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# WWR Guidelines for conducting the “Yo- Yo” Intermittent Recovery Test

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## Guidelines

- The “Yo-Yo” Test involves running repeated 20-metre lengths at a pace set by a recording.
- The pace of the tones gets progressively faster as the referee continues.
- A five-meter area on one end of the court is used for the participant to walk or slowly jog through before lining up to start again.
- They have a 10-second “rest” in this area before returning to the start line (a distance of 5 meters).
- Once on the start line, the participant comes to a complete stop before the next tone signals them to begin running back and forth again on the start signal.
- The participant runs two consecutive 20-metre lengths (2x20) and then is given 10 seconds to walk or jog two consecutive 5-meter lengths (2x5) and then return to the start.
- The pace of the 20-metre runs in the “Yo-Yo” Test starts at 14.5 seconds to run the 20-metre distance (much faster than the initial stages of the Beep Test). The number of laps required for each level is as follows:

Start 5.1

9.1

11.1/11.2

12.1/12.2/12.3

13.1/13.2/13.3/13.4

14.1

- No verbal instruction or cueing will be provided to the participants during the test. This is to ensure that the participant can retain the level of mental acuity required to continue the test.
- The required level for successful completion of the “Yo-Yo” Test will be **14.1**.
- The test will be administered a minimum of one day prior to or post competition. Participants are not expected to take part in the testing on the day of arrival. No testing is allowed once competition begins. The Head Official will decide if the test will be conducted if these criteria are unable to be met.
- Only referees selected to the tournament are expected to take. Game Commissioners and Evaluators are not required to take the test.
- If possible, the equipment used to announce the recording should be tested prior to conducting the test.
- If a participant(s) is unable to pass the required test, this may have implications with assignments.

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## Procedure

- Existing lines and/or cones can be used to mark out three lines as per the diagram; 20 meters and 5 meters (recovery test) apart. (See Appendix A)
- The participant starts on or behind the middle line, and begins running 20 m, when instructed by the recording, then turns and returns to the starting point when signaled by the recorded beep. There is an active recovery period (10 seconds) in between every 20 meter (out and back) shuttle, during which the participant must walk or jog around the other cone and return to the starting point.
- A staff person (Evaluator, Game Commissioner, Head Official) will be placed at each end line on the course. The staff person gives a warning when the participant does not complete a successful out and back shuttle in the allocated time. The staff person removes the participant the next time they do not complete a successful shuttle. (Example: participant does not touch the line at the far end, does not reach the original start line by the second tone or leaves early from the start line)

The official recording used to conduct the “Yo-Yo” Intermittent Recovery Test can be located [here](#). It is recommended that candidates and facilitators familiarize themselves with the instructional recording prior to taking or administering the test.

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## Appendix A

