



NZRL REFEREES FITNESS TEST MODEL



Test 1

Endurance Run (Notes)

Endurance Run field set-up diagram Appendix 1

This run is designed to measure endurance capabilities of our Referees.

1. A normal size football field needs to be set up with cones.
2. The run is commenced under the crossbar of the goal posts where upon almost one full lap is completed.
3. Runners enter the field of play by rounding the cone positioned midway between the corner of the field and the goal post at the start point.
4. Runners are then required to run to the set of double cones positioned on the 30 metre line and run backwards to the 20 metre line.
5. Runners complete the same process at the 50 and 70 metre lines.
6. Runners then run between the goal posts at the finish point and run clockwise around the field back to the cone positioned at the midway point of the try line.
7. Runners then repeat the process above in points 3, 4, 5 and 6 a further 2 times.
8. When the runners have completed the circuit, they run clockwise back to the start point and continue clockwise around the field to the finish point.
9. The stopwatch should be stopped as each runner reaches the goal posts at the finish point.



TEST 2

Anaerobic Run (Notes)

Anaerobic Run field set-up diagram Appendix 2

This run is designed to gauge the agility and flexibility of our Referees.

1. Position cones as per appendix 2.
2. Runners leave the start point and run forward to the cones positioned on the 20 line and backwards to those cones positioned on the 40 metre line before running to the finish point.
3. The stopwatch is stopped as runners cross the finish line

TEST 3

70 Metre Sprint (Notes)

70 Metre Sprint, field set-up diagram Appendix 3

This exercise is designed to assess the speed of our Referees and to determine if improvements in running techniques or styles are required.

1. Runners commence at the cones on the goal line
2. Runners finish at the cones on the seventy metre line indicated by the placement of cones
3. Runners of similar ability should run in pairs competing against one another.
4. The stopwatch is used to record times.



TEST 4

Sprint Recovery (Notes)

Sprint Recovery field set-up diagram - Appendix 4

Sprint Recovery Guide For Stop Watch Operator - Appendix 4a

This exercise is designed to measure stamina recovery capabilities of our Referees.

1. Runners commence at the goal line
2. Runners sprint, walk, and stop between the 2 goal lines in accordance to commands given by a coordinator.
3. The runners stop where they are on the command given by the coordinator at the end of 7mins.

