

BLEEP TEST MARKS APPLICABLE FOR YEAR: 2010

(An Alternative...only in extenuating circumstances, will be the: Coopers Test)

The BLEEP TEST MARKS FOR THE RUGBY SEASON: YEAR 2010...REMAIN AS IS...UN-CHANGED

INTERNATIONAL	SARU CONTROLLED
NATIONAL	SARU CONTROLLED
PROVINCIAL	SARU CONTROLLED
CONTENDER PANEL	SARU CONTROLLED
GRADE: SUPER LEAGUE	11.5
GRADE: DIVISION 1	11
GRADE: DIVISION 2	10
GRADE: DIVISION 3	9.5
GRADE: DIVISION 4	8
GRADE: DIVISION 5	7.5
GRADE: DIVISION 6	7
GRADE: DIVISION 7	7
GRADE: BEGINNERS	7
GRADE: UNCLASSIFIED	7

*****BLEEP MARKS*****

- *Will only be accepted in writing.*
- *Must be signed off, in writing, by the applicable, appointed, designated: Regional Coach.*
- *Bleep marks are only acceptable from the various Official Designated Regions, and, The Sports Science Institute of South Africa.*
- *No other results are acceptable.*

*****NOTE THE FOLLOWING EXAMPLES*****

1. *For a referee to be upgraded he must meet the bleep requirement for that league. For example: to be promoted to Div.2, a Referee must run a bleep of at least a 10.*
2. *As for a Referee to remain in a league, he needs to run a bleep which is equivalent of the required bleep for the grade he is in, less 0.5. For example: if a Referee is in Div.2 and wants to remain in Div. 2, then he needs to run a bleep of 9.5 (10 – 0.5 = 9.5).*
3. *This criteria is to be applied throughout all the Grades.*
4. *****NB*** A Referee who does not meet this criteria after this formula has been applied: Must be DOWNGRADED.**

---These examples: were discussed at a duly constituted Executive Committee Meeting in Year: MAY: 2009, and, the decision taken was unanimous.

---It is being placed in writing, on the Western Province Rugby Football Referee Society Web Site...for everyone to read and comprehend.

---These are very fair decisions and the Referees should see it in this way.

COOPERS TEST

- The COOPERS TEST has been accepted as an additional fitness test (alternative), *if a referee cannot do the Bleep Test.*
- *This Test, to be run, ONLY, at ONE: DESIGNATED VENUE.*
- *The Coopers Test will be run under the auspices of the Executive Committee Member in charge of Coaching: RODERICK BARRY...at this ONE DESIGNATED VENUE.*
- *With reference to: Stephan du Toit, the Strength and Conditioning Coach: Western Province and Stormers Rugby;*

The following distances must be run...WITHIN...12 MINUTES

<u>BLEEP</u>	<u>COOPERS</u>	<u>LAPS</u>
9	2 400M	6
11	2 600M	6.5
11.5	2 700M	6.75
12	2 800M	7
12.5	2 900M	7.25
13	3 000M	7.5

WESTERN PROVINCE RUGBY FOOTBALL REFEREES EXECUTIVE COMMITTEE

9 FEBRUARY 2010