



TEAM PNG

Team PNG

Athletes Selection Policy



PAPUA NEW GUINEA HOCKEY FEDERATION INCORPORATED

Version:	1.2
Date of Version:	13 February 2023
Created By:	Papua New Guinea Olympic Committee
Approved By:	The PNGOC Executive Board
Approved Date:	22 March 2023
Confidentiality level:	Public

1. Introduction

1.1 Background –

The Papua New Guinea Olympic Committee (PNGOC) has developed this policy for the selection of athletes to represent PNG at respective Games from 2021 to 2024.

The (Games) being considered under this selection policy are:

- 2023 Pacific Games
- 2024 Olympic Games

The PNGOC is recognised by the International Olympic Committee (IOC) as the National Olympic Committee for Papua New Guinea. The IOC is the supreme authority in all matters concerning the Olympic Games.

PNGOC is also recognised by the Commonwealth Games Federation (CGF) and the Pacific Games Council (PGC) as members of the respective bodies. The CGF is the supreme authority in all matters concerning the Commonwealth Games as is the PGC the supreme authority in all matters concerning the Pacific Games.

The PNGOC has the sole and exclusive authority to determine its representation at the Games.

The PNGOC wishes to promote awareness and a clear understanding of the process for nomination of Athletes by the National Federations (NF) and selection by the PNGOC for Team PNG (the Team) to compete in the Games.

The NF and its athletes wish to have a clear understanding of the process for nomination and selection of Athletes for the Team and have agreed to the terms and conditions of this Policy for that purpose.

This Policy sets out the application, nomination and selection process by which eligible Athletes may be considered for nomination by the NF, and selection by the PNGOC, for Team PNG.

This Policy also sets out the procedures that must be followed for any appeal against a decision by the NF regarding an Athlete's nomination or non-nomination or a decision by the PNGOC regarding an Athlete's selection or non-selection to the Team.

This policy is to be referred to in the nomination criteria to be adopted by each National Federation (NF) for all athletes wishing to be considered for nomination to Team PNG to compete in the Games.

1.2 Purpose –

For PNGOC to select a team that:

- Has high-performing athletes to represent Team PNG at the Games.
- Has a high percentage of Teams meeting the Performance Standards.
- Achieves the targets set out by PNGOC for the respective games.

2. Process

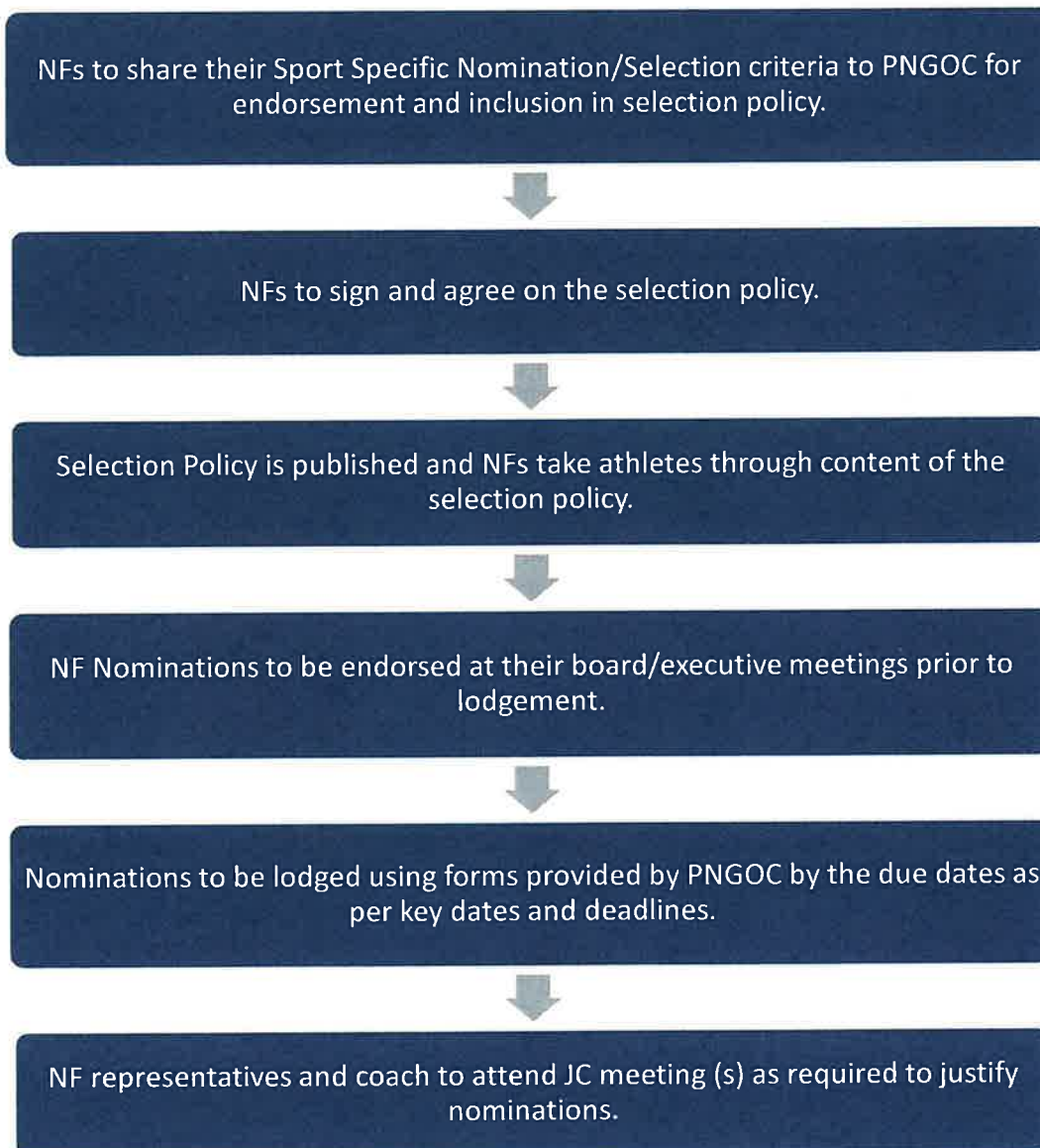
This policy has been adopted by the PNG Olympic Committee.

