



Guide To Match Official Fitness Testing – Season 2027

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1.0 Purpose & Background

The Football Queensland (FQ) Match Official Fitness Testing Protocol is designed to ensure both referees and assistant referees possess the physical capacity required to meet the demands of modern football. The testing program provides an objective measure of a match official's fitness, enabling FQ to assess readiness for appointment, support ongoing development, and maintain the performance standards expected across FQ competitions.

Fitness testing plays an important role in ensuring match officials can consistently achieve optimal positioning, maintain concentration throughout the match, and make accurate decisions during high-intensity phases of play. The protocol also helps identify areas for improvement, encouraging match officials to take ownership of their physical preparation and overall performance both during and outside of the competition season.

By implementing a consistent and transparent fitness testing framework, FQ aims to:

- Promote safe and effective participation in match officiating.
- Ensure match officials can meet the physical demands of their appointed matches.
- Support merit-based appointments and progression pathways.
- Encourage year-round fitness and professional standards.
- Enhance match control, decision-making, and game management through improved physical performance.
- Align fitness expectations with national referee development standards and performance objectives.

The fitness testing process forms an integral part of Football Queensland's commitment to maintaining and driving high standards of officiating across Queensland.

2.0 Which Match Officials does this Impact?

This Fitness Testing Protocol applies to all Football Queensland Match Officials appointed to senior premier and under-23 competitions within the Football Queensland competition structure. Specifically, the protocol applies to:

- **Referees and Assistant Referees** appointed to Men's competitions from **National Premier Leagues (NPL) Queensland through to QPL 3**, including the corresponding **Under 23 competitions** that fall alongside this level of football.
- **Referees and Assistant Referees** appointed to Women's competitions from **National Premier Leagues (NPL) Queensland through to QPL 1**, including the corresponding **Under 23 competitions** applicable to this level of football.

The protocol establishes the minimum fitness standards required for match officials operating within these competitions and provides a framework for assessing physical readiness, supporting ongoing development, and ensuring officials can meet the physical and performance demands of their appointed competition level.

Football Queensland may review and amend the applicable competitions, testing requirements, and performance standards from time to time to align with competition needs, referee development objectives, and national officiating expectations.

3.0 Seasonal Fitness Testing Framework

Football Queensland conducts fitness testing seasonally as part of the preparation and panel confirmation process for match officials appointed to competitions covered by this protocol.

The 2027 fitness testing period will occur during the **pre-season window from November 2026 to January 2027**, allowing sufficient time for match officials to prepare for the upcoming season and demonstrate the required level of physical readiness. Successful completion of the applicable fitness test is a mandatory requirement for panel confirmation and appointment eligibility within the relevant FQ competitions.

Match officials will be afforded a maximum of **three (3) testing opportunities** during the designated pre-season period to achieve the required fitness standard. Officials who do not meet the required standard at an earlier testing session may attend subsequent testing opportunities provided within the allocated testing window.

Football Queensland will communicate all testing dates, venues, and requirements in advance. Match officials are expected to take responsibility for their physical preparation and ensure they present in a suitable condition to successfully complete the required assessment. Football Queensland will continue to support Match Official Physical Preparation and Development with our Twice Weekly Session's Physical Training Sessions at Football Queensland's Nudgee Recreation Reserve. Information on these sessions will be circulated in separate communication. Regional Match Official Training also remains available through our Regional Refereeing Hubs model led by our Referee Support team.

This fitness testing framework forms part of Member Federation competition requirements. Any additional Football Australia Pathway fitness testing standards must also be met prior to nomination for national pathway consideration as set out by Football Australia (FA).

Where exceptional circumstances such as injury, illness, or other approved reasons impact a match official's ability to participate, Football Queensland may consider alternative arrangements at its discretion. Any such considerations must be supported by appropriate documentation and communicated as early as practicable by effected Match Officials.

The Seasonal Fitness Testing Framework is designed to provide a fair, consistent, and transparent process that supports both the development of match officials and the maintenance of performance standards across Football Queensland competitions.

4.0 2027 Fitness Testing Standards

The fitness standards outlined below establish the minimum physical performance requirements for match officials appointed to Football Queensland competitions covered by this protocol. The standards have been developed to align with the physical demands of each competition level and officiating role, operating on a tiered modelling system.

