



The Scottish Football Association

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Patron: Her Majesty The Queen

AH/LMC

21st May 2012

To: List of Referees

Dear Sir/Madam,

Fitness Test Conditions

At its meeting on 14th May, the Referee Committee concluded a review of the conditions which apply in regard to the Fitness Test.

The revisions which have been effected are summarised as follows:

The conditions reflect the new Referee Categories, as approved by the Referee Committee at the same meeting.

The sprint time for Category 3 referees has been relaxed from 6.0 to 6.2 seconds.

New sections have been introduced to cover the following:

- Conditions Applicable to a failure to achieve the sprint times for Cat 3SAR/Cat 3 SAR Development
- Conditions Applicable to a Third Successive Failure of the Test
- Conditions Applicable to a Nomination of a Referee to Cat 3SAR Development

The following new text has been introduced into Test 1: Procedure to ensure that all six sprints are undertaken:

- *If a referee fails to meet the time appropriate to his Category in one sprint, he/she will be informed and be entitled to a seventh sprint*
- *All six sprints must be undertaken (notwithstanding the occurrence of an injury by a referee).*

The following text has been introduced into Test 2: Procedure to ensure that this element of the Test is undertaken:

Notwithstanding the occurrence of an injury during Test 1, a referee must undertake Test 2 in the event that the designated sprint times for his/her Category have not been achieved.

The following text has been introduced into the Spring Test (March/April) to ensure consistency with the comparable conditions for the June and October Tests:

- *A referee who fails to present himself/herself for the Test by 30th April may not officiate in Senior football with immediate effect*

Reference has been introduced in respect of the Fitness Test to be undertaken by referees being nominated for inclusion in FIFA's International Lists.

The full conditions are:

Test 1 - Sprints

- 6 x 40 metres
- 6.2 seconds for Cat 1 , Cat 1 Development , Cat 2 and Cat 2 Development
- 6.0 seconds for Cat 3 SAR and Cat 3SAR Development
- 6.2 seconds for Cat 3 ,Cat 3 Development,
- 6.6 seconds for Cat 4, and Cat 4 Development
- 6.8 seconds for Cat 4 referees over the age of 47

Test 2 - Laps

- Categories 1 to 4 Development require to complete 10 laps (20 x 150 metre runs inside 30 seconds each run) with the following recovery:
- 35 seconds each walk for Cat 1, Cat 1 Development, Cat 2 and Cat 2 Development
- 40 seconds each walk for Cat 3SAR, Cat 3SAR Development, Cat 3, Cat 3 Development, Cat 4 and Cat 4 Development
- Cat 4 referees over the age of 47 years require to complete 8 laps (16 x 150 runs inside 30 seconds). Recovery time is a 45 seconds each walk

June Test

- Cat 1, Cat 1 Development, Cat 2, Cat 2 Development, Cat 3SAR, Cat 3SAR Development, Cat 3, Cat 3 Development, Cat 4 and Cat 4 Development undertake the Test at National level under the supervision of the Scottish FA
- A referee who fails to successfully complete the Test may not officiate in Senior Football with immediate effect
- In the event that a referee is unable to attend the Test at National level on the arranged date(s), he/she will be required to sit the Test on a date decided by the Scottish FA.
- The Test must be completed by a date set by the Scottish FA, with the exception of special circumstances such as injury. Referees who otherwise fail to present themselves for the test by this date may not officiate in senior football with immediate effect.

October Test

- Cat 1, Cat 1 Development, Cat 2, Cat 2 Development, Cat 3SAR, Cat 3 SAR Development, Cat 3, Cat 3 Development undertake the Test at National level under the supervision of the Scottish FA
- Cat 4 and Cat 4 Development undertake the test at their own Association under the supervision of the Association Manager.
- A referee who fails to successfully complete the Test may not officiate in senior football with immediate effect
- In the event that a referee is unable to attend the Test at National level on the arranged date(s), he will be required to sit the Test on a date decided by the Scottish FA.
- Allowance will be made, on a case by case basis, for any referee who may not be able to present himself/herself for the test due to injury by 31st December.
- The Test must be completed by 30th October, with the exception of special circumstances such as injury. Referees who otherwise fail to present themselves for the test by this date may not officiate in Senior Football with immediate effect

Spring Test (March/April)

- All Categories will undertake the Test at their own Association under the supervision of the Association Manager and a member of the Referee Committee.
- A referee who fails to successfully complete the Test may not officiate in senior football with immediate effect
- A referee who fails to present himself/herself for the Test by 30th April may not officiate in Senior football with immediate effect

Test 1: Procedure

- Electronic gates (photocells) at the start and the finish are used for the test.
- The referees run 6 x 40 m sprint followed by max. 1 minute 30 seconds recovery after each sprint (while walking back to the start).
- The start will be dynamic with the front foot on a line that is 1.5 m away from the start.
- The referees line up one by one. Once the test leader signals that the electronic timing gates are set, the referee can decide when to start.
- If a referee falls or trips, he is given another trial (one trial = 1 x 40 m)
- If a referee fails to meet the time appropriate to his Category in one sprint, he/she will be informed and be entitled to a seventh sprint
- All six sprints must be undertaken (notwithstanding the occurrence of an injury by a referee).

