



**BRITISH  
COLUMBIA**  
SOCCER ASSOCIATION

# FITNESS PROTOCOL

REFEREE DEVELOPMENT

Version 1.2  
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## Introduction

### Purpose

Like players, Referees are athletes and are required to maintain a level of physical ability to keep with active play, maintain on-field performance and mental stamina to uphold the laws of the game based on the level of competition they are officiating. The Fitness Protocol outlines the standardized criteria that help measure the physical and athletic ability of Referees based on their classification. The purpose and objectives of the Fitness Protocol are to:

- Define the requirements for fitness criteria within each grade.
- Ensure that fitness criteria are standardized across the province.
- Ensure that fitness criteria reflect requirements outlined in the BC Soccer Grading Protocol and Referee Pathway.

### Overview

There are two (2) types of standardized fitness testing to measure the physical and athletic ability of a referee.

- a. Beep Test
  - An intermittent/shuttle run that has a dictated pace and recover period indicated with a set of beeps between each level.
- b. FIFA Fitness Test
  - This consists of two tests. "Test 1, Repeated Sprint Ability (RSA), measures the referee's ability to perform repeated sprints over 40m. Test 2, Interval Test, evaluates the referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals" (FIFA, 2020).

All Fitness Tests are required to have a certified First Aid provider and an AED onsite. The name and credentials of the First Aid provider must be provided to the prior to the test date.

There is no limit to participating in available fitness tests if your attempt was unsuccessful but there must be 28 days between tests.

BC Soccer will support District Beep Tests for any Referee grades 5-8 (District) through the annual Refresher Clinics. BC Soccer will oversee the administration and facilitation of all FIFA Fitness Tests for Referees graded 8-10 (Regional Upgrades, Regional, Provincial Upgrades, Provincial). Available tests in each District may vary depending on Referee population density in each District.



### Cost

There is no cost to the Referee to participate in either of the Beep or FIFA Fitness Tests in BC.

### Fitness Test Registration

The following outlines the step-by-step procedure to register for a Beep Test or FIFA Fitness Test.

**Please note:** you must be a current registered Referee to register for a fitness test and you must be registered to a fitness test to participate (walk-in's are not permitted).

1. Log into your RefCentre account.
2. Drag your cursor over the 'Fitness' tab.
3. Select the required fitness test required for your grade.
4. Follow the instructions on screen.

Registration for Beep Tests will close (1) one calendar day before the fitness test date.  
Registration for FIFA HI tests will close (5) five calendar days before the fitness test date.



## Requirements

### Grade Fitness Criteria

The following outlines the fitness criteria for maintenance and upgrading requirements within each grade. Review of Grades based on Fitness Standards obtained by December 31<sup>st</sup> of the current year as per the Referee Grading Protocol. Please ensure to review the Fitness Standards listed below.

	Grade	Classification	Maintain	Upgrade
Community Pathway	1	Small Sided	N/A	N/A
	2	Advanced Small Sided	N/A	N/A
	3	Youth Entry Level	N/A	N/A
	4	District Entry Level	N/A	N/A
	5	District	N/A	Beep Test: Level 5
	6	District	Beep Test: Level 5	Beep Test: Level 7
Performance Pathway	7	District	Beep Test: Level 7	Beep Test: Level 8
	8	District	Beep Test: Level 8	FIFA Fitness Test (Regional)
	9	Regional List	FIFA Fitness Test (Regional)	FIFA Fitness Test (Provincial)
	10	Provincial List	FIFA Fitness Test (Provincial)	FIFA Fitness Test (National)
	11	National List	FIFA Fitness Test (National)	FIFA Fitness Test (FIFA)
	12	FIFA List	FIFA Fitness Test (FIFA)	

**Note:** while there are no maintenance fitness requirements listed for Grades 1-5, Club Head Referees are encouraged to implement fitness education and recommended promote the participation of a Beep Test during the officials Annual Refresher Clinic for those that apply.



## Fitness Standards

Please ensure to review the following fitness standards for the corresponding test as it relates to the criteria in the Grading Protocol.

