



## Updated Fitness Protocol

With all versions of softball being played at faster and faster speeds and with an increased emphasis of movement and agility in establishing calling positions, following discussions at the Softball Canada AGM in November of 2019, the provincial and territorial umpire in Chiefs along with the ODC have determined a new practice regarding fitness standards for umpires at Canadian Championships.

Beginning with the Canadian Championships scheduled for 2020, when submitting a nomination to Softball Canada for any umpire attending the following championships, the province will be required to submit a verified set of results showing that the nominated umpire has successfully met the WBSC fitness standard.

**Slo Pitch - Women's & Men's**

**Fastpitch - U18 Women's & Men's, U23 Men's, Women's, Men's & Master Men's.**

Following the submission of these results showing that the standard has been achieved, individual umpires will be required to submit a second verified set of results thirty days prior to the beginning of their Canadian Championship showing the standard has been maintained. Once at the Canadian Championship, the Umpire in Chiefs for each event will be able to implement spot testing should they feel that individuals have submitted results not consistent with their own field performance. Much like not meeting a rules standard or a mechanics standard, not meeting the required fitness standards will impact whether or not the umpire receives a successful evaluation.

The current WBSC Fitness standards are currently being reviewed and may change slightly in the future; however until then, the standard is determined by completing the following four tests and achieving the required results:

**Test 1 - Plate Squat Test - Successful standard is 5 Sets of 15- 5 Second Squat Holds with a 60 second rest period between each set**

**Test 2 - 27 Metre Dash - Completion in less than 5 Seconds**

**Test 3 - T-Test - Completion in under 13 seconds for Men and 14 seconds for Women**

**Test 4 - 1000 Metre Run - Completion in under 7:15 minutes**

Complete details on the standards will be uploaded shortly to <https://www.wbsc.org/documents/c/softball-umpire>

It is important for umpires that plan to work or have goals of working at a Canadian Championship to include fitness activities as a part of their lifestyle. The standards set are not intended to be challenging but only reflective of the minimum levels of endurance, agility, strength and explosiveness required to successfully umpire elite level softball. Canadian Championships are filled with highly motivated, highly trained and highly competitive athletes and it is our responsibility as umpires to ensure that our level of training and preparation is on par with the athletes as sometimes one or two steps may be all the difference in whether the correct call is made to decide the Championship.

The ODC and the P/T UIC's feel strongly that by achieving and maintaining this fitness standard, umpires will be able to enjoy greater personal success at each championship and in turn raise the already high level of officiating required at these events and deserved by the players and coaches.