All match officials are required to successfully complete all components of the prescribed fitness assessment applicable to their competition category and appointment role. The 2027 assessment protocol consists of the following types of FIFA approved assessments.

- FIFA Interval Test (Endurance Component)

- Repeated Sprint Test (Speed Component)
- Assistant Referees are also required to successfully complete the CODA (Change of Direction Ability) test as also prescribed as part of the FIFA Fitness Testing Protocol.

Male Senior Competition Standards - Referees

Competition	RSA Test	Interval Test
NPL M	6 × 40m sprints in 6.0 seconds or less	15/18
QPL1 M	6 × 40m sprints in 6.0 seconds or less	15/18
QPL2 M	6 × 40m sprints in 6.1 seconds or less	15/20
QPL3 M	6 × 40m sprints in 6.1 seconds or less	15/20

Male Senior Competition Standards - Assistant Referees

Competition	CODA Test	RSA Test	Interval Test
NPL M	10.0 seconds	5 × 30m sprints in 4.7 seconds or less	15/20
QPL1 M	10.0 seconds	5 × 30m sprints in 4.7 seconds or less	15/20
QPL2 M	10.1 seconds	5 × 30m sprints in 4.8 seconds or less	15/22
QPL3 M	10.1 seconds	5 × 30m sprints in 4.8 seconds or less	15/22

Male Under 23 Competition Standards - Referees

Competition	RSA Test	Interval Test
NPL M U23	6 × 40m sprints in 6.1 seconds or less	15/20
QPL1 M U23	6 × 40m sprints in 6.1 seconds or less	15/20
QPL2 M U23	6 × 40m sprints in 6.2 seconds or less	15/22
QPL3 M U23	6 × 40m sprints in 6.2 seconds or less	15/22

Male Under 23 Competition Standards - Assistant Referees

Competition	CODA Test	RSA Test	Interval Test
NPL M U23	10.1 seconds	5 × 30m sprints in 4.8 seconds or less	15/22
QPL1 M U23	10.1 seconds	5 × 30m sprints in 4.8 seconds or less	15/22
QPL2 M U23	10.2 seconds	5 × 30m sprints in 4.9 seconds or less	15/24
QPL3 M U23	10.2 seconds	5 × 30m sprints in 4.9 seconds or less	15/24

Women Senior Competition Standards - Referees

Competition	RSA Test	Interval Test
NPL W	6 × 40m sprints in 6.4 seconds or less	17/20
QPL1 W	6 × 40m sprints in 6.5 seconds or less	17/22

Women Senior Competition Standards - Assistant Referees

Competition	CODA Test	RSA Test	Interval Test
NPL W	11.0 seconds	5 × 30m sprints in 5.1 seconds or less	17/22
QPL1 W	11.1 seconds	5 × 30m sprints in 5.2 seconds or less	17/24

Match officials must achieve the minimum standard prescribed for their highest intended appointment category to be considered for panel confirmation and competition appointments

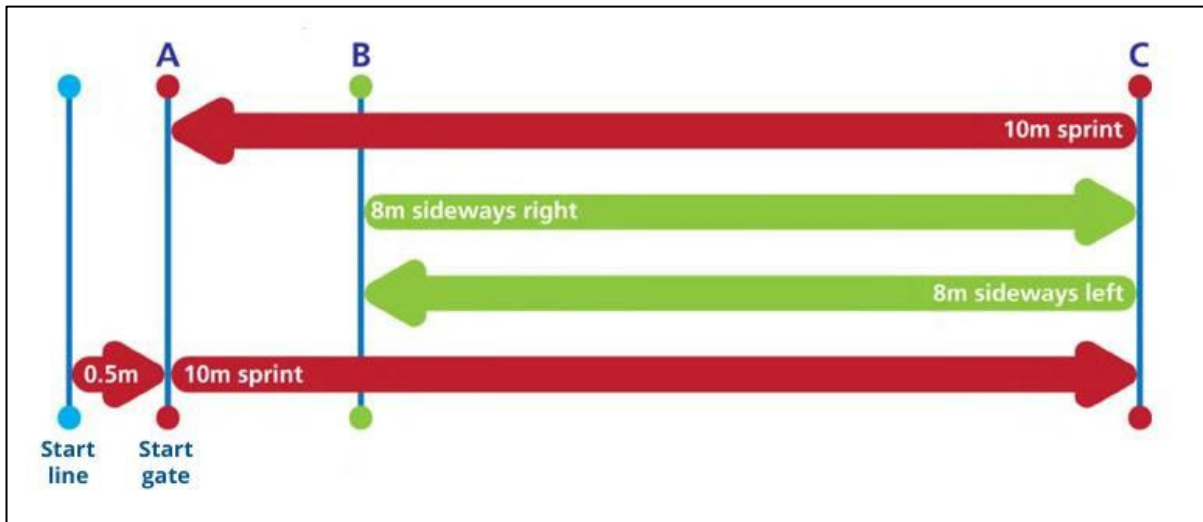
5.0 2027 Fitness Testing Components & Delivery