NFs must nominate athletes in the sport for selection for Team PNG for the Games, by the due dates.

The Justification Committee (JC) of the PNGOC will review the nominations and make the final selection in line with this policy and the NF nomination/selection criteria.

2.1 Nomination Process – National Federations

The process for NFs to nominate athletes in their respective sports is as follows



A National Federation must not represent that a nomination of a candidate guarantees or secures selection to the sport or within the team.

It is recommended that the NF nomination/selection panel includes independent representation and that one position is given to the Head Coach.

2.2 Selection Process – Justification Committee

The JC has the task of ensuring the nominated candidates become the right team or individual to fulfil the PNGOC's overall vision. This means selecting the right people that give Team PNG the best chance of achieving our Games goals. The JC may request additional advice from external specialists where required.

Any discretion used by JC must be transparent, accountable, logical and acted upon in good faith.

Outcomes of all selection processes will be communicated both verbally and in writing by the JC to the NF.

2.3 General Criteria & Eligibility (For all Athletes)

- 2.3.1 Must be a Papua New Guinean Citizen with a valid Papua New Guinea (PNG) passport (with a six-month minimum expiry as at the conclusion of the Games);
- 2.3.2 Must meet all eligibility requirements set out in the International Olympic Committee Charter, Commonwealth Games Federation Charter, Pacific Games Charter and rules applicable to the respective Games, this policy, and any requirements of the sport.
- 2.3.3 Must complete all required documentation correctly and in a timely manner.
- 2.3.4 Must adhere in full to all general Team PNG policies, athlete's agreement and PNGOC policy including satisfactorily meeting event requirements. This will include the completion of all medical, fitness and other testing protocols not yet conducted or still underway at the time of squad selection. *The candidate will be notified in writing of areas they need to address if non-compliant. If after such notification the candidate still fails to meet the criteria, the candidate can be removed from consideration for selection.*
- 2.3.5 Willingness to engage in and encourage participation in PNGOC and Team PNG activities and programs.
- 2.3.6 Must agree to the terms of this Selection Policy.
- 2.3.7 Must sign and agree to the terms of the athlete agreement before and during the Games.
- 2.3.8 Have achieved Performance Standards (as set out in clauses 3.1 and 3.2) within the timeframe as pointed out for the respective Games.

2.4 Physical Fitness, Injury Monitoring and Wellbeing –

All nominated athletes must submit to medical and physical assessments and examinations as follows

- 2.4.1 All athletes must report any injury, medical condition or medication/treatment of an injury or medical condition to the National Head Coach & Team PNG appointed medical personnel, where it has an impact on the athletes' ongoing training plan.
- 2.4.2 All athletes must comply with set physical and medical assessments as set out by PNGOC and JC requirements.
- 2.4.3 All athletes must provide any information required by PNGOC in relation to a medical or physical assessment, injury or medical condition.

2.5 Exclusions –

A nominated athlete can NOT be considered for selection for any sport in the following circumstances. If the candidate:

- 2.5.1 is currently serving a ban imposed by the National Federation; or
- 2.5.2 is currently serving a ban imposed by any Regional or International Federation; or
- 2.5.3 has been involved in an activity that contradicts the policies and laws of the World Anti-Doping Authority (WADA), PNG Sports Anti-Doping Organisation (PNGSADO) and the event's governing body, anti-doping policies and laws; and is currently serving a ban for anti-doping related offences.
- 2.5.4 is convicted of a criminal offence.

A nominated athlete May be excluded from consideration if the candidate:

- 2.5.5 breaches general team policy such as behaviour or conduct bringing sport in PNG and Team PNG into disrepute;
- 2.5.6 does any action that is contrary, inconsistent with or opposing to the brand, values, best interest or image of PNGOC and Team PNG;
- 2.5.7 does not comply with all agreements such as General Team Policy including areas such as gambling policy, social media guidelines and formal guidelines set by PNGOC, Team PNG Chef de Mission and Management.

An endorsed athlete May not be replaced within forty-five (45) days of the opening ceremony of the respective Games. The dates outlined below indicate the date by which an athlete may not be replaced thereafter for the respective Games:

2023 Commonwealth Youth Games	-	20 June 2023
2023 Pacific Games	-	5 October 2023
2024 Olympic games	-	11 June 2024

The JC will only consider athlete replacements in the case of injuries, medical reasons or extenuating situations as outlined below. Replacement athletes can only be allowed if the replacement is on the long list and was previously endorsed by the JC.

Consideration of Extenuating Situations –

In the case of illness or other reasonable circumstances that prevent the candidate from fulfilling their requirements, written notification to the JC must be made prior to or within a reasonable time of the failure to comply. This can include but is not limited to, attendance at daily training, camps, testing, international and domestic events, training and development and other key events as per the calendar. With relevance to an overseas-based athlete, a case-by-case decision will be made by the JC in consultation with the Chef de Mission if needed.

3. Selection Overview Sport Specific requirements

3.1 Performance Standards – The Athlete

The Performance Standards for the Athlete in a Team shall be used as the main criteria for selection for the various Games. Factors considered for selection include:

- 3.1.1 commitment to training and preparation for games.
- 3.1.2 no disciplinary issues.
- 3.1.3 has met the requirements outlined in 3.3 below.

3.2 Performance Standards – The Team

The following Performance Standards for the Team shall be used as the main criteria for the selection of a Team for the various Games. It shall, however, be used in combination with PNGOC's *National Federation and Athlete tiering system policy* and other factors such as demonstrated improved performances and results at key international competitions, athlete commitment to training and preparation for games and no disciplinary issues.

The performance history of the team shall also be from various international events from the last twenty-four months prior to the commencement of the respective games.

3.2.1 2023 Pacific Games

- 3.2.1.1 The Team eligible for the Pacific Games shall be ranked in the top 5 in Oceania and the top 3 in the Pacific to be considered for final selection.
- 3.2.1.2 Must be capable of achieving a medal placing in their respective sport.

