



## **NPUA Fitness Policy – 2025/26 Season**

Fitness & Athleticism is one of NPUA's key characteristics of high-performing umpires. There is much research about the importance of suitable fitness levels to an official's performance – both in terms of physical and cognitive benefits. It is therefore crucial that NPUA umpires have an acceptable level of fitness to perform at the highest level.

All members wishing to umpire in the National Programme and retain active Level 3 status must complete a fitness test within the timeframe set by the NPUA Executive Committee. Without a valid fitness test, members will not be considered for appointments in the National Programme.

### **Outdoor Programme**

Window 1 – 12<sup>th</sup> July 2025 to 25<sup>th</sup> August 2025

Window 2 – 1<sup>st</sup> December 2025 to 18<sup>th</sup> January 2026

N1, N2 and HPP – Umpires must complete a fitness test to the required standard in both test windows. Window 1 must be an in-person test, overseen by an approved watcher. Window 2 can be either an in-person or online Strava test.

N3 and N4 – Umpires must complete a fitness test to the required standard in window 1. This can be either an in-person test, overseen by an approved watcher, or an online Strava test. Umpires may consider completing a test in window 2 to be eligible for promotion to N1, N2 or HPP.

FIH – Umpires on an International panel who are required to complete fitness tests in the July and November FIH windows will be able to submit these results for NPUA windows 1 and 2 respectively.

To be eligible for promotion to a higher panel, an umpire must have passed a fitness test to the level required for the higher panel in the previous testing window. We therefore strongly encourage members to complete a fitness test to the highest level they can achieve, rather than the minimum requirement for their current panel. For those looking to promotion to N1, N2 or HPP, this includes the need to have completed an in-person test with an approved watcher in window 1.

Any member who has not achieved the level required for their panel by the date the window closes will be immediately moved to the panel for which their test is valid. Any umpire who has not completed any test by the date the window closes will be immediately moved to the reserve panel.

### **Fitness test window – Indoor Programme**

Window 1 – 12<sup>th</sup> July 2025 to 16<sup>th</sup> November 2025

Members who operate in both the outdoor and indoor programme for NPUA do not need to complete an additional fitness test for the indoor programme. The later deadline of 16<sup>th</sup> November is only relevant for members who umpire in the indoor programme only, or whose indoor panel has a higher fitness requirement than their outdoor panel.



## **Fitness exemptions or alterations**

In some circumstances (e.g. injury, disability or pregnancy) members can request an alteration to the fitness deadline or test level required. These requests should be sent to NPUA Fitness Coordinator AJ Small ([ajsmallnz@gmail.com](mailto:ajsmallnz@gmail.com)) and Chairman Sean Edwards ([chair@npua.co.uk](mailto:chair@npua.co.uk)) and will be treated on a confidential basis. Depending on the circumstances, it may also be appropriate to keep your panel selector informed.

## **Fitness assessment on matches**

When umpires are assessed during the season, the assessor will record their view of the umpire's fitness on the feedback form (either Good, Satisfactory, and Poor). If an umpire's fitness is assessed as poor, an in-person test will be required, usually within two weeks of the assessment. This in-person test shall be arranged in consultation with the NPUA Fitness Coordinator and NPUA Chair, so that a suitable watcher can attend.

During the intervening period, the Outdoor Performance Committee, in consultation with the NPUA Chair, reserves the right to remove the umpire from future appointments, until such time as the in-person test has been complete to the required level.



## Appendix 1 – Fitness test levels

The fitness test level required is based on the gender of the umpire, and their age on the date that the test is completed.

