



HOCKEY NEW ZEALAND INC.
Sport Central, Eden Business Park, Level 1
14 Normanby Road, Mt Eden 1024
PO Box 67-088, Mt Eden, Auckland 1349
E: support@hockeynz.co.nz
www.hockeynz.co.nz

Memorandum

Date: March 22nd, 2021
To: Umpire Performance Panel members
Cc: Officials Advisory Group
From: Colin French – Technical Manager
Re: Hockey NZ Umpire Fitness Policy

General

Modern hockey has become a fast and challenging game in its own right. With an emphasis on high skill, fitness, and strategy, which includes 3D aerial hockey, participants of our sport are required to have higher fitness levels than that which have previously been acceptable. Positioning and anticipation will be called into question as the game continues to evolve, and some tried and established positional aspects that have stood the test of time will begin to come under scrutiny.

Hockey New Zealand (HNZ) Strategy “to perform on the world stage” will mean that our teams will need to be as good or better, at the evolution of our sport, as the rest of the world. Umpiring forms a significant part to that equation. Further, with the inclusion of more and more televised matches both on TV and through online social media platforms, umpires can appear overweight and/or less athletic than players, or as they may appear in person. This therefore will require management by individual umpires and will form one important part of the selection process for HNZ tournament appointments.

What we currently contribute

HNZ provide umpires on the world stage that perform very well and who are held in high regard Internationally. HNZ wishes to ensure that this continues into the future and believe that having “identified” umpires fit and ready to “go” at any time for any tournament (whether here or away, National, or International) is an important part to increase and protect our well-regarded international profile. Fitness brings mobility, increased concentration levels, better decision-making etc; which are all vital to ensuring HNZ are providing world class umpires and maintaining our International reputation.

HNZ Identified Tournament Umpire Structure

HNZ currently operate 3 (three) panels of identified Tournament umpires:

- High Performance Panel
- Performance Panel
- Foundation Panel

The High Performance Panel is made up from all our current International graded umpires. Accordingly, the FIH Fitness Policy applies to this panel. For the Performance and Foundation Panels, these are filled by the selection process (separate to this document); however this “Fitness Policy” will form one part of the selection criteria. It shall also be part of the criteria for umpires to either remain or transition within each panel.

Method, Targets, and Frequency of Fitness Testing

Method

HNZ has chosen to use the YO-YO test (level 1) as to align with FIH requirements. This testing mirrors closely the conditions that umpires face during match play.

Associations are responsible to sign off fitness results, and the individual umpire(s) are responsible to ensure the results are returned to the HNZ Technical Manager (or nominee) on or before the due date. The tests may be completed any time within two weeks prior to the due date, with the exception where FIH requirements are different, then that timing will take precedence and shall be acceptable.

Targets

High Performance Panel – as set by FIH Fitness Policy for their respective panels.

Performance Panel – Female 1120m (16.1) Male 1640 m (17.6)

No formal fitness test levels have been set for Foundation Panel umpires. This will be reviewed in 2021. Currently, umpires in this panel will be assessed individually through the normal Tournament Umpire Performance Feedback reporting. Clearly any umpires looking to progress from the Foundation Panel to the Performance Panel will need to meet the appropriate fitness levels.

Frequency

To align with current FIH timings, the results of tests, shall be submitted, no later than:

March 31st

July 31st

November 30th

Responsibilities

Umpires Individually are responsible to ensure that the testing process is followed and reported as per timeframes detailed in this document.

Each test is to be witnessed and signed off by any one of the following:

- a regional development officer, or
- a hockey community development manager, or
- a FIH Umpires Manager, or
- a FIH Technical Official

The attached HNZ Umpire Fitness Test results form is required to be completed accordingly.

Non-submitting of fitness results

Failure to meet the required fitness test requirements, or handing in fitness test results late, may result in loss of upcoming appointments, and in cases where multiple tests results are not submitted removal from the panel may occur.

Where an umpire is injured at fitness test time, then early proactive communication to the HNZ Technical Manager is the key requirement. Once the umpire has recovered from the injury then the test should be completed ASAP, signed off by the association, and submitted to HNZ. This fitness test may be conducted outside of the date schedule.

Conclusion

A more robust approach will be undertaken to ensure that fitness results are recorded accurately, and that approved personnel are signing off the fitness documentation. Some random tests may be conducted to verify fitness results.

There is an understanding by HNZ that a shift in fitness levels, for some people is difficult to achieve in a short timeline. Therefore, there will be a period of time (varying for individuals) that will be allowed for required fitness levels to be met. These will be set and monitored by HNZ and the Officials Advisory Group.

