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# FIBA REFEREES' ELITE YO-YO TEST

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## FIBA iRef Academy Apps



### FIBA iRef Academy Library App

Gives you access to all public material published by FIBA.

It contains a wide range of topics from grassroots to the elite level. The App includes videos, manuals and guidelines published by FIBA Referee Operations for referees, commissioners, table officials, referee instructors, video operators.

It also contains the latest Basketball Rules with Interpretations available.

### FIBA iRef Academy Pre-Game App

Specialised App for pre-game preparation of the basketball referees developed by FIBA.

It contains videos, pre-game checklist, technical manuals, FIBA basketball rules and official interpretations (OBRI), full & half court with referees, players, coverage area symbols, drawing tool, able to save your own play-situations.



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# FIBA REFEREES' ELITE YO-YO TEST SET UP & PROCEDURE

## *FIBA REFEREES ELITE YO-YO TEST*

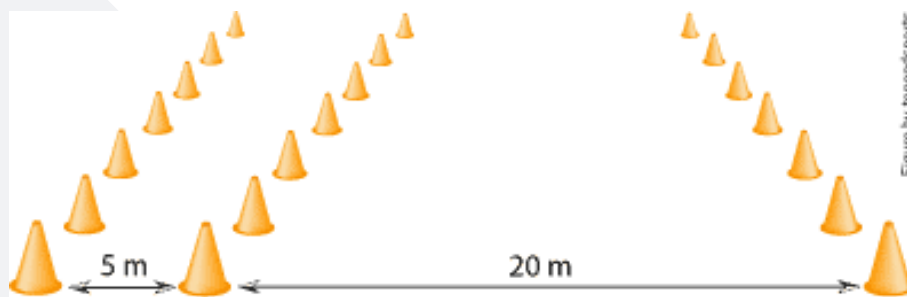
After a comprehensive concrete study by FIBA Referee Department with the experts, FIBA Technical Commission decided to add an alternative FIBA Referees Fitness Test in addition of a FIBA Referees Basic Fitness Test (multistage 20 m shuttle run - Leger et al., 1988) for the YoYo test (Krustrup et al., 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 Basic 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.



After a careful study FIBA Technical Commission decided to have following limits to mark "pass" in the FIBA Referees 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).

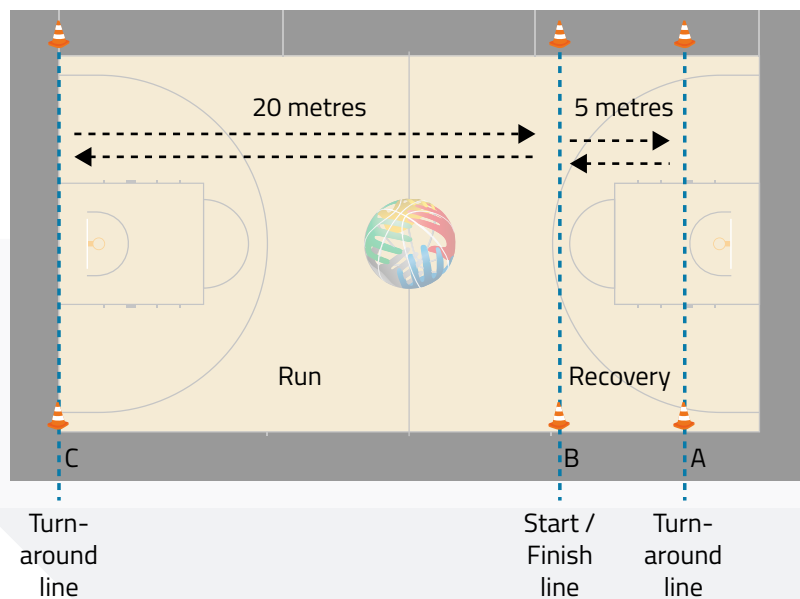
### **Procedure:**

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 (cones 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 below.

FIBA Fitness Test (YoYo test Level 1)						
FIBA levels	Speed level	Shuttle no	Speed (km/h)	Distance (m)	Time	
1	5	1	10	40	0' 24"	
2	9	1	12	80	0' 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"	
<b>23</b>	<b>15</b>	<b>4</b>	<b>15</b>	<b>920</b>	<b>7' 50"</b>	<b>Female limit</b>
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"	
<b>30</b>	<b>16</b>	<b>3</b>	<b>15,5</b>	<b>1200</b>	<b>10' 06"</b>	<b>Male limit</b>

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