### **Female umpires**

| Test type | Outdoor Panel   | Indoor Panel    | Age < 45  | Age 45 & over |
|-----------|-----------------|-----------------|-----------|---------------|
| Beep      | N1, N2 & HPP    | N1 & HPP        | Level 8   | Level 7       |
|           | N3              | N2              | Level 7   | Level 6       |
|           | N4 & Candidates | N3 & Candidates | Level 6.5 | Level 5.5     |
| Yo-Yo     | N1, N2 & HPP    | N1 & HPP        | 1,120m    | 1,000m        |
|           | N3              | N2              | 1,000m    | 880m          |
|           | N4 & Candidates | N3 & Candidates | 880m      | 760m          |
| Cooper    | N1, N2 & HPP    | N1 & HPP        | 2,000m    | 1,850m        |
|           | N3              | N2              | 1,800m    | 1,650m        |
|           | N4 & Candidates | N3 & Candidates | 1,700m    | 1,550m        |

### **Male umpires**

| Test type | Outdoor Panel   | Indoor Panel    | Age < 45  | Age 45 & over |
|-----------|-----------------|-----------------|-----------|---------------|
| Beep      | N1, N2 & HPP    | N1 & HPP        | Level 9   | Level 8       |
|           | N3              | N2              | Level 8   | Level 7       |
|           | N4 & Candidates | N3 & Candidates | Level 7.5 | Level 6.5     |
| Yo-Yo     | N1, N2 & HPP    | N1 & HPP        | 1,640m    | 1,280m        |
|           | N3              | N2              | 1,240m    | 1,040m        |
|           | N4 & Candidates | N3 & Candidates | 1,000m    | 920m          |
| Cooper    | N1, N2 & HPP    | N1 & HPP        | 2,200m    | 2,000m        |
|           | N3              | N2              | 2,000m    | 1,800m        |
|           | N4 & Candidates | N3 & Candidates | 1,900m    | 1,700m        |



## **Appendix 2 – Procedure for an in-person test with approved watcher**

Whilst online Strava tests are permissible for some members, NPUA's preference is for fitness tests to be completed in-person. Not only does this maintain the integrity and credibility of our fitness testing programme, but it also enables members to complete fitness tests alongside colleagues, and benefit from the collaborative encouragement that this brings.

Whilst it is the responsibility of each individual umpire to ensure they have completed a fitness test as outlined in this policy, NPUA will also work to arrange in-person fitness test events around the country during the fitness test windows.

All in-person tests must be overseen by an approved watcher, who must be one of:

- Member of NPUA Executive Committee
- Active NPUA Assessor
- Active Level 3 Umpire Coach
- FIH Umpire Manager or FIH Technical Official
- Pre-approved supervisor of a group test

In exceptional circumstances, an alternative watcher may be requested. An alternative watcher must be approved in advance of the test by NPUA Fitness Coordinator AJ Small (ajsmallnz@gmail.com) and Chairman Sean Edwards (chair@npua.co.uk). In no circumstances can a family member oversee an umpire's fitness test, even if they are on the approved list.

The integrity of our fitness testing is of real importance to NPUA. Watchers are reminded to ensure they oversee the measurement of 20m for beep and yo-yo tests, and that any umpire who fails to reach the line on or before the beep on three occasions fails the test.

Once the fitness test has been completed, the result should be sent by the approved watcher to NPUA Fitness Coordinator AJ Small (ajsmallnz@gmail.com).

As per the NPUA expenses policy, travel expenses may be claimed for in-person fitness tests (both the umpire and the supervisor), by emailing NPUA Treasurer Richard Kirk (treasurer@npua.co.uk).

More information on the Yo-Yo test (Level 1) and a video demonstration can be found here:

<https://www.scienceforsport.com/yo-yo-intermittent-recovery-test-level-1/>

There is a paid Bleep test app available on the Apple Store, costing 99p, which can also be set-up to run both the Beep and Yo-Yo test. Please note that the free version of the app does not contain the correct version of the Yo-Yo test ('Yo-Yo ITRL1')





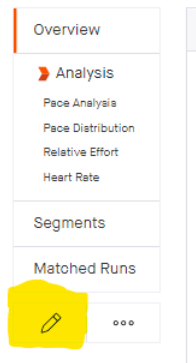
## **Appendix 3 – Requirements for an online Strava test**

If using Strava to record the Cooper test, then the following requirements apply:

