



## FITNESS STANDARDS FOR INTERNATIONAL UMPIRES

International umpires are required to meet either of the following standards. The umpire may specify the standard on which they wish to be tested.

**Either: Multi-Stage Fitness Test** (Beep/Bleep/20 m Shuttle Run Test)  
Required minimum standard is **Level 9.1**

### CONFIRMATION OF FITNESS TEST RESULT

*Please either complete this form electronically or print details clearly*

Umpire's details	
Name of Umpire	
Umpire's Country	
Test details and results	
Date of Test	
Test used & Level reached <i>Complete ONE of the boxes on the right by inserting the level reached</i>	<b>Multi-Stage Fitness Test</b> ( <i>Beep/ Bleep/20 m Shuttle Run Test</i> ) Level reached:
	<b>Yo-Yo Intermittent Recovery Test Level 1</b> Level reached:
State any conditions that applied	
Tester's details	
Name of Tester	
Contact details      Email	
Tel/Mob	
<i>Fitness testing must be carried out by a person who is accredited by the highest sports authority in the above country. Please provide name and contact details of the accrediting authority in the space below.</i>	
Accrediting Authority    Name	
Contact details	

This is to certify that I have tested the above umpire and I can confirm the following:

- Test used was as indicated above
- All specifications for the administration of this test were correctly applied
- The umpire reached the level indicated on the above date
- I am officially accredited to administer this test

*If you are unable to scan this form or do not have an electronic signature, placing your name below will be deemed to be certification of the above information.*

Signed

*A copy of this form should be provided to the umpire who is responsible for submitting the form to WN.*