

Guidelines for Fitness of Umpires

Effective from 1 January 2024

Fitness Testing Methods and Targets

The FIH has chosen two tests for the international umpires to mirror the conditions during matches as much as possible:

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>
- h. Due to concerns that the test is not being correctly run, 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

- 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.

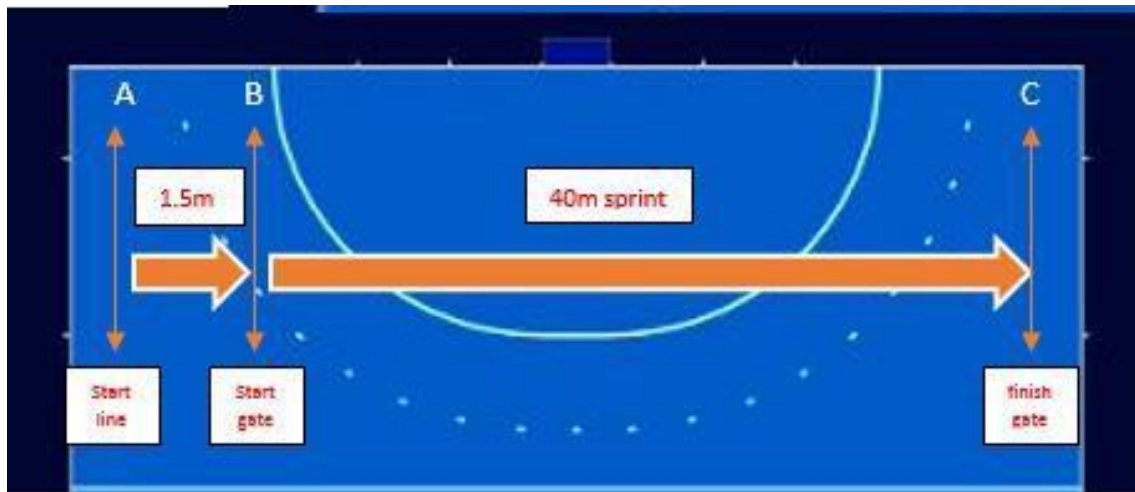


Figure 2 - The setup for the Repeated Sprint Ability Test

3. Levels expectations per gender and panel

The required levels for international umpires are set with respect to current panel structure and are the following:

Gender and Panel	Yoyo Intermittent Recovery Test	RSA Test
Women Leading Panel	1320m (16.6)	6.6 sec
Women High Potential Panel	1320m (16.6)	6.6. sec
Women Centre Panel	1320m (16.6)	6.6 sec
Women International Panel	1120m (16.1)	6.8 sec
Men Leading Panel	2000m (18.7)	6.2 sec
Men High Potential Panel	2000m (18.7)	6.2 sec
Men Centre Panel	2000m (18.7)	6.2 sec
Men International Panel	1640m (17.6)	6.4 sec

4. Indoor and/or Hockey5s umpires

Umpires that are exclusively registered as active FIH indoor and/or hockey5s and not outdoor umpires (https://tms.fih.ch/officials/reports/active?role_id=3) are required to reach the Outdoor International Panel expectations for their gender and report it once a year to their respective National Association for the submission to be completed and sent to FIH between 1 and 30 November.

Submission process

The National Associations are the only entities responsible for reporting the fitness of their umpires to the FIH. The fitness test must be monitored by an FIH Technical Official, an FIH Umpires Manager or a representative of the National Association. The test results form must be signed off by the umpire and their witness and sent to the National Association for the submission to happen during the due month until midnight on the last day of the due date (Lausanne time). A submission form is available on the FIH website for the umpires/national associations, should they want to use it (<https://www.fih.hockey/static-assets/pdf/umpire-fitness-test-results-form-03-2024.pdf>).

The National Association will then complete the Formstack 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.

1. Reporting due dates

Panel	IP	CP	HPP	LP
Date	1 – 30 November	1-31 March	1-31 March	1-31 March
		1-31 July	1-31 July	1-31 July
		1-30 November	1-30 November	1-30 November

As already mentioned earlier, exclusive FIH indoor and/or hockey5s umpire’s fitness test results should be submitted once a year (1-30 November).

2. Failure to submit fitness results

For Umpires, a failure to submit fitness testing results in accordance with the FIH Umpire Fitness Guidelines or failure to meet the relevant fitness requirements may, at the discretion of the FIH Umpiring Committee, lead to the Umpire being re-graded and/or considered inactive.

3. 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 appointments and be re-graded.

4. Incapacity to report fitness results

If an umpire cannot perform when a test is to be forwarded (injury, pregnancy, etc.) the National Association should email emma.brooks@fih.hockey, attaching a certificate and expected recovery date.

When the umpire is again able to perform, a new fitness test can be reported outside the normal submission schedule.