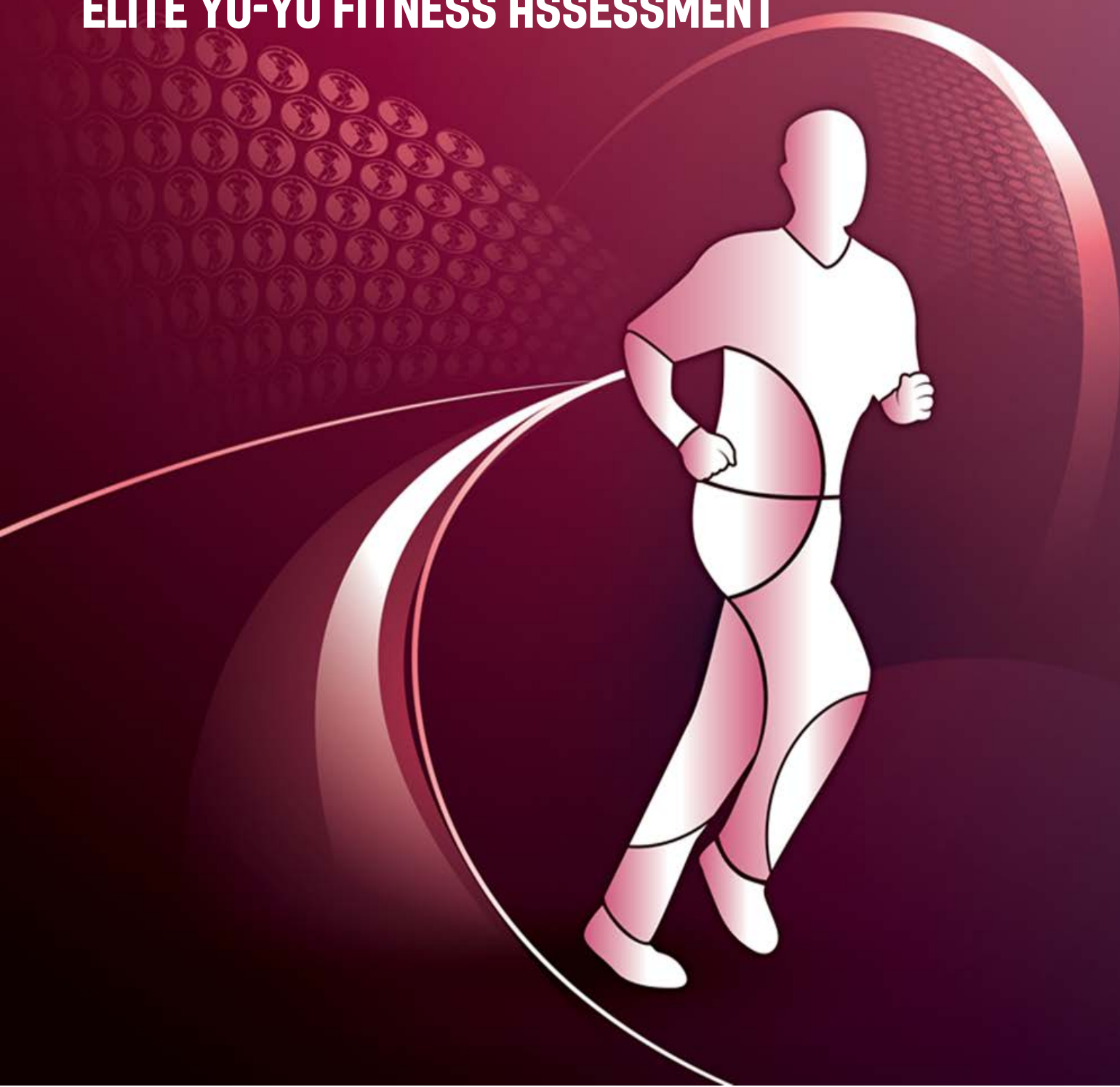




# FIBA REFEREES ELITE YO-YO FITNESS ASSESSMENT



## FIBA REFEREES ELITE YO-YO TEST

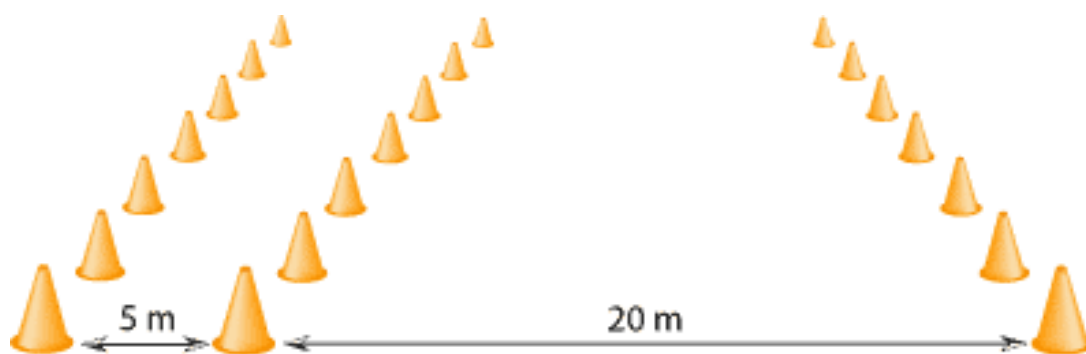
After a comprehensive concrete study by FIBA Referee Department with the experts, FIBA Technical Commission decided to add an alternative FIBA Referees Fitness Test in addition of a FIBA Referees Standard Fitness Test (multistage 20 m shuttle run - Leger et al., 1988) for the YoYo test (Krustrup et al., 2003; Bangsbo et al., 2008) as a new FIBA Referees Fitness Test 2018 valid for referees participating to the FIBA Referees Elite Programme. The new test is called FIBA Referees Elite Yo-Yo Test. The FIBA Referees Standard Fitness Test will remain still valid for all other FIBA referees.

The FIBA Referees Elite Yo-Yo Test involves running repeated 20-metre lengths at a pace set by a recorded audio. Three lines are marked out as per the diagram above; 20 metres and 5 metres (recovery test) apart. The subject starts on or behind the middle line, and begins running 20 m when instructed by the audio. The referee runs two consecutive 20-metre lengths (2x20) and then is given 10 seconds to walk or jog two consecutive five metre lengths (2x5) and then return to the start.

