



# Fitness Test Protocol

## Match Officials Development

November 2019

## Requirements

**Grades 1 to 4 Club** Match Officials are currently not required to participate in any Ontario Soccer fitness testing. The Club Head Referees may implement fitness education.

**Grades 5 & 6 District** Match officials are currently not required to participate in any Ontario Soccer fitness testing. The District Referee Coordinator or the Club Head Referees may implement fitness education.

**Grade 7 District** Match Officials must participate in a District Fitness Test and meet the Grade 7 fitness standard in order to fulfill the fitness component of achieving, or maintaining that grade.

**Grade 8 District** Match officials must participate in a District Fitness Test and meet the Grade 8 fitness standard in order to fulfill the fitness component of achieving, or maintaining that grade.

**Grade 8 Regional Upgrading** Match Officials must participate in a FIFA Hi Intensity Fitness Test and meet or surpass the Regional fitness standard to fulfill the fitness component of the Provincial Upgrading program.

**Grade 9 Regional** Match officials must participate in a FIFA Hi-Intensity Test and meet or surpass the Regional fitness standard to fulfill the fitness component of maintaining their grade.

**Grade 9 Provincial Upgrading** Match officials must participate in a FIFA Hi-Intensity Test and meet or surpass the Provincial fitness standard to fulfill the fitness component of the Provincial Upgrading program.

**Grade 10 Provincial** Match officials must participate in a FIFA Hi-Intensity Test and meet or surpass the Provincial fitness standard to fulfill the fitness component of maintaining their grade.

**\*\*\*\*In addition to passing the fitness component, the other components required to achieve/maintain grades 7 to 10 include passing your assessment and registration exam.\*\*\*\***

**\*No matter the level of Fitness Test passed, your result on the registration exam will impact your grade\***

**Ontario Soccer will oversee expenses of District Fitness Supervisor for one test per Districts.**



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## FAQ

### What are the types of Fitness Tests?

#### 1. District Fitness Test (Beep Test)

- Grades 7 & 8 must take this test to maintain or attain their appropriate grade.
- Any Grade 6 referees looking to upgrade to Grade 7 must pass the Grade 7 test.

#### 2. FIFA Hi-Intensity Fitness Test

- Regional, Regional Upgrading, Provincial and Provincial Upgrading Match Officials must pass this test.

A District Referee is not permitted to run a FIFA Hi-Intensity Fitness Test unless they are Grade 8 and in the Regional Upgrading Program.

### Where can I find a list of current Fitness Tests?

- Log into your RefCentre account and under the Fitness tab you will find the fitness tests that you are eligible for.

### How do I register for a Fitness Test?

- Log into your RefCentre account, go to the Fitness tab, select the particular fitness test you wish to run and follow the instructions from there.
- District Match Officials do not have to pay during the registration process on RefCentre. Districts may charge the referee a fee to take the test, if they wish.
- Regional Upgrading, Regional, Provincial Upgrading, Provincial and National Match Officials have to make payment during the registration process on RefCentre.

**Please Note:** Registration for District fitness tests will close **4 calendar days** to the fitness test date.

Registration for FIFA HI tests will close **10 calendar days** to the fitness test date.

### Cost of FIFA HI Fitness Tests

- 1<sup>st</sup> attempt - \$20.00
- 2<sup>nd</sup> attempt - \$50.00
- Injury Test - \$75.00

**Please note:** These payments only apply to League1, Regional Upgrading, Regional, Provincial Upgrading and Provincial Match Officials.

How many FIFA Hi-Intensity Fitness Tests can I participate in?

- Maximum attempts is 2.



How many District Beep Tests can I participate in?

- Maximum attempts is 3.

### Who can participate in a Fitness Test?

- Match Officials who have registered with Ontario Soccer can attend and run a Fitness Test
- Match Officials who have not registered with Ontario Soccer and show up to a Fitness Test, will not be permitted to participate.
- Match Officials who are registered with Ontario Soccer, but did not register on RefCentre or have withdrawn for the specific fitness test and location, will not be permitted to run the test.
- Only Match Officials who have not exceeded the maximum attempts allowed, which is three (3) for Districts and two (2) for FIFA HI Tests.

**Please note:** If a Match Official does not attempt, or does not pass their required Fitness Test by May 31<sup>st</sup> of the current year and a doctor's note has not been provided, the following will occur:

- No fitness test attempted** and a score of 71% or higher on the Registration Exam they will be downgraded to Grade 6 for the current season
- No fitness test attempted** and a score of 70% or less on the Registration Exam, they will be downgraded to Grade 5 for the current season.
- No district fitness test passed** and a score of 80%+ on the Registration Exam, they will be downgraded to Grade 6 for the current season.

