



Referee Fitness Tests

2018 Information Package

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.

It is no longer appropriate for referees to simply turn up and accept money from clubs, without them undergoing testing of certain standards to show they are capable of physically performing at the standard expected by the clubs.

Changes from 2017 identified in red

Who needs to do a fitness test?



For the 2018 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 State League (Prem & Div 1)

There is no fitness test requirement for:

- Women's Metropolitan League
- 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.

Fitness test formats



There are two types of fitness tests, depending on the level of competition that you officiate:

1. FIFA Fitness Test

- NPL/State Leagues: Elite Panel, State Panel, **Development Panel**
- Amateur Leagues: Premier & Division One

2. Timed Run

- NPL/State Leagues: Supplementary Panel
- Amateur Leagues: Division Two – Five
- Women's State League: Premier & Division One

FIFA Test 1: Repeated Sprint Ability



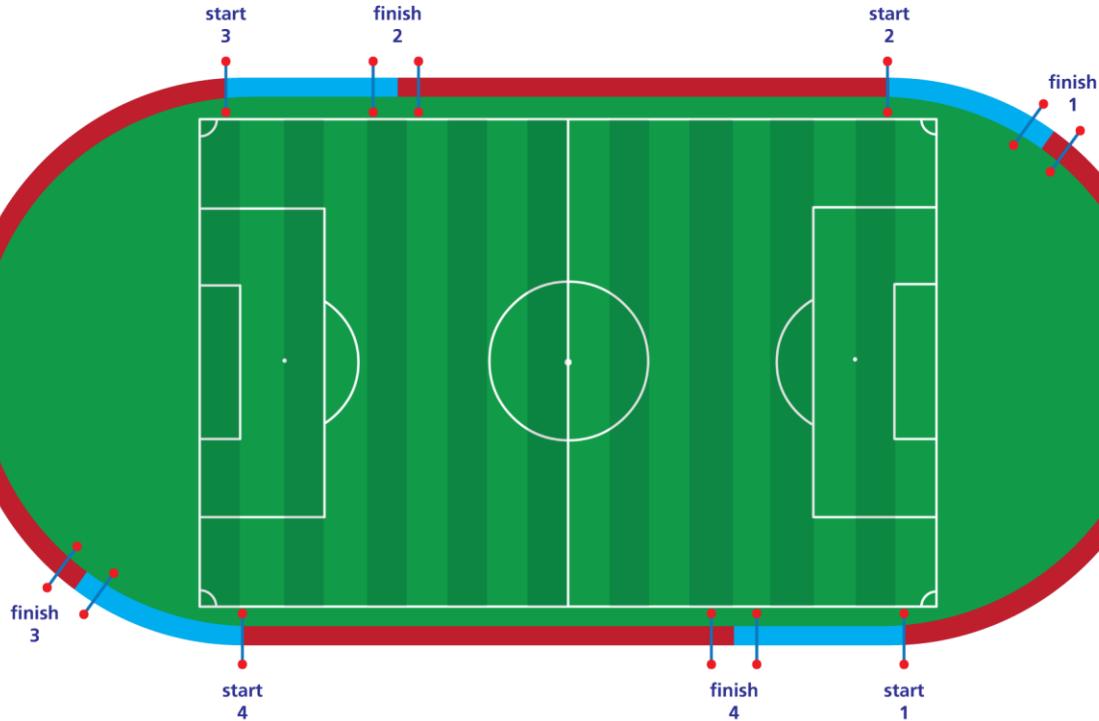
- Referees must perform **six (6) sprints of 40m**
- Recovery between each sprint is sixty (60) seconds
- If a referee fails one trial out of six, they are given a seventh trial immediately after the sixth. If they fail two trials out of seven, the referee has failed the test.

FIFA 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.

FIFA Test 2: Interval Test



FIFA 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



FIFA Test 1: Repeated Sprint Ability

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

FIFA Test 2: Interval Test

- **15 seconds** per 75m run, and **20 seconds** per 25m walk
- Elite Panel: min. 4000m (10 laps, 40x runs)
- State & **Development** Panels: min. 3200m (8 laps, 32x runs)
- Amateur Premier & Division 1: min. 2400m (6 laps, 24x runs)
- *Upgrades are based upon respective panel (e.g. L1 = Elite)*

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 **12 minutes** and cover a **minimum of 2000m** (5 laps of the athletics track). 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 5 February 2018
Wednesday 7 February 2018
Monday 12 February 2018
Wednesday 14 February 2018

Who: NPL/SL Elite, State & **Dev.** 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 19 March 2018
Wednesday 21 March 2018
Monday 26 March 2018
Wednesday 28 March 2018

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 4 June 2018 (*WA Day Holiday*)

Wednesday 6 June 2018

Monday 11 June 2018

Wednesday 13 June 2018

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