



## FITNESS TEST & TRAINING MONITORING PROCEDURES

### NATIONAL LIST OFFICIALS

#### **Initial Pre-Season Fitness Test:**

- As notified in the invitation to join the National List of Referees or Assistant Referees, the fitness test requirement for National List Officials is the FIFA Fitness Test to the appropriate category for men or women, to the International Standard for Referees or Assistant Referees, as determined by FIFA from time to time. This test is comprised as follows:

#### Referees

Part 1: Repeated Sprint Ability; repeated sprints over 40 metres.

Part 2: Interval Test; a series of high-speed runs over 75 metres interspersed with 25 metres walking intervals.

#### Assistant Referees

Part 1: CODA (Change of Direction Agility)

Part 2: Repeated Sprint Ability; repeated sprints over 30 metres.

Part 3: Interval Test; a series of high-speed runs over 75 metres interspersed with 25 metres walking intervals.

- National List Officials will be required to undertake this test three times a year in the respective Provincial Association. The first test (Test 1) must be taken between January 15<sup>th</sup> and March 15<sup>th</sup>.
- Where a match official fails the initial test, they will be required to attend one further fitness test at their own expense, where they will be required to attain the minimum standard. If it is not attained then, the official will be removed from the National List. Provincial associations will be responsible for organizing the re-test, to be taken after 28 days have elapsed from the date of the initial test. Costs associated with administering the re-test will be the responsibility of the match official. Officials will be expected to attend the organized fitness testing as advised by the respective Association.
- Dispensation may be granted by Canada Soccer's Manager of Referees. Dispensation for injury or illness will only be given where a match official provides a medical certificate confirming the injury or illness, together with a prognosis of recovery. In such circumstances Canada Soccer reserves the right to seek independent medical advice at any time.
- Where a match official receives dispensation from the first fitness test they will still be required to attend a fitness test at their own expense. Match Officials will be required to have successfully passed the fitness test no later than August following the pre-season camp. If this is not attained then, the official's position will be reviewed on a case-by-case basis and may result in removal from the National List.

#### **Mid-Season Testing:**

- National List officials will be required to take two further tests mid-season: Test 2 during the month of May and Test 3 during the month of August. The FIFA Test for Referees or Assistant Referees, to the International Standard as determined by FIFA from time to time, will be carried out in the Provincial association or at a Regional location as directed by the Canada Soccer Referee Committee (the Committee) and advised to match officials.
- Travel expenses to attend this test will be paid by Canada Soccer to those officials who successfully complete the organized mid-season fitness tests.

- Where a match official fails a mid-season test, they will be required to attend one further fitness assessment, at their own expense, after 28 days have elapsed from the date of failure, and will be required to attain the appropriate fitness test standard at that time. If this is not attained then, the official will be removed from the National List. Provincial Associations will be responsible for organizing a re-test to be taken after 28 days have elapsed from the date of the initial test, and before July 15 for Test 2 and October 10 for Test 3. Costs associated with administering the re-test will be the responsibility of the match official. Officials will be expected to attend the organized fitness testing as advised by their Provincial Associations.

Match officials will be removed from all Canada Soccer appointments following any failure of the mid-season tests, and will not be considered for further appointments until the re-test has been taken successfully.

- Dispensation will be granted by the Canada Soccer Manager of Referees from either of the mid-season fitness tests for injury or illness only. Dispensation for injury or illness will only be given where a match official provides a medical certificate confirming the injury or illness together with a prognosis of recovery. In such circumstances Canada Soccer reserves the right to seek independent medical advice at any time.
- Where a match official receives dispensation from a mid-season fitness test they will be required to attend a fitness test at their own expense. Match officials will have three (3) months to achieve the minimum standard. If this has not been achieved it will be taken into account by the Committee at the Annual Review.

#### **Call Backs:**

The following outlines the procedure for call back fitness assessments:

Match officials can be recalled any time in order to demonstrate to the Committee that they can still attain the fitness standard required of a National List official.

The call back may be invoked as a result of, but not limited to, the following reasons:

1. Negative comments from assessors regarding fitness.
2. Injury or illness which prevents the match official being able to officiate for a period of 28 days or more.

Travel expenses will be paid by Canada Soccer to a match official who is successful in the test at the first call back.

Any match official not meeting the minimum standard on a call back will be removed from all assigned games and will not be considered for further appointments until the retest has been taken successfully.

Where a match official fails the call back test they will be required to attend one further fitness assessment at their own expense, after 28 days have elapsed from the date of failure, and will be required to attain the fitness test standard at that time. If this is not attained then, the official will be removed from the National List. Where the 28-day period overlaps the end of October, and the standard has not been achieved, this will be taken into account by the Committee at the Annual Review.

