

**WORLD FITNESS RUNNING
FEDERATION (WFRF)
Coaching Education System**



**Regulations for
Obtaining World
Fitness Running
Federation Officiating
and Coaching
Certifications**

2026

WFRF INTERNATIONAL EDUCATION CENTER

Introduction

The **WFRF International Education Center** is the official educational and certification division of the World Fitness Running Federation (WFRF), established to develop highly qualified coaches, judges, instructors, technical officials, and sports professionals in accordance with international standards.

The Center provides a comprehensive educational system based on sports science, exercise physiology, biomechanics, coaching methodology, officiating principles, leadership, athlete development, and ethical values. Its mission is to prepare competent professionals capable of contributing to the growth and promotion of Fitness Running worldwide.

All educational programs are developed by the WFRF Education Committee and are delivered through standardized curricula, combining theoretical instruction, practical training, workshops, internships, examinations, and professional assessments. Every course is designed to ensure that participants acquire the knowledge, practical skills, and professional competencies required to perform their duties effectively and safely.

The WFRF International Education Center promotes lifelong learning and continuous professional development. Students are encouraged to advance through progressive certification levels, beginning with entry-level qualifications and progressing to the highest international diplomas.

Educational programs are delivered through classroom instruction, online learning, practical coaching sessions, officiating workshops, technical seminars, and international conferences. The Center also supports scientific research, innovation, and collaboration with national federations, educational institutions, and sports organizations around the world.

The Center operates under the principles of **integrity, professionalism, fairness, scientific excellence, innovation, equality, athlete welfare, and international cooperation**. Every graduate is expected to uphold these values and serve as an ambassador of the World Fitness Running Federation.

Certificates and diplomas issued by the WFRF International Education Center include official registration numbers, verification codes, authorized signatures, and the official seal of the Federation. These qualifications recognize professional achievement and demonstrate compliance with the educational standards established by WFRF.

Through education, leadership, and innovation, the WFRF International Education Center aims to build a global community of coaches, judges, instructors, and sports professionals committed to advancing Fitness Running as a modern international sport.

Course Overview

The WFRF International Education Center offers structured education and certification programs in coaching, officiating, technical education, and professional development.

Coaching Certification Programs

- Level 1 – Coach Grade III
- Level 2 – Coach Grade II

- Level 3 – Coach Grade I
- Level 4 – Professional Coach Diploma
- Level 5 – International Instructor Diploma

Officials Certification Programs

- Level 1 – Judge Grade III
- Level 2 – Judge Grade II
- Level 3 – Judge Grade I
- Level 4 – Senior Judge Diploma

Specialized Education Programs

- Personal Trainer
- Strength & Conditioning Coach
- Children's Fitness Coach
- Youth Fitness Coach
- Senior Fitness Coach
- Sports Nutrition
- Sports Psychology
- Functional Training
- Running Technique
- Street Running Coach
- Beach Running Coach
- Treadmill Running Coach
- Competition Management
- Technical Officials Course
- First Aid in Sport
- Anti-Doping Education
- Sports Leadership
- Athlete Development
- Fitness Running Instructor Course

Coaching Education System Level 1

1. Course Introduction

Level 1 Coach Grade III is the entry-level coaching certification of the World Fitness Running Federation (WFRF). This course is designed for individuals beginning their coaching career in Fitness Running and provides the essential scientific, technical, and practical knowledge required to safely coach beginner and recreational athletes.

The course combines theoretical education with practical coaching skills to prepare candidates for conducting safe, effective, and professional training sessions under WFRF standards.

2. Course Objectives

Upon successful completion of this course, candidates will be able to:

- Understand the philosophy of Fitness Running.
 - Apply fundamental coaching principles.
 - Conduct safe warm-up and cool-down sessions.
 - Teach correct running techniques.
 - Lead beginner fitness training sessions.
 - Promote athlete safety and injury prevention.
 - Understand basic sports science concepts.
 - Demonstrate professional coaching ethics.
 - Organize simple training programs.
 - Assist senior coaches during competitions and training camps.
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3. Course Duration

- Total Duration: **40 Hours**
 - Theory: **20 Hours**
 - Practical: **20 Hours**
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4. Entry Requirements

Applicants must:

- Be at least **18 years of age**.
 - Hold a high school diploma or equivalent.
 - Be physically fit to participate in practical sessions.
 - Agree to follow the WFRF Code of Ethics.
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5. Course Curriculum

Module 1 – Introduction to Fitness Running

- History of Fitness Running
 - WFRF structure
 - Coaching responsibilities
 - Competition disciplines
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Module 2 – Exercise Science Basics

- Human anatomy
 - Muscle groups
 - Skeletal system
 - Cardiovascular system
 - Respiratory system
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Module 3 – Principles of Training

- Overload
- Progression

- Recovery
 - Adaptation
 - Individualization
 - Specificity
-

Module 4 – Running Technique

- Running posture
 - Arm movement
 - Foot strike
 - Stride length
 - Running cadence
 - Breathing technique
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Module 5 – Warm-Up and Cool-Down

- Dynamic warm-up
 - Static stretching
 - Mobility exercises
 - Recovery methods
 - Flexibility training
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Module 6 – Injury Prevention

- Common running injuries
 - Safe training principles
 - Load management
 - Hydration
 - Recovery
-

Module 7 – Basic Fitness Training

- Endurance training
 - Strength fundamentals
 - Speed development
 - Balance
 - Coordination
 - Flexibility
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Module 8 – Coaching Practice

Candidates shall conduct practical coaching sessions covering:

- Warm-up
 - Running drills
 - Fitness exercises
 - Group instruction
 - Athlete supervision
 - Cool-down
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Module 9 – Coaching Ethics