3.2.2 2024 Olympic Games

- 3.2.2.1 The Team eligible for the Olympic Games shall be ranked in the top 3 in Oceania and 1st in the Pacific to be considered for final selection.
- 3.2.2.2 Must be capable of achieving a placing in the top half of their respective sport.

3.3 Events / Competitions & Fitness, Physiological criteria (Elite focus) –

The following criteria will be used as a part of the JC review process for all athletes for Team PNG.

3.3.1 Training & Competition Plan

Each National Head Coach has submitted a training and competition plan. Attendance and ongoing commitment to this plan are vital for inclusion in selections for the final team. Attendance records for training and activities will be recorded and submitted to JC.

3.3.2 Sport Specific Criteria

PNGOC recommends that NFs provide information on the following to support the selection of athletes for Team PNG:

- Previous international and national performances

- Current international and national performances
- Current level of skill and physical fitness (sport-specific requirements attached)
- Current or potential injury or condition that will impair, inhibit or prevent the participant's performance to the expected elite level
- Composition and balance of the team based on position coverage (where applicable)
- Which competitions and/or trials where selections will be made
- Period when selections will be done
- How the NF has communicated the selection criteria to the athletes?

3.3.3 Events

PNGOC recommends that selections be made through the following events as submitted by National Federation's:

- International events – Oceania/ Pacific Championships
- National Championships
- National League/ Provincial League
- HP Camps, selection camps and targeted training sessions
- Selection trials

3.4 Events / Competitions & Fitness, Physiological criteria (Best of Rest focus)

Should the full team requirements not be met from the standards and criteria set out above, then a policy of *Best of the Rest* will apply. This is where PNGOC may decide to endorse a team that has not met the standards and criteria laid out in this policy whose inclusion in Team PNG is within the allowable athlete allocation numbers and is in line with PNGOC's Games' goals.

This will be done on similar grounds as the criteria above, i.e.

- 3.4.1 Event and competition performance
- 3.4.2 Results from Specific Testing Data
- 3.4.3 Results from Medical and Physical assessments
- 3.4.4 Other factors considered by selectors to be important.
- 3.4.5 PNGOC's *NF and Athlete tiering system policy*.
- 3.4.6 Commonwealth Games – The team must be ranked in the Top 5 in the Pacific.
- 3.4.7 Pacific Mini Games & Pacific Games – The team must be ranked in the Top 5 in the Pacific.
- 3.4.8 The Best of the Rest focus does not apply to the Olympic Games.

The Best of the Rest focus will only apply to the Pacific Mini Games, Pacific Games, Commonwealth Youth Games and the Commonwealth Games.

The Best of the Rest focus does not apply to the Olympic Games for Teams.

Discretion will be used in this situation where the data and information is more objective and less definitive.

4. Appeal Process

An athlete who fails to be selected for the squad or final team pursuant to the criteria set out in this policy may appeal against omission.

An athlete who was initially in the final team and was then omitted by the NF may appeal against omission.

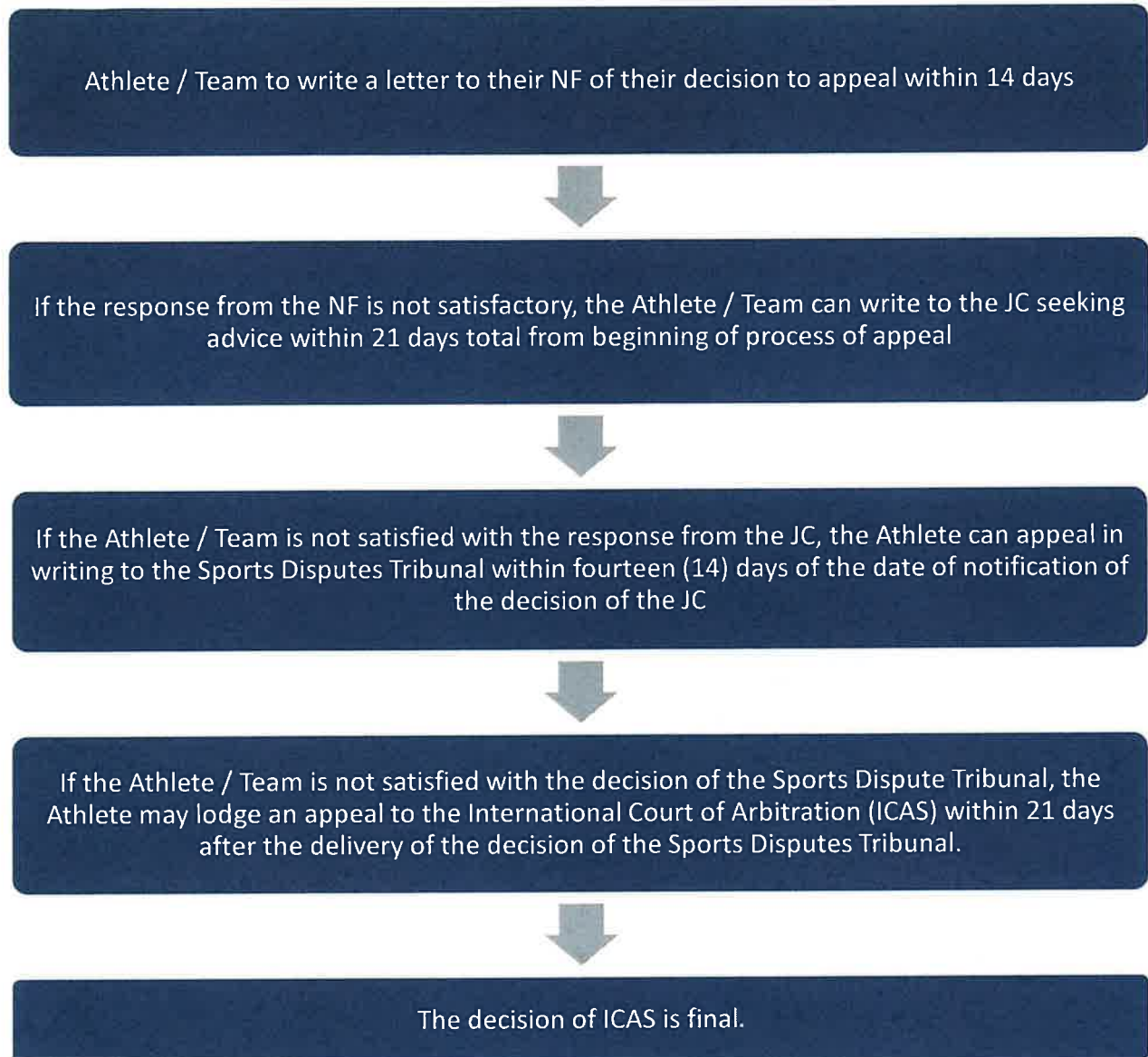
The only grounds for such an appeal are that the JC, in making their final decision, failed to comply with this policy.

