

### 20m Shuttle Run/Beep Test

Candidates run back and forth between two lines spaced 20 meters apart whenever they hear a beep. The pace gets faster with each stage of the test which is standardized by a CD recording. The test will be terminated:

1. If candidate stop themselves
2. Are stopped by a proctor due to
  - a. **2 WARNINGS** in a row
  - b. **3 CAUTIONS** at any time during the test

Warning = Candidate will receive a warning if they do not reach the WARNING LINE by the beep.

Caution = Candidate will receive a caution if they do not reach the END LINE by the beep.

- The candidate must follow the standard pace and wait for the beep during each stage of the test (i.e. candidates cannot start running early). Early starts could result in disqualification.
- During the test, the candidates will be identified by their assigned lane number.
- At every signal, they must reach the next 20m line (end line) marked by the pylons at each end.
- One foot must be on or over the end line, then, once the beep sounds, they reverse their direction and arrive at the other end line in time for the next beep.
- At the start when the pace is slower, candidates may reach the end line with time to spare. Candidates must wait for the beep prior to leaving the end line.
- Candidates are not permitted to be ahead of the end line while waiting for the beep. Their FRONT foot must be on the line. As the pace increases, they are required to pivot on the line rather than reach and tap the line with a leading foot.
- If a candidate does not reach the END LINE in time for the beep, they will receive a CAUTION. Proctors will call out loudly “Caution Lane \_”
- If after 2 end line CAUTIONS at any time during the test, a candidate receives a 3<sup>rd</sup> CAUTION, their test will be terminated. Proctors will call out loudly “Lane \_ that is your 3<sup>rd</sup> Caution, you’re out”
- Ahead of the end line is the WARNING line. At every signal the candidate must have reached the warning line.
- If a candidate does not reach the WARNING LINE by the beep, proctors will call out “Warning Lane \_”. They must still reach the end line, pivot and reach the warning line at the other end by the next beep to clear their warnings.
- If twice in a row, the candidate does not cross the WARNING LINE by the beep, their test will be terminated. The two warnings must be consecutive. Proctors will call out “Warning Lane \_ that’s your second, you’re out”

- Candidates must successfully complete a minimum of stage 7.5 in the 20m shuttle run (beep test) to progress to the next phase of the selection process. It is important to note that this is the **minimum** requirement. As this is a competitive process where candidates are assessed at each phase, candidates should prepare to run to maximum exertion.
- The test is stopped after stage 10.

