



Official Conditioning PAR-Q & Point Scoring Elite Officiating Camp

PAR-Q (all officials must answer no to participate in conditioning testing)

	Questions	Yes	No
1	Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you feel pain in your chest when you perform physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3	In the past month, have you had chest pain when you were not performing any physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you have a bone or joint problem that could be made worse by a change in your physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
6	Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you know of <u>any</u> other reason why you should not engage in physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered "Yes" to one or more of the above questions, consult your physician before engaging in physical activity. Tell your physician which questions you answered "Yes" to. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

Scoring

For each test, **3 pts** will be awarded to the top 5 fastest times or measures per test; **2 pts** for 6-15, and **1 pt** for 16+. All points will be tailed and conditioning rankings will be announced.



Official Conditioning Evaluation Form

Elite Officiating Camp

Official's Name: _____

Height: _____

Weight: _____

	Trial 1		Points
300-yard Shuttle			1 2 3

	Trial 1		Points
5-10-5 Test			1 2 3

	Trial 1		Points
Push-Ups			1 2 3

	Trial 1		Points
Davies Test			1 2 3

	Trial 1		Points
Left Test			1 2 3

	Trial 1		Points
Double-Leg Horizontal Jump			1 2 3

Total Points: _____

300-yard Shuttle

300-YARD SHUTTLE

Purpose: This test measures total anaerobic endurance.

Procedure:

1. Marker cones and lines are placed 25 yards apart to indicate the sprint distance.
2. Start with a foot on one line. When instructed by the timer, the player runs to the opposite 25-yard line, touches it with their foot, turns, and runs back to the start (Fig. 3.76).
3. This is repeated 6 times without stopping (covering 300 yards total). After a rest of 5 minutes, the test is repeated.

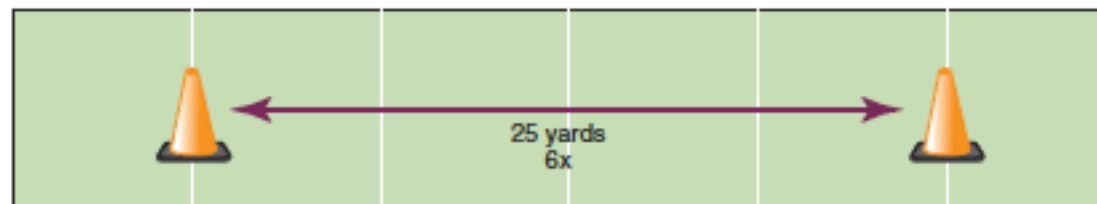


FIGURE 3.76 300-yard shuttle.

5-10-5 Test

5-10-5 TEST

Purpose: This assessment is designed to measure lateral speed and agility.

Procedure:

1. Begin with three cones, placing two cones 10 m apart. Place the final cone at the midpoint.
2. The timer is facing the middle cone (Cone 1) with the athlete in a rested position facing the timer.
3. Start the timer on the athlete's first movement as they sprint to Cone 2, then to Cone 3, then to Cone 1 (Fig. 3.77).



Push-Ups

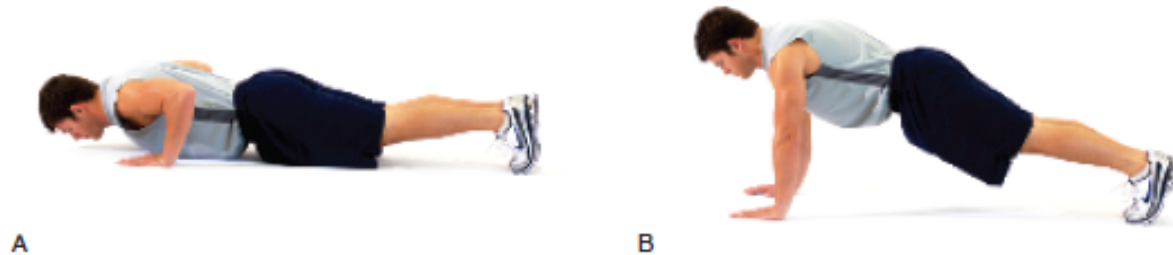
PUSH-UPS

Purpose: This test measures muscular endurance of the upper body, primarily the pushing muscles.

