

## Fitness Test Conditions

### Test Requirements

#### Test 1 - Sprints

- 6 x 40 metres
- 6.2 seconds for Categories 1 and 2
- 6.0 seconds for Categories 3SAR, 3 and 4A
- 6.6 seconds for Category 4B
- 6.8 seconds for Category 4B referees over the age of 47

#### Test 2 - Laps

- Categories 1 to 4A require to complete 10 laps (20 x 150 metre runs inside 30 seconds each run) with the following recovery:
- 35 seconds each walk for Categories 1 and 2
- 40 seconds each walk for Categories 3SAR, 3, 4A and 4B
- Category 4B referees over the age of 47 years require to complete 8 laps (16 x 150 runs inside 30 seconds). Recovery time is a 45 seconds each walk

#### June Test (St Andrews)

- Categories 1, 2, 3(SAR), and 3 undertake the Test at National level under the supervision of the Scottish FA
- A referee who fails to successfully complete the Test may not officiate in Senior football with immediate effect
- In the event that a referee is unable to attend the Test at National level on the arranged date(s), he will be required to sit the Test on a date decided by the Scottish FA.
- The Test must be completed a date set by the Scottish FA, with the exception of special circumstances such as injury. Referees who otherwise fail to present themselves for the test by this date may not officiate in senior football with immediate effect.

#### August Test

- Category 4A undertake the Test at National level under the supervision of the Scottish FA
- Category 4B referees undertake the test at their own association under the supervision of the Association Manager.
- A referee who fails to successfully complete the Test may not officiate in Senior football with immediate effect
- In the event that a referee is unable to attend the Test at National level on the arranged date(s), he will be required to sit the Test on a date decided by the Scottish FA.
- The Test must be completed by 31<sup>st</sup> August, with the exception of special circumstances such as injury. Referees who otherwise fail to present themselves for the test by this date may not officiate in senior football with immediate effect.

#### October Test

- Categories 1, 2, 3(SAR) and 3 undertake the Test at National level under the supervision of the Scottish FA
- Categories 4A and 4B undertake the test at their own association under the supervision of the Association Manager.
- A referee who fails to successfully complete the Test may not officiate in senior football with immediate effect
- In the event that a referee is unable to attend the Test at National level on the arranged date(s), he will be required to sit the Test on a date decided by the SFA.
- Allowance will be made, on a case by case basis, for any referee who may not be able to present himself for the test due to injury by 31<sup>st</sup> December.
- The Test must be completed by 30<sup>th</sup> November, with the exception of special circumstances such as injury. Referees who otherwise fail to present themselves for the test by this date may not officiate in senior football with immediate effect

#### Spring Test (March/April)

- All Categories will undertake the Test at their own association under the supervision of the Association Manager.
- A referee who fails to successfully complete the Test may not officiate in senior football with immediate effect

#### Test 1: Procedure

- Electronic gates (photocells) at the start and the finish are used for the test. If it is not possible to record the times electronically, an experienced physical instructor should control the time with a manual chronometer.
- The referees run 6 x 40 m sprint followed by max. 1 minute 30 seconds recovery after each sprint (while walking back to the start).
- The start will be dynamic with the front foot on a line that is 1.5 m away from the start.
- The referees line up one by one. Once the test leader signals that the electronic timing gates are set, the referee can decide when to start.
- If a referee falls or trips, he is given another trial (one trial = 1 x 40 m).

#### Test 2: Procedure

- The referees will cover 150 m running followed by 50 m walking in accordance with the pace set by a single whistle according to the reference times.
- The referees will repeat the 150 m running and 50 m walking 20 times, equal to 4,000 m or ten laps of a 400 m athletics track.
- Each referee must arrive before the whistle in the "walking area" that is marked by four cones (3 m in front and 3 m behind the 150 m mark). If a referee fails to put one foot in the walking area on time, the observer signals and the referee receives a warning. If a referee fails to put one foot in the walking area on time for a second time, the observer signals and the referee must stop.
- The referees must not start running before the next whistle. For this purpose the assistant test leaders are positioned at the start positions with a flag in their hands. They block the lane on the track until the next whistle by keeping the flag in a horizontal position. On the whistle, the flag goes down so that the referees can start running.
- The referees run in small groups preferably comprising a maximum of six referees. If applicable, four different starting positions can be used, with each subgroup being monitored by an individual observer throughout the test.
- One chronometer and one whistle are needed for this test, as well as clearly indicated running and walking areas. An audio CD with the reference times could be used as well.

#### General Conditions

- Three attempts are allowed to pass the Test. The count starts from a referee's first fail on a continuous rolling basis.
- The deadline for passing the Test is 31<sup>st</sup> December, failing which the referee's name will be removed from the List of Referees for the remainder of the season. Exceptions to this, to take account of a referee either with a long term injury or one returning from injury, will be made on a case-by-case basis at the discretion of the Referee Committee.
- Failure to complete any of the three Tests prevents a referee from officiating in senior football only. The condition does not apply to Junior football.
- The Referee Committee reserves the right to request a referee to submit a medical certificate to confirm the nature of an injury
- Women referees included in the List of Referees, or being nominated for inclusion, require to complete the applicable fitness test criteria for the List.
- Referees who are unable to attend a test at their own association must arrange to attend a test at another association.
- An SFA representative, normally the Referee Committee member with liaison responsibilities for the relevant association, should attend the local Referees' Associations tests to ensure compliance with the test conditions.
- Referees who are being nominated to FIFA for inclusion in the List of International Referees and Assistants require to complete the applicable FIFA Fitness Test. This Test will count as their November Test, should the FIFA Test be arranged for that month.