There is no right to appeal where a sanction or ban exists in relation to WADA or International Federation.

Appeals – Appeals can be made through the standard sports appeal process, with ultimate arbitrator being the International Court of Arbitration (ICAS).

Scenario 1 – Athlete / Team is not nominated by the NF

Process for an athlete to appeal if they haven't been nominated by the NF is as follows:



Scenario 2 – The athlete / Team is excluded by the JC

Process for an athlete and/or the NF to appeal if the athlete (s) are excluded by the JC is as follows:

If the Athlete, Team and/or NF is dissatisfied with the decisions of the Justification Committee, the Athlete, Team and / or NF can appeal in writing to the Sports Disputes Tribunal within fourteen (14) days after the date of notification of the decision of the JC.



If the Athlete, Team and/or NF is dissatisfied with the decision of the Sports Dispute Tribunal, the Athlete may lodge an appeal to the International Court of Arbitration (ICAS) within 21 days after the delivery of decision.



The decision of ICAS is final.

Scenario 3 - Athlete dropped by NF after being in the final endorsed team

Process for an athlete to appeal if they were initially in the final endorsed team but was dropped by the NF:



The appeal process will not be extended beyond 21 days. A final decision is to be made in due course but no later than the due date for final nominations.

Indemnity: - *It is a condition of nomination and participation in the selection that PNGOC and its directors, officers, employees, servants, and agents be indemnified from and against all claims, demands, action, proceedings, costs and expenses including legal costs and liabilities to third parties arising out of incidents of any breach by the National Federation, and/or athletes.*

We, the undersigned are in agreement with this Selection Policy to select athletes to represent PNG at respective Games from 2021 to 2024.

Dated this 12th day of MAY, 2023

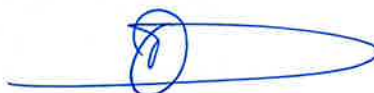
Auvita Rapilla
Secretary General
PNG Olympic Committee



Name of NF Executive

RAYMOND LAPUN

Signature of NF Executive



NF Executive Position

PRESIDENT

Name of Witness

ARMSTRONG MELI

Signature of Witness



Address of Witness

P.O. Box 1434 VISION CITY

Team PNG - Performance Standards (Team Sports)

Games					
Year	2022		2023		2024
Games	Pacific Mini Games	Commonwealth Games	Commonwealth Youth Games	Pacific Games	Olympic Games
Host City	Saipan	Birmingham	Port-of-Spain	Honiara	Paris
Host Country	Northern Mariana Islands	England	Trinidad & Tobago	Solomon Islands	France
Date	June 17-25	July 27 - Aug 7	Aug 4-11	Nov 19 - Dec 2	July 26-Aug 11
Performance Standards					
Oceanic	Top 5	Top 3	Top 5	Top 5	Top 3
Pacific	Top 3		Top 3	Top 3	1st
Selection Policy Criteria - Team	<ul style="list-style-type: none"> • Team has Demonstrated improved performances and results at key international competitions over the past 24 months (Prior to the commencement of Games). Includes improved performances from Pacific Mini Games 2017 and Pacific Games 2019 • Capable of achieving a medal placing in their respective sport 	<ul style="list-style-type: none"> • Team has Demonstrated improved performances and results at key international competitions over the past 24 months (Prior to the commencement of Games) • Capable of achieving a top third placing of their respective sport 	<ul style="list-style-type: none"> • Team has Demonstrated improved performances and results at key international competitions over the past 24 months (Prior to the commencement of Games) 	<ul style="list-style-type: none"> • Team has Demonstrated improved performances and results at key international competitions over the past 24 months (Prior to the commencement of Games). Includes improved performances from Pacific Games 2019 • Capable of achieving a medal placing in their respective sport 	<ul style="list-style-type: none"> • Team has Demonstrated improved performances and results at key international competitions over the past 24 months (Prior to commencement of Games) • Capable of achieving a placing in the top half of their respective sport
Selection Policy Criteria - Athlete	<ul style="list-style-type: none"> • Commitment to training and preparation for the Games • No disciplinary issues 	<ul style="list-style-type: none"> • Commitment to training and preparation for the Games • No disciplinary issues 	<ul style="list-style-type: none"> • Commitment to training and preparation for the Games • No disciplinary issues 	<ul style="list-style-type: none"> • Commitment to training and preparation for the Games • No disciplinary issues 	<ul style="list-style-type: none"> • Commitment to training and preparation for the Games • No disciplinary issues

Change history

Date	Version	Modified by	Description of change
5 th Oct 21	1.1	Desmond Kaviagu	<ol style="list-style-type: none"> 1. Added Control Version on Cover Page 2. Added Change History on Page 2 3. Added Table of Contents 4. Updated Organisation and Association Logos 5. Added Vaccination requirement in General Criteria and Eligibility Requirements, and Exclusions section
13 th Feb 23	1.2	Chris Amini	<ol style="list-style-type: none"> 1. Removed the 2023 Asian Games and replaced them with the 2023 Commonwealth Youth Games 2. Removed mandatory requirement for COVID-19 vaccination (2.3.5) 3. Removed – 2.5.5: COVID-19 vaccination no longer a requirement 4. Added – Exclusions (2.5): An endorsed athlete <u>May</u> not be replaced within forty-five (45) days of the opening ceremony of the respective Games. The dates outlined below indicate the date by which an athlete may not be replaced thereafter for the respective Games: The JC will only consider athlete replacements in the case of injuries, medical reasons or extenuating situations as outlined in 2.6. Replacement athletes can only be allowed if the replacement is on the long list and was previously endorsed by the JC. 5. Changed – 3.1.3: Added in Commonwealth Youth Games performance standards 6. Added – Appeal process: an athlete who was initially in the final team and was then omitted by the NF may appeal against omission. Added – Appeal process: Scenario # 3 – If an athlete was initially endorsed and then later dropped by NF.



