



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

2025/26 年度裁判員季中體能測試

《體能測試須知》

體能測試規則及注意事項：

1. 裁判員將分為三組別，分別為男子、女子和五人足球組別。每名註冊裁判員於每一個組別最多有兩次測試機會，而每名註冊裁判員總共最多有三次測試機會。
2. 裁判員必須於本會編配之指定日期及時間出席測試，遲到或缺席者，將當作放棄體能測試論。
3. 本會將根據裁判員於報名表格中填寫的日期選擇次序作出編配，若選擇同一日期的人數過多，本會將根據收到報名表格的優先次序為編配原則。
4. 請注意如同時為裁判員及裁判員(五人足球)，你只須通過裁判員之體能測試便可豁免裁判員(五人足球)之體能測試。
5. 裁判員必須於 **2025 年 12 月 17 日中午 12 點**或以前交回報名表格，本會將於截止報名後七日內公佈有關測試日期及時間，遲交或沒有提交表格者將不獲編配測試時間。
6. 裁判員必須於 **2026 年 1 月 5 日前**完成註冊手續 (FIFA Connect)，否則當作放棄體能測試論。
7. 如欲更改已編配之日期及時間，必須於本會安排之日期前一天 18:00 前以電郵 referee@hkfa.com 或 致電 2193 7355 庾先生提出申請，逾期之申請將不受理。
8. 一等裁判員可自行決定體能測試應考標準 (15/18 或 15/20)。
9. 如裁判員本身為國際足協裁判員 (FIFA-Referee)，你可因應自身體能水平，決定是否先應考國家級別(15/20)，於其通過後，再於其他日子進行國際級別(15/18)之體能測試。(唯這機會將計作兩次體能測試機會之內。)
10. 如裁判員選擇於 **2026 年 2 月 12 日**進行其第一次體能測試，倘若未能成功通過有關測試，將有可能不獲編配補測機會。
11. 有關體能測試之安排，本會將保留最終決定權。



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測試當日流程及注意事項：

1. 所有裁判員必須於測試開始時間廿分鐘前到達場地並於登記處報到，否則當作遲到。為免影響準備中之裁判及相關人士，遲到之裁判將不能參加當天之測試。
2. 當本會重新安排測試時間予遲到之裁判員時，將會扣除一次測試機會。
3. 所有提早到達場地並完成報到之裁判員，可在測試開始前於場邊熱身，但不可進入跑道範圍，以免影響測試中之裁判員。
4. 於測試開始前，本會工作人員將進行點名並派發號碼背心，各裁判員必須穿著號碼背心進行測試。

其他注意事項：

1. 有關體能測試的標準，請參閱附件。
2. 如體能測試當日天文台懸掛八號或以上暴風訊號、黑色暴雨警告訊號或於體能測試進行地區發出雷暴警告訊號，當日之體能測試將被取消。此外，如遇上其他天氣不穩定情況，除本會透過電話訊息、電郵或於足總網頁所發出通知取消當日之測試，否則各裁判員仍需到達場地進行測試。



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2025/26 Referees Mid-season Fitness Test

Fitness Test Rules and Regulations:

1. Every registered referee can only participate twice maximally.
2. The referee should attend the test according to the assigned schedule. If the referee is absent or not punctual, his/her test on that day will be forfeited.
3. The referee will be arranged for the test according his/her preferred priority. However, if too many referees choose the same time slot, the priority will be based on the time that the reply slip being received.
4. If you are registered as both Referee and Futsal Referee, futsal referee fitness test will be exempted once you have passed the referee fitness test.
5. Referees should complete the registration on FIFA Connect System before **5 January, 2026**.
6. All referees should submit the registration forms on or before **noon 17 December 2025** and the reply slip being submitted later than this day will not be processed. The time for the fitness test will be announced within one week after the deadline of application.
7. Any referee wants to make change for the assigned time, he/she should apply one day 18:00 before the assigned time by email to referee@hkfa.com. Any late application will not be entertained.
8. Class 1 Referees can decide their own testing standard (15/18 or 15/20)
9. FIFA referees can take the National Standard Fitness Test (Cat. 2) as their first attempt and take the FIFA Standard (Cat. 1) as their second attempt or vice versa. All referees may only have maximum 2 attempts in each seasonal fitness test.
10. For referee taking his first attempt on **12 February 2026**, he/she will not be assigned the 2nd attempt if he/she fails the test in the 1st attempt.
11. HKFA reserves the right of making the final decision on the arrangement of the fitness test and the decision should be the final.



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Notification on the day of the fitness test

1. Referee should arrive at venue and report to the station staff 20 minutes before the assigned time slot. The late comer will not be arranged for the test on the same day.
2. One attempt will be counted for the late comer.
3. If the referee arrives at the venue earlier than the assigned time, he/she can warm up by himself or herself but not on tracks in order not to interfere with those referees having the fitness test on tracks.
4. Colour bibs will be distributed to all participated referees before the fitness and the bib should be worn by the referee taking the test.

Others

1. To align with the standard set by FIFA, participants should take note of the standard for the fitness test set by the HKFA. Participants can refer to the Fitness Test Standard for Referees on HKFA website.
2. The Fitness Test will be cancelled upon the public announcement of the Black Rainstorm Warning Signal or Typhoon Warning signal or above on that day. For other unstable weather conditions, the referees will be informed via message, email or announcement on the HKFA website if test is cancelled. Otherwise, referees should attend the test according to the assigned schedule.