

## BEST PRACTICE #4

*I consider my officials' fitness level.*


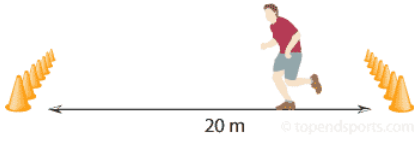



Try to make sure that officials are assigned to games in which they can keep up with the pace of play. This can be gauged through observing officials or measuring via a fitness test. Consider requesting adding a fitness component to the ranking system if your organization is amenable to the idea.

Fit officials can more consistently move to a better position to make calls than those who are unfit. Here is a generalized description of fitness levels matched with types of games.

- **Below Average** – Youth games, games on short fields, predictably slower games.
  - Should always be paired with someone of “average” or “above average” fitness.
- **Average** – Can be considered for nearly any game assignment.
  - For games that are predicted to be especially fast, consider pairing with a fit official.
- **Above Average** – Can be considered for any game assignment.

The Cooper Test and Beep Test are common tests of fitness that give a good baseline evaluation of an official's fitness, even if just used for the official as a measure for personal improvement. See the appendix for fitness test resources.

| Cooper Test   |   |
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|  | Designed by Kenneth H. Cooper in 1968 for US military use. It is a popular maximal running test of aerobic fitness, in which subjects try and cover as much distance as they can in 12 minutes.   |
| Beep Test   |   |
|  | The subject runs between the two lines, turning when signaled by the recorded beeps. The duration between beeps decreases over time. The subject's score is the level and number of shuttles (20m) reached before they were unable to keep up with the recording. |

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|  | If implementing a fitness test, associations should communicate the criteria, rationale and result usage ahead of time, and ensure that appropriate medical professionals are on site when it is being administered. |
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