TEST 5

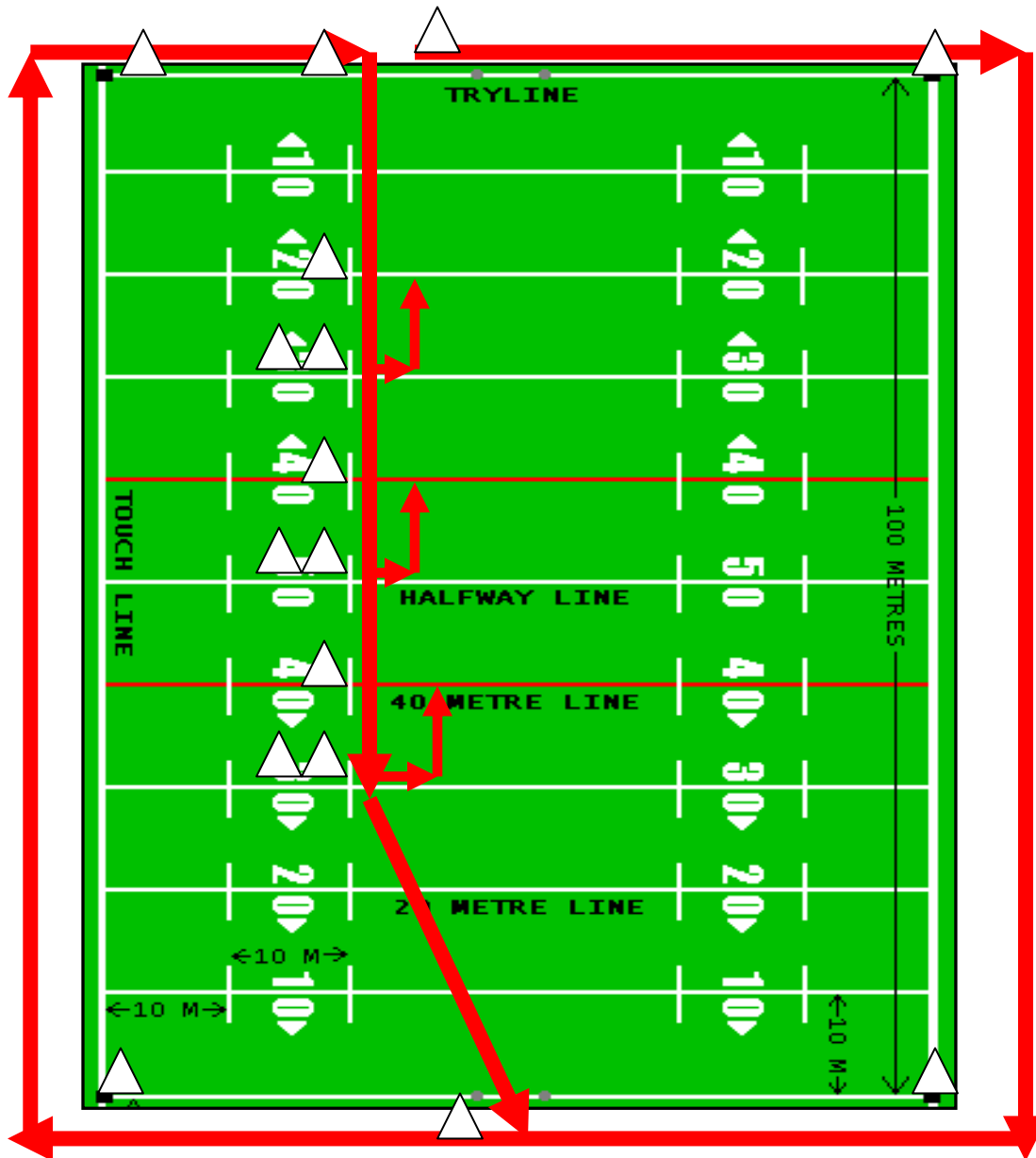
Bleep Test (Notes)

