

As we move towards a more professional approach, and one that is composite with FFA and other State Federations, there will be a slight adjustment to the 2018 fitness assessments procedures. Members were advised and alerted to these changes at the AGM enabling them to adequately prepare for the assessment.

The main changes are as follows:

- ✓ Altered times for the State League test – which brings it more towards a standard FIFA Category 4 test.
- ✓ Combined the WPL and SL tests with revised distances to compensate for the SL member times.
- ✓ CODA testing introduced for the assistant referees. WPL assistant referees, who wish to be considered for NPL lines will also need to complete the NPL 1-2 test.
- ✓ Greater scrutiny for interval test participants, particularly with the starting procedures.

To assist with your preparation and possibly your understanding of the test procedures the following information is offered.

Registration & Check-in

Members must use the prescribed jotform registration, completed prior to the test.

Members who have not registered, by the prescribed time will not be accepted as a participant on the day – registration is compulsory!

Upon arrival, the participant must report to a co-ordinator and have their name checked off plus receive a **coloured/numbered bib that must be worn for the entire testing process.**

Bibs are to be returned to the co-ordinator at the end of the individual's test.

Warm-up

Participants should arrive at the track a minimum of 45' (minutes) prior to the scheduled commencement of their test.

A specific physical warm-up routine will be facilitated and it is expected that each participant completes the routine.

This is an important element of the test and also minimises injuries through the test.

Recovery: 5' to 8' between warm-up and sprints.

During this period the instructor will announce the grouping and running positions – It is the participants' responsibility to be ready and in position for the start of each of the test components – If you are late then you will forfeit your position on the test. We will not wait!!!

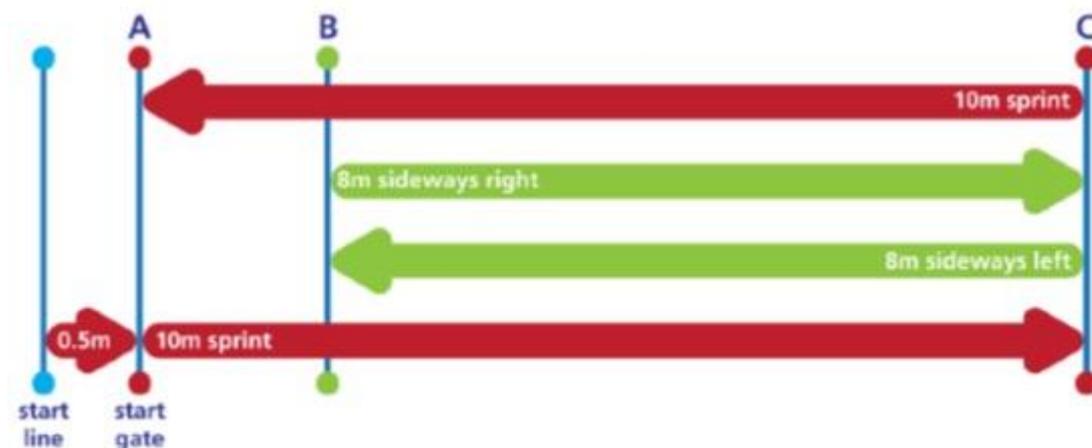
CODA TEST (Change Of Direction Assessment)

As the name suggests, this test is designed to test (measure) the participant's speed of a set course, which is assimilated to the movement of an assistant referee.

All members who are or maybe appointed as an assistant referee will need to complete this test.

Procedure;

- ✓ The test is completed, one participant at a time, and their individual times are recorded.
- ✓ Times for each test are listed in the attached schedule.
- ✓ The start is a dynamic (moving) start.
- ✓ Participants stand with their leading foot on the start (blue) line.
- ✓ When instructed to by the starter, the participant launches into their stride and accelerates (sprints) to line C (10mts).
- ✓ Side step to the left from line C to line B.
- ✓ Side step to the right from line B to line C.
- ✓ Forward acceleration (sprint) from line C to finish line A.
- ✓ The test is only completed once, unless the participants is unsuccessful in meeting the expected time, in which case they are afforded a second opportunity, immediately following the completion of this portion of the test.
- ✓ Should the participant not make the required time a second time, then they shall complete the test, including the sprints and the HIT and their results will be determined by the TSC. This could result in the participant having to complete the same or a lesser test at another time or being appointed to grades composite with their results.



Sprints (RSA – Repeated Sprint Ability – 6 x 40mts)

As with last season, the sprint component will use timed using electronic timing gates, which ensures accuracy and consistency with measurement.

