




FIBA

We Are Basketball

FIBA REFEREES' BASIC FITNESS TEST

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FOREWORD

This Guide covers general conditions for the FIBA Referees' Basic Fitness Test as well as specific administrative procedures related to the FIBA Game Officials Licensing 2023-2025 (GOL 2023-25).

Please note that everything regarding the training for FIBA Referees' Basic Fitness Test is covered in the Physical Training Manual for Basketball Referees. This document is available for download at the FIBA iRef Academy Library App. Referee Candidates are encouraged to use it while preparing for the test.

Due to ongoing global COVID-19 coronavirus, when organizing the FIBA Referees' Basic Fitness Test, national federations must strictly follow preventive and restrictive measures set by the local governments and public health authorities.

For further inquiries related to the training for the FIBA Referees' Basic Fitness Test please contact referees.fitness@fiba.basketball.

For GOL 2023-25 administrative procedures please contact FIBA Referee Operations at GOL2023@fiba.basketball.

@ your disposal,

FIBA Referee Operations

COVID-19 PROTOCOL AND RECOMMENDATIONS

Due to ongoing global COVID-19 coronavirus, when organizing the FIBA Referees' Basic Fitness Test ("Fitness Test"), national federations must strictly follow any preventive and restrictive measures set by their local governments and national public health authorities.

Under no circumstances an individual can run the Fitness Test if he/she is or has reasons to believe that he/she is infected with COVID-19.

If an individual had previously tested positive for COVID-19 and has undergone full recovery since the infection (i.e. showing no symptoms), he/she must provide to the Test Supervisor a medical clearance and a new up-to-date FIBA Medical Certificate, prior to the Fitness Test.

On the day of the Fitness Test, if an individual feels unwell, he/she must NOT participate in the test and must call for a medical advice. In such a case, the Fitness Test date will be rescheduled. It is recommended that the individual performs the PCR test prior to the next scheduled Fitness Test date. The PCR shall be taken no later than 48h before entering to the Fitness Test venue and shall be submitted to the Test Supervisor.

BASIC FITNESS TEST

Set up & procedure

FIBA REFEREES' BASIC FITNESS TEST

According to the FIBA Internal Regulations governing International Referees, in order to be qualified as a FIBA Referee the candidates must successfully pass the FIBA Referees Basic Physical Fitness Test, as established by the FIBA Technical Commission.

The FIBA Referees Basic Fitness Test (multistage 20 m shuttle run - Leger et al., 1988), involves running repeated 20-metre lengths at a pace set by a recorded audio. Two lines are marked out as per the diagram below; 20 metres apart. The participant starts on or behind one of the lines, and begins running 20 m when instructed by the audio. The referee runs consecutive 20-metre lengths until they reach the established levels. The pace of the tones gets progressively faster as the test continues.

A warning is given when the participant does not complete a successful out and back shuttle in the allocated time and the participant is removed the next time they do not complete a successful shuttle. When the participant has been removed, the number of completed laps is recorded in the performance score sheet and represents the test result.

It is recommended to properly warm up before the test, to be in optimal condition for the test and to avoid any type of injuries.

The candidates must be in a healthy condition before attempting the test and must be in possession of the following mandatory documents: a valid FIBA Medical Certificate and the undersigned FIBA Referees' Fitness Test Consent Form.

The FIBA Referees' Basic Fitness Test for GOL2023-25 can be taken only once, during the dedicated period, as indicated in the GOL2023-25 Guidelines for National Member Federations.

The candidate who attempts the test is considered to be in a healthy condition and ready for the test. If he/she does not complete it correctly, the test is considered as failed, except for the injury that occurs during the test. In such case, a medical document, undersigned by a qualified doctor, must be provided by a national federation to FIBA indicating the following information: date and place of the injury, type of the injury, recovery recommendations, estimated recovery date, etc.

The audio of the test can be downloaded from the FIBA iRef Academy Library App or from the fiba.basketball, "[Become a Game Official](#)" section.

The FIBA Basic Fitness Test video guidelines can be accessed via the following link.

