



2026 Football Tasmania Referee Fitness Test Requirements

All match officials are advised that the following fitness test requirements will be in place for the 2026 season, as determined by the Football Tasmania Referees' Technical Committee.

In determining these requirements, the committee sought to achieve a balance between appointing match officials with an appropriate level of fitness and maintaining sufficient coverage of match officials across Football Tasmania competitions.

Part 1: Repeated Sprint Ability

<u>Competition</u>	<u>Requirement</u>
NPL Tasmania	6.2 Seconds
WSL Referee/ NPL Ar	6.4 Seconds
Men Northern and Southern Championship	6.4 Seconds
All other Competitions	None

Part 2: Interval Test Requirements

<u>Competition</u>	<u>Requirement</u>	<u>Test</u>
NPL Tasmania	10 Laps	Level 2 – 15/20 Seconds
WSL Referee/ NPL AR	Attempt	Level 3 – 15/22 seconds
Men's Northern and Southern Championship	Attempt	Level 3 – 15/22 seconds
All other Competitions	None	None

2026 Preseason Referee Fitness Test Dates and Venue:

Hobart:

- Monday 23rd February
- Monday 20th April

Launceston:

- Wednesday 25th February
- Wednesday 22nd April

Referees will need to arrive before the start time to allow ample time to warm up before the test start time.

Testing Guidelines:

Part 1: Repeated Sprint Ability

1. Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each sprint using a manual stopwatch.
2. The 'start' gate should be placed at 0m and the 'finish' gate at 40m. The 'start line' should be marked out 1.5m before the 'start' gate.
3. Referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the referee is free to start.
4. Referees should receive a maximum of 60 seconds recovery between each of the 6 X 40m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
6. If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.



Part 2: Interval Test

1. Referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 laps of a 400m athletics track. The pace is dictated by the audio file and reference times are set in accordance with the referee's category. If an audio file is not available, an experienced physical instructor should use a stopwatch and whistle.
2. Referees must start from a standing position. They must not start before the whistle. To ensure that referees do not start early, assistant test leaders should be positioned at each start line to control the start. A flag may be used to block the lane until the whistle has sounded. On the whistle, the flag should be dropped, allowing the referees to start running.
3. At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
4. If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.
5. It is recommended that the test be run in groups comprising no more than six referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated a test leader who should monitor their group closely throughout the test.

