



## **2022 World Lacrosse Officials Fitness Protocol:**

### **4-Phase Fitness Assessment Tool**

With the rapid world-wide growth of the game in recent years, staffing World Lacrosse events with experienced officials continues to be a challenge. As such, it is critical for Officials to arrive at these events in fit physical condition, with the ability to work games for up to 10 consecutive days. Further, the limited roster of Officials rarely leaves room for injuries and illness during the event. With this in mind, the pre-event fitness program has been developed for all officials across all World Lacrosse disciplines.

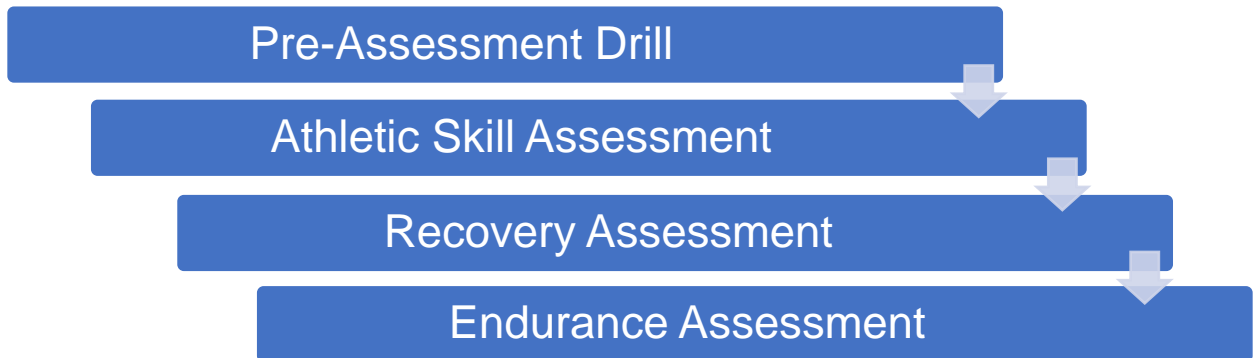
The following protocol is being recommended under the advice of Ian Webb (Pro Trainer/WL Trainer) and Tony Reid (former Fitness Professional, WL Box Officiating subcommittee chair), with the collaboration of the Men's and Women's Officiating subcommittee chairs. Each component of this protocol is aimed at assessing a specific physical skill set. The order of the assessments has been carefully considered to avoid negative impacts on performance in other assessment categories.

The drills are simple to instruct, and easy to understand. This was done for the ease of the instruction at the event, but more importantly, it was designed so Officials can replicate the drills in their pre-event training. Officials are responsible to arrive to the event familiar with these drills, and ready to perform to the best of their ability, without risking injury. Consideration was made to make the assessments as non-competitive as possible, to reduce the likelihood of an over-exertion injury during testing.

Drill 1 will be conducted only at the event. Drills 2-4 will be conducted and recorded pre-event and at the event.

**Target ranges for each skill set are noted at the bottom of each test description.  
These targets differ depending on your ranking or the ranking you wish to obtain - WL1, WL2, or WL3.**

The updated protocol will consist of 4 phases:

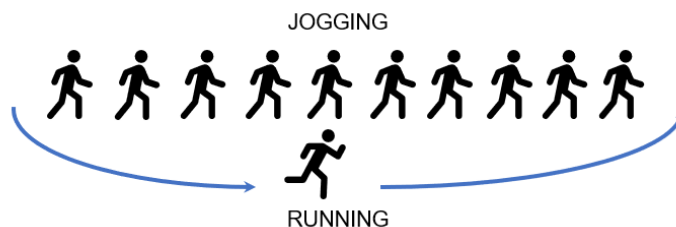


**Pre-Assessment** – This drill will be conducted **only** at the event.

The safety of the Officials is paramount both to the Official themselves, and to the event crew. Avoiding injuries and/or mental duress before the start of an event should be front-of-mind when first assessing Officials. In response to feedback over several recent championships, it is advisable to start physical assessments with a fun activity that warms up the athlete both physically and mentally. Many athletes struggle with the mental/emotional stresses of testing. The following exercise is designed to address these concerns.