Colin French

Technical Manager

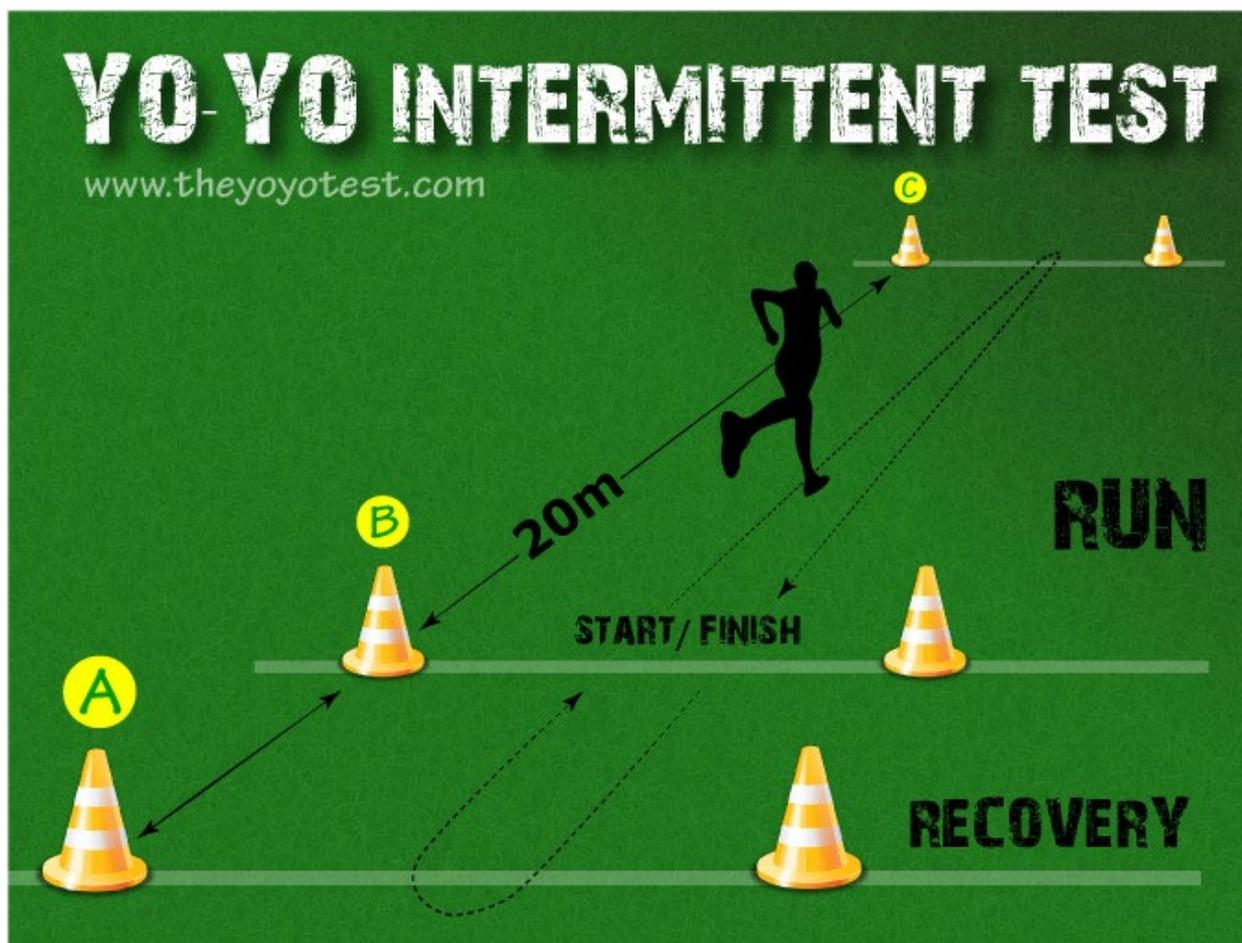
E: colin.french@hockeynz.co.nz

C: 021 1411822

GUIDE TO THE YO-YO TEST

The Yo-Yo test is a maximal aerobic endurance fitness test, involving running between markers placed 20 meters apart, at increasing speeds, until **exhaustion**. The test was [developed in the 1990s](#) by the Danish soccer physiologist [Jens Bangsbo](#) and his colleagues, and is now one of the most commonly conducted fitness test around the world.

The **Yo-Yo Intermittent Recovery Test Level 1**, also called YYIRT1, IR1, and is the testing procedure that HNZ will use to monitor fitness levels of identified umpires invited into selected panels. It is this intermittent recovery test that most people will mean when they talk about the yo-yo test, and is the version that most sporting teams use for testing their athletes.



Yo-Yo Intermittent Recovery Test Level 1 involves running between two markers 20 meters apart, following audio cues which dictate the running speed required. After each 40 meters run, the participants have an active break of 10 seconds before running 40 meters again. At regular intervals, the required running speed increases. The test continues until the participants are no longer able to keep up with the required pace. Reporting can be in levels and/or meters run.

Sample video of the Yoyo Test level 1 <https://www.youtube.com/watch?v=nwYx62e2VJI>

The Yoyo test Level 1 can be downloaded from the Apple and or Android store to suit your mobile device.