

Fitness Standards for International Umpires

To ensure the fitness assessment of international umpires is based on the physical requirements of a match, a **Netball Specific Fitness Test (NSFT)** 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 NSFT is based on match data (i.e. speeds, distances, and ball flight times) and for most will be a sub-maximal test.

Note: The NSFT differs significantly from the Yo-Yo which was a maximal test for all

To pass this test umpires must complete the full 15 minutes without falling behind on the beeps more than twice.

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.

Familiarisation is required for this test; therefore, umpires may:

- Need to take three attempts to pass the test
- Use numbered cones to help with remembering the test sequence
- Consider using the assessor to call out the number sequence or where possible run the test in pairs with one umpire calling out the numbers (it should take approx. 45 mins for both umpires to run)
- Approach their member countries for support to complete the test

The above fitness standard will apply from 1 May 2024 to umpires appointed to control matches at WN events or to any international matches played for rankings purposes based on the following:

- o To be eligible for international events those who are not an existing IUA or ITID must demonstrate a pass on the NSFT which is registered with WN
- o For existing IUA and ITID, if fitness has been flagged and/or graded poorly (e.g. as not keeping pace with the game) during assessments at international events they will be referred to undertake the NSFT. Otherwise, existing IUA or ITID who are regularly umpiring at an international level do not need to undertake the NSFT
- o If an IUA or ITID has not had a WN appointment in one calendar year the NSFT should be run and passed to be eligible for international events
- o If there is a prolonged period of inactivity or absence from umpiring the NSFT must be undertaken and passed to be eligible for international events
 - If required, an umpire must have a passed NSFT in a calendar year both when accepting an invitation to officiate and at the time of the event. If an umpire does not have this when an invitation is received, a period of ten (10) days is allowed for this to occur.
 - The same requirements apply to an umpire who is tested for the INUA – a test result will not be valid unless a NSFT has been passed not later than ten (10) days after the INUA test date.
 - It is not otherwise a requirement for an umpire to have completed a NSFT.

WN reserves the right to require an umpire to undergo a NSFT if there is any doubt about their fitness to officiate. 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.