Procedure;

- ✓ Participants will be placed in starting groups and given a numbered bib.
- ✓ Once the groups are distributed, the participant must stay in that group and order until the entire test, including the HIT, is complete.
- ✓ The sprints are completed, one participant at a time and their individual times are recorded.
- ✓ Times for each test are listed in the attached schedule.
- ✓ The start is a dynamic (moving) start.
- ✓ Participants stand with their leading foot on the start (blue) line.
- ✓ When instructed to by the starter, the participant launches into their stride and accelerates through to the finish gate.
- ✓ After each sprint the participant has 60” (1 minute) to walk (recovery) back to the starting line, ready to sprint again when it is their turn.
This recovery period is specific and forms part of the test procedures.
- ✓ There are 6 x 40mt sprints required in the specified time for each test category.
- ✓ Should a participant not make the required time then they are afforded another run.
- ✓ Should the participant not make the required times then they shall complete the test, including the HIT and their results will be determined by the TSC. This could result in the participant having to complete the same or a lesser test at another time.

Reaction time, start and acceleration technique, is crucial and the participant is advised to practice this procedure, so they are fully conversant with the requirements on test day.

Runners need to focus on a mark, at least 5mt, behind the finish gate.

This should ensure the finish gate is ‘broken’ at full speed.

Participants should avoid deaccelerating before the gates, as this will drastically increase their sprint time and could be the difference between a test pass or not.



Interval Run (High Intensity Test)

The HIT consists of a series of 75mt runs and 25mt walk recoveries.

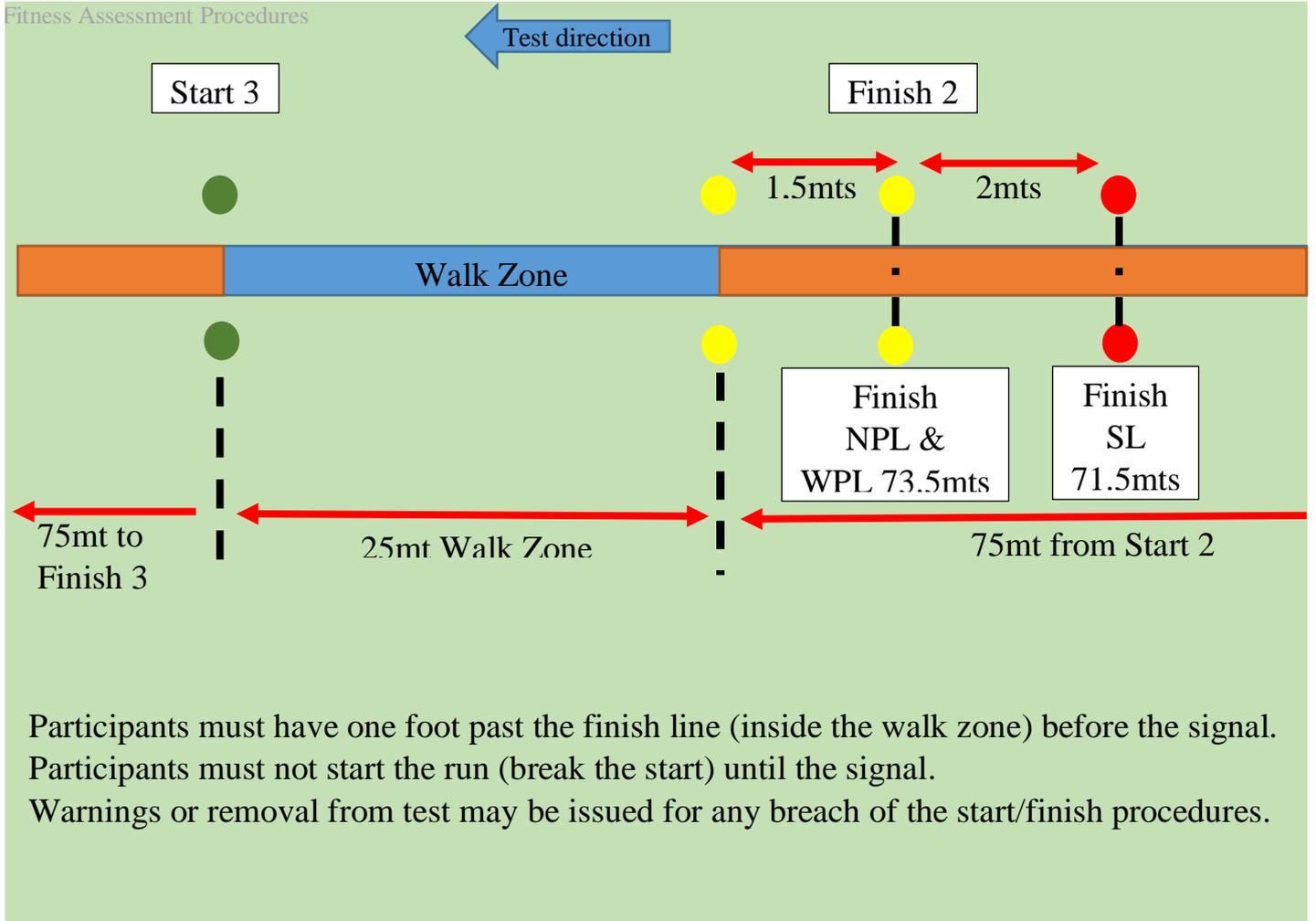
A 75mt run + 25mt walk constitutes one run. One lap equals four runs. The number of runs/laps required are listed in the schedule.