Test 2: Procedure

- The referees will cover 150 m running following by 50 m walking in accordance with the pace set by a single whistle according to the reference times.
- The referees will repeat the 150 m running and 50 m walking 20 times, equal to 4,000 m or ten laps of a 400 m athletics track.
- Each referee must arrive before the whistle in the "walking area" that is marked by four cones (3 m in front and 3 m behind the 150 m mark). If a referee fails to put one foot in the walking area on time, the observer signals and the referee receives a warning. If a referee fails to put one foot in the walking area on time for a second time, the observer signals and the referee must stop.
- The referees must not start running before the next whistle. For this purpose the assistant test leaders are positioned at the start positions with a flag in their hands. They block the lane on the track until the next whistle by keeping the flag in a horizontal position. On the whistle, the flag goes down so that the referees can start running.
- The referees run in small groups preferably comprising a maximum of six referees. If applicable, four different starting positions can be used, with each subgroup being monitored by an individual observer throughout the test.
- One chronometer and one whistle are needed for this test, as well as clearly indicated running and walking areas. An audio CD with the reference times could be used as well.

Notwithstanding the occurrence of an injury during Test 1, a referee must undertake Test 2 in the event that the designated sprint times for his/her Category have not been achieved.

General Conditions

- Three attempts are allowed to pass the Test. The count starts from a referee's first fail on a continuous rolling basis.
- The deadline for passing the Test is 31st December, failing which the referee's name will be removed from the List of Referees for the remainder of the season. Exceptions to this, to take account of a referee either with a long term injury or one returning from injury, will be made on a case-by-case basis at the discretion of the Referee Committee.
- Failure to complete any of the three Tests prevents a referee from officiating in Senior Football only. The condition does not apply to Junior Football.
- The Referee Committee reserves the right to request a referee to submit a medical certificate to confirm the nature of an injury
- Women referees included in the List of Referees, or being nominated for inclusion, require to complete the applicable fitness test criteria for the List.
- Referees who are unable to attend a test at their own Association must arrange to attend a Test at another Association.
- An SFA representative, normally the Referee Committee member with liaison responsibilities for the relevant association, should attend the local Referees' Associations tests to ensure compliance with the test conditions.
- A failure of a Test will automatically render a referee ineligible for an international appointment until such time as the Test is passed

Conditions Applicable to a failure to achieve the sprint times for Cat 3SAR/Cat 3 SAR Development

In the event that a referee fails to achieve these sprint times but achieves the sprint times for Cat 3, the referee shall not be eligible for the highest level of appointments allocated to Cat 3 SAR/Cat 3 SAR Development until such time as he/she meets the requirements of the Cat 3SAR/Cat 3 SAR Development sprint times. During such a period, the referee shall be eligible for appointments normally allocated to Cat 3.

Conditions Applicable to a Third Successive Failure of the Test

The following conditions apply automatically in the event that of a third successive failure of the Test by a referee in the respective Categories:

Cat 1, Cat 1 Development, Cat 2 and Cat 2 Development

The referee will be re-classified to Cat 4 for the remainder of the season

Cat 3 SAR/Cat 3 SAR Development

The referee will be re-classified to Cat 3 (if the Cat 3 sprint times are achieved) or Cat 4 for the remainder of the season

Cat 3/Cat 3 Development

The referee will be re-classified to Cat 4 for the remainder of the season

Cat 4/Cat 4 Development

The referee will be re-classified to Cat 5 for the remainder of the season

Conditions Applicable to a Nomination of a Referee to Cat 3 SAR Development

Any referee wishing to be nominated as a Category 3 SAR Development in the following season must have successfully completed all of the fitness tests designated for a Category 3 SAR in the season of the nomination. In the event that the referee fails to achieve the standards set for Category 3 SAR in all of these tests, the referee shall not be eligible for nomination to become a Category 3 SAR Development in the following season.

Nomination to FIFA List of International Referees and Assistants

Referees who are being nominated to FIFA for inclusion in the List of International Referees and Assistants require to complete the applicable FIFA Fitness Test.

Yours sincerely,



Drew Herbertson
HEAD OF REFEREE
ADMINISTRATION DEPARTMENT

cc: RA Managers
Referees' Associations
Referee Observers
Referee Committee