

Guidelines for Fitness of Umpires

Effective from 30th October 2025

Fitness Testing Submission Dates

- **Outdoor Umpires:** All outdoor umpires, regardless of panel, are required to submit fitness tests three (3) times per year, within the following testing windows:
 - 1-31 March
 - 1-31 July
 - 1-30 November
- **Exclusive Indoor and/or Hockey5s Umpires:** Umpires that are exclusively registered as active FIH Indoor and/or Hockey5s (https://tms.fih.ch/officials/reports/active?role_id=3) and not Outdoor umpires are required to submit one fitness test during the following dates:
 - 1-30 November

Level expectations per gender

The following levels are required for FIH international umpires:

Gender and Panel	Yoyo Intermittent Recovery Test	RSA Test
Women (all panels)	1120m (16.1)	6.8 sec
Men (all panels)	1720m (17.8)	6.4 sec

Failure to submit, meet or incapacity to report fitness requirements and results

- **Failure to submit fitness results:** Failure to submit fitness testing results in accordance with the FIH Umpire Fitness Guidelines may, at the discretion of the FIH Umpiring Committee, lead to the Umpire being re-graded and/or considered inactive and will not be considered for FIH appointments. Existing appointments may be withdrawn.
- **Failure to meet the fitness requirements:** Failure to meet the required fitness test levels expected as per gender and panel may result in loss of consideration for upcoming FIH appointments and being re-graded. Existing appointments may be withdrawn.
- **Incapacity to report fitness results:** If an umpire cannot perform when a test is to be forwarded (injury, pregnancy, etc.) the National Association should contact FIH Sport Coordinator, [Emma Brooks](#), before the end of the fitness period, providing the reason, a certificate and an expected recovery/return date. When the umpire is again able to perform, a new fitness test can be reported outside the normal submission schedule.

Please note that umpires have one month to submit their fitness tests per testing window. If an umpire fails to submit or fails to meet the fitness requirement within the testing window, then the umpire has not passed the fitness test for that window. Extensions will not be granted for umpires who fail to submit or meet the fitness requirements, unless a valid explanation for incapacity is submitted within that fitness testing window.

Testing Protocols

- All fitness tests are required to be video recorded and retained for six (6) months post submission, by both the Umpire and their NA representative signing off their test. The FIH Umpiring Committee may request access to these videos at any given point in time during this period.
- Recordings need to include the video and audio of the fitness test, clearly show the witness, the YO-YO test set up and RSA test boundary lines.
- It is advised to make use the following checklist to assist with the accuracy of your fitness test submission:

YOYO Intermittent Recovery Test Level 1 Protocols	Check
Test link is from the FIH website or i.e. https://www.youtube.com/watch?v=xoRUOmm6XZY	
Test is videoed	
20m shuttle plus 5m recovery section distances are measured with measuring tape or other device (e.g. wheel) and all measurements are shown on video	
Sound of the bleeps can be heard on the video – suggest using a mini speaker	
Witness is in the video	
Witness has knowledge of YOYO protocols e.g. when to warn and when to stop	
Results & video link are submitted to NA who then submit via the official online Fitness Test results form	
Repeated Sprint Ability Test (RSA)	
Test is videoed	
40m sprint plus 1.5m start gate distances are measured with measuring tape or other device (e.g. wheel) and all measurements are shown on video	
If no gates – runners can start from a standing start	
If electronic gates being used – runners start from 1.5m behind starting gate	
6 tests are completed with maximum of 60 seconds between each run	
If one test does not meet the standard, then a 7 th test should be conducted	
Witness is in the video	
Results should be submitted to 1/100 e.g. 6.22 and not 6.2	
Results & video link are submitted to NA who then submit via the official online Fitness Test results form	

Fitness Testing Methods

FIH international umpires are required to run the following two (2) fitness tests, which aim to mirror the conditions during matches as much as possible:

1. The YO-YO Intermittent Recovery Test

- Please use the following YouTube version of the Yo-Yo Intermittent Recovery Test:
<https://www.youtube.com/watch?v=xoRUOmm6XZY>
- Umpires should line up along the “start” line (0 m). They start with a foot behind the starting line and begin running when instructed by the audio recording.
- The umpires turn at the 20 metre line when signalled by the audio beep and return to the starting point.

