Fitness Test & Training Monitoring Procedures

FITNESS TESTS ARE A **BRIDGE** NOT A **BARRIER** TO PERFORMANCE

Outlined below is the fitness and training monitoring procedures for National List match officials.

**Initial Pre-Season Fitness Tests:**

- As notified in the invitation to join the National List of Referees or Assistant Referees, the fitness test requirement for match officials is the Men’s FIFA Test for Referees and Assistant Referees to the International Standard, as determined by FIFA from time to time.
- Match Officials will be required to undertake this test during the month of March at the CSA Pre-season meeting of National List officials and must successfully complete this test in order to officiate.
- The CSA will pay travelling expenses for your initial fitness test only.
- Where a match official fails the initial test they will be required to attend one further fitness assessment, at their own expense, and will be required to have attained the minimum 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 organising a retest, to be taken after 28 days have elapsed from the date of the initial test and before 31 May. Officials will be expected to attend the organised fitness testing as advised by their Provincial Association.
- Dispensation will be granted, by the CSA Director of Refereeing, from the March 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 together with a prognosis of recovery. In such circumstances the CSA reserves the right to seek independent medical advice at any time.
- Where a match official receives dispensation from the March fitness test they will be required to attend a fitness assessment, at their own expense. Match Officials will be required to have successfully passed the fitness test no later than August following the March fitness test. 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 of Referees and Assistant Referees will be required to take one further test during the month of August. The Men’s FIFA Test for Referees and Assistant Referees, to the International Standard as determined by FIFA from time to time, will be carried out in the Province or at a Regional location as directed by the CSA Referees Committee and advised to match officials.
- Travel expenses to attend this test will be paid by the CSA to those officials who successfully complete the organised mid-season fitness test.
- Where a match official fails the 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 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 organising a retest, to be taken after 28 days have elapsed from the date of the initial test and before 10 October. Officials will be expected to attend the organised fitness testing as advised by their Provincial Association.
- Match officials will be removed from all appointments following any failure of the mid-season test, and will not be considered for further appointments by any appointing authority until the retest has been taken.
- Dispensation will be granted by the CSA Director of Refereeing from the August 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 together with a prognosis of recovery. In such circumstances the CSA reserves the right to seek independent medical advice at any time.
- Where a match official receives dispensation from the August fitness test they will be required to attend a fitness assessment, at their own expense. Match officials will have 3 months to achieve the minimum standard. If this has not been achieved then this will be taken into account by the CSA Referee 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 CSA Referee 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. Consistent negative comments from assessors regarding fitness
  2. Injury or illness which prevents the match official being unable to officiate for a period of 28 days or more
- Travel expenses will be paid by the CSA 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, by any appointing authority, until the retest has been taken.
- 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 CSA Referee Committee at the Annual Review.

Medical Requirement:

- In addition to the Annual medical examination, Match officials are to have had their blood pressure checked within the 14 days prior to taking the fitness test and are required to provide a certificate, signed by a competent medical practitioner or nurse. If no blood pressure certificate produced on the 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 is to be supervised by a member of the CSA Referees Committee, CSA Staff member or an individual appointed/approved by the CSA. Provincial Associations administering the mid-season test must contact the CSA at 6 weeks in advance of the test date to ensure that a suitable supervisor is appointed to administer the test. As this test is labour intensive it is important that Provincial Associations set its test dates, in accordance with the requirements outlined above, well in advance to give adequate notice to both the officials and those involved in organising and supervising the test.
PROVINCIAL FITNESS TESTING BY PROVINCIAL ASSOCIATIONS

-The FIFA Fitness Test for Referees or the Cooper Test are the required fitness test for Provincial officials. Officials must meet the following standards to successfully complete the respective tests:

**FIFA Fitness Test**
- Reference time – All match officials, regardless of gender, must meet the National Referee Standard as outlined in Appendix A