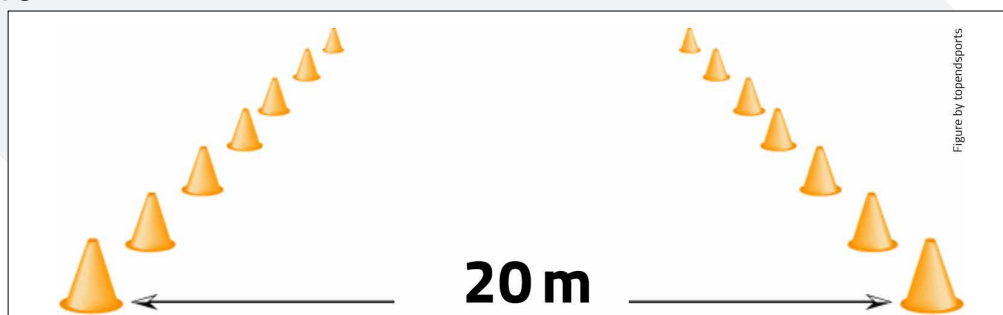
VID >> Basic Fitness Test

SET UP & PROCEDURE:

Required equipment

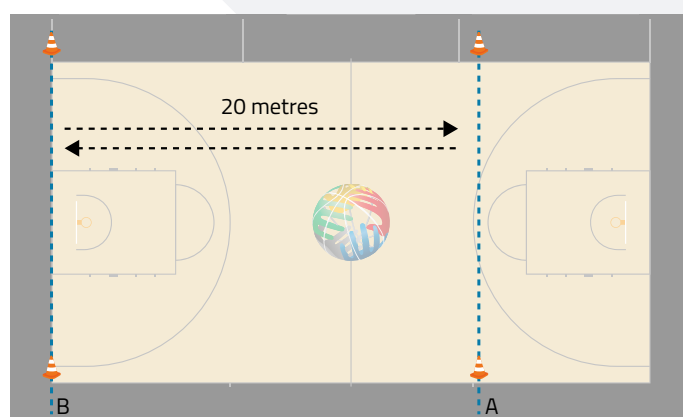
- Facility – Consistent, flat and non-slip. Basketball court is recommended.
- Marking cones
- Measuring tape (>20m)
- FIBA Referees Basic Fitness Test audio can be downloaded from FIBA iRef Officiating Academy platform or from the fiba.basketball, "[Become a Game Official](#)" section
- CD/MP3/MP4 player with loud speaker (volume of speaker is particularly important).
- Performance scoring sheet to control who is passing or failing the Test.

Test Configuration



Once the tests configuration has been setup, test officials are positioned at both shuttle lines (cone A and B) and participants are ready, then the test can begin.

The audio file contains the necessary verbal instructions for conducting the test. The test begins after the demonstration lap, which is the second (2nd) signal after the countdown of "5-4-3-2-1". Candidates should listen carefully to the verbal instructions given on the audio file.



Candidates are advised to warm up correctly and stretch before attempting the test (and they may use the supporting document "Improve Your... Warm-up & Stretching", which is available at FIBA iRef Academy Library App.

It is strongly recommended that medical staff be in attendance during the test.

Test Procedure

1. The test supervisor measures a 20m distance and places clear markers to demonstrate the running distance (shown here with cones).



2. The candidates shall position themselves at the starting line and line up in alphabetical order, from left to right facing the court. The test supervisor shall play the introduction part of the audio file.



3. The correct technique is for the candidates to touch the line at the sounding of the signal and for all of them to run in line, as a team.



4. Here, the candidates are not running in line and some of them are too early or too late reaching the line (for which a warning should be issued).



5. The test supervisor shall issue a warning to any candidate who, based on when the signal sounds:
- a. reaches the line too early or too late;
 - b. does not reach the line at all.



For any repetition of the actions enumerated in point 5, the candidate shall be instructed to stop and will fail the test. Once withdrawn from the test, the individual's score must be recorded.

Scoring System

FIBA Technical Commission decided to have the following limits to mark "pass" in the FIBA Referees Basic Fitness Test.

Regardless of the age a male candidate shall be considered to have successfully passed the test if:

- he completes 86 laps in 10 minutes (candidate for Black and White License categories).

Regardless of the age a female candidate shall be considered to have successfully passed the test if:

- she completes 86 laps in 10 minutes (candidate for Black License category)
- she completes 66 laps in 8 minutes (candidate for Green and White License categories).


ADMINISTERING THE TEST

1. Mandatory forms to be duly completed for the FIBA Referees' Basic Fitness Test
2. Filming the FIBA Referees' Basic Fitness Test
3. Submitting the video file
4. Completing the FIBA Referees' Basic Fitness Test Results form

1. MANDATORY FORMS TO BE DULY COMPLETED FOR THE FIBA REFEREES' FITNESS TEST

1. FIBA Referees' Fitness Test / Consent Form

Please see below an example of the form. Candidate must present this form to the Fitness Test Supervisor together with the Medical Certificate for FIBA Referees prior to the fitness test. The form can be downloaded from the [fiba.basketball](#), "[Become a Game Official](#)" section.



