



NBL1 West Referee - Fitness Test Standards

Document Code: BWA-CMP-MP-007

Rev No. 0

1 NBL1 West Fitness test

To officiate in the NBL1 West competition in the upcoming season, referees must complete a fitness test before officiating their first game.

This test ensures NBL1 West Referees meet the physical demands required for high-level competition.

To referee within the NBL1 West Competition the minimum requirements are as below:

2 YoYo Test

- To officiate regular season games – Complete level 17
- To officiate NBL1 West Women finals – Complete level 23
- To officiate NBL1 West Men finals – Complete level 30
- If there is a situation / reason that means you cannot complete the YoYo Test, we are able to provide you with other approved (via the General Manager of Competitions) options. Some examples are below.

2.1. Beep test

- To officiate regular season games – Complete level 7
- To officiate NBL1 West Women finals – Complete level 9
- To officiate NBL1 West Men finals – Complete level 11

2.2. 30 – 15 Intermittent Fitness Test (IFT)

- To officiate regular season games – Complete speed 14
- To officiate NBL1 West Women finals – Complete speed 15
- To officiate NBL1 West Men finals – Complete speed 16.5

3 Ongoing Fitness

These requirements are a pre-requisite for on-going engagement as an NBL1 West Referee. Failure to meet these expectations may result in not being rostered on future games or de-promotion from the panel.

NBL1 West Referees are expected to maintain a level of fitness in their off-season that is conducive to being fit for the appropriate test in the first three months of the calendar year. Failure to be ready in time is the sole responsibility of the individual NBL1 West Referee.

If NBL1 West Referees are unable to meet these expectations, they are advised to contact the Head of Technical Officials for further information. Only the General Manager of Competitions may consider exceptional circumstances for review.