- Professional conduct

- Athlete welfare
 - Respect
 - Fair Play
 - Child protection
 - Equal opportunity
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Module 10 – Competition Basics

- Competition rules
 - Athlete registration
 - Coach responsibilities
 - Safety procedures
 - Event organization
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6. Practical Assessment

Candidates shall successfully demonstrate:

- Coaching a beginner athlete.
 - Teaching proper running technique.
 - Conducting a warm-up session.
 - Leading a cool-down session.
 - Correcting technical mistakes.
 - Managing a small training group.
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7. Written Examination

The written examination includes:

- Multiple-choice questions
- Short-answer questions
- Coaching scenarios
- Competition rules

Minimum Passing Score: 70%

8. Practical Examination

Candidates shall be evaluated on:

- Communication skills
- Coaching ability
- Safety awareness
- Leadership
- Technical knowledge
- Demonstration quality

Minimum Passing Score: 75%

9. Certification

Candidates who successfully complete all course requirements shall receive:

WFRF Coach Grade III Diploma

The certificate authorizes the holder to coach:

- Beginner athletes
- Recreational athletes
- Youth development programs
- Community Fitness Running activities

The certificate is valid worldwide within the WFRF system.

10. Coach Responsibilities

A Level 1 Coach shall:

- Follow all WFRF regulations.
 - Protect athlete health and safety.
 - Promote ethical coaching.
 - Maintain professional conduct.
 - Continue professional development.
 - Respect officials, athletes, and fellow coaches.
 - Report injuries and safety concerns.
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11. Code of Conduct

Every certified coach shall:

- Act with honesty and integrity.
 - Respect diversity and equality.
 - Promote Fair Play.
 - Never use prohibited substances.
 - Maintain athlete confidentiality.
 - Create a positive learning environment.
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12. Continuing Education

To maintain certification, Level 1 coaches should:

- Attend WFRF coaching seminars.
 - Complete continuing education courses.
 - Renew certification according to WFRF regulations.
 - Stay updated with new coaching methods and competition rules.
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Coaching Education System Level 2

Article 1 – Course Purpose

The **Level 2 – Coach Grade II** course is designed to advance the knowledge and professional skills of Level 1 coaches, enabling them to train intermediate, advanced, and competitive

athletes. The program focuses on training methodology, sports science, biomechanics, sports nutrition, psychology, team management, and competition preparation.

Article 2 – Admission Requirements

Applicants must meet the following requirements:

- Minimum **20 years of age**.
 - Hold a valid **WFRF Level 1 – Coach Grade III Diploma**.
 - Have at least **one (1) year of active coaching experience** after obtaining the Level 1 certification.
 - Complete a minimum of **200 documented coaching hours**.
 - Hold an active WFRF membership.
 - Have no disciplinary suspension or ethical violations.
 - Receive approval from the WFRF Education Committee.
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Article 3 – Course Duration

- Theory: **50 Hours**
- Practical Training: **50 Hours**
- Internship: **50 Hours**
- Final Coaching Project: **20 Hours**

Total Course Duration: 170 Hours

Article 4 – Course Curriculum

Module A – Advanced Sports Science

- Exercise Physiology
 - Running Biomechanics
 - Energy Systems
 - Training Adaptation
 - Functional Anatomy
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Module B – Training Program Design

- Short-Term Planning
 - Mid-Term Planning
 - Long-Term Planning
 - Periodization
 - Competition Planning
 - Athlete Monitoring
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Module C – Physical Conditioning

- Strength Development
- Endurance Training
- Speed Development
- Agility
- Balance
- Flexibility
- Recovery Methods

Module D – Sports Nutrition

- Athlete Nutrition
- Hydration
- Competition Nutrition
- Recovery Nutrition
- Dietary Supplements
- Weight Management

Module E – Sport Psychology

- Motivation
- Goal Setting
- Mental Preparation
- Confidence Building
- Stress Management
- Communication Skills

Module F – Injury Prevention

- Common Sports Injuries
- Risk Assessment
- Safe Training Methods
- Recovery Protocols
- Load Management

Module G – Team Management

- Team Organization
- Training Camp Planning
- Competition Management
- Parent and Athlete Communication
- Leadership Skills
- Professional Coaching Ethics

Module H – Competition Rules

- WFRF Competition Regulations
- Discipline-Specific Rules
- Coach Responsibilities
- Competition Procedures
- Appeals and Protests
- Athlete Management

Article 5 – Internship

Each candidate shall complete:

- A minimum of **50 hours** of supervised coaching under an approved WFRF Instructor.
- Participation in at least **three (3) official WFRF competitions** as a coach or assistant coach.

- Submission of an internship report approved by the course instructor.
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Article 6 – Examinations

Written Examination

- 100 Questions
- Multiple Choice and Short Answer
- Minimum Passing Score: **75%**

Practical Examination

Candidates shall be evaluated on:

- Training Session Planning
- Running Technique Instruction
- Group Coaching Skills
- Technical Error Correction
- Athlete Management
- Safety Procedures

Minimum Passing Score: 80%

Article 7 – Final Project

Each candidate shall prepare and present a **12-week training program** for an individual athlete or team, including:

- Annual objectives
- Weekly training plans
- Performance evaluation
- Competition schedule
- Recovery strategy

The project shall be reviewed by the WFRF Education Committee.

Article 8 – Coaching Authority

A certified **Level 2 – Coach Grade II** is authorized to:

- Coach intermediate and competitive athletes.
 - Serve as Head Coach of affiliated clubs.
 - Coach athletes at national competitions.
 - Assist national teams.
 - Conduct introductory coaching courses with WFRF authorization.
 - Participate in athlete identification and talent development programs.
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Article 9 – Certificate Validity

The **WFRF Coach Grade II Diploma** shall be valid for **four (4) years**.