The Football Queensland Match Official Fitness Testing Program is based on the FIFA-approved fitness testing framework for referees and assistant referees. The tests selected for FQ competitions are designed to assess the key physical attributes required to effectively officiate football matches, including speed, repeated sprint ability, change of direction, and endurance. In this section, we set out the basics of each testing protocol and how this is intended to be delivered to ensure that Officials can prepare for each of the given tests.

5.1 CODA Test (Assistant Referees Only)

The Change of Direction Ability (CODA) Test evaluates an Assistant Referee's agility, lateral movement, coordination, and ability to rapidly change direction. These movement patterns closely align with the requirements of assistant refereeing, particularly when tracking offside. The delivery of this segment to the 2027 testing protocol will take the following form.

- Officials will complete **one (1) timed repetition**.
- Timing games will be used to provide an accurate measure of each repetition.
- Officials must achieve the prescribed time applicable to their competition category as supplied in section 4.0 of this guide, 2027 Fitness Testing Standards.
- Across the test, if required, Officials can retake one effort in accordance with FIFA Testing Guidelines. No more than one (1) additional opportunity will be provided.



Visual Displaying the CODA (Change of Direction Assessment) relevant to ARs

5.2 Repeated Sprint Test (40m & 30m) – Referees & Assistant Referees

The Repeated Sprint Test measures an official's acceleration, speed, and ability to perform repeated high-intensity sprint efforts. These movements replicate the demands placed on official's when transitioning quickly between phases of play and maintaining optimal proximity to active play. The delivery of this segment to the testing protocol will take the following form following a 2–4-minute rest period post completion of CODA for eligible Officials as shown in 5.1.

- Referees will complete **six (6) x 40 metre sprints**.
- Assistant Referees will complete **five (5) x 30 metre sprints**.
- Each sprint will be timed individually.
- A recovery period of minimum **60 seconds** will be provided between sprints for Referees and minimum of **30 seconds** will be provided between sprints for Assistant Referees.
- Officials must achieve the prescribed sprint time applicable to their competition category as supplied in section 4.0, 2027 Fitness Testing Standards
- Across the Test, if required, Officials can retake one sprint in accordance with FIFA Testing Guidelines. No more than one (1) additional sprint opportunity will be provided.

- Timing gates will be used to provide an accurate measurement of each sprint time.



