



## **Ku-Ring-Gai and Districts Football Referees Association Circular: Fitness Assessment**

***The KDFRA coaching team have decided to instigate a fitness assessment for referees who wish to progress up the divisions for Season 2018.***

1. The fitness assessment is NOT a pass/fail but simply provides additional information to the coaching team about referee's fitness levels.
2. Completing the fitness assessment DOES NOT GUARANTEE APPOINTMENT TO HIGHER DIVISION/AGE GAMES. Rather, it provides additional criteria which the coaching team can use to determine if a referee is ready for the step-up.
3. Consider the fitness assessment an additional guide for the coaching team for weekly appointments.
4. Referees will need to register for the assessment using a Google form (<https://docs.google.com/forms/d/e/1FAIpQLSfZvoafQUO17usQZrfI9UKUHe1DqRTE7KwclLuH39bK-4lwaA/viewform> ).
5. The assessment date, time and location are: Turramurra Memorial Park (Eastern Road, Turramurra) on Sunday the 18<sup>th</sup> of February at 9:30am.
6. The assessment will be run on a running track (400m). Divided in 4 sections of 100m. These 100m sections are broken down into a 75m run and 25m walk.
7. The timings for the assessment are 20 seconds for the run and 25 seconds for the walk. We have set an ideal benchmark of 8 completed laps. (See diagram next page). We will continue the test for 12 laps, should anyone wish to continue after the benchmark of 8.
8. **Each lap, you will do 4 runs and walks (x 8 laps) = 32 runs and walks.  
Total time to complete 8 laps = 24 minutes (3 min per lap).**

Any questions email - [youthcoach@kdfra.com.au](mailto:youthcoach@kdfra.com.au)

*The KDFRA coaching team wishes you all the best in your training for the fitness assessment.*

### Diagram of Fitness Assessment Test Layout

Red = 75m running zone – complete in 20 seconds (x32)

Blue = 25m walking zone – complete in 25 seconds (x32)

