

Fitness Standards for International Umpires

Either: Multi-Stage Fitness Test (or Beep/Bleep/20 m Shuttle Run Test) – required standard Level 9.1

Or: Yo-Yo Intermittent Recovery Test Level 1 – required standard Level 15.1

The above fitness standards will apply from 1 October 2015 to all umpires appointed to control matches at WN events or to any international matches played for rankings purposes.

In addition, the following will apply:

- Yo-Yo Test Level 15.1 will be the standard required for test matches between teams ranked 1 to 4 as well as for Commonwealth Games, Netball World Cup & Netball World Youth Cup appointments

Umpires who meet either of the above standards will be listed on the WN 'Fit to Umpire' Register. These Registers are based on three specified periods, commencing in June, October and February, as follows:

Test Months

JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
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TESTING PERIODS

June Testing period	October Testing period	February Testing period	→
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'FIT TO UMPIRE' REGISTER PERIODS

'Fit to Umpire' June register			→
	'Fit to Umpire' October register		
→		'Fit to Umpire' February register	

This means:

<i>To be listed on</i>	<i>You need to complete a fitness test</i>	<i>This listing will remain current until</i>
June Register	between 1 June & 30 September	31 October
October Register	between 1 October & 31 January	28/29 February
February Register	between 1 February & 31 May	30 June

- An umpire must be on a current register both when accepting an invitation to officiate and at the time of the event. If an umpire is not listed on the register when an invitation is received, a period of ten (10) days is allowed for listing to occur.
- The same requirements apply to an umpire who is tested for the INUA – a test result will not be valid unless a fitness test has been passed not later than ten (10) days after the INUA test date.
- It is not otherwise a requirement for an umpire to be listed on a register. However, for some events preference may be given to umpires who are already listed.

WN reserves the right to require an umpire to undergo a fitness test if there is any doubt about their fitness to officiate even though they have a current listing (e.g. following an injury). WN also reserves the right to test umpires at any WN event (notice will be given in advance if this is the case).

Please note:

- All fitness testing must be carried out by a tester who is accredited by a country's highest sports authority. Countries must confirm that the tester meets this requirement.
- An electronic form is provided for forwarding results to WN for registration. It is the responsibility of umpires to ensure that test results are forwarded to WN.