

## Guidelines for Fitness of Umpires

Effective from 1 June 2018

Note: The 1 October 2018 deadline is when the new fitness form should be used.

### General

**1.0** Fitness has become a very important component of the success of our umpires. The game is becoming faster and the teams are becoming more professional and requiring higher levels of performance from our umpires. Therefore, an increase in the physical aspect of the umpires' preparation is required to be operating in the modern hockey environment.

### Fitness Testing Methods and Targets

**2.0** The FIH has chosen two tests for the international umpires to mirror the conditions during matches as much as possible:

- The YO-YO Intermittent Recovery Test
- 45 metre Sprint Test

**3.0** The required levels for international umpires are set with respect to current panel structure and are the following:

Panel	Talent Development Panel (TDP)	International Panel (IP)	Advancement Panel (AP)	International Elite Panel (IEP)	Pro League Panel (PLP)	World Cup Panel/Olympic Games Panel (WCP/OGP)
Yo-Yo Test	Women 16.1 (1120m)	Women 16.1 (1120m)	Women 18.4 (1880m)	Women 17.1 (1440m)	Women 18.4 (1880m)	Women 18.4 (1880m)
	Men 17.1 (1440m)	Men 17.1 (1440m)	Men 19.6 (2280m)	Men 18.1 (1760m)	Men 19.6 (2280m)	Men 19.6 (2280m)
45 metre Sprint Test	Women 7 seconds	Women 7 seconds	Women 7 seconds	Women 7 seconds	Women 7 seconds	Women 7 seconds
	Men 6.5 seconds	Men 6.5 seconds	Men 6.5 seconds	Men 6.5 seconds	Men 6.5 seconds	Men 6.5 seconds

In addition, for the World Cup, Olympic, Pro League and Advancement panels, a height, weight, hip and waist measurement is also required as per the fitness form (so a BMI can be calculated).

**4.0** The National Associations are responsible of reporting the fitness of their umpires to the FIH. For umpires on the TDP and IP, the report must be sent to the Continental Federation as well. Forms are now online at the following link:

[https://fih.formstack.com/forms/fih\\_umpire\\_fitness\\_test\\_results\\_form](https://fih.formstack.com/forms/fih_umpire_fitness_test_results_form)

**5.0** Reporting due dates are:

Panel	Talent Development Panel TDP	International Panel IP	Advancement Panel AP	International Elite Panel IEP	Pro League Panel PLP	World Cup Panel Olympic Games Panel WCP/OGP
Date	October 1 <sup>st</sup>	October 1 <sup>st</sup>	February 1 <sup>st</sup> June 1 <sup>st</sup> October 1 <sup>st</sup>	October 1 <sup>st</sup>	February 1 <sup>st</sup> June 1 <sup>st</sup> October 1 <sup>st</sup>	February 1 <sup>st</sup> June 1 <sup>st</sup> October 1 <sup>st</sup>

**6.0** The fitness test must be monitored and signed off by FIH Umpire Manager, FIH Technical Official or a representative of the National Association. Self-testing, or assessment by a friend of an umpire is not acceptable.

#### Failure to Report Fitness Results

**7.0** Failure to meet the required fitness test requirements or handing in fitness test results late, may result in loss of upcoming appointments, as the umpire’s status will be changed to ‘inactive.’

**8.0** If an umpire is injured when a test is to be forwarded, the National Association should email [officials@fih.ch](mailto:officials@fih.ch), stating injury and possible recovery date.

**9.0** When the umpire has recovered from an injury, a fitness test must be conducted before the umpire can be eligible to accept appointments again. This fitness test can be reported outside the normal reporting schedule.

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