Renewal requires:

- Attendance at a minimum of **two continuing education seminars**.
 - Completion of at least **300 documented coaching hours**.
 - Active WFRF membership.
 - Compliance with the WFRF Code of Ethics.
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Article 10 – Requirements for Promotion to Level 3

A Level 2 Coach may apply for the **Level 3 – Coach Grade I Diploma** after meeting the following requirements:

- Minimum **two (2) years** of coaching experience as a Level 2 Coach.
- At least **500 documented coaching hours**.
- Participation in a minimum of **five (5) official WFRF competitions** as a coach or head coach.
- Successful completion of the Level 3 course and examinations.
- Approval by the WFRF Education Committee.

Coaching Education System Level 3

Article 1 – Course Purpose

The **Level 3 – Coach Grade I** course is an advanced coaching certification designed to prepare coaches for high-performance and elite athlete development. The program focuses on advanced sports science, performance analysis, long-term athlete development, competition strategy, leadership, and international coaching standards.

Graduates of this course are qualified to coach elite athletes, national teams, and professional clubs under the regulations of the World Fitness Running Federation (WFRF).

Article 2 – Admission Requirements

Applicants shall meet the following requirements:

- Minimum **22 years of age**.
 - Hold a valid **WFRF Level 2 – Coach Grade II Diploma**.
 - Minimum **two (2) years** of coaching experience after obtaining the Level 2 certification.
 - Complete at least **500 documented coaching hours**.
 - Participate in a minimum of **five (5) official WFRF competitions** as a coach.
 - Hold an active WFRF membership.
 - Have no disciplinary sanctions.
 - Receive approval from the WFRF Education Committee.
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Article 3 – Course Duration

- Theory: **70 Hours**
- Practical Training: **70 Hours**
- Internship: **80 Hours**
- Performance Analysis Project: **30 Hours**

Total Course Duration: 250 Hours

Article 4 – Course Curriculum

Module A – Advanced Exercise Physiology

- High Performance Physiology

- Aerobic & Anaerobic Systems
 - VO₂ Max Assessment
 - Lactate Threshold
 - Recovery Physiology
 - Fatigue Management
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Module B – Advanced Biomechanics

- Running Biomechanics
 - Gait Analysis
 - Motion Analysis
 - Performance Optimization
 - Injury Risk Analysis
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Module C – High Performance Training

- Annual Training Plans
 - Macro, Meso & Micro Cycles
 - Elite Athlete Preparation
 - Competition Peaking
 - Recovery Planning
 - Performance Monitoring
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Module D – Strength & Conditioning

- Functional Strength
 - Explosive Power
 - Plyometric Training
 - Speed Development
 - Agility Training
 - Mobility & Flexibility
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Module E – Sports Nutrition

- Elite Athlete Nutrition
 - Body Composition
 - Hydration Strategies
 - Competition Nutrition
 - Recovery Nutrition
 - Supplement Guidelines
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Module F – Sport Psychology

- Mental Toughness
 - Performance Anxiety
 - Leadership Skills
 - Team Motivation
 - Concentration
 - Athlete Communication
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Module G – Performance Analysis

- Video Analysis
 - Running Technique Evaluation
 - Performance Testing
 - GPS Data Analysis
 - Heart Rate Monitoring
 - Training Load Analysis
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Module H – Competition Management

- Competition Planning
 - Championship Preparation
 - Athlete Selection
 - Team Leadership
 - International Competition Procedures
 - Risk Management
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Module I – Coaching Ethics & Leadership

- Professional Ethics
 - Athlete Welfare
 - Safeguarding
 - Leadership
 - Decision Making
 - International Coaching Standards
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Article 5 – Internship

Candidates shall complete:

- Minimum **80 hours** of supervised coaching.
 - Coaching at least **10 official WFRF competitions**.
 - Preparation of elite athletes for competition.
 - Submission of a complete coaching portfolio.
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Article 6 – Written Examination

The written examination shall include:

- 150 Questions
- Multiple Choice
- Short Answers
- Case Studies
- Competition Scenarios

Minimum Passing Score: 80%

Article 7 – Practical Examination

Candidates shall demonstrate competence in:

- Coaching elite athletes.
- Designing annual training plans.
- Technical correction.
- Competition preparation.

- Athlete evaluation.
- Performance analysis.
- Team leadership.

Minimum Passing Score: 85%

Article 8 – Research Project

Each candidate shall submit an original research or performance project related to Fitness Running.

The project shall include:

- Scientific methodology.
- Athlete assessment.
- Training program design.
- Performance evaluation.
- Conclusions and recommendations.

The project must be approved by the WFRF Education Committee.

Article 9 – Coaching Authority

A certified **Level 3 – Coach Grade I** is authorized to:

- Coach elite and high-performance athletes.
 - Serve as Head Coach of national teams.
 - Coach athletes at Continental and World Championships.
 - Lead professional clubs and academies.
 - Mentor Level 1 and Level 2 coaches.
 - Participate in coach education programs.
 - Serve on WFRF Technical Committees.
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Article 10 – Certificate Validity

The **WFRF Coach Grade I Diploma** shall remain valid for **five (5) years**.

Renewal requires:

- Attendance at official WFRF continuing education programs.
 - Minimum **500 documented coaching hours**.
 - Participation in international coaching seminars.
 - Active WFRF membership.
 - Compliance with the WFRF Code of Ethics.
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Article 11 – Requirements for Promotion to Level 4

A Level 3 Coach may apply for the **Level 4 – Professional Coach Diploma** after meeting the following requirements:

- Minimum **three (3) years** of coaching experience as a Level 3 Coach.
- At least **1,000 documented coaching hours**.

