

WOMEN'S INTERNATIONAL UMPIRE ACCREDITATION

MANDATORY FITNESS TESTING – RATING REQUIREMENT

Proposed Change: All umpires standing for an international rating or renewing an international rating would be required to pass a fitness test.

Purpose for change: To provide an objective fitness standard for international umpires.

Reason for Change: International umpires must have the fitness to keep up with the fitness of national team players. Currently there is no objective standard to judge the fitness of an international umpire candidate or a renewing umpire. A fitness test will provide an objective standard by which to judge the fitness of an umpire. A fitness test will provide a standard to which a current international umpire or a prospective international umpire can train.

Test administration: The test would be administered by the FIL evaluators rating the umpire at the event at which the umpire is receiving a field evaluation.

Test: It is proposed that the initial tests used would be the Cooper Test (12 minute run) and the Beep Test (20 meter multistage fitness test). Additional tests could be added in the future for agility, flexibility, core strength, and speed. Member countries would receive notice of any new fitness test requirement one year prior to the initiation of such test.

F. Standards: An umpire standing for a new international rating or renewing an international rating would be tested using the Cooper Test and the Beep Test. The umpire would need to pass (for the umpire's age and sex) either a) the Cooper Test at the "Good" level and the Beep test at the "Good" level or b) the Cooper Test at the "Average" level and the Beep test at the "Very Good" level.

Cooper test standards:

| Age group | Sex | Very good | Good | Average | Bad | Very bad |
|------------|--------|-----------|---------------|---------------|---------------|----------|
| 17-20 year | Male | >3000 m | 2700 - 3000 m | 2500 - 2700 m | 2300 - 2500 m | <2300 m |
| | Female | >2300 m | 2100 - 2300 m | 1800 - 2100 m | 1700 - 1800 m | <1700 m |
| 20-29 year | Male | >2800 m | 2400 - 2800 m | 2200 - 2400 m | 1600 - 2200 m | <1600 m |
| | Female | >2700 m | 2200 - 2700 m | 1800 - 2200 m | 1500 - 1800 m | <1500 m |
| 30-39 year | Male | >2700 m | 2300 - 2700 m | 1900 - 2300 m | 1500 - 1900 m | <1500 m |
| | Female | >2500 m | 2000 - 2500 m | 1700 - 2000 m | 1400 - 1700 m | <1400 m |
| 40-49 year | Male | >2500 m | 2100 - 2500 m | 1700 - 2100 m | 1400 - 1700 m | <1400 m |
| | Female | >2300 m | 1900 - 2300 m | 1500 - 1900 m | 1200 - 1500 m | <1200 m |
| >50 year | Male | >2400 m | 2000 - 2400 m | 1600 - 2000 m | 1300 - 1600 m | <1300 m |
| | Female | >2200 m | 1700 - 2200 m | 1400 - 1700 m | 1100 - 1400 m | <1100 m |

Beep Test Standards:

| | Men | Women |
|-----------|-------|-------|
| Excellent | >13 | >12 |
| Very Good | 11-13 | 10-12 |
| Good | 9-10 | 8-9 |

Failure to pass: Any umpire who does not pass the fitness test after two attempts at the rating venue would not be eligible to either receive an international rating or renew an international rating.

Effective Date: This fitness test requirement would begin for new and renewal ratings on June 1, 2011.