**Cooper Test**
Men – Minimum of 2700 m in 12 minutes
Women – Minimum of 2400 m in 12 minutes
- Two 50m and two 200m sprints to be completed 7.5 and 32 seconds respectively for each sprint (male) and 9 and 40 seconds respectively for each sprint (female).
- Match Officials will be required to undertake this test during the month of [insert month] and must successfully complete this test in order to officiate as a Provincial official.
- Female Provincial match officials will be required to pass the National Referee Standard for the FIFA Fitness Test or Cooper Test to officiate in senior men’s competitions.
- Where a match official fails the initial test they will be required to have attained the minimum standard by [insert month] 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 Association 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 Fitness Test or Cooper 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 Associations. The CSA expects that all Regional and District referees in the promotion scheme and those nominated for National competitions (Club Nationals, All Stars, etc) will have successfully completed the fitness test to the minimum standard as outlined below.
- The Cooper Test, including the sprints, remains the recommended fitness test for Regional officials and below. Match officials are required to undertake a 12 minute continuous run, it is recommended that Regional referees and below should complete a minimum of 2400m. Timings for the sprints may be adjusted to 50m within 9 seconds and 200m within 40secs.
- Referees seeking promotion will be expected to meet the fitness test standard for the promotion level.
Appendix A

FIFA Fitness Test

REFEREES & ASSISTANT REFEREES: TEST 1

Measure:
- Average running speed during repeated fast runs over a specific match distance (in km/hr)

Test:
- 6 x 40 m sprint followed by max. 1 minute 30 seconds recovery after each sprint (while walking back to the start)
- Dynamic start with the front foot on a line that is 1.5 m away from the electronic timing gates at the starting position
- NB: If it is not possible to record the times electronically, one observer signals the moment the referee runs through the first gate using an accurate flag signal. The second observer is positioned in line with the second gate and stops the stopwatch when the referee runs through
- For reasons of uniformity, testing is done on an athletic track

Procedure:
- The referees line up one by one. Once the test supervisor signals that he is ready, the referee can decide when to start

Reference time – All Canadian National List Match Officials regardless of gender:
- 6.2 seconds for referees, 6.0 seconds for assistant referees, for each of the 6 fast runs

Other instructions:
- If a referee or assistant referee falls or trips, he is given another trial (1 trial = 1 x 40 m)
- If a referee or assistant referee fails 1 trial out of the six, then he is given 1 more trial (and one only) immediately after the 6th trial. If he fails 2 trials, the match official has failed the test.
- Athletic spikes may not be used during any of the repeated fast runs.
REFEREES & ASSISTANT REFEREES: TEST 2

Measure:
- Capacity to perform repeated high-intensity runs

Test:
- Intermittent activity run in accordance with the pace set by an audible signal
  - For reasons of uniformity, testing is done on an athletic track.

Reference times – All Canadian National List Match Officials regardless of gender:
- On the first signal, referees must cover 150 m in 30 seconds from the starting position (1). Then they have 35 seconds to cover 50 m, walking (2). On the next signal, referees must again run 150 m in 30 seconds (3), followed by 50 m walking in 35 seconds (4). This equals 1 lap. The minimum number of laps to be covered is 10.
- On the first signal, assistant referees must cover 150 m in 30 seconds from the starting position (1). Then they have 40 seconds to cover 50 m, walking (2). On the next signal, assistant referees must again run 150 m in 30 seconds (3), followed by 50 m walking in 40 seconds (4). The minimum number of laps to be covered is 10.

Procedure:
- Each and every match official must arrive before the signal in the ‘walking area’ that is marked by 4 cones (3 m in front, and 3 m behind the 150 m mark). If an official fails to put 1 foot in the walking area in time, the observer signals and that official must stop.
- Match officials may not leave the ‘walking area’ before the next signal.
- Match officials run in small groups comprising a maximum of 6 referees (by preference).
- Timing equipment: DVD and speakers are needed for this test, as well as clearly indicated running and walking areas.