- Coaching athletes at Continental or World Championships.
 - Successful completion of the Level 4 course and examinations.
 - Approval by the WFRF Education Committee.
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Coaching Education System

Level 4 – Professional Coach Diploma (Professional Coach)

Article 1 – Course Purpose

The **Level 4 – Professional Coach Diploma** is the highest professional coaching qualification within the World Fitness Running Federation (WFRF). This certification prepares experienced coaches to lead elite athletes, national teams, high-performance centers, international clubs, and major championships. The course develops advanced competencies in high-performance coaching, sports science, athlete management, leadership, research, innovation, and international competition preparation. Graduates are recognized as **Professional Coaches** capable of directing elite performance programs at the national and international levels.

Article 2 – Admission Requirements

Applicants shall meet all of the following requirements:

- Minimum **25 years of age**.
 - Hold a valid **WFRF Level 3 – Coach Grade I Diploma**.
 - Minimum **three (3) years** of coaching experience after Level 3 certification.
 - Minimum **1,000 documented coaching hours**.
 - Participation in at least **10 official WFRF National Championships**.
 - Participation in at least **3 Continental or World Championships** as an official coach.
 - Active WFRF membership.
 - No disciplinary sanctions during the previous five years.
 - Approval by the WFRF Education Committee.
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Article 3 – Course Duration

- Theory: **100 Hours**
- Advanced Practical Coaching: **120 Hours**
- High Performance Internship: **120 Hours**
- Research & Scientific Project: **60 Hours**

Total Course Duration

400 Hours

Article 4 – Course Curriculum

Module A – High Performance Coaching

- Elite Athlete Development
- Olympic Coaching Principles
- World Championship Preparation
- Peak Performance Management

- Long-Term Athlete Development (LTAD)
 - Performance Optimization
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Module B – Advanced Sports Science

- Advanced Exercise Physiology
 - Biomechanics
 - Functional Anatomy
 - Neuromuscular Adaptation
 - Fatigue Monitoring
 - Recovery Science
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Module C – Elite Strength & Conditioning

- Maximum Strength
 - Power Development
 - Functional Performance
 - Speed Development
 - Agility Systems
 - Plyometric Training
 - Injury Prevention
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Module D – Performance Analysis

- Video Analysis
 - Motion Analysis
 - GPS Performance Analysis
 - Running Economy
 - Biomechanical Assessment
 - Data Interpretation
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Module E – Sports Nutrition

- Elite Nutrition Planning
 - Body Composition Management
 - Competition Nutrition
 - Recovery Nutrition
 - Supplement Protocols
 - Hydration Strategies
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Module F – Sports Psychology

- Mental Performance
 - Leadership Psychology
 - Team Building
 - Athlete Motivation
 - Stress Management
 - Competition Psychology
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Module G – Competition Management

- International Event Planning
 - Championship Organization
 - Athlete Registration
 - Competition Logistics
 - Risk Management
 - Crisis Management
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Module H – Coaching Leadership

- Leadership Development
 - Communication Skills
 - Conflict Resolution
 - Decision Making
 - Staff Management
 - Federation Administration
-

Module I – Research Methodology

- Scientific Research
 - Statistics
 - Data Collection
 - Performance Evaluation
 - Scientific Writing
 - Publication Ethics
-

Module J – Ethics & Governance

- WFRF Regulations
 - Anti-Doping
 - Safeguarding
 - Athlete Welfare
 - International Sports Law
 - Professional Ethics
-

Article 5 – Internship

Each candidate shall complete:

- **120 hours** of supervised coaching.
 - Coaching elite athletes.
 - Participation in **five (5) international competitions**.
 - Leadership of a high-performance training camp.
 - Submission of a professional coaching portfolio.
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Article 6 – Written Examination

The examination shall include:

- **200 questions**
- Multiple Choice

- Short Answer
- Case Analysis
- Competition Management Scenarios
- Scientific Problem Solving

Minimum Passing Score: 85%

Article 7 – Practical Examination

Candidates shall demonstrate competence in:

- Elite athlete coaching.
- Annual training design.
- Competition strategy.
- Athlete performance analysis.
- Leadership.
- Team management.
- Technical correction.
- Crisis management.

Minimum Passing Score: 90%

Article 8 – Scientific Thesis

Each candidate shall prepare a scientific thesis on a Fitness Running topic.

The thesis shall include:

- Literature Review
- Research Objectives
- Scientific Methodology
- Data Analysis
- Results
- Discussion
- Practical Applications
- Conclusions

The thesis shall be evaluated by the WFRF Scientific Committee.

Article 9 – Professional Coaching Authority

A certified **Professional Coach** is authorized to:

- Coach elite international athletes.
 - Serve as Head Coach of National Teams.
 - Coach athletes at Continental Championships.
 - Coach athletes at World Championships.
 - Direct High Performance Training Centers.
 - Manage National Coaching Programs.
 - Supervise Level 1–3 coaches.
 - Serve on Technical Committees.
 - Participate in WFRF coach development projects.
 - Advise National Federations on athlete development.
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Article 10 – Certificate Validity

The **Professional Coach Diploma** shall remain valid for **five (5) years**.

Renewal requires:

- Active WFRF membership.
- Completion of at least **750 documented coaching hours**.
- Attendance at **three (3) WFRF Continuing Professional Development (CPD) seminars**.
- Participation in at least **one international championship** during the certification period.
- Compliance with the WFRF Code of Ethics and Anti-Doping Regulations.

