

The TSC greatly appreciates the patience, understanding and participation of the members during this transition period with regards to fitness assessments. Change is never easy and we thank for your indulgence whilst we move toward a more complete professional and competency based set of tests and procedures in an effort to provide our members with the most up to date testing regime that will set us as the best in the country.

It is also envisaged that there will be separate ‘fitness checks’ (not tests) conducted through the year to ensure that officials appointed to final series and honour games are at their peak levels of fitness. More information will be provided shortly.

We have also introduced a condition for attempting fitness tests in that members must attend at least three branch training sessions prior to being able to attempt any of the NPL and WPL tests. Training sessions are conducted on a Wednesday night at Lidcombe Oval, 7.00pm start.

Another initiative is that members will be invited to attempt the NPL fitness test. Aspiring members will need to successfully complete WPL or SL test prior to making an arrangement to complete the NPL test.

Summary of changes for 2019:

- ✓ Altered times for the State League test – which brings it more towards a standard FIFA Category 4 test (as per 2018)
- ✓ Combined WPL and SL tests with revised distances to compensate for the SL member times. (as per 2018)
- ✓ CODA testing for the assistant referees. WPL assistant referees, who wish to be considered for NPL lines will also need to complete CODA in the men’s times (10”).
- ✓ Greater scrutiny during the interval test with relationship to reaching the required gate within the specified time. This will also include greater scrutiny of the starting procedures.
- ✓ Members must attend three branch training sessions prior to application being accepted.
- ✓ NPL test – Invitation only. Emails will be sent to qualified members in time for them to register.
- ✓ Aspiring NPL members will need to complete the WPL or SL test before they can attempt to register for the test.
- ✓ Members will only be able to nominate for one test at a time, rather than creating confusion by registering for multiple test dates.
- ✓ Pre-final series/honour games fitness checks

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

### Registration

- ✓ Members must use the prescribed jotform registration, completed prior to the test.
- ✓ You must register for the test equal to the level of games that you officiated on in 2018.
- ✓ You can only register for one test at a time.
- ✓ Members who have not registered, by the prescribed time will not be accepted as a participant on the day – **registration is compulsory!**

### Check in at the track

- ✓ Upon arrival, the participant must report to a co-ordinator and have their name checked off plus receive a **coloured/numbered bid 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.
- ✓ No unauthorised or unregistered persons are permitted inside the track or test area.
- ✓ Participants must not enter the track area whilst there is a test in progress, unless accompanied by a test official.
- ✓ Only members completing the test will be permitted on the track during the tests.

### 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 throughout the test.

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

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!!!

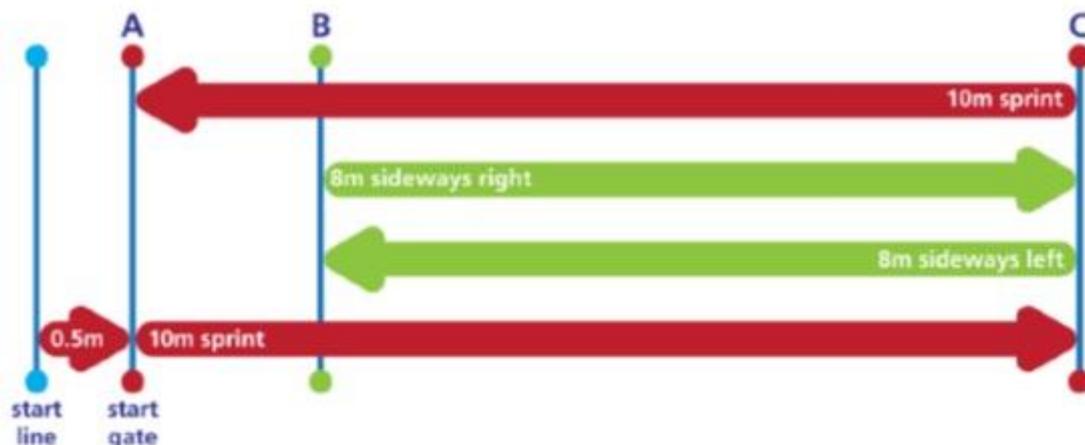
## CODA TEST (Change Of Direction Assessment)

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)

All participants will be required to complete six sprints over a distance of forty metres in the times indicated in the schedule. Electronic timing gates, which ensures accuracy and consistency, will be used for all tests.

