



WBSC

WORLD
BASEBALL SOFTBALL
CONFEDERATION

**Softball Umpire
Fitness Testing
Protocols**

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

LIST OF STRETCHES
CHAIR STAND TEST
WALL SIT TEST
27 METER DASH
COOPERS 12 MINUTE RUN

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.

Yes	No	
		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



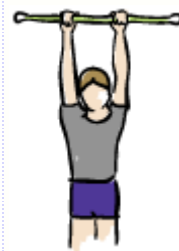
wrist extension



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).

Men's Results

20 stands in 30 seconds

Women's Results

18 stands in 30 seconds

- **references:**
 - Jones C.J., Rikli R.E., Beam W.C.: *A 30-s Chair-Stand Test to Measure Lower Body Strength in Community-Residing Older Adults.* **J of Aging & Physical Activity**, Jan 2000; 8: 85
 - Anna Różańska-Kirschke, Piotr Kocur, Małgorzata Wilk, Piotr Dylewicz, *The Fullerton Fitness Test as an index of fitness in the elderly,* **Medical Rehabilitation** 2006; 10(2): 9-16

Wall Sit Test

Fitness Test 2

This is a simple test of lower body muscular strength and endurance.



- **purpose:** to measure the strength endurance of the lower body, particularly the quadriceps muscle group.
- **equipment required:** smooth wall and a [stopwatch](#)
- **procedure:** Stand comfortably with feet approximately shoulder width apart, with your back against a smooth vertical wall. Slowly slide your back down the wall to assume a position with both your knees and hips at a 90° angle. The timing starts when the umpire is set and stopped when the subject cannot maintain the position.
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rating	males (seconds)	females (seconds)
excellent	>100	> 60

27 Meter Dash

Fitness Test 3

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.

Cooper 12-minute Run

Fitness Test 4

The Cooper 12 minute run is a popular maximal running test of aerobic fitness, in which participants try and cover as much distance as they can in 12 minutes.

- **purpose:** to test aerobic fitness (the ability of the body to use oxygen to power it while running)
- **equipment required:** flat oval or running track, [marker cones](#), recording sheets, [stop watch](#).
- **procedure:** Place markers at set intervals around the track to aid in measuring the completed distance. Participants run for 12 minutes, and the total distance covered is recorded. Walking is allowed, though the participants must be encouraged to push themselves as hard as they can to maximize the distance covered.
- **scoring:** There are [Cooper test norm tables](#) for general guidelines for interpreting the results of this test for adults. There are also several equations that can be used to estimate VO_{2max} (in ml/kg/min) from the distance score: $VO_{2max} = (22.35 \times \text{kilometers}) - 11.29$
- **advantages:** large groups can be tested at once, and it is a very cheap and simple test to perform.

The Normative data information has been adjusted to be more in line with umpire requirements.

Cooper Test Results for Males (in meters)

1800 meters

Cooper Test Results for Females (in meters)

1700 meters