FIBA REFEREES' FITNESS TEST / CONSENT FORM 2021
Valid as of 1st January 2021. This version of the FIBA Referees' Fitness Test Consent Form ("Consent Form") nullifies all the previous versions of the Consent Form. This version only must be used for any FIBA Referees' Fitness Test as of 1st January 2021.

The Internal Regulations of FIBA require all international referees to undertake a physical fitness test. This test is conducted preferably indoors under the supervision of FIBA/FIBA Regions Staff or National Federation/National Instructor.

The possibility of physical changes occurring during a test of this nature cannot be excluded. These include abnormal blood pressure, fainting, erratic heartbeat and, in extreme cases, heart attack.

Every effort will be made to minimise such occurrences by requesting all participants to present the valid Medical Certificate, signed by a medical doctor, prior to the test.


Note: You should stop the test IMMEDIATELY if you feel tired or ill at any time.

All referees who take the test will be provided with the details of the test and, upon request, can be given advice on training programmes by FIBA Referee Operations.

CONSENT

I have read the contents of this form, the completed Medical Certificate, and the test procedures. I understand the requirements (in particular physical) of the test and I voluntarily consent to participate at my own risk. I hereby agree to hold FIBA/FIBA Regions or National Federations harmless from/against any and all liabilities, damages, claims, costs and expenses, including (without limitation) reasonable legal fees, that may arise in connection with my participation in the FIBA Referees' Fitness Test (Basic/Elite Yo-Yo).

By participating in the FIBA Referees' Fitness Test, I am deemed by FIBA/FIBA Regions and National Federations to have secured all necessary insurance coverage to protect me against any and all risks associated to my participation to the FIBA Referees' Fitness Test (in particular health, accident and civil liability insurances).

A	Date of Fitness Test	Day: <input type="text" value="3"/> <input type="text" value="1"/> Month: <input type="text" value="1"/> Year: <input type="text" value="2"/> <input type="text" value="0"/> <input type="text" value="2"/> <input type="text" value="3"/>
B	Place of Fitness Test	Geneva (Switzerland)
C	Name of Referee / Country	John Smith / SUI
D	Date and Place	Geneva 31 January 2023
	Signature of Referee	


Note: In case of discrepancy between the three languages: English, Spanish and French, on the meaning or interpretation of a word or phrase, the English text prevails.

- a. Add the date of the fitness test
- b. Add the place of the fitness test
- c. Add the first name, surname and country of residence of the candidate
- d. Add the date and place plus the signature of the candidate

2. Medical Certificate for FIBA Referees

Please see below an example of the form. Prior to the test each candidate must present a Medical Certificate no older than 12 months together with the FIBA Referees' Fitness Test / Consent Form prior to the fitness test. The form can be downloaded from the fiba.basketball, "[Become a Game Official](#)" section.

For GOL 2023-25 procedures a FIBA Medical Certificate must be dated 1 April 2022 or later.



MEDICAL CERTIFICATE

First and Family Name (s) of the Referee (in capital letters):

A JOHN SMITH

B Country: SWITZERLAND

First and Family Name (s) of the Doctor (in capital letters):

C Dr. TIM JONES

D Country: SWITZERLAND

Date and Place of Medical Testing:

E 31 January 2023, Geneva

I, the undersigned doctor, hereby confirm that:

1. The above-mentioned referee does not present any apparent medical illness that could prevent him from refereeing a basketball game. The physical examination, including a thorough cardio-vascular medical history and the ECG, does not present any sign of pathology.
2. He/she has no medical contraindication to undergo a maximal physical fitness test, including the FIBA Physical Fitness Tests (Basic or Elite Yo-Yo) for Referees.

F 31 Jan 2023
Date (day/month/year)

Tim Jones
Signature and stamp of the examining doctor

This Medical Certificate is valid for 12 months and must be presented by the Referee to the governing body of the basketball competition whenever required.

1.1

- a. Add the first name and surname of the candidate
- b. Add the country of residence of the candidate
- c. Add the first name and surname of the doctor
- d. Add the country of residence of the doctor
- e. Add the date and the place of the medical testing
- f. Add the date, signature and stamp of the doctor who supervised the medical testing

2. FILMING THE FITNESS TEST

Please, find below some practical guidelines how to film the video:

- The participants must be entered in the Fitness Test Results Form in alphabetic order according to their surnames (as indicated in the passports). The line-up of the participants on the end-line must be linked with the alphabetical order – from A to Z, starting from the bottom of the camera shot.
- In case of multiple candidates, each candidate must be introduced by filming their faces and indicating their First and Last Names.