Bleep Test field set-up diagram - Appendix 5

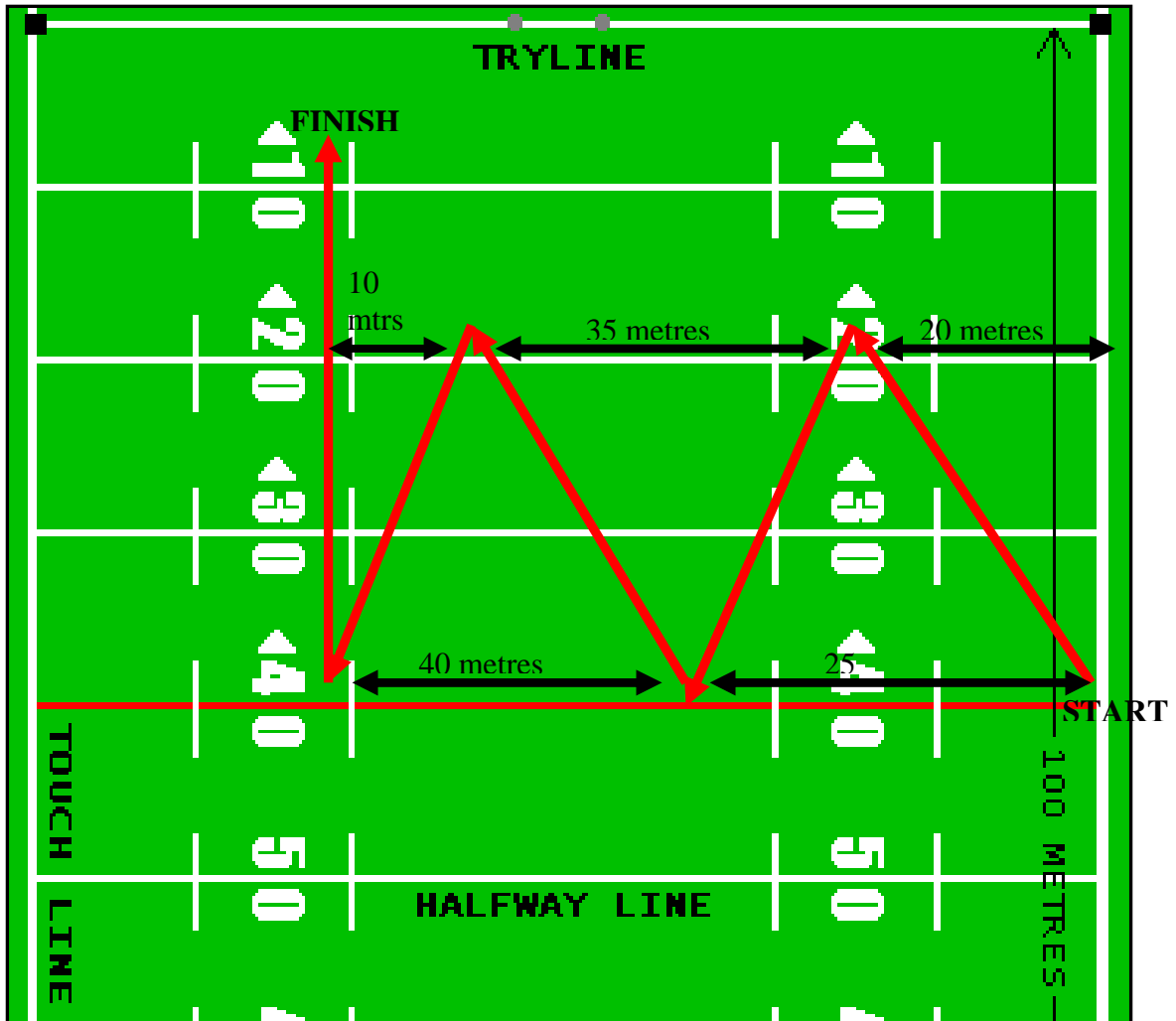
This exercise is designed to assess the overall fitness of our Referees.

1. Runners commence on the start line and run in accordance with the instructions from the audio cassette/CD which should be placed 10 metres in front of the start line so that all runners can hear the instructions.
2. Runners must not go early and get in front of the instructions.
3. Runners must touch the lines after each 20 metres shuttle. One warning is given then they must retire if they do not comply

