



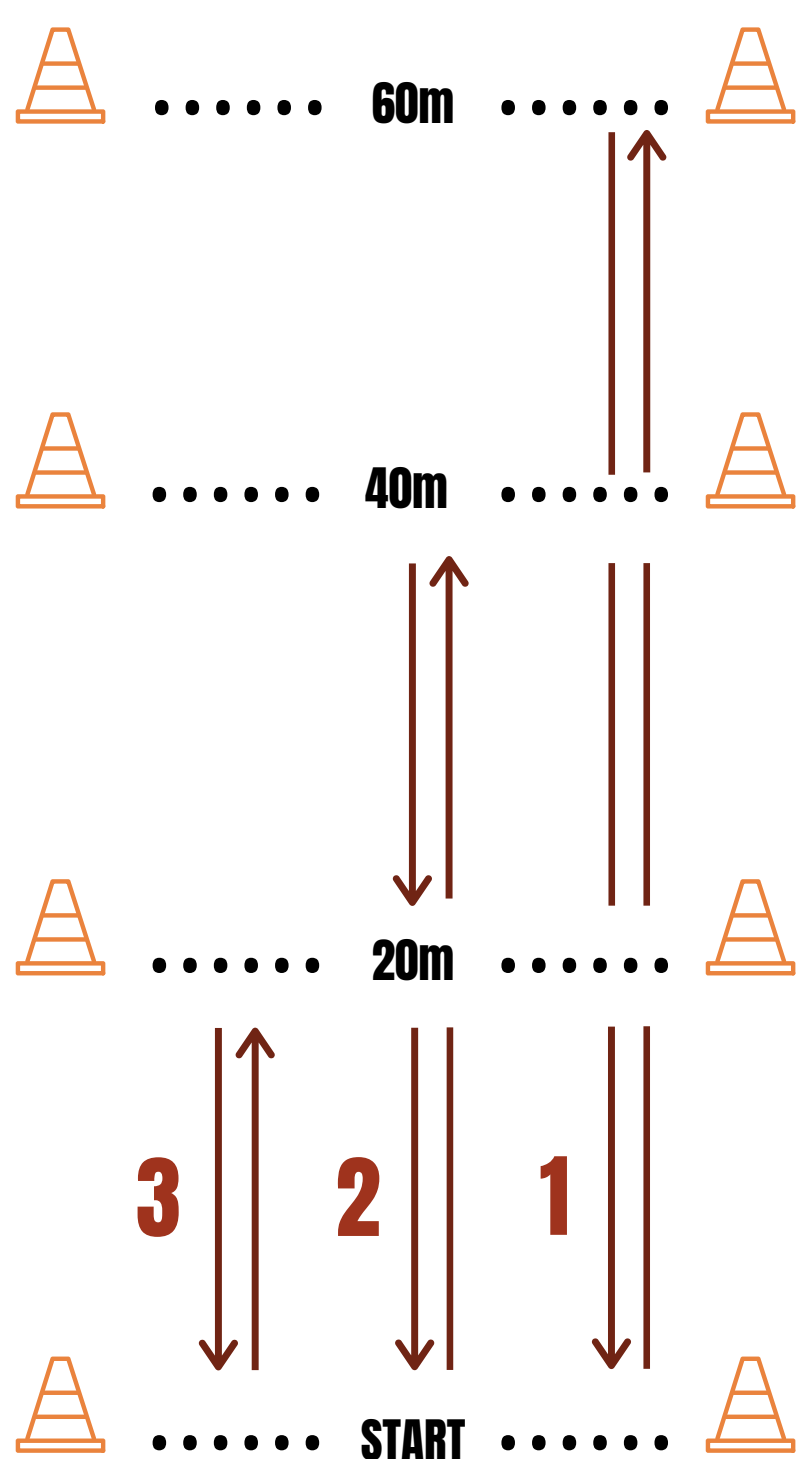
MATCH OFFICIAL FITNESS TESTING

BRONCO TEST

WHAT IS THE TEST?