## **1. The Train Drill**

- i) All athletes line up in single file (two equal lines for large groups)
- ii) Group will start to jog, as a unit, around the perimeter of the playing surface.
- iii) The group maintains a jogging pace. The last person in the line runs to the front of the line, as fast as possible, taking the outside path around the group (no shortcuts).
- iv) Once the runner reaches the front, they slow to the pace of the group, then raise an arm in the air to signal the next runner to repeat the drill.
- v) Repeat until all athletes have cycled through the line. Repeat as desired.



Potential assessment points:

- i) Running ability – general athleticism and running skill
- ii) Speed control – ability to control speed safely
- iii) Teamwork – communication and encouragement
- iv) Awareness – ability to stay sharp even during slower activity
- v) Competitive Nature – desire to “win” or stand out amongst peers

The following three (3) drills are to be conducted multiple times before arriving at the event and at the pre-event Officials Fitness Test Assessment.

Officials may substitute for any of the equipment listed in the drills if the specified equipment is not available. If there is insufficient space available, officials may jog in place rather than jogging the 10m beyond the 30m sprint in drill number 2. The goal is to complete the drills to the best of your ability with the resources that you have.

## **2. Athletic Skill Assessment Drill**

An Official's ability to perform physically will determine their ability to be in position, stay engaged with the play, and earn trust from the teams. This agility exercise is designed to assess an array of physical aptitude in a drill that is efficient to run and easy to set up.

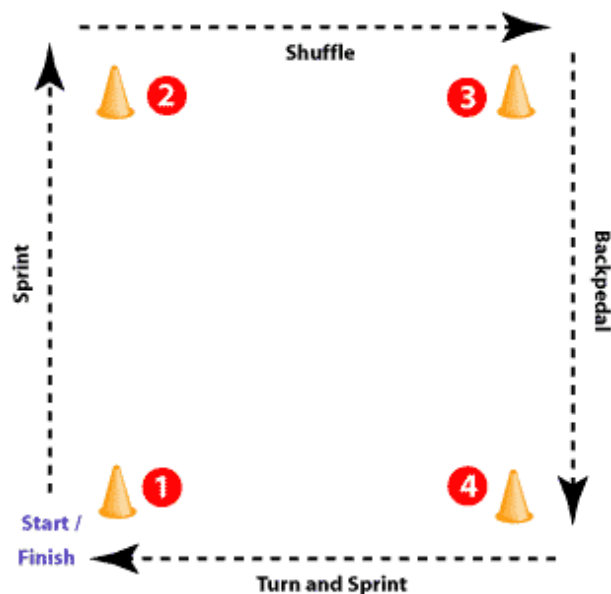
### **Box Drill**

- i) Set up 4 pylons in a square formation - 10m apart.
- ii) Athlete will start in a forward sprint to pylon 1.
- iii) As they round the pylon 1, they shall side shuffle to pylon 2.
- iv) As they round pylon 2, they shall run backwards\* to pylon 3.
- v) As they round pylon 3, they shall pivot and complete the drill in a forward sprint.
- vi) Repeat this drill a second time in the opposite direction.

4-Cone Box Drill

<https://www.youtube.com/watch?v=Smr1V2dL4r4>

\*Backward running, although not formally part of WL Officials mechanics, remains a valuable tool for assessing an Official's overall athletic ability. See more below.



Potential assessment points:

- i) Footspeed – ability to change speed/direction over short distance
- ii) Balance – ability to maintain balance in dynamic positions (backwards, pivoting)
- iii) Effort – rate of perceived exertion
- iv) Focus – Attention to instruction, eyes on target, does not knock over pylons
- v) Positivity – Encouraging others, no “trash talk”

Scoring:

The time to complete the drill is recorded in seconds. The total time of both trials is used as the score.

WL1: 9-14 seconds for each trial is the optimal target window.

WL2, WL3: 9-12.5 seconds for each trial is the optimal target window.