### Referee Fitness Test Requirements

Gender	Classification & Grade	Beep Test	FIFA Test	
		Shuttles	Sprints	Interval Run (4000m)
Female	District - Grade 6	Level 5		
	District - Grade 7	Level 7		
	District - Grade 8	Level 8		
	Regional - Grade 9		6.80 sec	17/24 sec
	Provincial - Grade 10		6.60 sec	17/22 sec
	National - Grade 11		6.40 sec	17/20 sec
	FIFA - Grade 12		6.40 sec	17/20 sec

Gender	Classification & Grade	Beep Test	FIFA Test	
		Shuttles	Sprints	Interval Run (4000m)
Male	District - Grade 6	Level 5		
	District - Grade 7	Level 7		
	District - Grade 8	Level 8		
	Regional - Grade 9		6.60 sec	17/22 sec
	Provincial - Grade 10		6.40 sec	15/20 sec
	National - Grade 11		6.00 sec	15/18 sec
	FIFA - Grade 12		6.00 sec	15/18 sec

### Assistant Referee Fitness Test Requirements

Gender	Classification & Grade	CODA	FIFA Test	
			Sprints	Interval Run (4000m)
Female	National - Grade 11	Max 11.00 sec	5.10 sec	17/22 sec
	FIFA - Grade 12	Max 11.00 sec	5.10 sec	17/22 sec
Male	National - Grade 11	Max 10.00 sec	4.70 sec	15/20 sec
	FIFA - Grade 12	Max 10.00 sec	4.70 sec	15/20 sec



## Fitness Test Schedule

The Referee Annual Fitness Test schedule is for FIFA Fitness tests only. The objective with this annual schedule is to promote structured procedures, create consistency, and prepare officials for upcoming tests. Every year, tests will be organized in the months and regions as follows:

- March (Lower Mainland)
- April (Lower Island)
- May (Interior)
- August (Lower Mainland)

Months and locations are subject to change based on facility availability. The above schedule serves only to provide a rough timeline of the locations and approximate times during which fitness tests are held. Registration for tests will continue to be processed in RefCentre.

## Appendix

### Injury Policy

- If you are injured and unable to participate during the fitness testing period that disables you from participating in a fitness test, the BC Soccer Referee Development team must be informed.
- Given the nature of declaring an injury, the Referees' RefCentre account will become disabled. Referees with assigned games must return them to the appropriate Scheduler. Please note: Referees who also participate in roles of Instructor, Assessor and/or Mentor may retain any appointments under those roles while injured.
- Once recovered, a doctor's note must be submitted to the BC Soccer Referee Development team indicating the Referee has fully recovered and able to return and participate in soccer related activities.

## FAQ

- 1. What happens if I do not pass my fitness test?**
  - You are welcome to re-attempt the required fitness test outlined to maintain or upgrade your grade provided there is a 28-day gap between the unsuccessful attempt date and the new test.
- 2. What happens if I do not pass my fitness test before December 31<sup>st</sup> of the current year?**
  - Review of Grades are based on Fitness Standards (and assessments) obtained by December 31<sup>st</sup> and the results of your fitness test (and passing assessment) will determine the outcome of your grade as a Referee (demote, maintain or upgrade).



### **3. What if I become injured before my fitness test?**

- If you are injured and unable to participate during the fitness testing period that disables you from participating in a fitness test, the BC Soccer Referee Development team must be informed.
- A doctor's note must be submitted to the BC Soccer Referee Department Team to complete another fitness test. You will be removed from any registered fitness tests and game appointments.

### **4. If I'm injured, and do not complete a fitness test before December 31<sup>st</sup> of the current year, how does this affect my upgrading (Regional/Provincial) status?**

- You will be required to complete a fitness test under the corresponding fitness standards for your grade/classification the following year provided a secondary doctor's note was submitted before registering for an available fitness test. Please see the details listed in the Upgrading Document for further clarification regarding timelines.

### **5. If I'm injured, and do not complete a fitness test before December 31<sup>st</sup> of the current year, how does this affect my maintenance status?**

- You will be required to complete a fitness test under the corresponding fitness standards for your grade/classification the following year provided that a doctor's note was submitted before registering for an available fitness test. Your maintenance assessment (if required) will only become valid and contribute to your maintenance requirements after a successful fitness test has been completed. Your grade will be downgraded and will be reinstated if a successful fitness test is completed.

