



## **Fitness Test Conditions**

### **Test Requirements**

#### **Cat 1, Cat 1 Dev, Cat 2, Cat 2 Dev, Cat 3, Cat 3 Dev and Cat 4**

##### **Test 1 – Repeated Sprint Ability**

- 6 x 40 metres
- 6.0 seconds for Cat 1 , Cat 1 Development , Cat 2 and Cat 2 Development
- 6.1 seconds for Cat 3 ,Cat 3 Development,
- 6.6 seconds for Cat 4, and Cat 4 Development
- 6.8 seconds for Cat 4 referees over the age of 47

##### **Test 2 – Interval Test**

- 10 laps (40 x 75 metre runs/25 metre walk) require to be completed in accordance with the following:
- Categories 1 to 2 Development: maximum 15 seconds per 75m run and 18 seconds per 25m walk
- Categories 3 and 3 Development: maximum 15 seconds per 75m run and 20 seconds per 25m walk
- Categories 4 and 4 Development: maximum 15 seconds per 75m run and 22 seconds per 25m walk
- Category 4 referees over the age of 47 years require to complete 8 laps (32 x 75 metre runs/25 metre walk):maximum 15 seconds per 75m run and 24 seconds per 25m walk

#### **Cat 3SAR and Cat 3SAR Dev**

##### **Test 1 – CODA (Change of Direction Ability)**

- 1 run totalling 36 metres within a maximum of 10 seconds

##### **Test 2 – Repeated Sprint Ability**

- 5 x 30 metres
- 4.70 seconds

##### **Test 3 - Interval Test**

- 10 laps (40 x 75 metre runs/25 metre walks inside 15 seconds each run) with 20 seconds recovery per walk

### **Test Procedures**

#### **Repeated Sprint Ability**

- Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each sprint using a manual stopwatch.
- The 'start' gate should be placed at 0m and the 'finish' gate at 40m. The 'start line' should be marked out 1.5m before the 'start' gate.

- Referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the referee is free to start.
- Referees should receive a maximum of 60 seconds recovery between each of the 6 X 40m sprints. During their recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
- If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.
- All six sprints must be undertaken (notwithstanding the occurrence of an injury by a referee).
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### **CODA (Change of Direction Ability)**

- Electronic timing gates (photocells) should be used to time the CODA. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
- Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
- Only one timing gate is required for the CODA. The 'start line' should must be marked out 0.5m before the timing gate.
- Assistant referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the assistant referee is free to start.
- Assistant referees sprint 10m forward, 8m sideways left, 8m sideways right and 10m forward.
- If an assistant referee falls or trips, they should be given an additional trial.
- If an assistant referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.

### **Interval Test**

- Referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 laps of a 400m athletics track. The pace is dictated by the audio file and reference times are set in accordance with the referee's category. If an audio file is not available, an experienced physical instructor should use a stopwatch and whistle.
- Referees must start from a standing position. They must not start before the whistle. To ensure that referees do not start early, assistant test leaders should be positioned at each start line to control the start. A flag may be used to block the lane until the whistle has sounded. On the whistle, the flag should be dropped, allowing the referees to start running.
- At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
- If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.
- It is recommended that the test be run in groups comprising no more than six referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated with a test leader who should monitor their group closely throughout the test.

### **Test Schedule**

Tests will be held in June and October each year. The following conditions apply:

- Cat 1, Cat 1 Dev, Cat 2, Cat 2 Dev, Cat 3SAR, Cat 3SAR Dev, Cat 3, Cat 3 Dev, undertake the Test at National level under the supervision of the Scottish FA
- Cat 4 and Cat 4 Dev undertake the Test at their own Association under the supervision of the Association Manager
- In the event that a referee is unable to attend the Test at National level on the arranged date(s), he/she will be required to sit the Test on a date decided by the Scottish FA.
- The June Test must be completed by 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.

- The October Test must be completed by 31<sup>st</sup> October, 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

### **Classification in the List of Referees**

A referee's classification in the List of Referees for each new season is confirmed on passing the Test relative to his/her Category.

### **General Conditions**

- A referee who fails to successfully complete the Test or fails to present himself/herself by the set date the Test may not officiate in Senior Football with immediate effect. The condition does not apply to Junior Football.
- Three attempts are allowed to pass the Test. The count starts from a referee's first fail on a continuous rolling basis.
- If a referee has not completed the Test by 31<sup>st</sup> December, his or her name will be removed from the List of Referees for the remainder of the season. The Referee Committee retains discretion to exempt a referee from this condition by taking into account the referee's personal circumstances which have prevented his or her undertaking the Test by this date. Referee Committee reserves the right to request a referee to submit a medical certificate to confirm the nature of an injury
- Cat 4/Cat 4 Dev Referees who are unable to attend a test at their own Association must arrange to attend a Test at another Association.
- A Scottish FA representative, normally the Referee Committee member with liaison responsibilities for the relevant association, should attend tests held by Referees' Associations to ensure compliance with the test conditions.
- A failure of a Test will automatically render a referee ineligible for an international appointment until such time as the Test is passed.

### **Conditions Applicable to a Third Successive Failure of the Test**

The following conditions apply automatically in the event that of a third successive failure of the Test by a referee in the respective Categories:

Cat 1, Cat 1 Dev, Cat 2 and Cat 2 Dev

The referee will be re-classified to Cat 3 (if the sprint times are achieved) or Cat 4 for the remainder of the season

Cat 3 SAR/Cat 3 SAR Dev

The referee will be re-classified to Cat 3 or Cat 4 for the remainder of the season if the Cat 3 Test conditions are achieved

Cat 3/Cat 3 Dev

The referee will be re-classified to Cat 4 for the remainder of the season

Cat 4/Cat 4 Dev

The referee will be re-classified to Cat 5 for the remainder of the season

### **Conditions Applicable to a failure to achieve the Test 1 and Test 2 times for Cat 3SAR/Cat 3 SAR Dev**

In the event that a referee fails to achieve the times for either Tests 1 or 2, the referee shall not be eligible for the highest level of appointments allocated to Cat 3 SAR/Cat 3 SAR Dev until such time as he/she meets the requirements of the Cat 3SAR/Cat 3 SAR Dev sprint times. During such a period, the referee shall be eligible for appointments normally allocated to Cat 3.

### **Nomination to FIFA List of International Referees and Assistants**

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. The conditions relative to these Tests are provided in the FIFA Fitness Test Document.