Visual Displaying the Repeated Sprint Test Setup (40m) relevant to Referees



Visual Displaying the Repeated Sprint Test Setup (30m) relevant to ARs

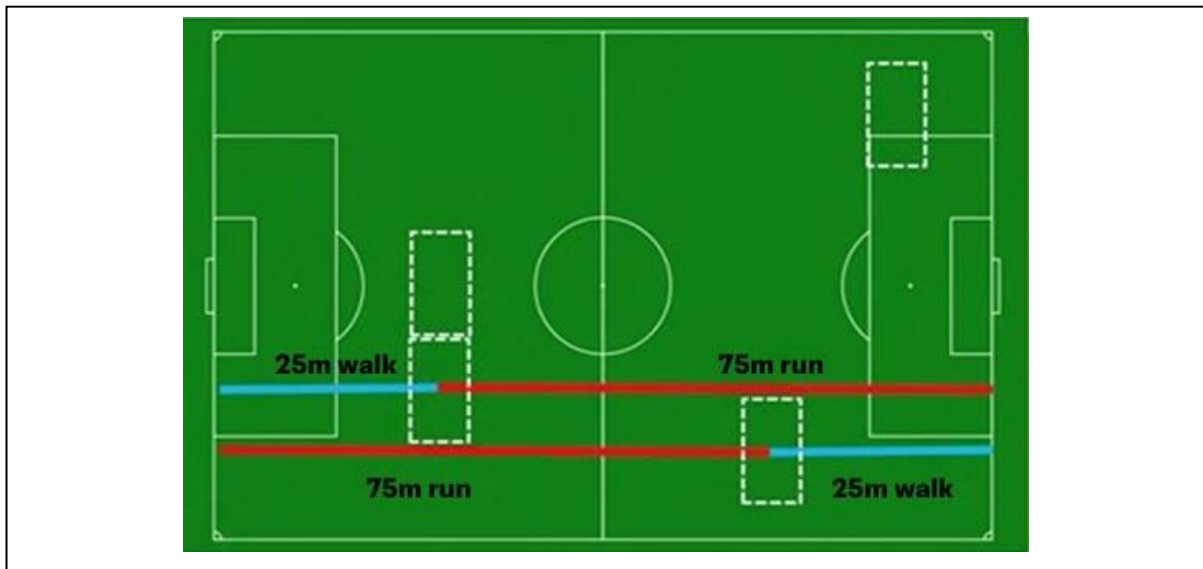
5.3 FIFA Interval Endurance Test – Referees & Assistant Referees

The Interval Endurance Test assesses an official's ability to repeatedly perform high-intensity running efforts while recovering between bouts of exercise. The test is designed to replicate the demands experienced during a football match, where officials are required to sustain concentration, movement quality, and decision-making over an extended period.

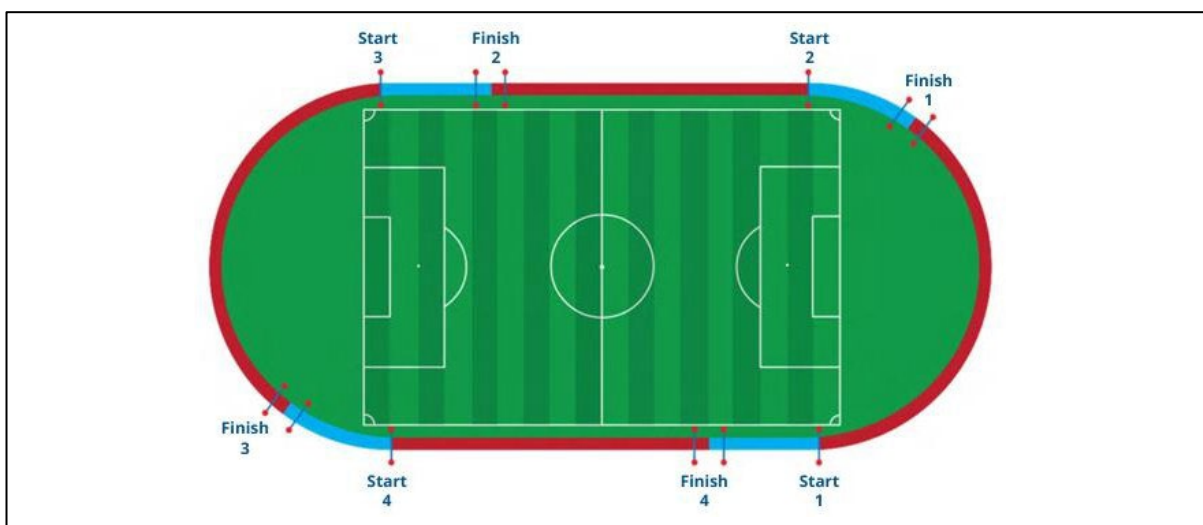
The delivery of this segment of the testing protocol will take the following form following a 6–8-minute rest period post successful completion of the Repeated Sprint Test as shown in 5.2.