## Regional Upgrading, Regional, Provincial Upgrading & Provincial Match Officials

If you are injured and unable to run during fitness testing season (February to end of May), a Doctor's note must be submitted to the Ontario Soccer Match Officials Department (Luis Paredes [lparedes@ontariosoccer.net](mailto:lparedes@ontariosoccer.net)) by **May 24<sup>th</sup>** at the latest. Doctor's notes **will not** be accepted after this date.

During the first week of June match officials are re-graded by District Referee Coordinators and Ontario Soccer.

- No fitness test attempted** and a score of 71% or higher on the Registration Exam they will be downgraded to Grade 6 for the current season
- No fitness test attempted** and a score of 70% or less on the Registration Exam, they will be downgraded to Grade 5 for the current season.
- No district fitness test passed** and a score of 80%+ on the Registration Exam, they will be downgraded to Grade 6 for the current season.



- IV. **Grade 7 district fitness test passed** and scored 80%+ on Registration Exam they will be Grade 7 for the current season.
- V. **Grade 8 district fitness test passed** and scored 80%+ on Registration Exam they will be Grade 8 for the current season.
- VI. **Provincial Match Official passes** the Regional level of the FIFA HI Fitness Test and scores 80+ on the Registration Exam They will be Grade 9 (regional) for the current season.

### What if I am Injured?

- If you are injured and unable to participate in an Ontario Soccer Fitness Test by May 31<sup>st</sup>, a doctor's note must be submitted to Ontario Soccer immediately.
- The Doctors note must be received by the Ontario Soccer Match Officials Department no later than **May 24th**.
- Upon receipt of the Doctors note, your RefCentre account will be disabled and District Referee Coordinators and Assignors will be notified that they cannot assign you to games while you are injured.
  - This will also require you to return any games that you have already accepted prior to the injury.
- Any Match Official discovered officiating while on a Doctor's note and while their account is disabled, will face Discipline from their District.
- When you are fully recovered from your injury, a 2<sup>nd</sup> Doctor's note stating that you are fit and able to return to officiating activities is **required** and must be submitted to Ontario Soccer.
- Upon receipt of this note, Ontario Soccer will enable your RefCentre account. District Referee Coordinators and assignors will be notified that you are healthy and now available to officiate.

### Injury Fitness Tests

Canada Soccer mandates that one additional Fitness Test opportunity is to be provided. Ontario Soccer will schedule an "Injury Fitness Test" towards the end of June of each year. This test **IS ONLY** for those that have provided Doctors Notes by the **May 24<sup>th</sup> deadline**.

- a) The second Doctor's note (stating that you are fit/able to return to action and participate in the fitness test) must be received by Ontario Soccer by **1 week before** the published date of the Injury Fitness Test.
  - Ontario Soccer will enable your RefCentre account upon receipt of this note.
- b) You must register for the test on RefCentre and pay the appropriate fee.
- c) After you pass the June fitness test at your level, your grade will be reset.
- d) If you fail the Injury Fitness Test, your grade will be reset to reflect No Fitness Test Passed.

Please see "Scenarios" at the end of this document for more information.



## 2018 Fitness Test Requirements - Male

Classification	FIFA HI Test		District Beep Test
	Sprint (6 x 40m) 60 second recovery	Interval Run x40(4000m)	
Men			Must Complete Level
Referee (FIFA, National)	6.0 sec	15/18 sec	n/a
Provincial – Grade 10	6.4 sec	15/20 sec	n/a
Regional – Grade 9	6.6 sec	17/22 sec	n/a
District – Grade 8	n/a		8
District – Grade 7	n/a		7

## 2018 Fitness Test Requirements - Female

Classification	FIFA HI Test		District Beep Test
	Sprint (6 x 40m) (60 second recovery)	Interval Run x40(4000m)	
Women			Must Complete Level
Referee (FIFA, National)	6.4 sec	17/20 sec	n/a
Provincial – Grade 10	6.6 sec	17/22 sec	n/a
Regional – Grade 9	6.8 sec	17/24 sec	n/a
District – Grade 8	n/a		7
District – Grade 7	n/a		6

## 2018 Fitness Test Requirements - FIFA & NATIONAL AR's

FIFA & National Assistant Referee Only	CODA	Sprints (5x30m) 30 second recovery	Interval Test x40(4,000m)
Men	10.00 sec	4.70 sec	15/20 sec
Women	11.00 sec	5.10 sec	17/22 sec



## REGIONAL/PROVINCIAL MATCH OFFICIAL FITNESS TEST SCENARIOS

### Scenario 1 – No Fitness Test Passed or Attempted by May 31<sup>st</sup>.

**Year 1** If not due to injury and registration exam score 80% or more, Grade 6 for upcoming season

**Year 2** Must pass FIFA HI Fitness Test by May 31<sup>st</sup> and score 80% or higher on registration exam. Re-instatement assessment must be completed successfully by June 30<sup>th</sup>  
Maintenance Assessment must then also be completed in the same season (after the re-instatement assessment)

**Year 3** If the match official failed to pass the FIFA HI Fitness test in Year 2, Year 3 becomes their final opportunity to retain Regional or Provincial status.

