

JUNIOR NATIONAL SQUAD FITNESS

CRITERIA - 2023

There will be fitness testing for all National Squad members, this will happen every 3 months.

1ST TEST- end January – tests to be done in the month of January

2ND TEST - end April – tests to be done in the month of April

3RD TEST - end July – tests to be done in the month of July

4TH TEST – October – tests to be done in the month of October

Thereafter in January 2024 as per this year.

The selectors have the discretion to call or request for additional fitness testing, should the need arise.

Any player in the squad that is injured, sick or unable to provide a fitness test, is required to provide a report from a professional medical person detailing the reasons thereof and if rehabilitation is required and potential time to recovery.

The selectors have the discretion to verify and determine the validity of the report and if the player should remain on the squad.

The selectors have the discretion to call for other forms of fitness or strength testing to determine if the player is physically able to compete for a sustained period

a. For National U19 and Emerging Squads

U19 fitness criteria is mandatory for NATIONAL Squad members, immaterial of what age you are. Should a player NOT pass they will have a further 3 months (1 term) to pass, should a player not pass again, that player will be removed from the squad. For the EMERGING Squad it is not mandatory to pass the fitness criteria, but you are encouraged to pass and to keep your fitness levels up – as per the criteria below.

To be reinstated in the squad (due to a failed fitness test or non-compliance), the player needs to demonstrate his/her physical ability and consistently pass the fitness criteria. The selectors have the discretion to reinstate players.

b. For National U17, U15

Its mandatory to pass **the players age appropriate fitness criteria**, Should a player NOT pass they will have a further 3 months (1 term) to pass, should a player not pass again, that player will be removed from the squad.

For example: If a U15 player is in the U17 National Squad, they will need to pass their u15 criteria to remain in the U17 National squad.

To be reinstated in the squad (due to a failed fitness test or non-compliance), the player needs to demonstrate his/her physical ability and consistently pass the fitness criteria. The selectors have the discretion to reinstate players.

c. For National U13, U11 and U9

For this National Squad age group, it is not mandatory to pass your fitness criteria, but you are encouraged to pass and to keep your fitness levels up – as per the criteria below.

But, should the selectors need to select any National Team for any age group, for any player to be eligible for selection, players will have to be in a National Squad and they will have to pass the fitness criteria for the age group, that the Team is being selected for, immaterial of their age.

MALE		
Age	SRA	Bleep
U13	650	8
U15	680	9
U17	700	11
U19	720	11.5
Senior	720	12

FEMALE		
Age	SRA	Bleep
U13	600	7
U15	620	8
U17	640	9.2
U19	660	9.6
Senior	680	10