

MEMO

Hockey Nova Scotia

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TO: All Officials
FROM: Phil Power
Manager of Officiating
DATE: July 1, 2008
RE: Physical Fitness Testing

There have been several inquiries regarding the physical fitness testing procedures for the 2008-2009 season. Please see below for clarification;

Only officials working Major Midget Hockey and above are required to complete the Hockey Canada physical fitness testing – beep test, sit-ups and push-ups.

If you are an official that is actively working Bantam AAA, Midget AAA, High School, or Junior C, and would like your testing results put on file, you may request to do the testing. (space permitting) Please remember that in order to move up to the next level (say high school hockey to major midget hockey, test results MUST be on file)

The game of ice hockey is now demanding both mentally and **physically**. The competitive hockey player now trains year round and not just during the hockey season. This has resulted in a more dynamic and freer flowing game with a marked increase in the speed at which it is played.

Should you NOT obtain a passing grade on the “beep test” you will be removed or assignments significantly reduced for 30 days until you can complete the passing mark for the hockey that you are officiating. Should you again fail to obtain the level that is stated for the level of hockey you are officiating after 30 days, you will be REMOVED from that level of hockey.

No physical fitness tests will be permitted to take place after December 1st, 2008.

Should you require any additional information, please feel free to contact me at the above address.

Yours in Hockey,



Phil Power
Manager of Officiating
HOCKEY NOVA SCOTIA
www.hockeynovascotia.ca

July 1, 2008.

HNS Physical fitness testing guidelines for 20m Léger Shuttle Run (beep Test)

Suggested Minimum Standards

<u>Level of Hockey</u>	<u>Referee</u>	<u>Linesman</u>
Minor Hockey Officials	Level 5.0	Level 5.0
Bantam / Midget AAA	Level 7.0	Level 6.0
High School	Level 8.0	Level 7.0
Junior C	Level 8.5	Level 7.5

Required Minimum Standards

<u>Level of Hockey</u>	<u>Referee</u>	<u>Linesman</u>
Major Midget	Level 8.5	Level 7.5
Junior B	Level 9.0	Level 8.0
Junior A	Level 9.5	Level 8.5
AUS	Level 10.0	Level 9.0

(Please note the HNS RIC has the right to change or modify these at any time)



Fitness

Testing Guidelines

Test 1: Beep Test – Using a timed sequence of beeps obtaining the highest score possible.

- You must make it to the opposite end line (20 metres away) before the next beep.
- You can not leave early from the line, you must leave on the beep.
- Should you fail to make it to the line before the beep this will be considered a miss.
- 2 consecutive misses and you are eliminated.
- (please note that you can miss one beep and then hustle to catch up and continue with the testing,, it is only 2 consecutive beeps when you will be eliminated)

Test 2: Sit Up Evaluation – Maximum number of bent knee sit-ups a participant can complete in one minute.

Sit-ups will be completed in this manner:

- Knees bent with hands touching the ears
- Shoulder blades must touch floor and elbows must touch knees for sit up to count.
- Feet flat on the floor.
- Partner may hold the feet if required. No other assistance is allowed.
- Partner counts and reports total to Evaluator.

Test 3: Push Ups – Maximum number of sit ups one can complete in one minute.

Push-ups will be completed in this manner:

- Legs straight and together. Hands positioned under shoulders. Body kept straight.
- For a push up to count the arms must be straight at the top and a 90-degree bend at the elbow below.
- The testing will be stopped if any part of your body rests on the ground, (other then hands and feet of course) or your body is not kept straight.
- Partner counts and reports total to Evaluator.

Test 4: Chin Ups (Optional) - Maximum number of Chin Ups one can complete without stopping. (no time)

- Full extension with a underhand grip on the bar
- Bottom of chin must pass above the top of the bar, and arms fully extended on way down for chin up to count.
- Partner may prevent the legs from swinging. No assistance is allowed.
- Partner counts and reports total to Evaluator.

All participants will perform a cool down and be monitored.

It is recommended to perform the beep test first, then a minimum 5 minute break, and resume with either sit ups or push ups. Once sit-ups or push-ups are complete again another 5 minute break before completing the final testing.