The Match Official must meet all the requirements set forth in Year 2 guidelines above. If they again fail the fitness test, the Match Official must go through RUG/PUG if wishes to go back up.

### Scenario 2 – INJURED - No Fitness Test Passed by May 31<sup>st</sup> and Doctors note submitted by May 24<sup>th</sup>

**Year 1** Second Doctors note to be submitted 1 week before published June fitness test date  
Pass Regional/Provincial Fitness test and score 80% or higher on registration exam to regain Regional status

**Year 2** Must pass Regional/Provincial Fitness Test by May 31<sup>st</sup> score 80% or higher on registration exam and pass assessment by June 30<sup>th</sup> to be reinstated to grade 9/10. Have the remainder of the season to get maintenance assessment done.

**Year 3** If failed fitness test in Year 2, this is the last opportunity to regain Regional/Provincial status. Must meet requirements set forth in Year 2 guidelines above. If fails fitness test, must go through RUG/PUG if wishes to go back up.

### Scenario 3 – Failed Regional/Provincial Fitness Test (No fitness test level achieved)

**Year 1** Grade 6 for season if registration exam score is 75% or higher  
Grade 5 for season if registration exam score is 74% or lower

**Year 2** Must pass Regional/Provincial Fitness Test by May 31<sup>st</sup> score 80% or higher on registration exam and pass assessment by June 30<sup>th</sup> to be reinstated to grade 9/10. Have the remainder of the season to get maintenance assessment done.

**Year 3** If failed fitness test in Year 2, this is the last opportunity to regain Regional/Provincial status. Must meet requirements set forth in Year 2 guidelines above. If fails fitness test, must go through RUG/PUG if wishes to go back up.



### **Scenario 4 – Fails Regional/Provincial Fitness Test but passes District Fitness Test**

- Year 1** Match Official will be graded 7 or 8 for the season
- Year 2** Have until May 31<sup>st</sup> to pass Regional/Provincial Fitness test and June 30<sup>th</sup> to pass assessment and score 80% + on registration exam to be reinstated to Grade 9.
- Year 3** If failed fitness test in Year 2, this is the last opportunity to regain Regional status. Must meet requirements set forth in Year 2 guidelines above. If fails fitness test, must go through RUG if wishes to go back up.

## **OTHER SCENARIOS**

### **Scenario 5 – Unregistered Match Official taking Fitness Test**

- Year 1** Fitness test is null and void. Match official has to renew their Ontario Soccer registration before taking a fitness test. Retake by May 31<sup>st</sup>.

### **Scenario 7 – Match Official shows up to fitness test having not registered for fitness test on RefCentre**

Will not be allowed to participate in the fitness test and any fitness results from this test for this individual(s) will be null and void

### **Scenario 8 – Match Official alerts Ontario Soccer about injury at the last moment, in order to be eligible for the June fitness test (Dr's Note Fitness Test)**

Ontario Soccer will deny that match official's request to take part in the June fitness test

### **Scenario 9 – Match Official registers for a fitness test, but asks to be removed**

Official has to contact Ontario Soccer, Luis Paredes [lparedes@ontariosoccer.net](mailto:lparedes@ontariosoccer.net), to inform of the request to be removed or moved to another date

## **ADMINISTRATIVE SCENARIOS**

### **Scenario 10 – Fitness Test does not have enough Gate Watchers**

A fitness test will not be valid unless there are the proper amount of gate watchers.





### **Scenario 11 – Fitness Test does not have First Aid personnel or AED**

A fitness test will not be held unless a certified First Aid provider and an AED is onsite. A First Aid provider with an expired certification will not be able to supervise.

The name and credentials of the First Aid provider must be provided to the Ontario Soccer office **72 hours** prior to the test date.


### **Scenario 12 – Hosting a 2<sup>rd</sup> or 3<sup>rd</sup> Fitness Test during the season**

If a District applies to host a second or third District Fitness Test, the District will be responsible for the expenses and payment of the Fitness Test Supervisor.

Ontario Soccer will be responsible for payment of the Fitness Test supervisor for one test per District.



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