- The activity must be renamed to “NPUA Fitness Test”
- The elapsed time must be 12:00 or under
- A map of the activity must be shown.
- The start and end of the activity cannot be hidden
- The activity privacy must be Public or allow followers to see
- Over the run there must not be more than a 30 metre net elevation drop
- The umpire must be a member of the NPUA Strava Group

### **How to upload your Cooper test to NPUA Strava group**

1. When you first upload an activity to Strava your activity is given a default title like “Morning/Afternoon/Evening Run”. This should be edited via the Strava interface. On a PC this can be done by clicking on the pencil icon on the LHS of the activity:



On the app tap to go into the activity, tap on the three buttons that appear at the top-right corner and then choose “Edit”

2. This brings up a menu where you can edit the name of the activity and you can add other comments if you so wish. The title should be amended to “NPUA Fitness Test”:

### **Edit Activity**

**Title**

Evening Run

**Description**

How did it go? Were you tired or rested? How was the weather?

**Sport**

Run

**Run Type**

**Tags**

Commute Treadmill

**Shoes**

+ New Shoes

**Perceived Exertion**

How did that activity feel?

Easy Moderate Max Effort

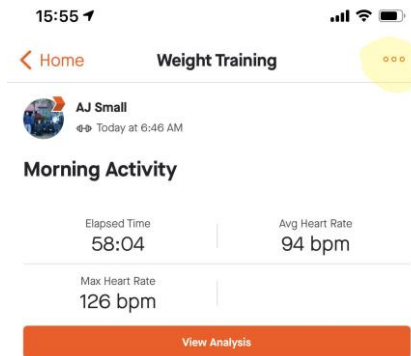
☐ Use instead of heart rate

**What is Perceived Exertion?**

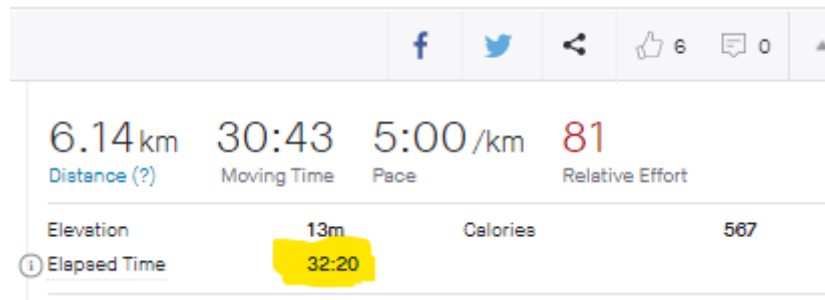
Perceived Exertion is how hard your workout felt overall. Add it to your activities to track how your body is responding to your training. Perceived Exertion can also be used in place of heart rate data with subscription features, so you can better understand how your fitness is trending over time.



On an iPhone you can edit an activity using the 3 dots in the top right hand corner



The critical time to look at on your activity is the 'Elapsed Time'. This is NOT the headline time that is displayed on the activity in the activity feed, as that is the 'Moving Time' for a normal run (which discounts any time standing still).



For the above activity the Elapsed Time is 32:20 and the moving time/headline time is 30:43. You can force the Elapsed Time to equal Moving time by changing the Run Type to be "Race" in the 'Edit Activity' menu.

3. The required distance needs to be achieved in an Elapsed Time that is no greater than 12 minutes. If your elapsed time is over 12 minutes then you can choose to "Crop" (again, in the 'Edit Activity' menu) the activity to bring the elapsed time back down to 12 minutes. Strava will remove any time, and associated distance completed, over the 12 minutes.
4. In order to validate the activity submissions the NPUA Strava Test Administrators need to access the activity details.. You can either have your privacy for activities set to "Public" or if you set it to "Followers" then you need to allow at least one of the NPUA Strava Test Administrators to follow you.

Please note:

- a. Any test showing the required distance not being achieved within 12 minutes, or any test that isn't cropped and the required distance is achieved in an elapsed time that is over 12 minutes, is considered a failed test.
- b. If the activity is not renamed then it will not be used as your Fitness Test result.
- c. There is no need to post a screenshot in the NPUA Strava Club feed.