

World Lacrosse Officials Fitness Protocol

World Lacrosse will test the speed, anaerobic capacity, and endurance of all officials for certification and selection purposes.

The selection target must be achieved 6 months before a World Championship.

There are certification targets depending on your ranking or the ranking you wish to obtain - WL1, WL2, or WL3.

The following tests should be completed in the order provided:

1. Sprint Recovery Test / Sprint Fatigue Test
2. Yo-Yo Test (Level 1)

1. Sprint Recovery / Fatigue Assessment Drill

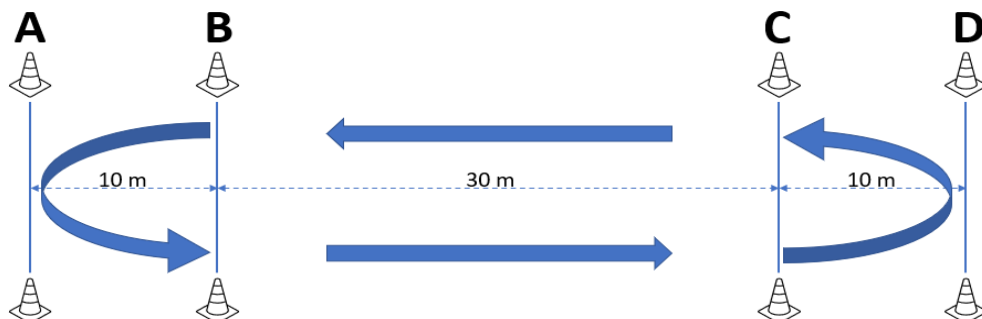
This test is used to assess the repeated sprint demands of officiating Lacrosse and anaerobic capacity. It will determine the umpire's ability to recover between sprints and produce the same level of power each time.

Equipment Needed:

- i) 50m running track or a flat non-slip surface
- ii) Metric measuring tape
- iii) Marker cones, eight (8)
- iv) Three (3) timers (lead timer will count down/blow the whistle to start each sprint. Two timers to record sprint times at each end. The two timers shall jog between positions.)
- v) Recording sheets

Note - Officials may jog in place rather than jogging the 10m beyond the 30m sprint.

Testing Instructions:



- i) Two lines are drawn (or taped) on the track 30m apart. Cones shall be placed at these end points for accuracy in timing. Use of timing gates is preferred (if available).
- ii) Two additional lines are drawn 10m beyond each end line, which will designate the slowing/turning areas (A-B and C-D).
- iii) The two lane timers either use the time shown on the timing gate or the time, as averaged between the two timers.
i.e.: Timer 1 = 5.72s, Timer 2 = 5.80s = Official time = 5.76s.
The timers should then jog to the opposite end to be ready to record the next sprint.
- iv) The participant places their preferred foot touching the start line (B).
- v) Upon hearing the whistle, the participant sprints 30m, ensuring that they do not slow down before reaching the 30m line (C).
- vi) After each sprint the runner turns (within the 10m boundary) and returns to the line, ready for the next sprint -- to run in the opposite direction to the previous sprint.
- vii) The next 30m sprint starts 20 seconds after the start of previous sprint and is designated by a whistle each time. The sprints start a 0 sec, 20 sec, 40 sec, 1 min, 1 min 20 sec and 1 min 40 sec on the clock, so a total of 6 whistles shall be heard.
- viii) The drill will finish in the same end the drill started.

Scoring:

This test will be scored in two different ways.

1. The total of all six sprint times
2. The fatigue index will be calculated by taking the average of the first 3 sprint times and dividing that number by the average of the last 3 sprint times.

For example, if the times for the first three sprints were 6.9, 7.1, and 6.7 (average 6.9 seconds) and the last three times were 7.6, 8.2, and 7.9 (average 7.9 seconds), the fatigue index will be $6.9 \div 7.9 = 0.87$ (Good)

Rating	Fatigue Index
Excellent	>89%
Good	85% - 89%
Average	80% - 84%
Poor	<80%

Certification Requirements:

Test	Selection (6 Months)	WL1 (2 – 4 Weeks)	WL2 (2 – 4 Weeks)	WL3 (2 – 4 Weeks)
Total Time Male	38 s	35 s	34 s	34 s
Total Time Female	40 s	37 s	36 s	36 s
Fatigue Index	75% +	80% - 84%	85% +	85% +

2. Yo-Yo Intermittent Endurance Test (Level 1) Assessment Drill

The Yo-Yo Intermittent Endurance Test is a test of the ability to undertake intermittent exercise. The participants have a short active break of 5 seconds (2.5 meters) after each 40m (2 x 20 m runs) of increasing speed. See here for more information - <https://www.theyoyotest.com/yyie1.htm>

Note - there are several types and levels of the Yo-Yo Test. Ensure you are using the correct version.

