



Referee Fitness Tests

2017 Information Package

*** AMENDED 3 JANUARY ***

Preamble



Fitness testing is held to assist with the allocation of referees into appropriate panels, recognising that a certain level of fitness is required to officiate at the higher levels of the game.

The Referees' Technical Committee has decided that fitness tests will now be extended to more panels of referees, in order to provide opportunities for those who have the desired level of commitment. Therefore, this document was amended on 3 January, with the changes listed in **red**.

Who needs to do a fitness test?



For the 2017 season, officials who seek to be allocated to the following panels are required to complete a fitness test:

- **NPL & State League: All panels**
- **Amateur League: All panels**
- **Women's League: State League (Prem & Div 1)**

There is no fitness test requirement for:

- Women's League: Metropolitan Divisions
- Men's Metropolitan & Masters Leagues
- Junior Leagues (incl. NPL Juniors)

Who needs to do a fitness test?



Passing a fitness test does not make anyone an automatic consideration for any panel, however it is a pre-requisite for anyone who the Referee Technical Committee deem suitable for that panel. A referee who does not reach the required standard for a specific panel will not be considered for that panel.

Likewise, a referee who is in a panel requiring a mid-season fitness test, must reach the required standard otherwise they will be removed from that panel and its respective duties.

Change to the fitness test format



In 2016, FIFA modified the referee fitness test by changing the distance of each component in the interval run. The new test is more reflective of the movement of a referee during a match.

This test has been adopted nationally by Football Federation Australia for 2016/17 national competitions, and is also being adopted by Football West for the 2017 season onwards for NPL/SL Elite & State Panels, as well as Amateur Premier & First Division.

Testing for State League Supplementary Panel, Women's State League & Amateur Divisions 2-5 will be a simple timed run for a minimum distance.

Test 1: Repeated Sprint Ability



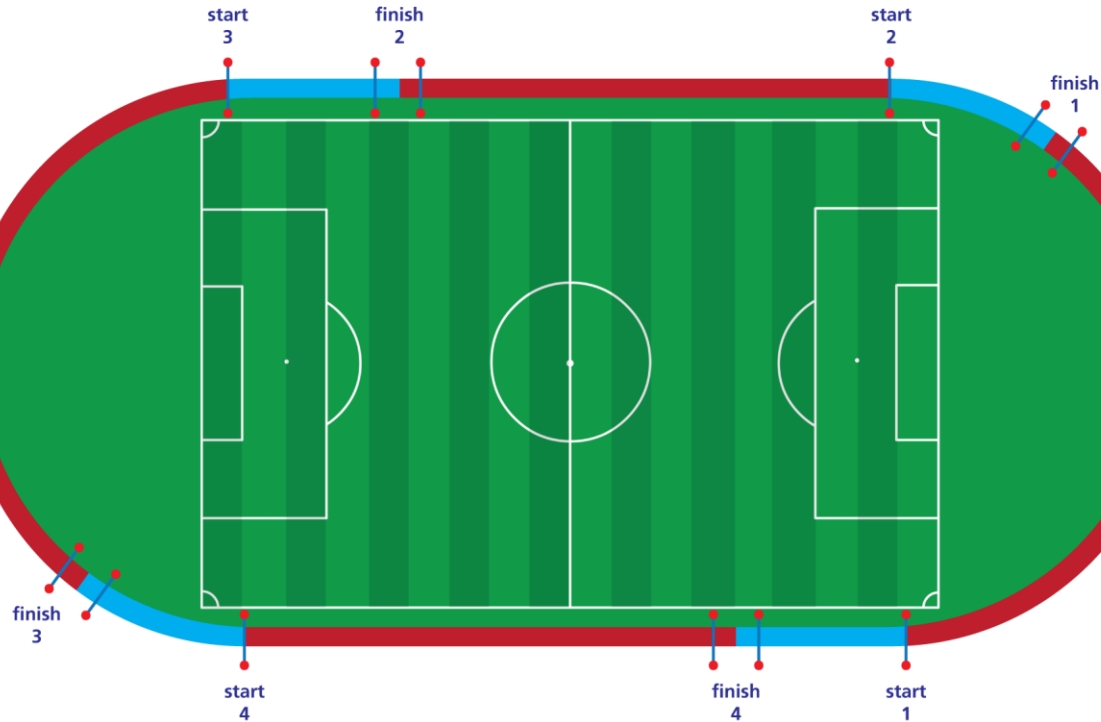
- Referees must perform **six (6) sprints of 40m**
- Recovery between each sprint is sixty (60) seconds
- If a referee fails one trial out of six, they are given a seventh trial immediately after the sixth. If they fail two trials out of seven, the referee has failed the test.

Test 2: Interval Test



- Referees must cover a specified distance made up of **75m run and 25m walk intervals**.
- Referees start from a standing position, and at the end of each run they must enter the 'walking area' before the whistle. The walking area is marked out 1.5m before and 1.5m behind the 75m line.

Test 2: Interval Test



Test 2: Interval Test



- If a referee fails to place a foot inside the walking area on time, they will receive a clear warning. If a referee fails to place a foot inside the walking area on time a second time, they will be stopped and informed to withdraw from the test.
- The first warning will count as a completed run, whereas a withdrawal after a second infringement will be deemed an incomplete run.

Football West Standards



Test 1: Repeated Sprint Ability

- Maximum time of **6.4 seconds** for each sprint

Test 2: Interval Test

- **15 seconds** per 75m run, and **20 seconds** per 25m walk
- Elite Panel (& L1 upgrades): min. 4000m (10 laps, 40x runs)
- State Panel (& L2 upgrades): min. 3200m (8 laps, 32x runs)
- Amateur Premier & Div 1: min. 2400m (6 laps, 24x runs)

Timed Run Fitness Test



The fitness test for State League Supplementary Panel, Women's State League (Premier & First Divisions) and Amateur League Divisions 2-5 will be a simple timed run with a minimum distance to be covered.

Referees must run for **15 minutes** and cover a **minimum of 2000m** (5 laps of the athletics track, 3 minutes per lap). For clarity, the referee must not stop after completing the required distance, they must continue until the time has expired.

Pre-Season Tests: FIFA Test



Venue: Noranda Sports Complex

Time: 6:30pm warm up, testing commences 7:00pm **SHARP**

Dates: Monday 30 January 2017
Wednesday 1 February 2017
Monday 6 February 2017
Wednesday 8 February 2017

Who: NPL/SL Elite & State Panels, Amateur Prem & Div 1
State League Supplementary Panel (timed run)

Pre-Season Tests: Timed Run



Venue: Noranda Sports Complex

Time: 6:30pm warm up, testing commences 7:00pm **SHARP**

Dates: **Monday 20 March 2017**
Wednesday 22 March 2017
Monday 27 March 2017
Wednesday 29 March 2017

Who: **State League Supplementary Panel**
Women's State League & Amateur Divisions 2-5

Mid-Season Tests: FIFA Test



Venue: Noranda Sports Complex

Time: 6:30pm warm up, testing commences 7:00pm **SHARP**

Dates: Monday 5 June 2017 (*WA Day Holiday*)

Wednesday 7 June 2017

Monday 12 June 2017

Wednesday 14 June 2017

Who: NPL/SL Elite & State Panels **only**
(*No requirement for panels using the timed run*)