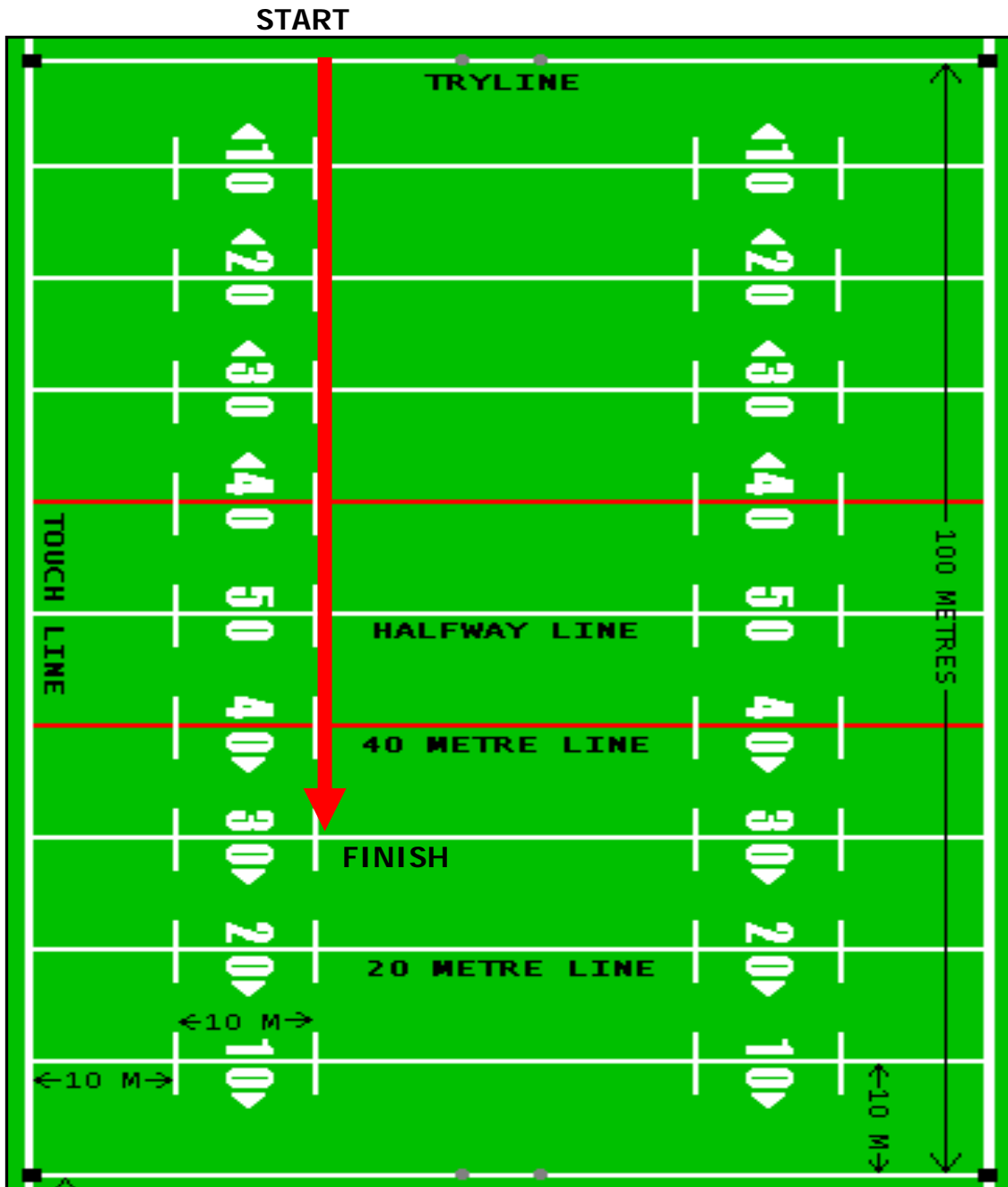
Test 1 - Endurance Run (Run = DL 6 Mins)