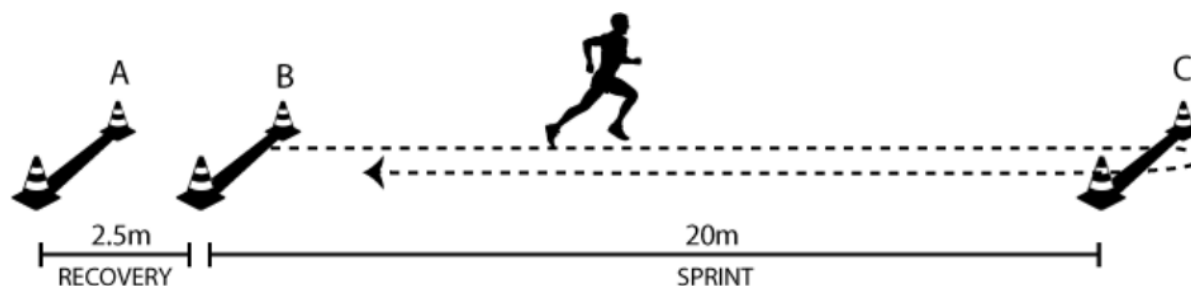
Equipment Needed:

- vi) 30m running track or a flat non-slip surface.
- vii) Metric measuring tape
- viii) Marker cones, five (6+)
- ix) Pre-recorded audio cd or mp3, cd player and speakers. ([Purchase the YYIE1 mp3 file here](#))
- x) Three (3) timers (lead timer will count down/start the drill and controls the audio machine. Two timers, per lane, to monitor and inform the runner of their progress)

**** Due to copyright laws, World Lacrosse is unable to provide the audio test. ****

**** You may purchase your own copy via the above link at a nominal cost of [US\\$3.00](#). ****

Testing Instructions:





- i) Use cones to mark out three end lines as per the diagram above; **20** meters and **2.5** (endurance test) apart
- ii) The audio track (which the athlete **must** be able to hear for themselves) is to be played when the participants (maximum eight) are ready to start
- iii) The athlete starts on or behind line B, facing line C
- iv) When instructed by the audio recording, the participant begins running to line C, where she/he touches the line with one foot.
- v) The participant turns and returns to the starting point (line B) when signaled by the recorded beep (and not before)
- vi) There is an active recovery period (5 seconds) between every 40-meter (out and back) shuttle, during which the athlete must walk or jog around the other cone (2.5m away) and return to the starting point.
- vii) The participant continues with the test until they are no longer able to reach the cone before the beep
- viii) A verbal warning is given by one of the timers, when the participant does not complete a successful out and back shuttle within the allocated time N.B. the participant will only be warned once during the whole test
- ix) The testing is over **the next time** a candidate does not complete a successful shuttle.

Scoring:

The athlete's score is the total distance covered before they were unable to keep up with the recording. The Yo-Yo intermittent test usually takes between 5-12 minutes. ([Data Table](#))

	Males		Females	
Rating	Meters	Level	Meters	Level
Elite	> 2400m	> 20.1	> 1600m	> 17.5
Excellent	2000m – 2400m	18.7 – 20.1	1320m – 1600m	16.6 – 17.5
Good	1520m – 1960m	17.3 – 18.6	1000m – 1280m	15.6 – 16.5
Average	1040m – 1480m	15.7 – 17.2	680m – 960m	14.6 – 15.5
Below Average	520m – 1000m	14.2 – 15.6	320m – 640m	13.1 – 14.5

Certification Requirements:

Test	Selection	WL1	WL2	WL3
Total Distance Male	1040m	1520m	1720m	2000m
Total Distance Female	680m	1000m	1160m	1320m

3. Assessment Results Reporting

All Officials: Please record and submit your fitness results to World Lacrosse via this link:

[Officiating Fitness Testing Protocol Report Form](#)

Results can be Saved and Submitted later if the fitness tests were not all completed on the same day. This form is private. No other on-field officials have access to your results.

4. Document History

Date	Substantive Changes Made	Change made By
Sept 2021	Initial Release	Officiating Committee
Jan 2022	Correct Yo-Yo test, Results Reporting included	Officiating Committee
Jan 2024	Only included testing information, added a selection time 6 months prior, edited certification requirements, included athletic rating ranges, added fatigue index to sprint testing	Chair of Officiating and Staff in consultation with S&C professionals