Article 11 – Requirements for Promotion to Level 5 – International Instructor

A Professional Coach may apply for the **Level 5 – International Instructor Diploma** after meeting all of the following requirements:

- Minimum **three (3) years** as a Professional Coach.
- Minimum **2,000 documented coaching hours**.
- Coaching experience at **World Championships** or equivalent international events.
- Successful supervision of Level 1–4 coaching courses.
- Demonstrated ability to teach and assess coaching candidates.
- Publication of at least **one scientific article, coaching manual, or official educational resource** approved by the WFRF Education Committee.
- Recommendation from the WFRF Technical Committee.
- Final approval by the WFRF Executive Board.

Article 12 – Rights and Responsibilities

A Professional Coach shall:

- Maintain the highest standards of professionalism.
- Protect athlete health, safety, and welfare.
- Promote Fair Play and ethical coaching.
- Support the education and mentoring of developing coaches.
- Respect WFRF regulations and international sporting standards.
- Represent the Federation with integrity and professionalism at all national and international events.

Coaching Education System

Level 5 – International Instructor Diploma

Master Instructor Diploma

The Highest Coaching Qualification of the World Fitness Running Federation

Article 1 – Course Purpose

The **Level 5 – International Instructor Diploma (Master Instructor)** is the highest educational and coaching qualification awarded by the World Fitness Running Federation (WFRF).

This certification is designed for highly experienced coaches who have demonstrated exceptional leadership, technical expertise, educational excellence, and international coaching experience. The purpose of this level is to prepare professionals who are qualified to educate future coaches, certify instructors, develop educational systems, conduct scientific research, establish coaching standards, and represent WFRF at the international level.

Holders of the International Instructor Diploma are recognized as the highest coaching authorities within the WFRF Education System.

Article 2 – Admission Requirements

Applicants must satisfy all of the following requirements:

- Minimum **30 years of age**.
- Hold a valid **Level 4 – Professional Coach Diploma**.
- Minimum **five (5) years** of coaching experience after obtaining the Professional Coach Diploma.
- Minimum **3,000 documented coaching hours**.
- Coaching experience in at least **five (5) Continental Championships**.
- Coaching experience in at least **two (2) World Championships**.
- Successfully coach athletes who have won medals in official WFRF Continental or World Championships.
- Active WFRF membership.
- Excellent disciplinary and ethical record.
- Recommendation by the WFRF Education Committee.
- Final approval by the WFRF Executive Board.

Article 3 – Course Duration

- Advanced Theory: **120 Hours**
- International Teaching Practice: **120 Hours**
- Educational Internship: **160 Hours**
- Scientific Research & Thesis: **100 Hours**

Total Course Duration
500 Hours

Article 4 – Course Curriculum

Module A – International Coaching Methodology

- Global Coaching Systems
- Advanced Coaching Philosophy
- International Coaching Models
- Elite Athlete Development
- Olympic Coaching Principles

Module B – Adult Education & Teaching Methods

- Teaching Methodology
- Curriculum Design

- Lesson Planning
 - Educational Psychology
 - Classroom Management
 - Assessment Methods
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Module C – Coach Education

- Training Future Coaches
 - Coach Certification Systems
 - Practical Coach Assessment
 - Instructor Evaluation
 - Mentoring Programs
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Module D – Scientific Research

- Advanced Research Methodology
 - Sports Statistics
 - Data Analysis
 - Scientific Publication
 - Research Ethics
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Module E – Leadership & Federation Management

- International Sports Governance
 - Federation Administration
 - Strategic Planning
 - Policy Development
 - Leadership & Decision Making
 - Human Resource Management
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Module F – Competition Supervision

- Technical Delegation
 - Competition Inspection
 - International Championship Management
 - Judge & Coach Supervision
 - Technical Reporting
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Module G – Sports Science Innovation

- Performance Technology
 - Artificial Intelligence in Sport
 - Wearable Technology
 - Performance Testing
 - Athlete Monitoring Systems
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Module H – Ethics & International Standards

- International Sports Law
- Anti-Doping Leadership
- Athlete Safeguarding
- Equality & Inclusion

- Professional Ethics

Article 5 – Teaching Internship

Each candidate shall complete:

- Minimum **160 hours** of supervised teaching.
- Teach at least **three (3) official WFRF Level 1 coaching courses**.
- Teach at least **two (2) official WFRF Level 2 coaching courses**.
- Assist in one Level 3 or Level 4 coaching program.
- Evaluate coaching candidates under the supervision of Senior Master Instructors.
- Submit a complete Instructor Portfolio.

Article 6 – Scientific Thesis

Each candidate shall prepare an original scientific thesis related to Fitness Running.

The thesis shall include:

- Literature Review
- Research Design
- Data Collection
- Statistical Analysis
- Results
- Discussion
- Practical Recommendations
- International Applications

The thesis shall be defended before the WFRF Scientific Committee.

Article 7 – Final Examination

The final examination consists of:

Written Examination

- **250 Questions**
- Minimum Passing Score: **90%**

Practical Examination

Candidates shall demonstrate competency in:

- Teaching coaches
- Delivering lectures
- Conducting practical workshops
- Evaluating coaching candidates
- Solving technical coaching problems
- Public speaking
- Leadership

Minimum Passing Score: **90%**

Article 8 – Professional Authority

An International Instructor is authorized to:

- Conduct all official WFRF coaching certification courses (Levels 1–5).
 - Certify and examine coaches.
 - Train and mentor coaching instructors.
 - Develop official coaching curricula.
 - Publish official coaching manuals and educational resources.
 - Serve as an International Lecturer at WFRF seminars and congresses.
 - Chair National Education Committees.
 - Serve on the WFRF Education Committee and Technical Committee.
 - Advise National Federations on coach development.
 - Represent WFRF in international educational programs.
 - Lead international coach certification projects.
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Article 9 – Certificate Validity

The **International Instructor Diploma** is valid for **five (5) years**.