- d. After completing the 40 metre shuttle, they walk or jog to the 5 metre recovery cone and back to come to a complete stop at the “start” line again, before starting off again when indicated by an audio beep. Umpires must not start before the audio beep.
- e. The witness gives a warning when the umpire commits any of the following infractions
 - i. Starts the run before the audio beep
 - ii. Does not reach the 20 m line before the audio beep
 - iii. Turns without touching or going over the 20 m line
 - iv. Does not return to the 0 m line before the audio beep
 - v. Does not come to a complete stop at 0 m before starting the next 40m run
- f. The test ends when the umpire withdraws upon reaching their limit, or when the witness indicates a second infraction has occurred.
- g. The umpire’s score is the level or total distance covered in the last complete successful shuttle. e.g. If the second warning or the withdraw occurs during level 16.4, the umpire’s score is 16.3.
- h. Test witnesses are encouraged to make use of the following link for additional guidance: <https://www.youtube.com/watch?v=HVZ4sXHtMDM>

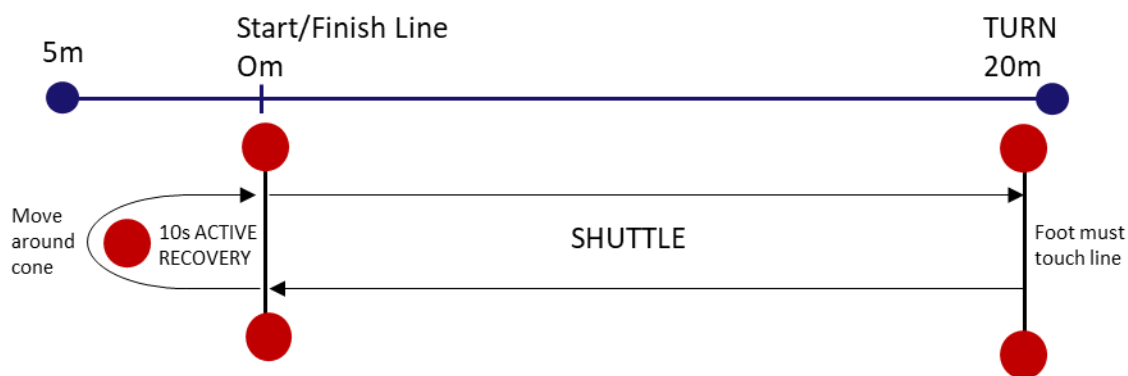


Figure 1 - The setup for the YO-YO Intermittent Recovery Test

2. Repeated Sprint Ability (RSA) Test – The same test can be administered without gates

- a. 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”.
- b. Umpires 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 umpire is free to start.
- c. Umpires should receive a maximum of 60 seconds recovery between each of the 6 X 40m sprints. During their recovery, umpires must walk back to the start.
- d. If an umpire 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 official has failed the test.

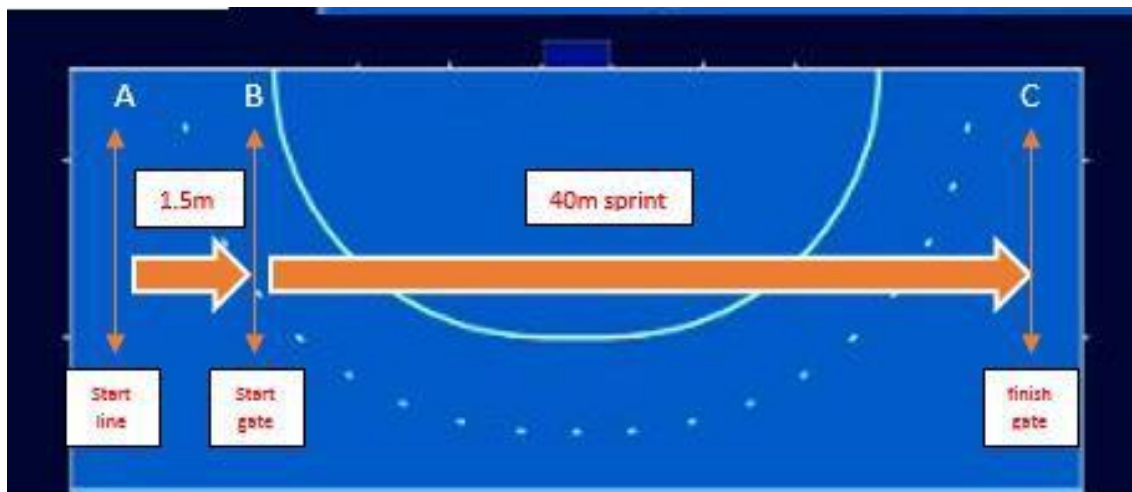


Figure 2 - The setup for the Repeated Sprint Ability Test

Submission

Fitness Test submissions may only be made through the National Associations. The fitness test must be monitored by an FIH Technical Official, an FIH Umpires Manager or a representative of the National Association. Where such an official is not available, the test may be witnessed by someone who understands the testing procedures. Their full contact details must be included with the test submission. The witnesses must send the results to the National Association, allowing enough time to ensure the results are submitted to FIH using the official online form before midnight on the last day of the due date (Lausanne time).

A form is available on the FIH website for the witnesses, should they want to use it to assist with taking down the results (<https://www.fih.hockey/static-assets/pdf/fih-umpire-fitness-test-results-witness-assistance-form.pdf>)

The National Association is required to complete the official online form for all their umpires according to the reporting due dates and submit it to FIH:

https://fih.formstack.com/forms/fih_umpire_fitness_test_results_form.