

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 sec	Women, 7 sec	Women, 7 sec	Women, 7 sec	Women, 7 sec	Women, 7 sec
	Men, 6.5 sec	Men, 6.5 sec	Men, 6.5 sec	Men, 6.5 sec	Men, 6.5 sec	Men, 6.5 sec

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).

