



**WBSC**

WORLD  
**BASEBALL SOFTBALL**  
CONFEDERATION

*Game Time!*

## **BULLETIN # 5**

### **SOFTBALL UMPIRE FITNESS TESTING PROTOCOLS**

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**PAR-Q*****Physical Activity Readiness Questionnaire***

Being more active is very safe for most people, and for most should not pose any problem or hazard. However, some people should check with their doctor before they start becoming much more physically active. The following list of questions should be completed by anyone who is looking to start an exercise program, to increase their current activity level, or partake in a fitness testing assessment. The questionnaire helps to determine how safe it is for you.

The questionnaire is suitable for those aged between 15 and 69. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide in answering these questions. Read the questions carefully and answer each one honestly.

<b>Yes</b>	<b>No</b>
	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
	Do you feel pain in your chest when you do physical activity?
	In the past month, have you had chest pain when you were not doing physical activity?
	Do you lose your balance because of dizziness or do you ever lose consciousness?
	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
	Do you know of any other reason why you should not do physical activity?

***If you answered YES***

If you answered "yes" to one or more questions, talk with your doctor before you start becoming much more active or before you have a fitness test. Tell your doctor about the PAR-Q and which questions you answered "yes".

***If you answered NO***

If you answered "no" honestly to all of the questions, you can be reasonably sure that you can start becoming much more physically active or take part in a physical fitness appraisal – begin slowly and build up gradually. This is the safest and easiest way to go.

***Things Change***

Even if you answered "no" to all questions, you should delay becoming more active if you are temporarily ill with a cold or a fever, or if you are or may be pregnant. If your health changes so that you then answer "yes" to any of the above questions, tell your fitness or health professional and ask whether you should change your physical activity plan.

## List of Stretches

There are many more stretches than there are muscles in the body, and there are quite a few of those.

Here are just a selection of common stretches targeting all parts of the body.

### Trunk



spinal twist



knees to chest



cat stretch



side trunk



back extension

### Hips



forward lunge



side lunge



sitting hip stretch

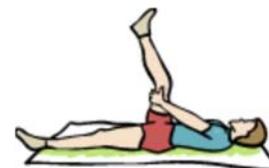
### Legs



hamstring (standing)



hamstring (sitting)



hamstring (supine)



calf (gastroc)



calf (soleus)



quadriceps (side lying)



quadriceps (standing)

### Upper Body



chest



wrist flexion



wrist extension



shoulder overhead



shoulder posterior



shoulder flexion

### Neck



neck (side)



neck (front & back)

### Chair Stand Test **Fitness Test 1**

The chair stand test is similar to a squat test to measure leg strength

- **purpose:** This test assesses leg strength and endurance.
- **equipment required:** a straight back or folding chair without arm rests (seat 17 inches/44 cm high), [stopwatch](#).
- **procedure:** The umpire sits in the middle of the seat, with their feet shoulder width apart, flat on the floor. From the sitting position, the subject stands completely up, then completely back down, and this is repeated for 30 seconds. Count the total number of complete chair stands (up and down equals one stand).

**Bench Mark – 24 stands in 30 seconds**

### 27 Meter Dash **Fitness Test 2**

The 27 Meter Dash represents the longest distance that an Umpire in a four umpire will have cover quickly.

- **purpose:** The aim of this test is to determine acceleration, and quickness over the prescribed distance.
- **equipment required:** [measuring tape](#) or marked track, [stopwatch](#) or [timing gates](#), [cone markers](#), flat and clear surface of at least 50 meters.
- **procedure:** The test involves running a single maximum sprint over 27 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be held for 2 seconds prior to starting, and no rocking movements are allowed. The tester should provide hints to maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard past the finish line.
- **results:** Two trials are allowed, and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered, and finishes when the chest crosses the finish line and/or the finishing timing gate is triggered.
- **reliability:** If you have the ability to use timing lights. Have them set at 0m, 13.5m and 27m. If not, the tester should be positioned at the finish line. On their command of “go” start the stopwatch. Stop when the umpire passes the 27m finish line.

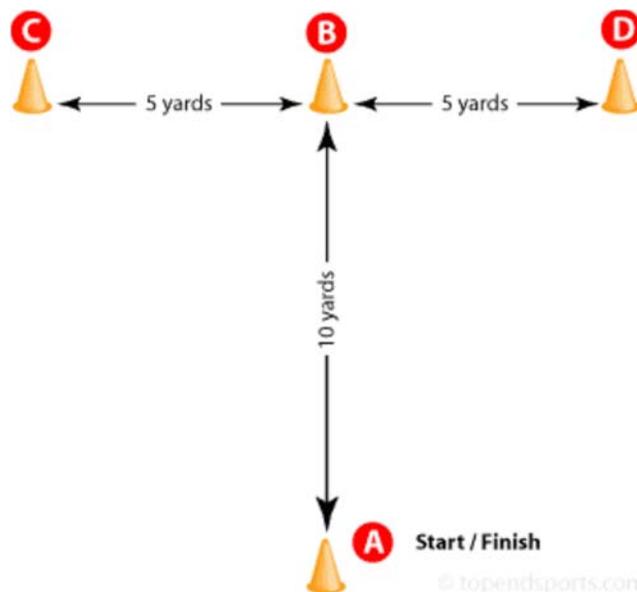
**Bench Mark – 5 seconds**

### AGILITY “T” TEST **Fitness Test 3**

- *The “T” Agility*

The T-Test is a test of agility and includes forward, lateral, and backward running.

- **equipment required:** tape measure, marking cones, stopwatch



- **procedure:** Set out four cones as illustrated in the diagram above (5 yards = 4.57 m, 10 yards = 9.14 m). The subject starts at cone A. On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touches its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.
- **scoring:** The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 seconds. The table below shows scoring for adult umpires.

	Men (seconds)	Women (seconds)
<b>Excellent</b>	<11.5	<12.5
<b>Good</b>	11.5 to 12.5	12.5 to 13.5
<b>Benchmark</b>	13	14
<b>Poor</b>	> 13.5	> 14.5

**Comments:** Ensure that the candidate faces forwards when shuffling and does not cross the feet over one another. For safety, a spotter should be positioned a few meters behind cone A to catch players in case they fall while running backward through the finish. The type of surface that is used should be consistent to ensure good test-retest reliability

#### **1,000 METER RUN Fitness Test 4**

From a standing start, candidates must complete a One Thousand (1,000) meter run.

**Benchmark is 8 minutes.**

This can be done on a dry field, in a gym or on a track. Candidates will stop after eight (8) minutes or one thousand (1,000) meters, whichever comes first.