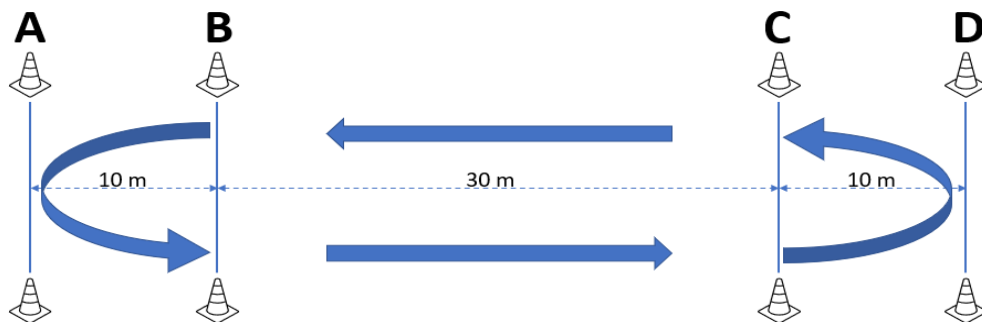
### **3. Recovery Assessment Drill**

Due to the increasing speed in all disciplines of Lacrosse, the sprint recovery drill remains the most pertinent and time efficient method for assessing the repeated sprint demands of officiating Lacrosse.

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

#### **The Sprint Recovery Test (6 x 30m)**



- 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:**

The total of all six sprint times are used as the score. (Please record each sprint)  
A fatigue index can be calculated by comparing the fastest and slowest sprint times.

WL1: Target window is 33-37 seconds  
WL2, WL3: Target window is 32-36 seconds

## **4. Endurance Assessment Drill**

The drill assesses the athlete's aerobic capacity by way of interval runs over a prolonged period of time.

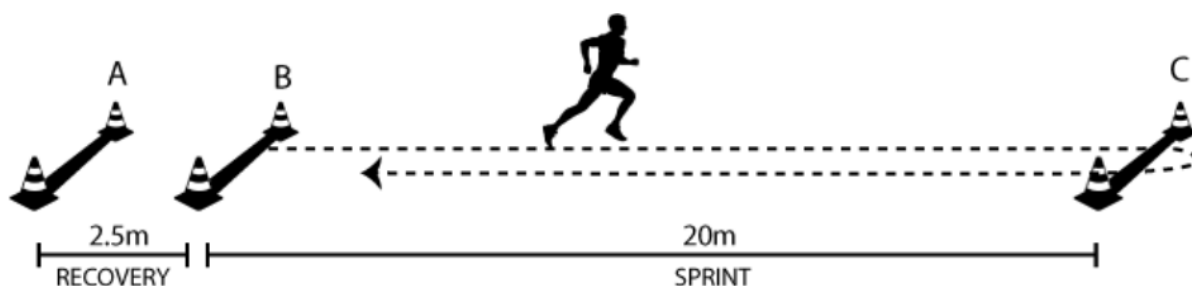
**Equipment required:**

- 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)
- xi) [Recording sheets](#)

\*\*\*\* 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](#). \*\*\*\*

## **Yo-yo Intermittent Endurance Test Level 1 (YYIE1)**



### **Yo-Yo Intermittent Endurance Test**

[www.theyoyotest.com](http://www.theyoyotest.com)

Please note there are several types and levels of the Yo-Yo Drill. The video link below is for the YYIE2 test, for familiarization only. <https://www.youtube.com/watch?v=XLMySKbUNgo>

- 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](#))

All participants should strive to achieve a minimum of 1200m. This equates to 30 x 40m. To manage time and potential injury, a limit of 1400m shall be in place. This equates to 35 x 40m.

WL1: Strive for 1200m.

WL2, WL3: Strive for 1320m.

## **5. 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 officials have access to your results except you and the respective World Lacrosse Officiating Subcommittee Chair and the WL Strength and Conditioning Consultant.

## **6. Document History**

<b>Date</b>	<b>Substantive Changes Made</b>	<b>Change made By</b>
Sept 2021	Initial Release	Officiating Committee
Jan 2022	Correct Yo-Yo test, Results Reporting included	Officiating Committee