

Fitness Test Requirements for 2024

All match officials are advised that the following fitness test requirements will be in place for the 2024 season, as determined by the Referees' Technical Committee.

In determining these requirements, the committee sought to achieve a balance between appointing match officials with an appropriate level of fitness and maintaining sufficient coverage of match officials across Football West competitions.

Competition(s)	Fitness Test	<u>Expectation</u>
<ul style="list-style-type: none"> NPLWA Men's First Team 	FIFA	10 laps
<ul style="list-style-type: none"> State League Division 1 & 2 (First Team) NPLWA Men's Under 20 NPLWA Men's First Team – AR 	FIFA	8 laps
<ul style="list-style-type: none"> NPLWA Women's First Team Amateur Premier 	FIFA	6 laps
<ul style="list-style-type: none"> State League Division 1 & 2 (Reserves & Under 18) NPLWA Men's Under 18 NPLWA Women's Under 23 Amateur Division 1- 4 Amateur Premier Reserves 	Timed Run OR FIFA	2000 metres OR 5 laps
<ul style="list-style-type: none"> All other competitions All AR duties (except NPLM) 	None	None



The FIFA fitness test dates for the 2024 season are as below – note that the timed run fitness test may be completed on any training night, although referees are encouraged to attend on these dates:

Pre-Season FIFA Tests:

- 21 February
- 26 February
- 28 February

=The venue for all fitness tests will be Coker Park (Ern Clark Athletics Track), Queens Park

An optional warm up will commence at 6:30pm with testing commencing at 7:00pm **SHARP**.

FIFA Test Information

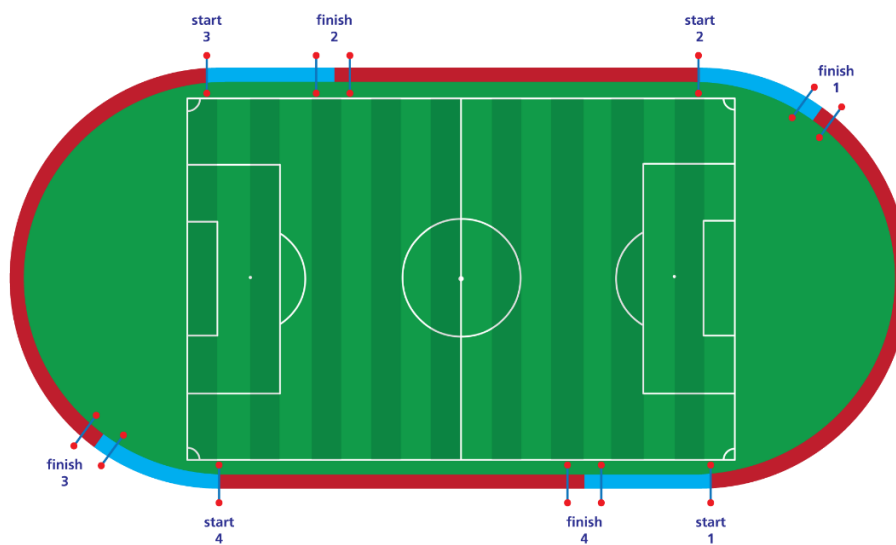
Part 1: Repeated Sprint Ability

- Referees must perform six (6) sprints of 40 metres in a maximum time of 6.4 seconds for each sprint
- 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.

Part 2: Interval Test

- Referees must cover a specified distance made up of 75 metre run and 25 metre 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 1.5 metres behind and in front of the 75 metre line.
 - Men must complete 15 seconds per 75 metre run and 20 seconds per 25 metre walk

- Women must complete 17 seconds per 75 metre run and 22 seconds per 25 metre walk
- 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.



Timed Run Test Information

- Referees must run for 12 minutes and cover a minimum of 2000 metres (5 laps of the athletics track)
- The referee must not stop running after completing the required distance, they must continue until the 12 minutes have expired