#### **Medical Requirement:**

In addition to the Annual medical examination, Match officials are to have their blood pressure checked within the 14 days prior to taking a fitness test and are required to provide a certificate, signed by a competent medical practitioner or nurse. If no blood pressure certificate is produced by that day, an unauthenticated certificate is produced, or the level is above the specified limit, the Match Official will not be allowed, under any circumstances, to take the Test. There is no concession on this ruling for obvious health and safety reasons. Blood pressure reading must be below 160/95.



### **Test Supervision:**

The fitness test for National List Officials may only be supervised by a National List Fitness Instructor, a member of the Canada Soccer Referee Committee, Canada Soccer Staff member or an individual appointed/approved by Canada Soccer. Fitness tests conducted under the auspices of FIFA, CONCACAF or other recognized organizations (e.g. PRO) are accepted as official tests by Canada Soccer. Provincial Associations must contact Canada Soccer at least six (6) weeks in advance of the proposed test date to ensure that a suitable supervisor is appointed and to give adequate notice to both the officials and those involved in organizing the test.

### **PROVINCIAL FITNESS TESTING BY PROVINCIAL ASSOCIATIONS**

- The FIFA Fitness Test is the required fitness test for Provincial officials. This test is comprised as follows:
  - Part 1: Repeated Sprint Ability; repeated sprints over 40 metres.
  - Part 2: Interval Test; a series of high-speed runs over 75 metres interspersed with 25 metres walking intervals.

Match Officials will be required to undertake this test during the months of January to May and must successfully complete this test to the required standard in order to officiate as a Provincial official.

Female Provincial match officials will be required to pass the Provincial Men's Standard of the Fitness Test in order to officiate in provincial senior men's competitions.

Where a match official fails the initial test, they will be required to have attained the minimum standard by 28 days following the initial test. If this is not attained then, the official will be removed from the Provincial List of Officials.

Dispensation will be granted by the Provincial Associations from the initial fitness test for injury or illness only. Dispensation for injury or illness will only be given where a match official provides a medical certificate confirming the injury or illness and a prognosis of recovery. In such circumstances the Provincial Association reserves the right to seek independent medical advice at any time.

Where a match official receives dispensation from the initial fitness test they will be required to have attained the minimum standard of the FIFA Test within 5 months of their first fitness assessment. If this is not attained then, the official's position will be reviewed on a case-by-case basis by the Provincial Association and may result in removal from the Provincial list of officials.

### **RECOMMENDATIONS FOR REGIONAL AND BELOW FITNESS TESTING BY PROVINCIAL ASSOCIATIONS**

Fitness testing of Regional referees and below is at the discretion of individual Provincial and Territorial Associations. Canada Soccer expects that all Regional and District referees in the promotion scheme and those nominated for National competitions (Club Nationals, Showcase, etc.) will have successfully completed the FIFA Fitness test to the minimum standard as outlined in the chart below.

The FIFA Test, to the appropriate category for men or women, is the recommended fitness test for Regional officials. Officials are required to meet the minimum standard to pass the test for match officials.

Referees seeking promotion will be expected to meet the FIFA fitness test standard for the intended promotion level.

The Beep Test (Luc Léger's Multi-stage fitness test) may be used to accredit officials at the Regional and District level.



<b>2017 Fitness Test Standards by Category</b> Select either FIFA or Beep Test as applicable			
<b>Referee Category</b>	<b>FIFA Test</b>		<b>Beep Test</b>
	<b>Sprints: 6 x 40 m (60 sec recovery)</b>	<b>Interval Test x40 (4000 m)</b>	<b>Continuous Run 20 meter shuttles</b>
<b>Women</b> FIFA/National	6.40 sec	17/20 sec	n/a
<b>Women</b> Provincial	6.60 sec	17/22 sec	n/a
<b>Women</b> Regional	6.80 sec	17/24 sec	Stage 7
<b>Women</b> District/Youth	n/a	n/a	Stage 6
<b>Men</b> FIFA/National	6.00 sec	15/18 sec	n/a
<b>Men</b> Provincial	6.40 sec	15/20 sec	n/a
<b>Men</b> Regional	6.60 sec	17/22 sec	Stage 8
<b>Men</b> District/Youth	n/a	n/a	Stage 6
<b>FIFA &amp; National Assistant Referee Only</b>			
	<b>CODA</b>	<b>Sprints: 5 x 30 m (30 sec recovery)</b>	<b>Interval Test x40 (4000 m)</b>
<b>Women</b>	11.00 sec	5.10 sec	17/22 sec
<b>Men</b>	10.00 sec	4.70 sec	15/20 sec