This also means there is more distance required to 'run the bend' and the individual group should consider regularly alternating the inside runners to afford every participant some of the benefits of the inside lane.

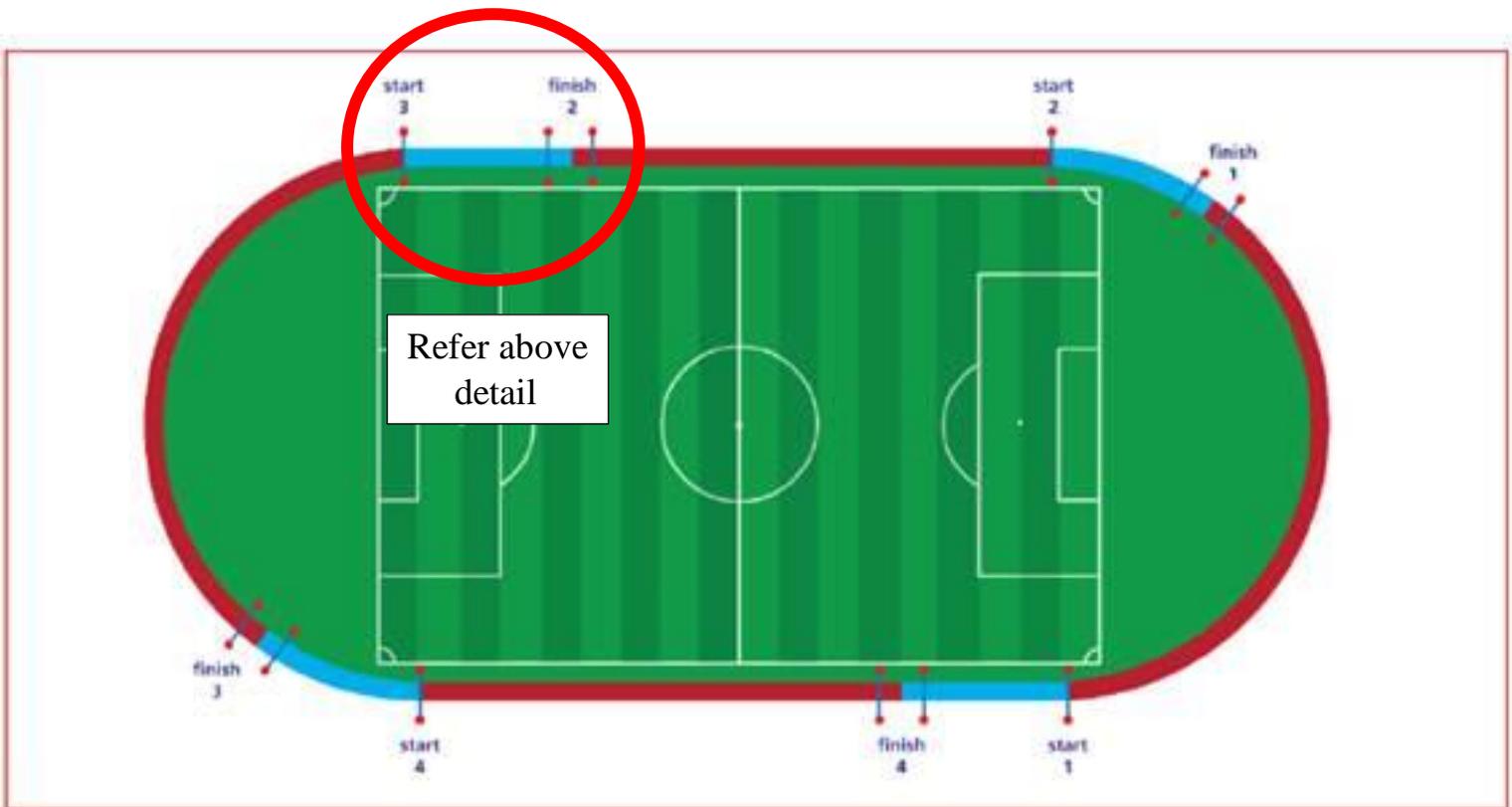
Procedure;