- Officials will complete **40 x 75 metre runs followed by 25 metre walking recoveries.**
- Running and walking speeds will be determined by the applicable competition standard as highlighted and supplied in section 4.0, 2027 Fitness Testing Standards
- The test will be controlled using an official FIFA audio file. (Played via Speaker)
- Officials must successfully maintain the required pace for the duration of the assessment. The required pace is to be determined by the FIFA audio file.

- For the avoidance of doubt, Officials are required to reach the end of each 75m & 25m cycle by the conclusion of the tone as provided by the FIFA Audio File.
- Where a Match Official fails to reach the designated checkpoint prior to the audio signal, a warning will be issued. An official may not receive more than one (1) consecutive warning during the test. Upon receiving a second consecutive warning, the official will have failed this segment and may be asked to stop at that stage.



Primary Option: FIFA Interval Endurance Test as Delivered on Football Field Surface



Alternative Option: FIFA Interval Endurance Test as Delivered on Athletics Track

For clarity, in regions where timing gates are not available, tests may be conducted using handheld stopwatches operated by a fitness instructor or suitably trained testing official, in accordance with the principles outlined within the FIFA Fitness Testing Protocol. Where stopwatches are used, a consistent testing methodology will be applied to participants at that testing session to ensure fairness and Integrity of Results across that officiating group.

Match Officials can access a further and more detailed overview of all Testing Components on the FIFA Match Official Fitness Guide Here: [Fitness-tests-for-Match-Officials_EN.pdf](#)

6.0 Testing/Competition Eligibility & Booking Process

Fitness testing is available to Match Officials seeking appointments to competitions covered by this protocol. Officials are expected to be registered, or intending to register, as a Football Queensland Match Official for the 2027 season prior to attending a Fitness Test.

For the avoidance of doubt, attendance at and successful completion of the prescribed fitness testing requirements does not guarantee inclusion on a Football Queensland Match Official Panel for that given competition. Match appointments and panel placements are determined through a holistic assessment process incorporating a range of performance, development, and administrative criteria, of which fitness testing forms one component.

For Match Officials not currently appointed to a panel within the competitions covered by this protocol, successful completion of the fitness test may provide future development and appointment opportunities, while also offering valuable insight into the fitness standards and expectations required within Football Queensland's premier competitions.

Match Officials who are uncertain of their eligibility to participate in fitness testing are encouraged to contact the Football Queensland Referee Department for further guidance.

Match Officials are responsible for registering for a testing session, attending their allocated testing date, and arriving prepared to complete all applicable testing components. For the 2027 Season, Football Queensland will operate a **Booking Only** system for all tests.

7.0 Injury, Illness & Medical Considerations

The health, safety, and wellbeing of Match Officials is of paramount importance throughout the fitness testing process. Match Officials are responsible for ensuring they are medically fit and physically capable of participating in all required testing components.

Officials should not participate in fitness testing if they are suffering from an injury, illness, medical condition, or any other circumstance that may compromise their ability to safely complete the assessment. Football Queensland reserves the right to prevent an official from participating where there are reasonable concerns regarding their health, safety, or fitness to undertake the testing requirements.

Any Match Official who is unable to participate in a scheduled fitness test due to injury or illness must notify the Football Queensland Referee Department as soon as practicable. Football Queensland may request supporting documentation, including a medical certificate or other relevant evidence, to substantiate non-attendance or an inability to complete testing and may request further similar documentation prior to the Match Official recommencing in Training, Fitness Testing or Match Commitments to again ensure participant wellbeing.

Where an injury or medical condition impacts an official's ability to participate during the designated testing period, Football Queensland may consider alternative arrangements on a case-by-case basis. Any alternative arrangements will be at the discretion of Football Queensland and will not automatically guarantee panel inclusion, appointment eligibility, or exemption from the required fitness standards for that official's level of football.

Match Officials are encouraged to adequately prepare for testing through appropriate training, recovery, hydration, and nutrition practices. Any injury, illness, discomfort, or medical concern experienced before or during testing must be immediately reported to testing personnel to ensure the health, safety and wellbeing of all involved is maintained.