## **Failed Fitness Test**

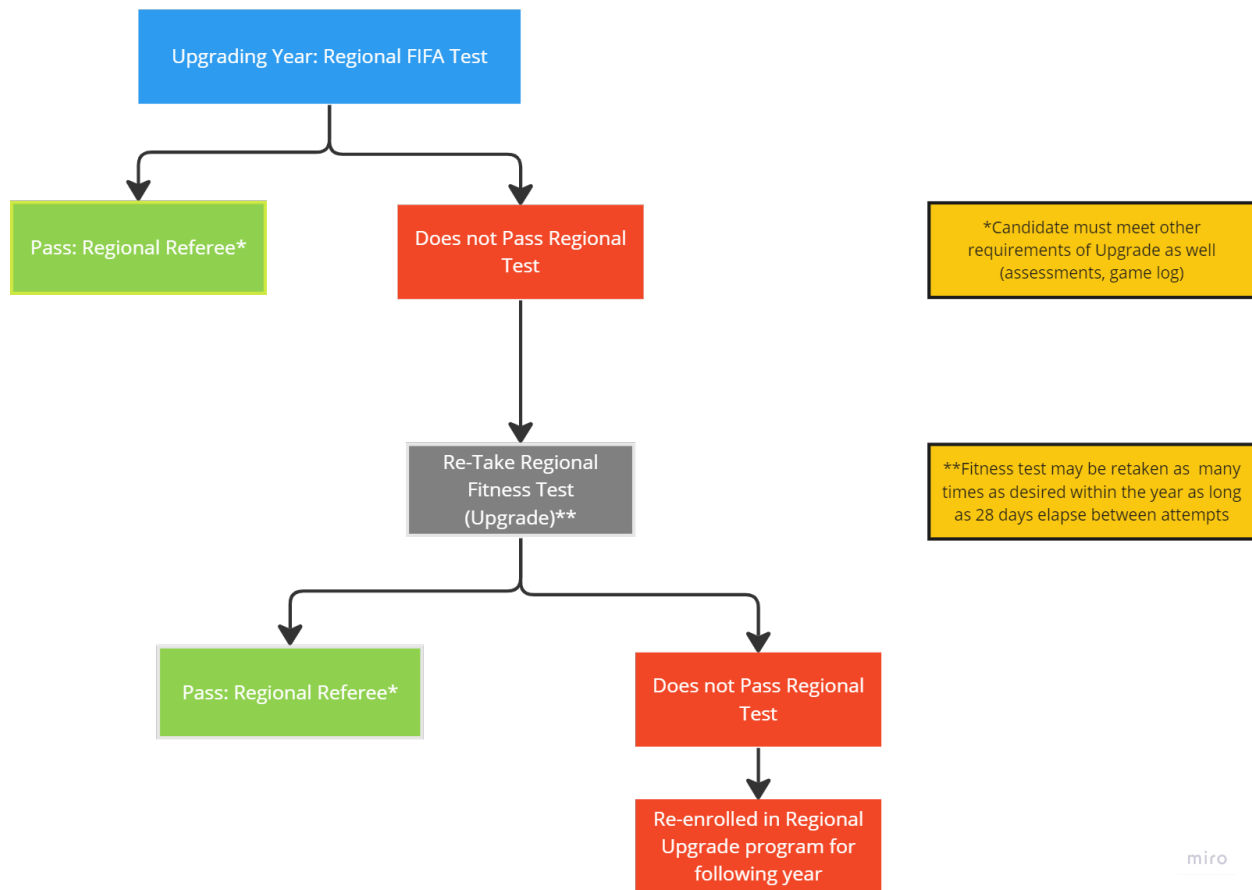
If a referee that is in the regional or provincial upgrading program fails the FIFA fitness test, the referee has one additional year to complete the required fitness test before needing to reapply for the upgrading program. The referee can either continue to attempt the fitness test required to upgrade or complete the test required to maintain the referee's current classification.

Referees that seek only to maintain their current classification but fail the fitness component have two years to complete the required fitness test and regain their classification before needing to apply for the upgrading program.