- ✓ Participants must wear the coloured bib issued at the start of the test and remain in that group. Maximum 6 per group and 4 groups per test.
- ✓ Participants must be in their starting zones, which is at line at the end of the respective walk zone, 2 minutes prior to the start of the test.
- ✓ On the signal (either a tone or whistle), the participants will run to the finish of the 75mt section (distances revised for State League test) and are required to reach the start of the walk zone before the next signal. When using the sound file there is a 10' and 5' warning.
- ✓ Participants then walk, through the walk zone, to the next starting point.
- ✓ On the signal (either a tone or whistle), the participant starts the next run. Participants must be careful of breaking the start – cautions will be issued!
- ✓ To pass the test, the above procedure needs to be completed in accordance with the number of runs shown in the attached schedule.
- ✓ 10 laps is considered as a pass for the NPL and WPL tests, with 7 laps for the State League test. Participants are encouraged to reach the 'Desirable' level for their respective test.
- ✓ To complete the run section correctly, the participant must have at least one foot inside the line of the first cone marking the walk zone (refer to attached diagram)
- ✓ Should the participant not complete the run in this manner, they will be 'warned' by the relevant 'test observer'.
- ✓ Should they fail to complete the run or break the start a number of times, the 'test observer' will issue a caution (yellow card) as a final warning.
- ✓ If the participant continues to 'miss the zone' they will be cautioned a second time. This is recorded on the test sheet.
- ✓ This participant has the option to keep running or withdraw from the test.
- ✓ If they withdraw from the test they will be offered another opportunity at a later date.
- ✓ If they continue to run, the number of completed laps will be recorded, or if they finish the test it will be marked as, test completed but not passed. This may be taken into account by the TSC when considering what level the participant can be appointed to.
- ✓ Once a participant withdraws from the test or stops running, they are not permitted to re-join the test.

Fitness Assessment Procedures



Participants must have one foot past the finish line (inside the walk zone) before the signal.
 Participants must not start the run (break the start) until the signal.
 Warnings or removal from test may be issued for any breach of the start/finish procedures.



Fitness Assessment Schedule

NPL Test								
Test Category	Interval Run						6 x 40mt Sprints	CODA x 1
	5 laps 20xRun/ Walk	7 laps 28xRun/ Walk	10 laps 40xRun/ Walk	12 laps 48xRun/ Walk	Times Run/Walk	Distance		
NPL 1-2 First Grade Ref			Pass	Desirable	15/18	73.5	6.00"	
NPL 3 First Grade Ref		Limited	Pass	Desirable	15/18	73.5	6.20"	
NPL 1-2 U20/18 Ref			Pass	Desirable	15/18	73.5	6.00"	
NPL 3 U20/18 Ref		Limited	Pass	Desirable	15/18	73.5	6.20"	
NPL 1-2 A/R			Pass	Desirable	15/18	73.5	6.00"	10.00"
NPL 3 A/R Only	Limited	Pass	Desirable		15/18	73.5	6.20"	10.30"
WPL Test/State League								
WPL First Grade Referee			Pass	Desirable	17/20	73.5	6.40"	
WPL A/R (1 st Grade Only)		Limited	Pass	Desirable	17/20	73.5	6.20"	11.00"
WPL Reserve Grade Ref	Limited	Pass	Desirable		17/20	71.5	6.40"	
WPL A/R (Reserve Only)	Pass	Desirable			17/20	71.5	7.00"	12.00"
WSL & Lower	Pass	Desirable			17/20	71.5	7.00"	
State League 1 st Grade Ref	Limited	Pass	Desirable		17/20	71.5	6.50"	
State League U20 Ref	Limited	Pass	Desirable		17/20	71.5	6.70"	
State Leagues A/R Only	Pass	Desirable			17/20	71.5	7.00"	11.00"

Starting groups will be finalised 2 days prior to the respective test, so registration is essential. (Refer to earlier correspondence for Jotform link)

If you haven't registered with the branch ('My Football Club') and your preference for the fitness test date (branch Jotform), then you will be disappointed if you arrive expecting to do the test without registration.

Ensure that your level of fitness is suitable for the test you are attempting. It also recommended that you have a medical check-up and receive a clearance from you doctor.