The *Bleep* Test

» Grabovac needed four attempts to pass the Beep Test last season
» Spoke out against the Test, calling it irrelevant
» Yesterday, he failed the Test for the second time this season

(BEEP TEST: HOW THEY FARE)

- Level 17: English Premier League players
- Level 16: K-League and J-League players
- Level 15-12: Best result in S-League
- Level 15-5: Park Myung Eun (Super Reds)
- Level 14-6: Owind Rosaryo (Sengkang Punggol Prime League player)
- Level 14-1: Fadi Jaffar (Home United)

- S-League passing mark: 215 out of 227 S-League players passed
- 11-8: Ahmad Latiff Khamarudin (no club)
- 11-6: Average of national rugby team
- 11-1: Sead Muratoic (Tampines Rovers)
- 10-9: Mirko Grabovac (Sengkang Punggol), right

9-11: Amanda Choo (national sprinter)

GRAPHICS: S CHANDRAS
The Bleep Test

The S-League player of the Decade, Mirko Grabovac, will sit out the season until July at least, after failing to pass the Bleep Test yesterday.

Said the 36-year-old, five-time Golden Boot winner and scorer of 244 goals, "I have been nursing a shin injury for some time and was not able to get a proper pre-season. I didn't feel very confident today, and haven't been able to sleep well at night."

Since 2003, the S-League has made it compulsory for all outfield players to pass the test, a multi-stage shuttle run, in order to compete. Goalkeepers are exempted.

The bar was raised this year and players who did not pass the test by yesterday, the last day of the transfer window, could not be registered by their clubs. The passing mark this season was also increased to 12-12, meaning a player must complete 12 repetitions of 20-metre shuttle runs in one minute, up from last year's 12-10.

Twelve out of the 227 S-League players did not pass the test and will only be able to attempt it again when the transfer window re-opens from June 30 to July 25.

There were 13 footballers attempting the test yesterday, with 11 failing. Apart from Grabovac, who managed 10-9, the other high-profile failures were Ahmadi Latiff Khanarudin (11-8) and Sead Muratovic (11-1).

For Grabovac, who passed only after four attempts last season, yesterday's attempt was his second this season. Recently, he spoke out against the test, arguing that it was not a relevant gauge of a player's match-fitness.

However, Dr Benedict Tan, senior consultant sports physician at Changi Sports Medicine Centre, disagreed.

He said: "There's no perfect test to reflect fitness. But when you select a test, you must simulate the player's sport and position as far as possible."

"The Bleep Test is well-accepted and well-established worldwide for any sport that involves start-stop activities, such as soccer. The Football Association of Singapore chose the Bleep Test as part of its fitness programme and it is appropriate."

The S-League footballers are not the only ones to take the Bleep Test, the national rugby team have also undertaken the test, achieving an average score of 11-6.

Another local athlete to do the test is national sprinter Amanda Choo, who holds the national women's 100 metres record with a time of 12.12 seconds. She managed to achieve level 9.11.

She said: "It's not a bad test. "It's quite easy to carry out for several people at one go, and the fixed levels are a standard for you to assess yourself against."