

Excellence Ringette Program

Fitness Standards

Off-Ice Fitness Assessments – Division and Gender

Age Division	Gender	Beep Test (level)	Push Ups (#)	Plank (seconds)	Broad Jump (cm)	Vertical Jump (cm)
U14	Female	4.5	10	86	165	14.5
	Male	7.5	15	103	175	17.5
U16	Female	5.5	15	103	178	15.5
	Male	10	20	120	220	21
U19	Female	7	20	120	182	16.5
	Male	10.5	30	180	235	22.5
18+/NRL	Female	10.5	30	180	205	21

On-Ice Fitness Assessments – Division and Gender

Age Division	Gender	30 meters Forward (sec)	30 meters Backwards (Sec)	Weave Agility with ring (sec)	Transition Agility (sec)
U14	Female	5.32	6.54	13.84	17.97
	Male	5.27	6.51	13.79	17
U16	Female	5.27	6.51	13.79	17.87
	Male	4.83	5.64	12.47	15.76
U19	Female	4.83	5.64	12.47	15.76
	Male	4.7	5.39	10.34	15.63
18+/NRL	Female	4.7	5.39	10.34	15.63

Legend

The results above, for each age division, are a distinct number of standard deviations from the mean of all athletes tested in that age group, in British Columbia.

Standard Deviations from the Mean	Age Division	Descriptor
Over 1.5 Above	NRL	Excellent
1.0-1.5 Above	U19	Very Good
0.5-1.0 Above		Good
0-0.5 Above	U16	Acceptable
Average		
0.5 Below	U14	Poor
1.0 Below		
1.5 Below		Very Poor
Over 1.5 Below		Unacceptable