



YO-YO FITNESS TEST

As part of the selection process for programs and tournaments, athletes must pass the fitness test.

To be eligible for the...	Athletes must...	When?
Regional Program	<ul style="list-style-type: none"> meet or exceed the minimum regional Yo-Yo fitness test standard 	<ul style="list-style-type: none"> at the regional trial
Regional Tournament (Spring)	<ul style="list-style-type: none"> obtain a minimum of two recorded Yo-Yo scores 	<ul style="list-style-type: none"> during the regional program
Provincial Program (Team BC - summer)	<ul style="list-style-type: none"> have at least one recorded score which meets or exceeds the minimum provincial Yo-Yo fitness test standard. 	<ul style="list-style-type: none"> during the Regional Program

FAQs

1. How many testing opportunities will be delivered?

In a 40-hour program, athletes typically receive 4 opportunities, the first of which is at the trial. The timing of the remaining tests will depend upon facility and coach availability, program needs, weather, or other factors.

2. If I am away, sick, injured (or other) and miss a test, will the test be rescheduled to another day for me? No. Testing is not provided for individual athletes. It is understandable that athletes may miss testing due to unforeseen circumstances, which is why the number of opportunities exceeds the minimum number of recorded scores required for eligibility.

3. I exceeded the provincial standard on my first try. Do I need to run a second test?

Yes. Two scores must be recorded during the season.

4. If I met the Fitness Policy at the second testing opportunity, do I need to be tested at the 3rd and 4th opportunities?

Athletes should be prepared to run the Yo-Yo test whenever it is scheduled for their group. The goal is to reach the minimum standard and maintain or improve fitness throughout the seasons. FHBC wants to see athletes maintain, progress, and improve!

5. Will Yo-Yo tests be scheduled during training time?

Testing may be scheduled within or outside of the training schedule. In the case of testing taking place outside of regular training times, notification will be issued ahead of time with testing location, time, date, and expectations.

More below!



Yo-Yo Fitness Test Standard Scores

		FEMALE	MALE
T2T	Regional Level	14.1	14.6
	BC Level	14.8	15.6
	GOAL KEEERS Regional Level	12.1	14.2
	GOAL KEEERS BC Level	13.4	15.1
T2C	Regional Level	14.6	17.5
	BC Level	15.8	18
	GOAL KEEERS Regional Level	13.3	16
	GOAL KEEERS BC Level	14.1	16.5

The only acceptable score is from a test supervised by an approved FHBC Coach. Yo-Yo scores obtained outside of the FHBC Regional Program are not eligible. Yo-Yo testing delivered by Field Hockey Canada may be considered.

Please see the **Fitness Test Protocol** for more information on *how to prepare, what the results mean and why the Yo-Yo test is used* as an objective fitness testing method.

NOTE:

The standards for the FHBC Regional Program are set within the VO2 max range which is considered normal for normal, healthy youth (ages 13-18), not elite youth. All athletes entering FHBC Regional Programs are expected to be able to achieve the minimum fitness standard.

Wilmore and Costell (2005) note these VO2 max ranges for non-athletes are:

- Males aged 10-19 = 47 – 56 ml/kg/min
- Females aged 10 – 19 = 38 – 46 ml/kg/min

Reference

Wilmore, J.H and Costell, D.L. (2005). Physiology of Sport and Exercise (6th Edition). Human Kinetics.