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 opportunity.
- ✓ Should the participant not make the required times, at the second attempt, then they shall still 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 - HIT)**

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.

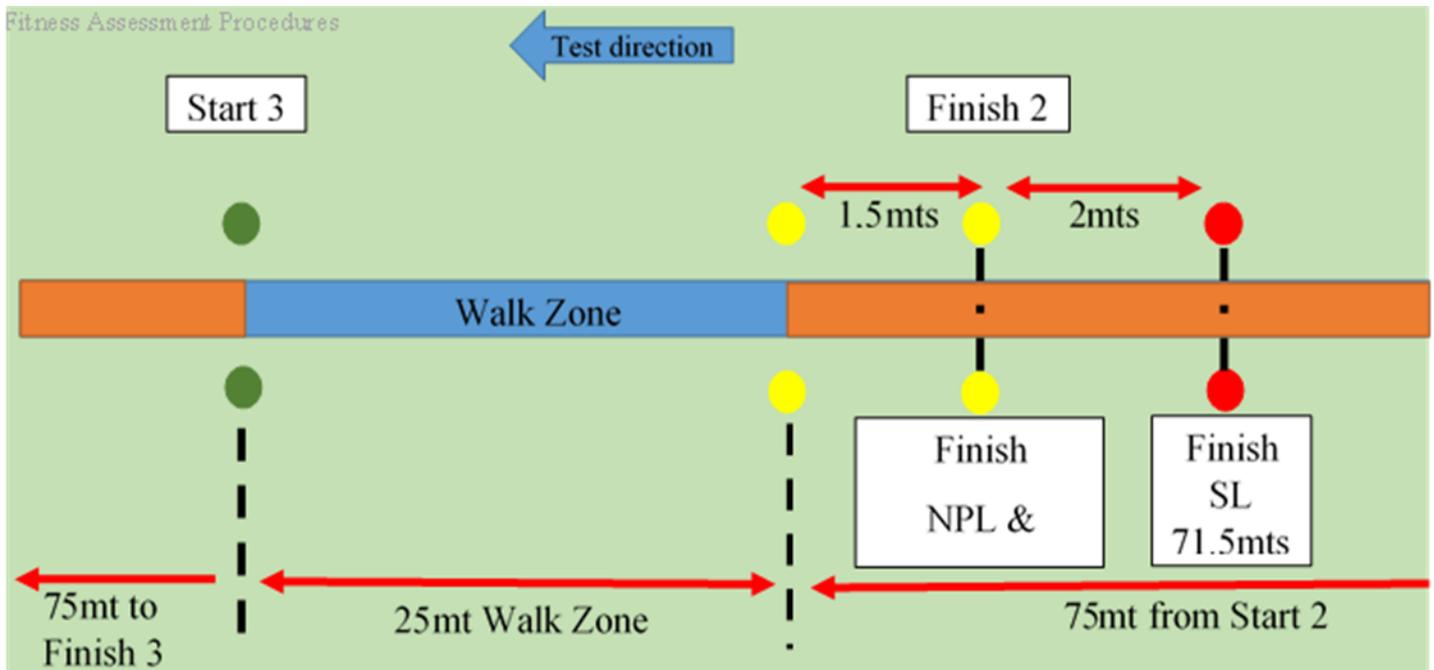
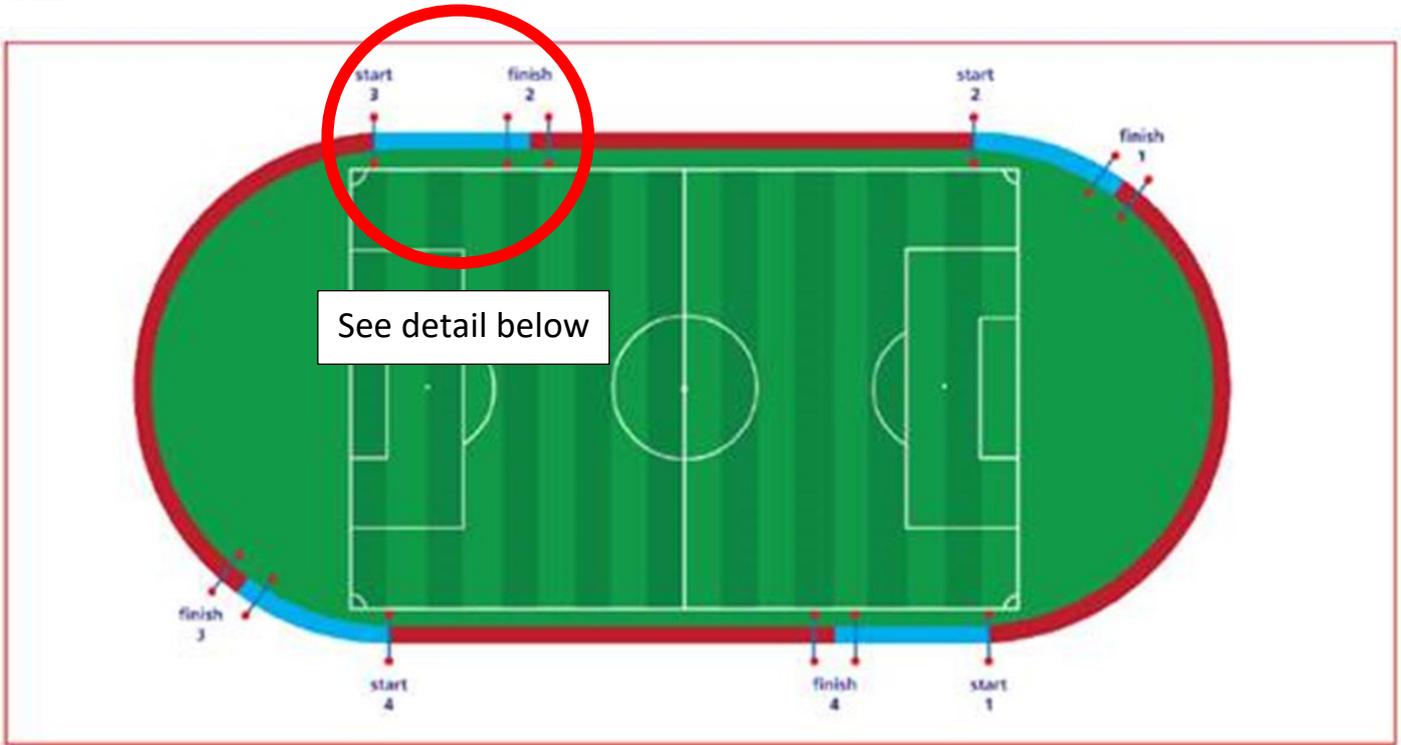
The number of runs/laps required are listed in the schedule.

The desired number of laps for all tests is 12, and members are encouraged to aim for this and not just settle for a lesser number!

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 – **Teamwork!**

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 next 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 mark this on the result sheet accordingly.
- ✓ If the participant continues to 'miss the zone' they will receive a verbal warning. This is also recorded on the test sheet and will be reflected in the test results.
- ✓ If a participant withdraws 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.



Participants must have one foot past the finish line (inside the walk zone) before the signal. Participants must not start to run (break the start) before the signal. Both these situations are contrary to the conditions of the test and warnings or removal from the 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<br>20xRun/<br>Walk | 7 laps<br>28xRun/<br>Walk | 10 laps<br>40xRun/<br>Walk | 12 laps<br>48xRun/<br>Walk | Times<br>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 <sup>st</sup> 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 <sup>st</sup> 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.