements for ERHUA umpires are: -

Age:	Up to 29	30-39	40-44	45-49	50-54	55+
Women:						
ERHUA	7.1	6.5	5.8	5.4	5.0	4.5
NPUA "B" Panel	8.1	7.5	6.8	6.8	6.0	6.0
NPUA A, A*, Prem & FIH	9.0	8.0	7.0	7.0	7.0*	7.0*
Men:						
ERHUA	8.1	7.5	6.8	6.4	6.0	5.5
NPUA "B" Panel	9.1	8.5	7.8	7.8	7.0	7.0
NPUA A, A*, Prem & FIH	10.0	9.0	8.0	8.0	8.0*	8.8*

Note: Items marked * do not apply to FIH

NOTE: Any Umpire who is to be nominated for the NPUA shall be required to comply with the appropriate NPUA Fitness Tests before their nomination is forwarded to NPUA. The current standards are shown above.
(2018/19rev2 07.06.2018 ADB)