Procedure:

Position:

1. In push-up position (ankles, knees, hips, shoulders, and head in a straight line), the athlete lowers body to touch partner's closed fist placed under chest, and repeats for 60 seconds or until exhaustion without compensating (low back arches, cervical spine extends; Fig. 3.63).
2. Record number of actual touches reported from partner.
3. The athlete should be able to perform more push-ups when reassessed.



Davies Test

DAVIES TEST

Purpose: This assessment measures upper extremity agility and stabilization (48). This assessment may not be suitable for athletes who lack shoulder stability.

Procedure:

Position:

1. Placing two pieces of tape on the floor, 36 inches apart.
2. Have athlete assume a push-up position, with one hand on each piece of tape (Fig. 3.57).



FIGURE 3.57 Davies test position.

Davies Test (cont.)

Movement:

3. Instruct athlete to quickly move his/her right hand to touch the left hand
4. Perform alternating touching on each side for 15 seconds.
5. Repeat for three trials.
6. Reassess in the future to measure improvement of number of touches.
7. Record the number of lines touched by both hands in Figure 3.59.



LEFT Test

LOWER-EXTREMITY FUNCTIONAL TEST (LEFT)

Purpose: This drill is designed to measure lateral speed and agility

Procedure:

1. Begin with two cones spaced 10 yards apart. Athlete begins behind the first cone and follows the following sequence (Fig. 3.75):
 - a. Forward sprint to Cone 2, touch cone
 - b. Backpedal to Cone 1, touch cone
 - c. Side shuffle to Cone 2, touch cone
 - d. Side shuffle to Cone 1, touch cone
 - e. Carioca to Cone 2, touch cone
 - f. Carioca to Cone 1, touch cone
 - g. Forward sprint to Cone 2
2. The timer stands at Cone 2. Begin timing on first movement, and end when athlete crosses imaginary line between timer and Cone 2.

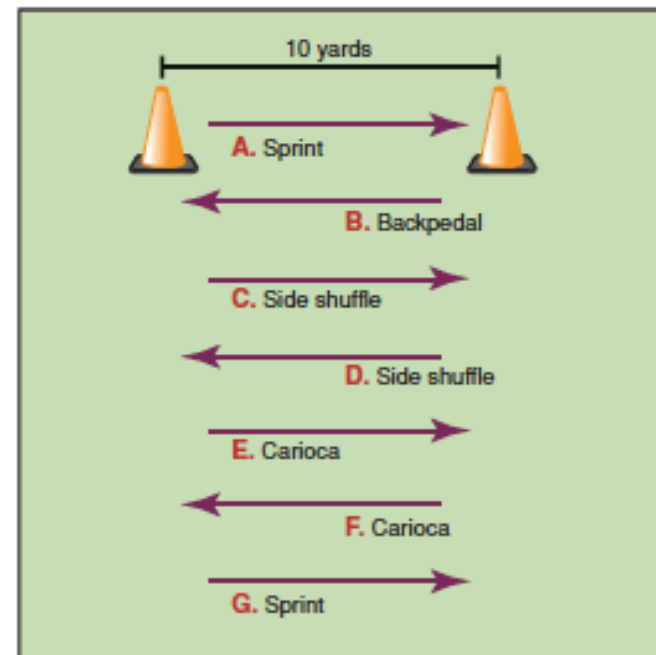


FIGURE 3.75 LEFT test.

Double-Leg Horizontal Jump

DOUBLE-LEG HORIZONTAL JUMP (LONG JUMP)

Purpose: This assessment is designed to measure total body bilateral power in a more dynamic fashion by jumping for distance rather than height. It can also be performed in the frontal and transverse planes.

Procedure:

Position:

1. Extend a tape measure along a nonskid surface and make a start-line with athletic tape.

Movement:

2. Athletes will jump forward as far as possible (Fig. 3.69).



FIGURE 3.69 Double-leg horizontal jump.