



SINGAPORE HOCKEY FEDERATION

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 Email: info@singaporehockey.org
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 Institution of a Public Character (IPC)
 UEN No. S92SS0120J

Affiliated to : Singapore National Olympic Council
 International Hockey Federation
 Asian Hockey Federation

Supported by : Singapore Sports Council

Advisor : Tharman Shanmugaratnam
 Deputy Prime Minister
 & Co-ordinating Minister for Economic and Social Policies
 Zainul Abidin Rasheed
 Davinder Singh, Senior Counsel

SHF Umpire Fitness Requirements

For the 2018 season, Singapore Hockey Federation will be adopting a new fitness test structure in line with the direction FIH is undertaking. The new fitness test will be Yo-Yo Intermittent Recovery Test Level 1 (Yo-Yo IRT1) or Modified Coopers' Test (2.4km).

Umpires below 35

For umpires under the age of 35, Yo-Yo IRT1 is required. The requirements are as follows: -

- Males: Level 14.1
- Females: Level 13.1

Please find an example of how the Yo-Yo IRT1 test is run in the following link:

https://www.youtube.com/watch?v=nkOk_P5VnOA

A description of the test can be found here:

<http://www.topendsports.com/testing/yo-yo-intermittent-levels.htm>

There are multiple versions of the test. Therefore, ensure that the test you practice is the one mentioned above.

Below are the levels, speeds and accumulated distances for the Yo-Yo Intermittent Recovery Test 1. The results are reported by the speed level plus the shuttle number.

Speed Level	Shuttle No.	Speed (Km/h)	Accumulated Distance (m)	Speed Level	Shuttle No.	Speed (Km/h)	Accumulated Distance (m)	Speed Level	Shuttle No.	Speed (Km/h)	Accumulated Distance (m)
5	1	10	40	16	5	15.5	1280	20	4	17.5	2520
9	1	12	80	16	6	15.5	1320	20	5	17.5	2560
11	1	13	120	16	7	15.5	1360	20	6	17.5	2600
11	2	13	160	16	8	15.5	1400	20	7	17.5	2640
12	1	13.5	200	17	1	16	1440	20	8	17.5	2680
12	2	13.5	240	17	2	16	1480				
12	3	13.5	280	17	3	16	1520				
13	1	14	320	17	4	16	1560				
13	2	14	360	17	5	16	1600				
13	3	14	400	17	6	16	1640				
13	4	14	440	17	7	16	1680				
14	1	14.5	480	17	8	16	1720				
14	2	14.5	520	18	1	16.5	1760				
14	3	14.5	560	18	2	16.5	1800				
14	4	14.5	600	18	3	16.5	1840				
14	5	14.5	640	18	4	16.5	1880				
14	6	14.5	680	18	5	16.5	1920				
14	7	14.5	720	18	6	16.5	1960				
14	8	14.5	760	18	7	16.5	2000				
15	1	15	800	18	8	16.5	2040				
15	2	15	840	19	1	17	2080				
15	3	15	880	19	2	17	2120				
15	4	15	920	19	3	17	2160				
15	5	15	960	19	4	17	2200				
15	6	15	1000	19	5	17	2240				
15	7	15	1040	19	6	17	2280				
15	8	15	1080	19	7	17	2320				
16	1	15.5	1120	19	8	17	2360				
16	2	15.5	1160	20	1	17.5	2400				
16	3	15.5	1200	20	2	17.5	2440				
16	4	15.5	1240	20	3	17.5	2480				



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Umpires 35 and Above

For umpires above the age of 35, Modified Coopers' Test (2.4km) can be taken in place. The requirements are as follows: -

Age 35 to 44 - Complete 2.4km in 15 Minutes

Age 45 & 59 - Complete 2.4km in 17 Minutes

Age 60 & Above - Complete 2.4km in 19 Minutes

*Note that these are not the target distance/timings but rather a MINIMUM level umpires will be expected to achieve.