Papua New Guinea Hockey Federation Inc.

Hockey Selection Policy and Guidelines

PNG Hockey Federation Incorporated (PNGHF) aims to select a team that performs with distinction for the period 2020 – 2024, achieving success by way of medals or improved team rankings in the Pacific and Oceania region and on the greater international stage.

PNGHF together with the PNG Olympic Committee (PNGOC) will provide our athletes with the opportunity to compete at various international meets against the world's best athletes, to further enhance the development of our athletes.

These guidelines have been established by PNGHF to outline the process by which players are selected to represent PNG at the junior and senior levels.

All athletes will be screened using the Criteria & Guidelines that are outlined in this policy for the following games:

- Olympic Games
- Commonwealth Games
- Pacific Games
- Oceania Cup
- Any qualifying event
- Any other tournaments sanctioned by PNGHF

Selection Panel Members

PNG Hockey has a Selection Panel that consists of five members. The PNGHF Selection Panel shall be approved by the PNGHF board through the following process:

1. Four Positions including the Male Pathway, Female Pathway, Athlete rep and the independent representative of the selection panel are advertised by PNGHF through various forms including social media or mainstream media.
2. Individuals are required to write an expression of interest based on the position they wish to apply for.
3. The applications and expressions of interest are screened and endorsed by the PNGHF Board.
4. The Panel will remain the same for the entire validity of this policy (2020-2024). In extenuating circumstances, if a panel member is not able to carry out their duties on the panel they will inform the PNG Hockey Federation Board in writing of their circumstances and withdraw from their duties as a panel member.

Below is the "Terms of Reference" of the PNGHF Selection Panel. The Selection Panel will be responsible for selecting athletes both seniors and juniors in preparation for the above listed competitions and any other competition sanctioned by PNGHF. The selection panel will select athletes for both the hockey 11's and 5's Teams.

The selection panel shall comprise of the following members:

1. **PNGHF Executive** – Selected by the executive committee. This member is the chair of the selection panel
2. **Female pathway selector** – Selected through an expression of interest
3. **Male pathway selector** – Selected through an expression of interest
4. **Athlete Rep** – Selected through an expression of interest
5. **Independent member** – Selected through an expression of interest

It is mandatory that all Selection Panel Members officially disclose conflict of interest before the commencement of the selection of athletes.

Athlete Eligibility

- The Athlete must be within 18 - 35 years old. (If 18 & below, the player must have a written & signed parent/guardian consent to participate as an athlete in the Pacific Games.
- The Athlete must have a Valid PNG Passport (Passports are Private/Individual Property of each individual)
- Current Sports Science and Sports Medicine Report (from High Performance Sport TPNG Screening and Testing)
- Must be a registered member of his/her local association
- The Local Association must be an affiliate of PNGHF.
- Local Association must have annual active & ongoing competition and must participate at any of the competitions below.
- Athlete(s) must have participated in any of the following competitions
 1. Participated in a PNG Games
 2. Participated in a National Championships
 3. Selection trials
 4. Participated in Sanctioned Tournament / Competitions (Jnr/Senior Category) both locally and international

Sports Performance Criteria

PNGHF Selection Panel looks at and strongly considers the points below in its selection of the athletes and teams to represent Team PNG which is in line with the PNGOC Team PNG Selection Policy.

- Athletes' general Speed and Agility
- Ability to perform sports-specific skills. Rating – (Generally good, Great, Excellent)
- Exhibition of different playing styles
 1. **Attacking** – The ability to read the field of play and opportunities to advance swiftly while communicating with the team about a possible attacking play and swiftly executing it.
 2. **Defending** – The ability to perform the following skills in a defensive situation such as passing, Strong in 1v1 situations, the ability to read the opposing team's game, must have excellent tackling skills, great stick pressure, maintaining composure while defending and good communication skills.
 3. **Disciplined** – The ability to hold back, maintain composure, trust in the team and communicate well.
 4. **Aggressiveness** – The ability to turn defense into attack, to be able to turn from attacking to defending.
 5. **Hockey IQ** – The ability to read plays and execute plays. - Knowing the Team Set play and executing well

Sports Science:

- Athletes must participate in PNGSF High Performance Fitness Testing (Please refer to benchmarking Standards by High Performance Sport.
- Athletes must participate in PNGSF High Performance Screening
- Athletes must participate in PNGSF High Performance Training Programs

Testing Benchmarks

Please Refer to Annexure 1

Sports Medicine

- It is mandatory that all athletes undergo Physio Testing and Screening
- It is mandatory that all athletes undergo medical testing and screening
- It is mandatory that all female athletes undergo pregnancy tests as part of PNGHF athletes safeguarding Policy.

Other Criteria's

- Athletes' ability to and understand their role in the team
- Attendance to training and punctuality
- Attitude
- Work ethic
- Team cohesion and ability to communicate well as a team
- Mental toughness

Communications Strategy

Part of PNGHF's obligation is the process of communicating this Selection Policy to the athletes that aim to be selected to represent PNG in the above-mentioned games in this Policy. PNGHF aims to disseminate this policy in the following ways:

1. Through Social Media (Facebook, WhatsApp, Instagram etc...)
2. Emails will be sent to each Association
3. A PDF Copy will be available on the PNGOC website

As part of the communications process, PNGHF also includes the notification process of athlete's selection or non-selection as listed below through the following means. All athletes will be notified by the chairperson of the selection panel.

1. Athletes are notified through a face-to-face meeting with an NF Executive (Secretary, Treasurer, President etc)
2. Athletes are notified through a letter
3. Athletes are notified through Email
4. A published article on the News Paper or on the Web

Appeals

If an athlete is not selected in the squad and believe as though this policy has not been used in tandem with their selection, can appeal in writing within (7) days to the PNGHF Selection Panel. They must provide evidence and proof to substantiate their appeal.

