28 July 2017

20m Multistage Fitness Test (Beep Test) Instructions

**Equipment required:** A flat, non-slip surface, 4-8 x marking cones, 20m measuring tape, Touch NZ Approved Beep Test Audio, music player, recording sheets, a minimum of one ‘recording’ person per four (4) participants.

**Procedure:**

1. Use a tape measure and cones to mark out two lines 20 meters apart. Ensure the test is played at a suitable volume and is able to be heard by all participants. It is imperative that the 20m needs an actual measure tape and should not be guessed as this will affect the validity of the athletes score.

2. The referees stand behind one of the lines facing the second line, and begin running when instructed to by the recording. The speed at the start is quite slow. This continues with each level. If the line is reached before the beep sounds, the referee must wait until the beep sounds before continuing.

3. The referee continues running between the two lines, turning when signaled by the recorded beeps. At each level reached the sound indicates an increase in speed, and the beeps will be closer together.

4. If the line is not reached before the beep sounds, the referee is given a warning by one of the ‘recording’ persons and the referee must continue to run to the line, then turn and try to catch up with the pace within two more ‘beeps’. The test/referee is stopped if the referee fails to reach the line (within 1 meter) for two consecutive ends after the warning.

5. ‘Recording’ persons must be vigilant when referees start to lag behind the beeps.

6. The referee’s score is the level and number of shuttles (20m) reached before they were unable to keep up with the recording. It is important to record the last level completed (not necessarily the level stopped at).

**Note:**

i. Referees can’t pull out of a shuttle and rest and then re-enter in a later level;

ii. Referees when pulling out the test cannot just elect and announce their own multistage fitness test result! there must be sufficient people to monitor the test to advise the referee what their multistage fitness test result was.