Renewal requires:

- Active WFRF membership.
 - Minimum **1,000 documented hours** of teaching or coaching during the validity period.
 - Teaching at least **two official WFRF coaching courses** every two years.
 - Attendance at one WFRF International Education Congress.
 - Compliance with all WFRF regulations and ethical standards.
-

Article 10 – Rights and Privileges

The holder of the **International Instructor Diploma** may:

- Use the title **WFRF International Master Instructor**.
 - Deliver official coaching education worldwide under WFRF authorization.
 - Sign official coaching diplomas as an authorized instructor.
 - Chair examination boards.
 - Develop new coaching education programs.
 - Recommend candidates for higher certifications.
 - Participate in international rule development and educational policy.
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Article 11 – Code of Professional Conduct

Every International Instructor shall:

- Maintain the highest standards of professionalism and integrity.
- Promote scientific, ethical, and evidence-based coaching.
- Respect all athletes, coaches, officials, and member federations.
- Act as a role model for future generations of coaches.
- Protect the reputation, values, and educational standards of the World Fitness Running Federation.

Official Qualification

WFRF Level 5 – International Instructor Diploma

Professional Title

International Master Instructor

Qualification Level

Highest Coaching and Educational Qualification of the World Fitness Running Federation (WFRF).

This diploma certifies that the holder is authorized to educate coaches, certify instructors, develop coaching systems, represent the Federation internationally, and lead the highest level of coach education within the WFRF.

Officials Education System
Level 1 –
(Judge Grade I Diploma)
Entry-Level Officiating Certification

Article 1 – Course Purpose

The **Level 1 – Judge Grade III** course is the entry-level officiating certification of the World Fitness Running Federation (WFRF). It is designed to prepare qualified judges who possess the knowledge, skills, and ethical standards necessary to officiate official WFRF competitions safely, fairly, accurately, and professionally.

The course provides candidates with a comprehensive understanding of WFRF competition rules, judging procedures, scoring systems, athlete safety, event management, and professional officiating ethics.

Successful candidates are authorized to officiate local, regional, and entry-level national competitions under the supervision of senior judges.

Article 2 – Admission Requirements

Applicants shall meet the following requirements:

- Minimum **18 years of age**.
 - High School Diploma or equivalent qualification.
 - Physically and mentally capable of performing officiating duties.
 - Active WFRF membership.
 - No disciplinary or ethical sanctions.
 - Acceptance of the WFRF Code of Ethics.
 - Approval by the WFRF Officials Education Committee.
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Article 3 – Course Duration

- Theory: **30 Hours**
- Practical Training: **30 Hours**
- Competition Internship: **20 Hours**
- Practical Evaluation: **10 Hours**

Total Course Duration

90 Hours

Article 4 – Course Curriculum

Module A – Introduction to WFRF

- History of WFRF
 - Organizational Structure
 - Competition Disciplines
 - Responsibilities of Officials
 - Professional Standards
-

Module B – Competition Rules

- Official Competition Rules
 - Athlete Eligibility
 - Competition Categories
 - Competition Procedures
 - Technical Regulations
-

Module C – Duties of Judges

- Chief Judge Responsibilities
 - Panel Judge Responsibilities
 - Technical Officials
 - Competition Marshals
 - Timekeepers
 - Recorders
-

Module D – Judging & Scoring System

- Evaluation Procedures
 - Scoring Standards
 - Penalties
 - Warnings
 - Disqualifications
 - Tie-breaking Procedures
-

Module E – Competition Management

- Competition Schedule
 - Athlete Check-in
 - Equipment Inspection
 - Venue Preparation
 - Technical Meetings
-

Module F – Ethics & Professional Conduct

- Fair Play
 - Integrity
 - Neutrality
 - Confidentiality
 - Professional Appearance
 - Respect for Athletes
-

Module G – Athlete Safety

- Risk Assessment
 - Emergency Procedures
 - First Aid Awareness
 - Injury Reporting
 - Competition Safety Standards
-

Module H – Practical Officiating

Candidates shall practice:

- Athlete Inspection
 - Rule Enforcement
 - Timekeeping
 - Score Recording
 - Competition Observation
 - Incident Reporting
-

Article 5 – Internship

Each candidate shall complete:

- **20 hours** of supervised officiating.
 - Participation in at least **two (2) official WFRF competitions**.
 - Observation by a Senior Judge.
 - Submission of an officiating internship report.
-

Article 6 – Written Examination

The written examination shall include:

- **100 Questions**
- Multiple Choice
- Short Answer
- Competition Scenarios
- Rule Interpretation

Minimum Passing Score: 70%

Article 7 – Practical Examination

Candidates shall demonstrate competency in:

- Applying competition rules.
- Athlete inspection.
- Score recording.
- Timekeeping.
- Rule interpretation.
- Communication with athletes.
- Professional conduct.

Minimum Passing Score: 75%

Article 8 – Officiating Authority

A certified **Judge Grade III** is authorized to:

- Officiate local and regional WFRF competitions.
 - Serve as a panel judge in national competitions.
 - Assist senior judges during championships.
 - Verify athlete registration.
 - Record scores and competition results.
 - Inspect athlete uniforms and equipment.
 - Report rule violations to the Chief Judge.
-

Article 9 – Certificate Validity

The **Judge Grade III Diploma** shall remain valid for **four (4) years**.

Renewal requires:

- Active WFRF membership.
 - Participation in at least **five (5) official competitions** during the certification period.
 - Attendance at one WFRF Officials Refresher Course.
 - Compliance with the WFRF Code of Ethics.
-

Article 10 – Requirements for Promotion to Level 2

A Judge Grade III may apply for the **Level 2 – Judge Grade II Diploma** after meeting the following requirements:

- Minimum **one (1) year** of officiating experience.
- Participation in at least **10 official WFRF competitions**.
- Positive performance evaluations from Senior Judges.
- Successful completion of the Level 2 Officials Course.
- Approval by the WFRF Officials Education Committee.