The PNGHF Selection Panel shall reply to the letter within 7 Business Days of the outcomes of the athlete's appeal in the form of a letter or email from PNGHF.

If an athlete is not satisfied with the response from PNGHF Selection Panel, the athlete can appeal through the Justification Committee following the appeals process as stated in the Team PNG Selection Policy in "**Section 4, Appeals**". PNGHF aligns its appeals process with The Team PNG Selection Policy.

PNGHF hold the rights to amend the policy in collaboration with PNGOC

Annexures #1



Papua New Guinea Hockey Federation Inc.

PNG Hockey Federation Incorporated (PNGHF) Screening and Testing Protocols. In accordance with regulations on Hockey Selection and Guidelines. PNGHF under its Sports Performance Criteria has the High Performance Screening and Testing Protocols that is compulsory and **must be used in the selection of its athletes for the national teams for PNGHF.**

Sports Performance Criteria High Performance section Sports Medicine

- Athletes must participate in all screening tests conducted by PNGGSF High Performance Sports Medicine
- Athletes must complete all required screening protocols before The PNGSF High Performance S&C testing.

PHYSIOTHERAPY MUSCULOSKELETAL SCREENING

Hockey is first and foremost a lower-body and core muscle workout. In your lower body, hockey primarily uses the **glutes, quadriceps, adductors, and hamstrings**. In-game movement and action will also require you to use your **core muscle** while shooting and passing the ball relies on your **arm muscles**.

A hockey game involves many muscles in your lower body from your hips down to your ankles and feet. Training with exercises designed for these lower-body muscles can increase your strength and speed. Hockey motion actually starts and stops with the core, which offers stability, balance, and power. Primary core muscles used in hockey include the **oblique muscles** and the **rectus abdominis**. Arm workouts can strengthen your shooting, and good arm muscle and stability produce sound technique.

SCREENING TESTS

INTRODUCTION

This is the standard musculoskeletal screening protocol High Performance Sport Papua New Guinea uses. Please see below for a list of equipment and specific instructions for each test.

EQUIPMENT

Equipment required:

- 30cm steel ruler
- Rigid tape (one roll)
- Stopwatch
- Commander muscle tester or Sphygmomanometer

- One plinth
- One yoga mat
- One towel
- Y-balance test kit

THE MUSCULOSKELETAL TESTS

The musculoskeletal screening tests are written in a preferred testing order. This allows for flow of testing and reduces bias that may affect some of the test results. However, the order may be modified for time efficiency if required.

Test 1:

Knee to wall (weight-bearing dorsiflexion)

Tape the steel ruler to the floor with rigid tape perpendicular to, and touching the wall. Ask the athlete to place their big toe and heel on the ruler with their big toe lining up on the 10cm mark. The athlete then lunges forward to touch their knee on the wall keeping hips square and center of the patella in line with 2nd and 3rd toes. If the heel lifts move the knee forward and retest until the athlete is able to keep the heel on the ground. If the athlete is successful re-do the test with the athlete moving further away in 1cm increments until the heel begins to lift. The final result is the furthest distance from the big toe to the wall where the heel remained in contact with the ground.

Test 2:

Single leg stance for balance with eyes closed.

Ask the athlete to stand on one leg with their arms crossed over their chest and eyes closed. Time for 30 seconds. Count the number of times the athlete touches the floor with their free leg during the 30 seconds. The athlete is not allowed to move or shuffle the standing foot. If they do, they are allowed one retest. If they fail again the time is recorded rather than the number of touches. The test must also be restarted if they unfold their arms or move their trunk excessively. Give feedback prior to starting the second attempt.

Instructions:

- Place your arms across your chest
- When the test starts I will ask you to stand on one leg
- Once you have your balance I will get you to close your eyes
- The goal is to last 30 seconds
- You may briefly touch the ground to regain your balance (I will count the number of touches)
- If you open your eyes, uncross your arms, touch your other leg or shuffle your foot we will cease the test
- If you fail, you may have one more attempt

Test 3:

Y-balance test.

Ask the athlete to stand on the center box with their right leg and toes behind the red line. Push on the target zone of the anterior box and gently slide it forward as far as possible. Athletes must maintain balance and control until returning to the original position without falling. The score does not count if the athlete kicks the marker out too quickly and loses contact. Three attempts in each position. Measurement is recorded under the stance leg. Testing order is:

- Right anterior
- Left anterior
- Right postero-medial
- Left postero-medial

- Right postero-lateral
- Left postero-lateral

Test 4:

Single leg squat.

Ask the athlete to stand on one leg with their arms crossed over their chest and non-weight bearing leg in front. The athlete then squats as low as possible aiming for a minimum of 90° of knee flexion. Repeat 3 times and grade the quality of the squat as poor, average or good as well as recording the depth of the squat as 45°, 70° or 90°.

Test 5:

Deep squat (crouch).

Ask the athlete to squat/crouch as deep as they can. Look at the quality and amount of range of motion as well as ask if the athlete feels pain. Note the range of motion if there is a restriction as $\frac{1}{4}$, $\frac{1}{2}$ or $\frac{3}{4}$ and if there is pain at the range of restriction or pain at the end of the range (EOR).

Test 6:

Shoulder impingement tests (Speed, Empty can and Full can tests).

Stand facing the athlete and ask them to actively flex their shoulders to 90° and then assess Speed's test. Then proceed to assess the full can and empty can test. Record if any tests are positive.

Test 7:

Shoulder internal and external rotation in supine.

Ask the athlete to lie in supine and then passively abduct the shoulder to 90° with the elbow flexed 90°. Gently passively assess maximum internal than external rotation. Internal rotation limit is noted when the head of the humerus begins to lift off the bed. Caution with apprehension when assessing external rotation.

Test 8:

Upper Limb Tension Test (ULTTs).

The Upper Limb Tension Tests (ULTTs) are also known as Brachial Plexus Tension. These tests are designed to put stress on neurological structures of the upper limb.