8.0 Testing Protocol Safety & Risk Management

Football Queensland is committed to providing a safe environment for all Match Officials participating in fitness testing activities. All testing sessions will be conducted in a manner that prioritises participant welfare while maintaining the integrity and consistency of the assessment process. To support participant safety FQ will ensure the following:

- A pre-test briefing will be conducted before the commencement of testing.
- Warm-up and preparation activities will be completed prior to testing components.
- Qualified testing personnel will supervise all fitness testing activities.
- Recovery periods will be provided throughout testing as highlighted in 5.0.
- Suitable hydration opportunities are available during the recovery periods.

Testing may be modified, postponed, suspended, or cancelled where environmental conditions are considered unsafe, including excessive heat, storms, poor air quality, or other adverse conditions. Football Queensland reserves the right to withdraw a Match Official from testing at any stage where participation may pose a risk to the individual, other participants, or the safe operation of the testing session. Through a shared commitment to safety and risk management, Football Queensland aims to provide a professional, safe, and supportive testing environment for all Match Officials as we prepare together for the 2027 season.

9.0 Testing Results & Match Official Confidentiality

FQ records and maintains fitness testing results to support the management, development, and appointment of Match Officials participating in competitions covered by this protocol.

Fitness testing results may be used by the FQ Referee Department as part of the seasonal panel confirmation process, appointment planning, development discussions, talent identification activities, and ongoing performance management. Fitness testing outcomes form one component of the broader assessment framework used to support Match Official development and appointment decisions.

Match Officials will be advised of their individual testing outcomes following the completion of each assessment. Where required, Football Queensland may provide feedback or

recommendations to assist officials in achieving or maintaining the fitness standards expected for their competition level.

Fitness testing results will be treated as confidential and will only be accessed by authorised FQ personnel who require the information for operational, development, appointment, or performance management purposes. Individual results will not be publicly released.

FQ may utilise aggregated or de-identified fitness testing data for reporting, benchmarking, program evaluation, and referee development purposes. Any such reporting will be undertaken in a manner that protects the privacy of individual Match Officials.

By participating in FQ fitness testing, Match Officials acknowledge that their results may be recorded and used for the purposes outlined within this protocol and in accordance with Football Queensland policies and applicable privacy requirements.

10.0 Test Result Appeals & Review Process

FQ is committed to ensuring that all fitness testing is conducted and administered in a fair, consistent, and transparent manner. Match Officials who believe that a testing result has been incorrectly recorded, administered, or impacted by exceptional circumstances may request a review of the outcome.

Requests for a review must be submitted in writing to the Football Queensland Referee Department within the timeframe advised following the testing session and should clearly outline the basis for the request, together with any supporting information or evidence.

Grounds for review may include, but are not limited to:

- An administrative or recording error.
- A concern regarding the application of the testing protocol.
- Equipment malfunction that may have impacted the recorded result.
- Exceptional circumstances that materially affected the testing outcome.

A review will be undertaken by Football Queensland and may include consideration of test records, timing data, reports from testing personnel, and any supporting documentation. The review process is intended to assess the administration and accuracy of the testing outcome. It is not an opportunity to reassess a performance result or provide an additional testing attempt outside of the approved testing framework.

Following completion of the review, Football Queensland will advise the Match Official of the outcome. The decision of Football Queensland in relation to the review will be final.

The appeals and review process is designed to maintain confidence in the integrity, fairness, and consistency of the Football Queensland Match Official Fitness Testing Program.

11.0 Overview & Summary

The FQ Match Official Fitness Testing Protocol has been developed to provide a consistent, transparent, and equitable framework for assessing the physical readiness of Match Officials appointed to premier Football Queensland competitions.

The successful delivery of this program relies on a shared commitment between FQ and Match Officials to uphold high standards of professionalism, preparation, and performance. Fitness testing forms an important component of the overall Match Official development framework and supports the ongoing objective of ensuring officials are physically prepared to meet the demands of modern football.

FQ encourages all Match Officials to adopt a year-round approach to physical preparation and to utilise the fitness testing process as both a performance benchmark and development opportunity. Through continued commitment to improvement, Match Officials contribute to the delivery of safe, fair, and high-quality football competitions across Queensland.

Match Officials who have questions or queries relating to the 2027 Match Official Fitness Testing Protocol, are encouraged to contact the Department directly for further clarification.

Football Queensland
Match Officials Department

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