There is an active recovery period (5 meters and 10 seconds recovery) interjected between every 20 meters (out and back) shuttle, during which the subject must walk or jog around the other cone and return to the starting point. The pace of the tones gets progressively faster as the referee continues.

A warning is given when the subject does not complete a successful out and back shuttle in the allocated time, the subject is removed the next time they do not complete a successful shuttle. When the subjects twice have failed to reach the finishing line in time, the distance covered is recorded and represents the test result.

It is recommended to realise a proper warm up before the test, to be in optimal conditions for the test and to avoid any type of injuries.



(Figure by topendsports)

After a careful study FIBA Technical Commission decided to have following limits to mark “pass” in the FIBA Elite Yo-Yo Test.

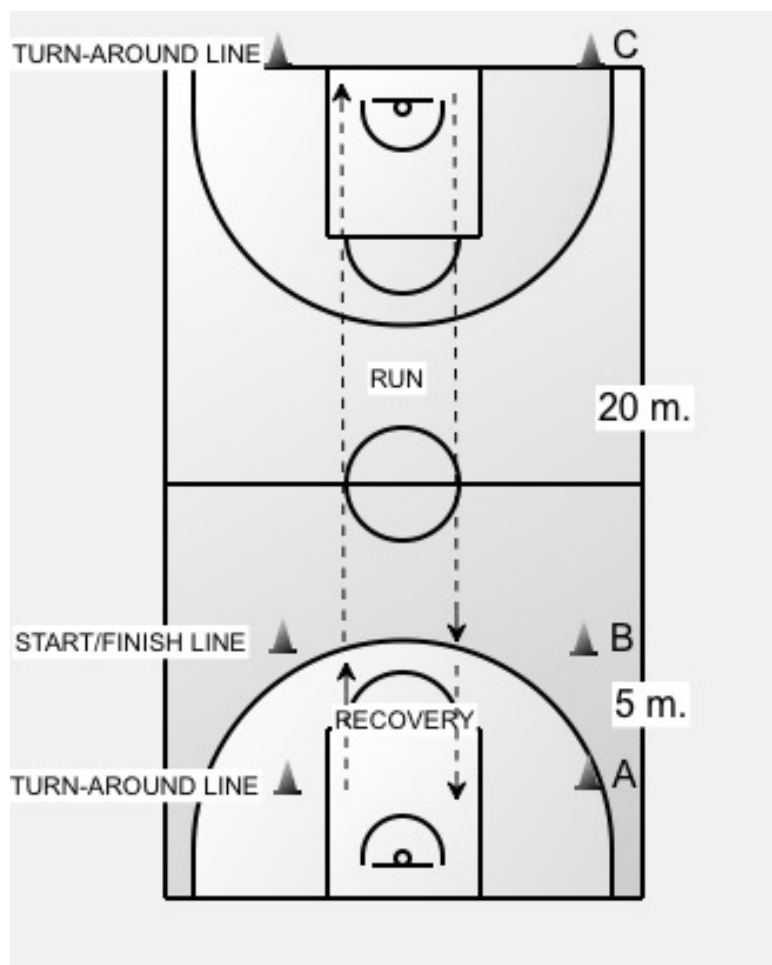
**FIBA Level 30** (16-3) for **male referees** and **female in male competitions** (Black Category License) and **FIBA Level 23** (15-4) for **female referees** (Green Category License).

