

Fitness Standards for International Umpires

To ensure the fitness assessment of international umpires is based on the physical requirements of a match, a new netball specific fitness test has been developed. This test simulates a quarter of netball and encompasses the specific movements e.g., side stepping; distances and speeds observed during international matches.

The test requires:

- ✓ Netball court
- ✓ Six cones numbered 1 to 6
- ✓ 20 m tape measure
- ✓ Test audio – download [HERE](#)
- ✓ Device to play/hear the audio
- ✓ Video recording device *

** Umpires will require a recording of their undertaking of the netball specific fitness test. Should this not be feasible, please provide details of why not when you are submitting your results in WN netWorld.*

For set up please follow this [instructions link](#). In the event you have to set up the test on you own please follow the [link to these tips](#).

The setup (10 mins), warm up with familiarisation (10 mins) and running of the test (15 mins) will take approx. 35 minutes. A video of the test can be found [here](#), please watch this before you undertake the test.

As this is a new fitness test, World Netball will be allowing a 4 month “integration” period, during which time we expect you to attempt the test and welcome feedback. If you wish to provide feedback, please follow the links below:

Setup – [click here](#)

Suitability – [click here](#)

If you require help with any aspects regarding the setup and running of the test, please contact Dr Gemma Milligan (gemma.milligan@port.ac.uk).

Umpires will be required to undertake the Netball Specific Fitness Test – To pass this test umpires must complete the full 15 minutes without falling behind on the beeps more than twice.

The above fitness standard will apply from 1 October 2023 to all umpires appointed to control matches at WN events or to any international matches played for rankings purposes.

Umpires who meet the above standard 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 submitted in WN netWorld.