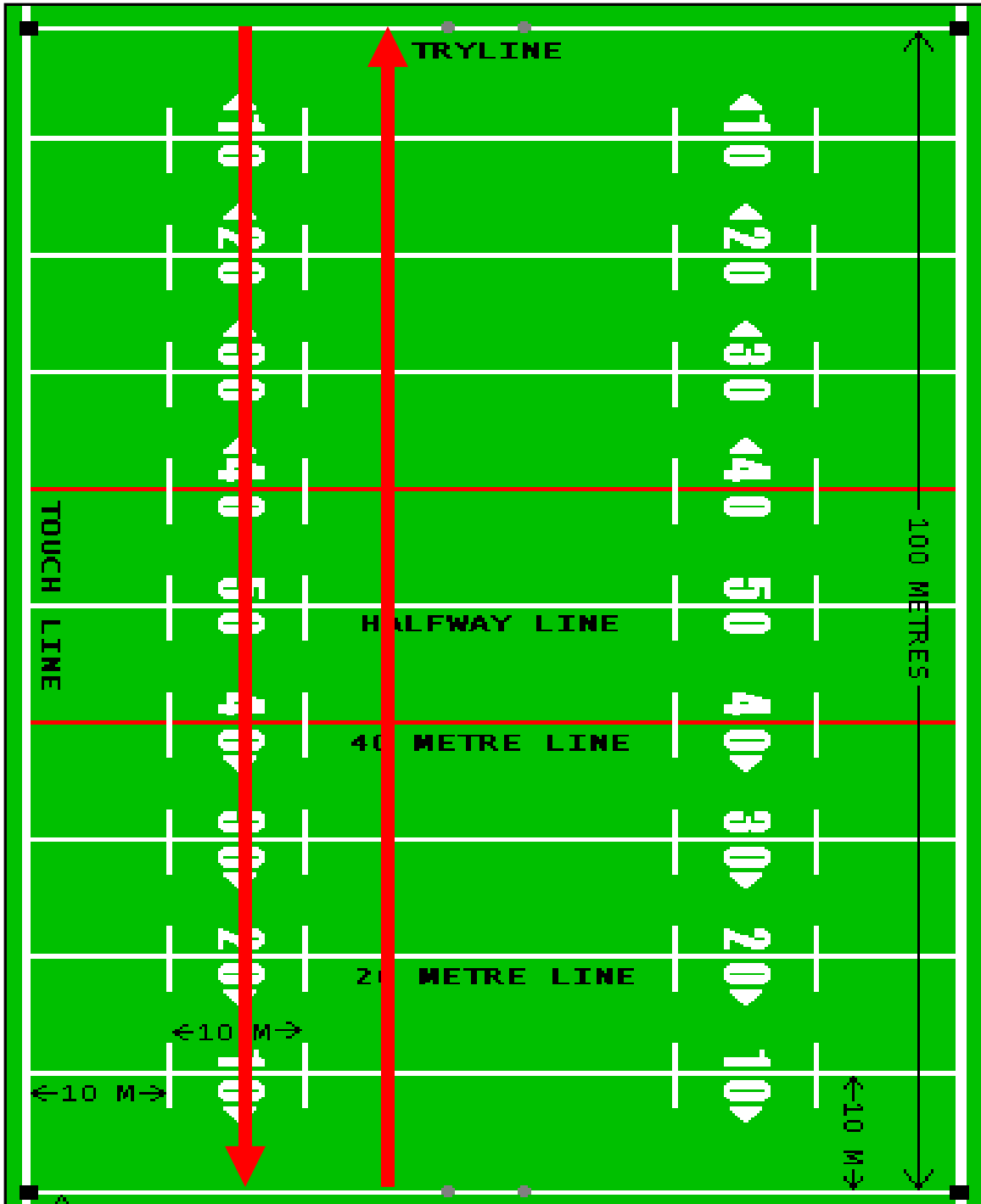
Test 2: Anaerobic Run DL = 25 sec



Test 3: 70 Metre Sprint DL = 9 Seconds



Test 4: Sprint Recovery DL = 1200Metres



Sprint Recovery Guide for Stop Watch Operator

Stop Watch Operator	Required action By Referee
Start – Zero Time	Run for 10 sec then stop for 10 sec
20 sec	Run for 10 sec then stop for 10 sec
40 sec	Run for 10 sec then stop for 10 sec
1 min	Run for 10 sec then stop for 10 sec
1 min 20 sec	Run for 10 sec then stop for 10 sec
1 min 40 sec	Run for 10 sec then stop for 10 sec
2 min	Run for 10 sec then stop for 20 sec
2 min 30 sec	Run for 10 sec then stop for 20 sec
3 min	Run for 10 sec then stop for 20 sec
3 min 30 sec	Run for 10 sec then stop for 20 sec
4 min	Run for 15 sec NO Stop walk for 30 sec NO Stop
4 min 45 sec	Run for 15 sec NO Stop walk for 30 sec NO Stop
5 min 30 sec	Run for 10 sec then stop for 20 sec
6 min	Run for 15 sec NO Stop walk for 30 sec NO Stop
6 min 45 sec	Run for 15 sec
7 min	Stop

Test 5 - Bleep Test DL= Level12