Test 9:

Passive straight leg raise.

With athlete in supine passively assess straight leg raise making sure knee remains in full extension and athlete is relaxed. Shoulder depression, abduction and externally rotated.

Test 10:

Hip internal rotation at 90° of flexion.

With the athlete in supine passively assess hip internal rotation with the hip and knee flexed to 90°. And assess for pain. Test is positive if it provokes pain in the hip region.

Test 11:

Hip quadrant test.

With athlete in supine, hip flexed to 90° and knee fully flexed, apply pressure in an anterior-posterior direction whilst taking the hip into internal rotation and adduction. Test is positive if it provokes pain in the hip region.

Test 12:

Adductor squeeze test 0°.

With athlete in supine place commander muscle tester between medial femoral condyles. Ask the athlete to squeeze as hard as possible. Repeat test a second time and record both findings as well as if athlete experienced pain. If there is a large discrepancy between tests repeat a third time and take the two largest results.

Test 13:

Adductor squeeze test 45°.

Repeat process of test 11 however athletes feet are flat on the bed with hips flexed to 45° and knees to 90°.

Test 14:

Adductor squeeze test 90°.

Repeat process of test 11 however athlete actively flexes hips to 90° and feet are left hanging in the air.

Test 15:

Femoral nerve test.

Ask the athlete to lie on their side in a neutral spine position. Gently extend the hip into a neutral position then continue to flex the knee until the athlete begins to feel pain or stretch. Record the amount of knee flexion.

Test 16:

Thomas test.

Have the athlete lie supine in the Thomas test position with the coccyx (tailbone) on the edge of the plinth. Ask the player to pull the opposite leg to their chest. Allow the test leg to hang passively over the edge of the plinth. Record whether the athlete's range of motion is restricted by iliopsoas (hip flexion above horizontal and/or hip external rotation > neutral), ITB (hip abduction > neutral), Rectus femora's (knee flexion <90°) and/or TFL (hip internal rotation > neutral). Remember to maintain the athlete's privacy by covering the groin with a towel.

Test 17:

Side Bridge.

Ask the athlete to lie on their right side on a yoga mat with the elbow flexed to 90°, shoulder abducted to 80°, and neutral spine, knee's and hips together and in extension. Ask the athlete to lift the hip off the floor into a bridge position. Time for a maximum of two minutes. Cease the test if the athlete experiences low back or shoulder pain and record time. Record the time that the athlete managed if failed to hold for the duration of the test. Allow five minutes' rest before testing the left side.

ANALYSIS OF MUSCULOSKELETAL SCREENING

The results are written in a separate word document attached. However, it is written in medical and scientific language therefore this report represented here is the purpose of simplifying the results, from the 17 different Physiotherapy Special Tests and Functional Movement Tests.

Each of the candidates' results from each test will be graded as; **A= Excellent, B= Very Good, C= Good, D= Average and E= Needs Improvement.** Therefore, from the results, further comments and recommendations will be made based on the performance outcome.

The table below are the results simplified and presented according to their grades. The table titled **Athletes Screening Grades** represents the outcome of the results from physio screening. The space with either **A, B, C, D & E** is shaded. **A** is shaded in **Blue** if Athlete is in a safe zone, **B** is shaded **Green** for athletes with minor improvement in fitness level, while **C** is shaded with **Yellow** representing that the athlete is performing on a satisfactory level. **D** is shaded in **Grey** and represents athletes that needs more improvement and **E** is shaded in **Red** that shows that athlete is not safe and needs a lot of improvement.

The percentage scoring correlates with the Grading given to individual athletes. For athletes in the **E** category their percentage is **0%-20%**, **D** Category is given a percentage of **21%-40%**, athletes in the **C** category are given a percentage of **41%-60%**, athletes in the **B** category are given a percentage of **61%-80%** and percentage of **81%-100%** is given to athletes in the **A** category.

A	B	C	D	E
0-20%	21-40%	41-60%	61-80%	81-100%

Recommendation from High Performance Physiotherapist

From the grading given above, the entire hockey athletes are analysed and recommended to their individual fitness level and how well we are to expect them to perform individually in a team. This also shows which athlete is recommended for inclusion and exclusion in the team to perform at an event.

High Performance section

Sports Science

- Athletes must participate in PNGSF High Performance Fitness Testing (Please refer to benchmarking Standards by High Performance Sport.
- Athletes must participate in PNGSF High Performance Testing
- Athletes must participate in PNGSF High Performance Training Programs

Testing battery Generic Benchmarks

Introduction:

For a Hockey player to perform at their best, they must have just the right mix of aerobic and anaerobic endurance, explosive strength and power, balance in speed off the mark and agility. The amount of strength, speed, agility, and flexibility conditioning a player is prepared to undertake has been linked to the standard they play at, in which a hockey match is characterized by repeated bouts of powered, high-intensity activities.

