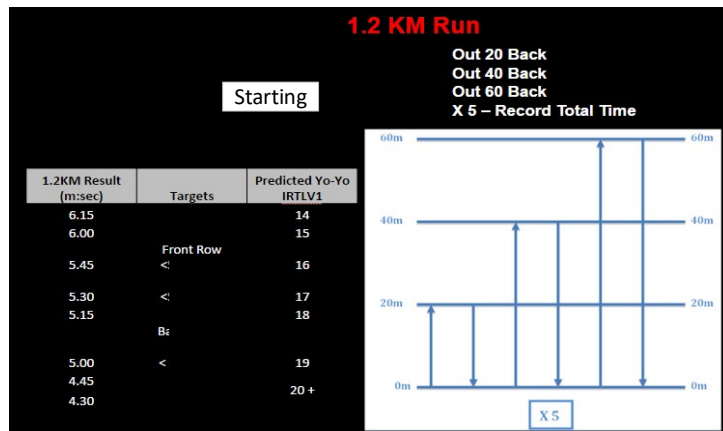


Physical fitness guidelines for London Referees Society



Match Officiating Level	Governance	Bronco Test Requirement (Referees)	Bronco Test Requirement (Assistant Referees)
3	RFU National Panel Management	Males 5.15 Females 5.45	Males: 5:30 Females 6:30
4	RFU National Panel Management	Males 5.15 Females 5.45	Males: 5:30 Females 6:30
5	SEMOT Committee	Males 5.15 Females 5.45	Males: 5:30 Females 6:30
***	***	NB - To be appointed at L5, L6 referees MUST Achieve the SEMOT L5 Time above	
6	LSRFUR MODC	Males 5.45 Females 6.15 (Compulsory)	
7	LSRFUR Regions	Males 6.15 Females 6.30 (Highly Recommended)	
8	LSRFUR Regions	Males 6.30 Females 7.00 (Recommended)	
9	LSRFUR Regions	No particular time required, goal is to complete test without stopping	
10	LSRFUR Regions	No particular time required, goal is to complete test without stopping	



Designed by Ross Hanbury - London society rugby football union referees - fitness advisor