Referees who do not meet the required fitness standard within the calendar year for their classification will be classified as District referees until they complete the required fitness test or apply for the upgrading program. Please see the below diagrams that clarify various scenarios of failed fitness tests. If you find that any of these scenarios do not apply to you, please contact Louise Reid at [louisereid@bcsoccer.net](mailto:louisereid@bcsoccer.net)

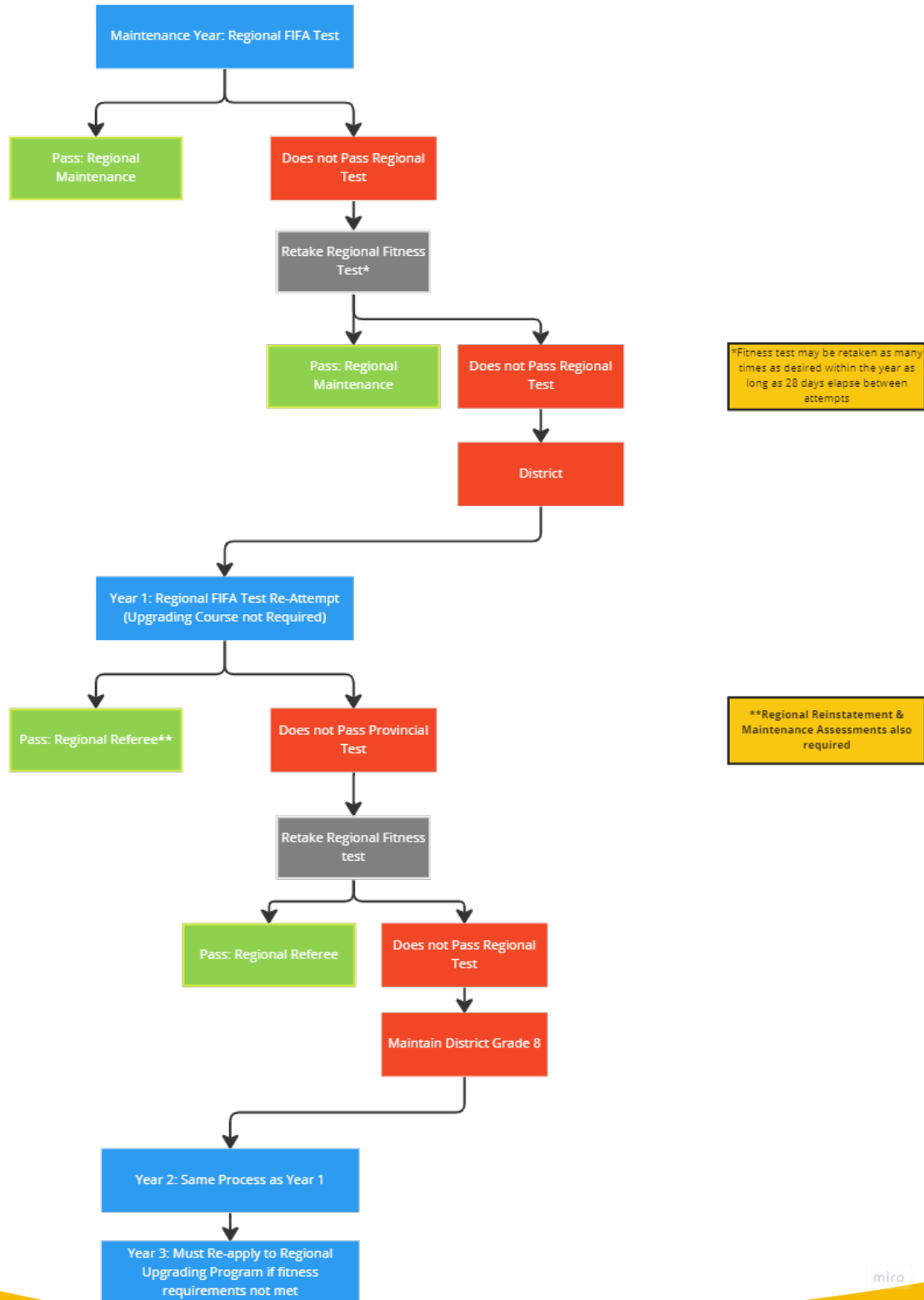


# Regional Upgrade





# Regional Maintenance





# Provincial Upgrade





# Provincial Maintenance





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## Resources

### Text Cited

- *FIFA. (2020). Fitness Test for Match Officials 2020.*  
<https://digitalhub.fifa.com/m/5d3e74e8494aa260/original/xfvp6qbo2lcvjq5lvh-pdf.pdf>