

PLEASE NOTE: This Form is a blank version of the official online submission form. It is only to be used to assist the witness in marking down the results of the umpire's fitness test. It is not valid as an official submission.

Umpire Fitness Test Results Form

Date of the fitness test

Umpire's name

Umpire's Gender

Umpire's Panel

Exclusive Indoor and/or Hockey5s
Umpire (only FIH indoor and/or
FIH hockey5s and not FIH
outdoor)

National Association

Continental Federation

Yo-Yo Intermittent Recover Test
Level 1 (distance run in m)*

RSA Test - 40m (2 decimal places
e.g. 6.00): -Sprint 1

RSA Test - 40m (2 decimal places
e.g. 6.00): -Sprint 2

RSA Test - 40m (2 decimal places
e.g. 6.00): -Sprint 3

RSA Test - 40m (2 decimal places
e.g. 6.00): -Sprint 4

RSA Test - 40m (2 decimal places
e.g. 6.00): -Sprint 5

RSA Test - 40m (2 decimal places
e.g. 6.00): -Sprint 6

RSA Test - 40m (2 decimal places e.g.
6.00): -Sprint 7 (Only if needed)

Declaration

I declare that the test has been approved by the National
Association

**Declaration of Video Recording
and Retention**

I declare that, in line with the FIH Guidelines for Fitness of Umpires, this fitness test was video recorded and will be retained for six (6) months post submission, by both the Umpire and their NA representative who signed off this test.

Name of the witness of the test

Designation of the witness

Name of the NA representative

**Designation of the NA
representative**

**Signature of the NA
representative**

**I want a confirmation of my
submission**

**Please send a confirmation to
this email address:**

**Add a confirmation email address
(the one from the umpire for
them to be notified of your
submission)**

**Please send a confirmation a to
this email address (the one from
the umpire for them to be
notified of your submission):**
