

## Umpire Fitness Test Results Form

Please find on the link below the information document of the reminder of fitness levels and requirements per panel (Umpire Fitness Guidelines):

[FIH UMPIRES AND UMPIRES MANAGERS | OFFICIAL DOCUMENTS](#)

Umpire's name and surname:	
Umpire's gender:	
Umpire's panel:	
Exclusive Indoor Umpire:	
National Association:	
Continental Federation:	
Date of the test:	

### Fitness Tests

The tests need to be witnessed and results approved either by an Official from your National Association or FIH.

#### 1. *The YO-YO Intermittent Recovery Test*

- a. Umpires should line up along the "start" line. They start with a foot behind the starting line and begin running when instructed by the audio recording.
- b. The umpires turn when signalled by the recorded audio beep at the line 20 meters away and returns to the starting point.
- c. After completing the 40 meters of run, they walk or jog to the next line and back to come to a complete stop at the "start" line again, before starting off with indicated.
- d. The umpires must continue for as long as they can. Some of them will choose to stop when they have reached their physical limit. For others, you will need to give a warning as they drop behind the required pace or make one of the errors listed below. On the second infraction, you pull them out of the test.
- e. You give a warning when the umpire
  - i. Starts the run before the audio signal
  - ii. Does not reach either line before the audio signal
  - iii. Turns without touching or going over the line
  - iv. Does not come to a complete stop before starting the next 40m run
- f. The umpire's score is the level or total distance covered in the last complete successful shuttle. The shuttle at which the second warning or a withdraw occurs is not counted, e.g. If the second warning or the withdraw occurs at level 16.4, the umpire's score is 16.3.
- g. Please use the attached YouTube version of the Yo-Yo Intermittent Recovery Test: <https://www.youtube.com/watch?v=xoRUOmm6XZY&t=260s>

Updated June 2021

## 2. Repeated Sprint Ability (RSA) Test

- 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.

### Fitness Test Results

#### 1. The YO-YO Intermittent Recovery Test (distance run in m)

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#### 2. RSA Test - 40m (use a comma between seconds and the hundredths of seconds)

Sprint 1:	
Sprint 2:	
Sprint 3:	
Sprint 4:	
Sprint 5:	
Sprint 6:	
Sprint 7 (If Needed):	

I Declare that the test has been witnessed by an FIH Official or a representative of the National Association

Witness' Name:	
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<u>Witness' Signature:</u>	<u>Umpire's Signature:</u>