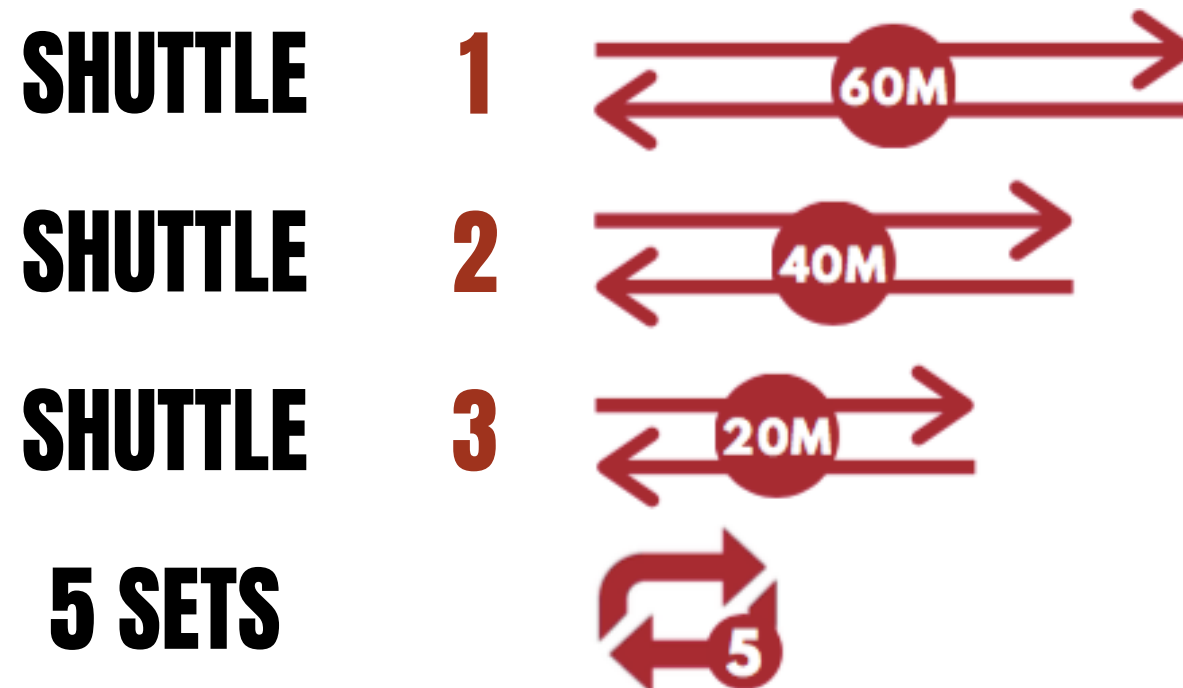
The Bronco Test is a hard-aerobic running assessment where participants have to complete a sequence of shuttle runs over 60m, 40m and 20m for five sets. The participants' aim is to complete the test in as quick a time as possible.

SET UP THE TEST



RUNNING THE TEST

START TIMER



RECORD TIME ONCE 5TH SET IS COMPLETED

RECORDING RESULTS

TIME SHOULD BE RECORDED ONCE THE 5TH SET HAS BEEN COMPLETED.

1 X 60M, 40M, 20M SHUTTLE = 1 SET

TIP- FOR MASS TESTING, THIS TEST WORKS WELL WORKING IN PAIRS RECORDING ONE ANOTHER'S TIMES RATHER THAN A SINGLE TESTER COLLECTING ALL THE DATA

PGMOT, NLMOT & ASSOCIATES

Referees | Males <5.15 Females: <5.45
ARs | Males <5.30 Females: <6.00

REFEREE SOCIETIES

Level 5 | Males <5.15 Females: <5.45
Level 6 | Males <6.15 Females: <6.30
Level 7-10 | <7.00 Both Males and Females