Name: Candidate
Surname: A



Name: Candidate
Surname: B



Name: Candidate
Surname: C



Name: Candidate
Surname: D

- The 20-meter distance should be carefully and accurately measured each time the test takes place and the National Instructor (if available) is responsible for checking this each time the test is undertaken.
- Both lines must be in the camera shot at the sound of the “beep”. They must be clearly visible either in a wide camera angle, or when the camera moves from side to side (rotating camera and showing referees clearly touching the line on each side).
- The camera should be positioned at a high enough angle to be able to see the lines and all the referees touching them on both ends. No participants must be “cut” from the view when the “beep” sounds.
- A camera must not be positioned at one end of the court, where only one line can be seen.



Example of camera positioning

- Apart from the introductory part - a measurement of the distance and a presentation of participants - a Fitness Test video must be uninterrupted. Any montage is forbidden.
- Not providing the video of the Fitness Test or providing a video which does not conform with any of the conditions indicated above, may lead to the rejection of the Fitness Test results for all candidates

3. SUBMITTING THE VIDEO FILE

During the registration process, a national member federation (NF) must submit a video of the recorded physical fitness test of each candidate referee. If candidates run and are filmed as a group, the instructions on their line-up and presentation must be strictly followed.

Videos can be submitted using different file sharing online tools. However, for GOL 2023-25 procedures it is highly recommended to use a WeTransfer platform.

When sending the fitness test video via WeTransfer, it must be sent to GOL2023@fiba.basketball, indicating the national federation's IOC code in the file and in the message.


The diagram illustrates the WeTransfer interface for submitting a video file. It shows a white upload form on a light gray background with the WeTransfer logo in the top left. The form has the following fields and instructions:

- Upload files** (with a plus icon and the text "Or select a folder"): Indicate IOC code in the file name. Example: SUI for Switzerland
- Email to**: GOL2023@fiba.basketball
- Your email**: Enter your e-mail
- Title**: Fitness Test + your IOC code
- Message**: Add text, if required

At the bottom of the form is a "Transfer" button. The WeTransfer logo is also displayed at the bottom left of the diagram.

4. FITNESS TEST RESULTS

Please see below an example of how to correctly fill out the form informing FIBA of the results of the Fitness Test.

 FIBA REFEREES BASIC FITNESS TEST - RESULTS FORM Please complete this form electronically. Save the file and send it back in PDF format. Note: All fields must be completed					
National Federation	Switzerland A	Supervisor 1 of the Fitness Test	John Supervisor B		
		Supervisor 2 of the Fitness Test	Michael Supervisor B		
SURNAME and Name of the Referee Candidate (e.g. S C John)	Gender (Male / Female) D	Format of the Fitness Test (86 laps / 10min 66 E min)	Result of the Fitness Test (Pass / Fail) F	Place of the Fitness Test G	Date of the Fitness Test (dd H / mm / yy)
1. JONES John	Male	86 laps / 10 min	Pass	Geneva	31/01/2023
2. LAUREN Joanna	Female	66 laps / 8 min	Pass	Geneva	31/01/2023
3. SMITH John	Male	86 laps / 10 min	Pass	Geneva	31/01/2023
4. SMITH Linda	Female	86 laps / 10 min	Pass	Geneva	31/01/2023
5.	--	--	--		
6.	--	--	--		
7.	--	--	--		
8.	--	--	--		
9.	--	--	--		
Date and Signature of the Supervisor 1	31 January 2023 <i>John Supervisor</i>				
Date and Signature of the Supervisor 2	31 January 2023 <i>Michael Supervisor</i>				

Note: In case of discrepancy between the three languages: English, Spanish and French, on the meaning or interpretation of a word or phrase, the English text prevails.

- Add the relevant National Federation
- Add the name(s) of the supervisor(s) of the tests
- Add the first name and surname of the candidates in alphabetical order
- Select the gender of the candidate
- Select the correct format of the fitness test completed by the candidate (see details under "FIBA Referees' Basic Physical Fitness Test", point 4)
- Select the result of the fitness test
- Add the place of the fitness test
- Add the date of the fitness test

All three above-mentioned forms must be uploaded to the GOL 2023-2025 registration module in MAP. If any of the forms are missing the Fitness Test procedure shall be considered incomplete.

STANDARD QUALITY GLOBAL CONNECTION



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