Procedure:

### Required equipment

- Facility – Consistent, flat and non-slip. Basketball court is recommended.
- Marking cones
- Measuring tape (>25m)
- YoYo test audio.
- CD/MP3/MP4 player with loud speaker (volume of speaker is particularly important).
- Performance recording sheet.

## TEST CONFIGURATION



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

It is recommended to realise a proper warm up before the beginning of the test.

## TEST PROCEDURE

- Participants begin the test from cone B.
- When instructed by the audio player, they must run towards cone C (this must be reached before the following beep signal) and immediately return to cone B before the next signal.
- Once cone B is reached, participants then have a 10-second recovery period in which they must jog from cone B towards cone A, and then back to cone B before the commencement of the next shuttle.
- In this test the participants are only allowed two consecutive fail attempts before they are withdrawn from the test. That being, if the individual fails to reach cone C and back to cone B in the allocated time, one fail is issued. If this happens a second consecutive time, then they are eliminated.
- Once withdrawn from the test, the individuals score must be recorded.

## SCORING SYSTEM

FIBA Referees have to complete the following levels;

**FIBA Level 30** (16-3) for **male referees** and female in male competitions and **FIBA Level 23** (15-4) for **female referees**.

See chart in the next page.

FIBA FITNESS TEST (YoYo TEST Level 1)						
FIBA LEVELS	SPEED LEVEL	SHUTTLE N <sup>a</sup>	SPEED (KM/H)	DISTANCE (M.)	TIME (S.)	
1	5	1	10	40	24''	
2	9	1	12	80	46''	
3	11	1	13	120	1' 07''	
4	11	2	13	160	1' 29''	
5	12	1	13,5	200	1' 49''	
6	12	2	13,5	240	2' 10''	
7	12	3	13,5	280	2' 31''	
8	13	1	14	320	2' 51''	
9	13	2	14	360	3' 11''	
10	13	3	14	400	3' 31''	
11	13	4	14	440	3' 52''	
12	14	1	14,5	480	4' 12''	
13	14	2	14,5	520	4' 32''	
14	14	3	14,5	560	4' 51''	
15	14	4	14,5	600	5' 11''	
16	14	5	14,5	640	5' 31''	
17	14	6	14,5	680	5' 51''	
18	14	7	14,5	720	6' 11''	
19	14	8	14,5	760	6' 31''	
20	15	1	15	800	6' 51''	
21	15	2	15	840	7' 10''	
22	15	3	15	880	7' 30''	
23	15	4	15	920	7' 50''	FEMALE LIMIT
24	15	5	15	960	8' 09''	
25	15	6	15	1000	8' 29''	
26	15	7	15	1040	8' 48''	
27	15	8	15	1080	9' 08''	
28	16	1	15,5	1120	9' 27''	
29	16	2	15,5	1160	9' 47''	
30	16	3	15,5	1200	10' 06''	MALE LIMIT

## REFERENCES

Bangsbo J, Iaia FM, Krstrup P. *The yo-yo intermittent recovery test: A useful tool in evaluation of physical performance in intermittent sports*. Sports Med 2008;38:37-51.

Krstrup P, Mohr M, Amstrup T, Rysgaard T, Johansen J, Steensberg A, Pedersen PK, Bangsbo J. *The Yo-Yo Intermittent Recovery Test: Physiological response, reliability and validity*. Med Sci Sports Exerc 2003;35:697-705.

Science for Sport website

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# STANDARD QUALITY

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