Testing components

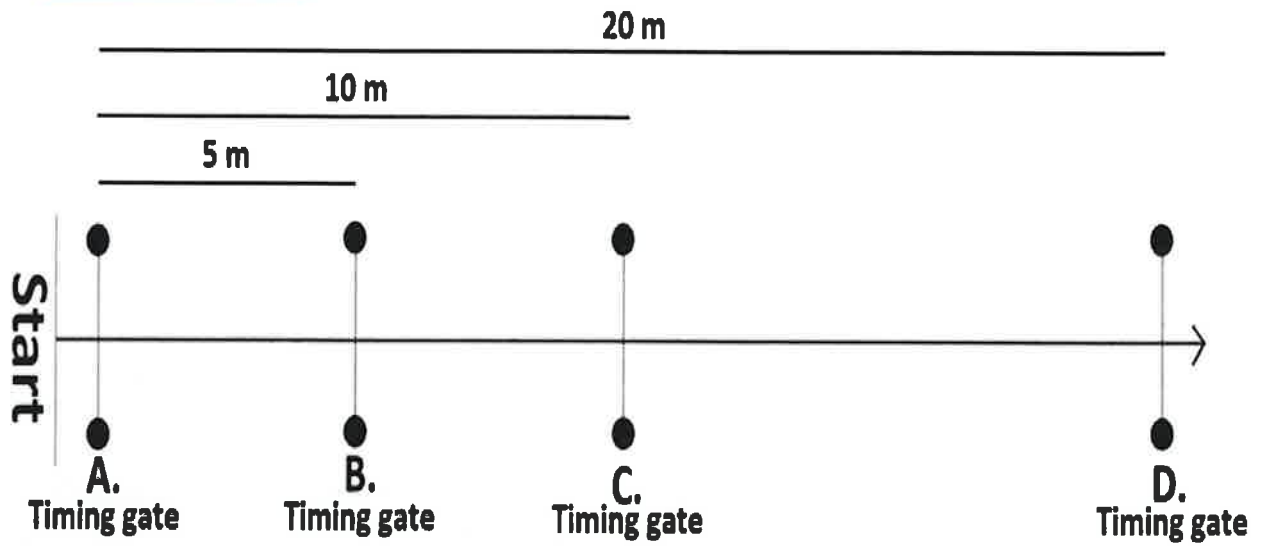
- **Flexibility** – is the anatomical range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles.
- **Endurance** – Endurance refers to your body's physical capability to sustain an exercise for an extended period. It's made up of two components: cardiovascular endurance and muscular endurance. Cardiovascular endurance is the ability of your heart and lungs to fuel your body with oxygen.
- **Agility** -is a skill considered to be important for many sports and has been defined as “a rapid whole-body movement with change of velocity or direction in response to a stimulus”
- **Speed** – The ability to move all or part of the body as quickly as possible
- **Power** – Power is the ability to perform strength-based movements quickly. Power is an important component of fitness that is used in many dynamic sports activities.
- **Strength** - The ability of a muscle to apply force and overcome resistance or the amount of force a muscle can exert

Proposed physical testing battery and benchmarks for elite field hockey players (guidelines are offered to the reader primarily based on existing literature relating to field hockey or comparable sports where research is lacking)

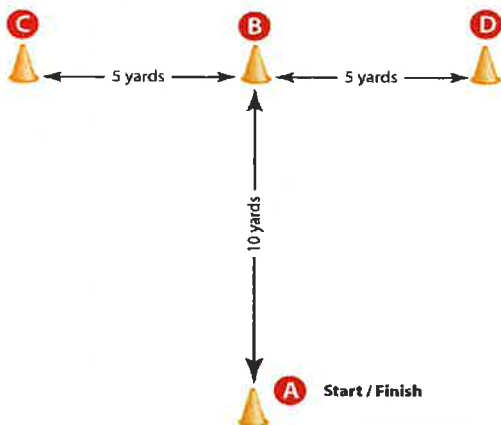
Performance Tests:		MALE Averages	FEMALE Averages
1. SIT & REACH	Assessment of flexibility of the spine and length of the hamstring muscles.	46.5 – 38.0cm	45.5 – 38.0cm
2. VERT REACH/JUMP	Lower limb explosion power Explosive leg power and coordinated jumping mechanics with the player's natural height and wingspan	61-70cm 61-70 cm	51-60cm 51-60cm
3. T-TEST	To assess athletes/individuals' ability to move forwards, backward, and side to side.	9.8 secs	11.4secs
4. 5,&10,20min DASH	The aim of this test is to determine acceleration, and also a reliable indicator of speed, agility and quickness.	10m= 1.9 secs 20m=12.2 secs 5m=1.4 secs	5m= 1.6 secs 10m= 2.2 secs 20m= 22.2secs
5. PUSH UPS	Measures upper body strength and endurance.	38.0 38.0	28.1 28.1
6. SIT UPS	Measure the endurance of the abdominal and hip-flexor muscles	35.6	26.4
7. YOYO Recovery Test	Measures the aerobic capacity of athletes, i.e. it is used to estimate the maximal oxygen uptake parameter. (VO2max.)	1520-1960M, Lvl 17.3-18.6	1000-1280M, Lvl 15.6-16.5
8. RM strength test	Maximum strength test	165kg	77kg

- Below are the testing diagram protocols

5,10,20m Dash



T-test



Sit & reach test

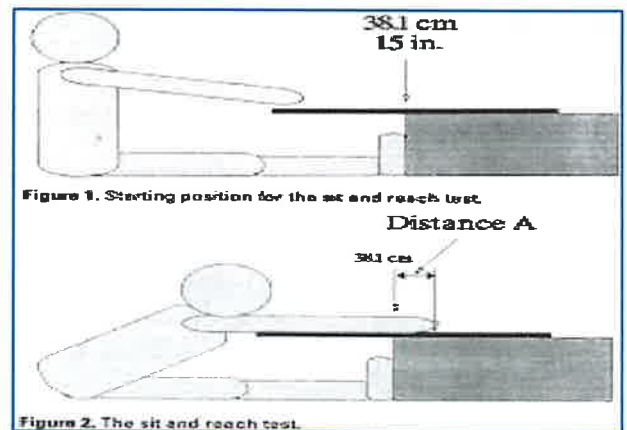
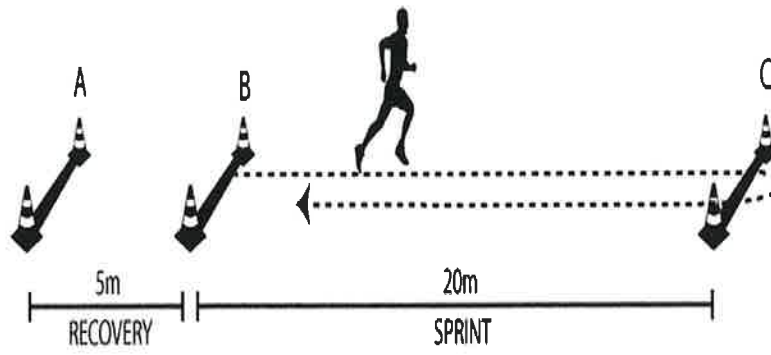


Figure 1. Starting position for the sit and reach test.

Figure 2. The sit and reach test.



Yo-Yo Intermittent Recovery Test

www.theyyotest.com

Vertical jump test

