

Isle of Man EPP and National Team Fitness Expected Standards

Yo-Yo intermittent Recovery Test

To test the ability to repeatedly perform high-intensity aerobic work.

Male

| Age | Expected Standard | Minimum Speed (km/hr) | Accumulated Distance (m) |
|----------------------|-------------------|-----------------------|--------------------------|
| U12 | 15.4 | 15.0 | 920 |
| U13 | 15.6 | 15.0 | 1000 |
| U14 | 15.8 | 15.0 | 1080 |
| U15 | 16.0 | 15.5 | 1120 |
| U16 | 16.4 | 15.5 | 1240 |
| U17 | 17.0 | 16.0 | 1440 |
| National Team | 17.3 | 16.0 | 1520 |

Female

| Age | Expected Standard | Minimum Speed (km/hr) | Accumulated Distance (m) |
|----------------------|-------------------|-----------------------|--------------------------|
| U12 | 15.0 | 15.0 | 800 |
| U13 | 15.2 | 15.0 | 840 |
| U14 | 15.4 | 15.0 | 920 |
| U15 | 15.6 | 15.0 | 1000 |
| U16 | 15.8 | 15.0 | 1080 |
| U17 | 16.0 | 15.5 | 1120 |
| National Team | 16.2 | 15.5 | 1160 |

Plank Test

To test core muscle strength for the maximum amount of time.

Expected standard male and female all ages

3 minutes

Press Up test

To test the muscular endurance of the upper body. As many press ups in one minute with correct technique.

| Age | Expected Standard (male) | Expected Standard (female) |
|----------------------|-----------------------------|-------------------------------|
| U12 | 18 | 10 |
| U13 | 20 | 12 |
| U14 | 22 | 14 |
| U15 | 24 | 16 |
| U16 | 28 | 18 |
| U17 | 35 | 20 |
| National Team | 40 | 22 |

Countermovement Jump

Measure explosive leg power using a force platform and linked to maximal strength, maximal speed and explosive strength.

| Age | Expected Standard (male) Jump Height cm | Expected Standard (female) Jump Height cm |
|----------------------|---|---|
| U12 | 27 | 24 |
| U13 | 29 | 25 |
| U14 | 32 | 27 |
| U15 | 35 | 29 |
| U16 | 36 | 31 |
| U17 | 37 | 32 |
| National Team | 39 | 34 |