Article 11 – Code of Professional Conduct

Every certified judge shall:

- Apply all WFRF rules fairly and consistently.
- Remain impartial and independent.
- Maintain professionalism and integrity.
- Respect athletes, coaches, and fellow officials.
- Avoid conflicts of interest.
- Protect the safety and welfare of all participants.
- Maintain confidentiality regarding competition matters.
- Represent the World Fitness Running Federation with dignity and professionalism.



Officials Education System

Level 2 – Judge Grade II

(Judge Grade II Diploma)

Intermediate Officiating Certification

Article 1 – Course Purpose

The **Level 2 – Judge Grade II** course is designed to develop experienced judges who are capable of officiating official national championships and serving in technical officiating positions during WFRF competitions.

This course expands the judge's knowledge of competition rules, scoring systems, technical inspections, competition management, protest procedures, athlete safety, and officiating leadership.

Graduates of this course are qualified to officiate national-level competitions independently and assist the Chief Judge during major championships.

Article 2 – Admission Requirements

Applicants shall meet the following requirements:

- Minimum **20 years of age**.
- Hold a valid **WFRF Level 1 – Judge Grade III Diploma**.
- Minimum **one (1) year** of officiating experience after obtaining the Grade III certification.

- Minimum **200 documented officiating hours**.
 - Participation in at least **10 official WFRF competitions**.
 - Active WFRF membership.
 - Good disciplinary and ethical record.
 - Recommendation from a Senior Judge.
 - Approval by the WFRF Officials Education Committee.
-

Article 3 – Course Duration

- Theory: **40 Hours**
- Practical Training: **40 Hours**
- Competition Internship: **40 Hours**
- Technical Evaluation: **20 Hours**

Total Course Duration
140 Hours

Article 4 – Course Curriculum

Module A – Advanced Competition Rules

- Detailed WFRF Regulations
 - Rule Interpretation
 - Competition Procedures
 - Athlete Eligibility
 - Technical Standards
-

Module B – Advanced Judging System

- Scoring Accuracy
 - Penalty Assessment
 - Tie-breaking Procedures
 - Appeals Process
 - Competition Documentation
-

Module C – Competition Management

- Technical Meetings
 - Competition Scheduling
 - Athlete Registration
 - Equipment Inspection
 - Event Coordination
-

Module D – Technical Officiating

- Head Table Operations
 - Timekeeping Systems
 - Electronic Scoring Systems
 - Result Verification
 - Competition Reports
-

Module E – Athlete Safety

- Competition Risk Assessment
 - Emergency Procedures
 - Medical Coordination
 - Venue Safety Inspection
 - Incident Reporting
-

Module F – Leadership & Communication

- Communication with Coaches
 - Athlete Relations
 - Conflict Resolution
 - Teamwork
 - Professional Conduct
-

Module G – Ethics & Integrity

- Fair Play
 - Neutrality
 - Integrity
 - Anti-Corruption
 - Anti-Doping Responsibilities
 - Confidentiality
-

Module H – Practical Officiating

Candidates shall perform:

- Technical inspection
 - Competition supervision
 - Score verification
 - Penalty application
 - Rule interpretation
 - Athlete check-in
 - Competition reporting
-

Article 5 – Internship

Each candidate shall complete:

- Minimum **40 hours** of supervised officiating.
 - Officiate at least **five (5) official WFRF competitions**.
 - Serve as a Technical Judge in at least **two (2) competitions**.
 - Submit an approved officiating portfolio.
-

Article 6 – Written Examination

The written examination shall include:

- **120 Questions**
- Multiple Choice
- Short Answer

- Case Studies
- Rule Interpretation
- Competition Scenarios

Minimum Passing Score: 75%

Article 7 – Practical Examination

Candidates shall demonstrate competency in:

- Independent judging.
- Applying official regulations.
- Technical inspections.
- Competition management.
- Score verification.
- Communication with officials and coaches.
- Athlete safety management.

Minimum Passing Score: 80%

Article 8 – Officiating Authority

A certified **Judge Grade II** is authorized to:

- Officiate all local, regional, and national WFRF competitions.
 - Serve as a Technical Judge.
 - Act as Chief Timekeeper or Chief Recorder.
 - Supervise judging panels.
 - Conduct athlete equipment inspections.
 - Verify official competition results.
 - Assist the Chief Judge during national championships.
 - Participate in judge education workshops as an assistant instructor.
-

Article 9 – Certificate Validity

The **Judge Grade II Diploma** shall remain valid for **four (4) years**.

Renewal requires:

- Active WFRF membership.
 - Completion of at least **300 documented officiating hours**.
 - Participation in at least **10 official competitions** during the certification period.
 - Attendance at one WFRF Officials Continuing Education Seminar.
 - Compliance with the WFRF Code of Ethics.
-

Article 10 – Requirements for Promotion to Level 3

A Judge Grade II may apply for the **Level 3 – Judge Grade I Diploma** after meeting the following requirements:

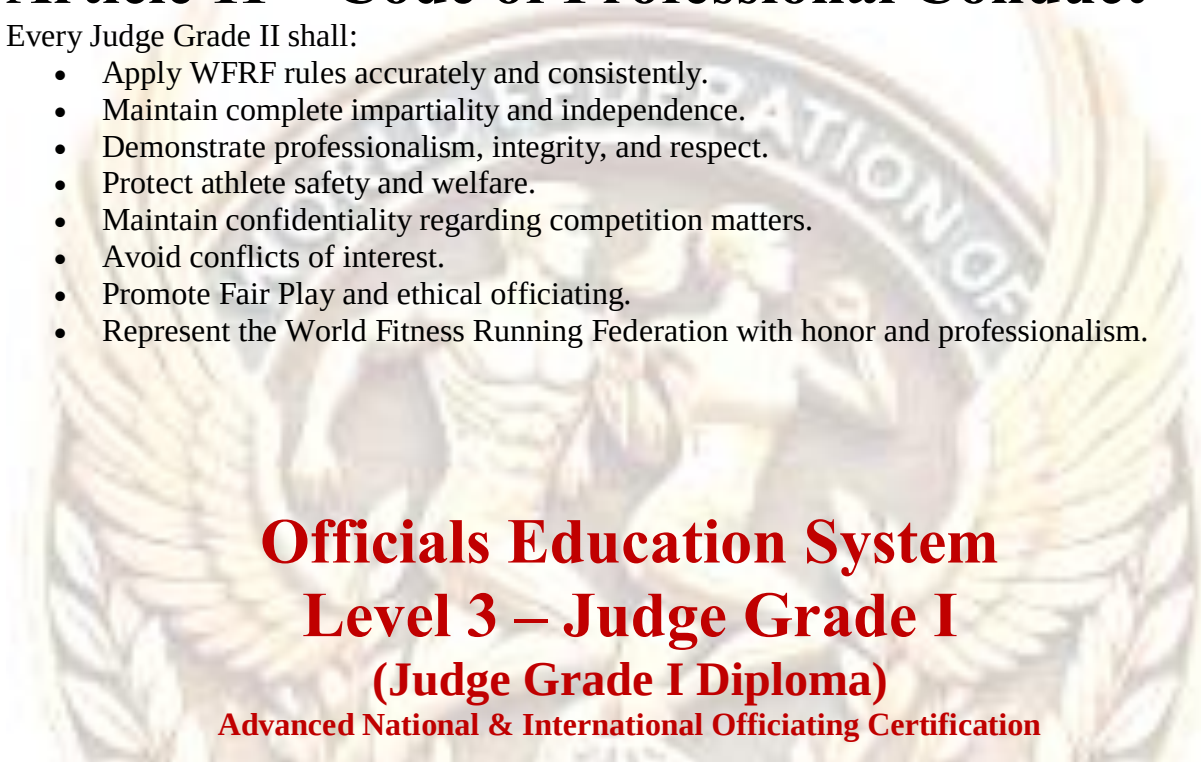
- Minimum **two (2) years** of officiating experience as a Judge Grade II.

- Minimum **500 documented officiating hours**.
- Participation in at least **20 official WFRF competitions**, including National Championships.
- Positive evaluations from Senior Judges and Technical Delegates.
- Successful completion of the Level 3 Officials Course and examinations.
- Approval by the WFRF Officials Education Committee.

Article 11 – Code of Professional Conduct

Every Judge Grade II shall:

- Apply WFRF rules accurately and consistently.
- Maintain complete impartiality and independence.
- Demonstrate professionalism, integrity, and respect.
- Protect athlete safety and welfare.
- Maintain confidentiality regarding competition matters.
- Avoid conflicts of interest.
- Promote Fair Play and ethical officiating.
- Represent the World Fitness Running Federation with honor and professionalism.



Officials Education System Level 3 – Judge Grade I (Judge Grade I Diploma)

Advanced National & International Officiating Certification

Article 1 – Course Purpose

The **Level 3 – Judge Grade I** course is an advanced officiating certification designed to prepare highly qualified judges to serve as Chief Judges, Technical Delegates, and senior officials at national, continental, and international WFRF competitions.

The program develops advanced competencies in competition management, technical supervision, rule interpretation, dispute resolution, judging leadership, event administration, athlete safety, and international officiating standards.

Graduates are recognized as senior officials capable of leading judging panels and ensuring that competitions are conducted according to WFRF regulations with fairness, accuracy, and professionalism.

Article 2 – Admission Requirements

Applicants shall meet all of the following requirements:

- Minimum **23 years of age**.
- Hold a valid **WFRF Level 2 – Judge Grade II Diploma**.

- Minimum **two (2) years** of officiating experience after obtaining the Grade II certification.
 - Minimum **500 documented officiating hours**.
 - Participation in at least **20 official WFRF competitions**, including National Championships.
 - Experience serving as Technical Judge in at least **five (5) official competitions**.
 - Active WFRF membership.
 - No disciplinary or ethical violations.
 - Recommendation from the WFRF Officials Committee.
 - Approval by the WFRF Education Committee.
-

Article 3 – Course Duration

- Advanced Theory: **60 Hours**
- Practical Officiating: **60 Hours**
- Championship Internship: **60 Hours**
- Technical Leadership Assessment: **20 Hours**

Total Course Duration
200 Hours

Article 4 – Course Curriculum

Module A – Advanced Competition Rules

- Advanced interpretation of WFRF regulations
 - Competition protocols
 - International rule application
 - Championship regulations
 - Rule amendments and updates
-

Module B – Competition Leadership

- Chief Judge responsibilities
 - Technical Delegate duties
 - Jury of Appeal procedures
 - Competition supervision
 - Decision-making under pressure
-

Module C – Advanced Scoring System

- Score verification
 - Penalty application
 - Appeals and protests
 - Tie-breaking procedures
 - Final result approval
-

Module D – Championship Management

- Competition scheduling
- Technical meetings

- Venue inspection
- Equipment approval
- Athlete accreditation
- Risk management

Module E – Athlete Safety & Risk Management

- Safety inspections
- Emergency action plans
- Medical coordination
- Weather and environmental assessment
- Incident reporting

Module F – Leadership & Communication

- Leadership skills
- Conflict resolution
- Communication with coaches
- Communication with athletes
- Media relations
- Public speaking

Module G – Ethics & Governance

- Fair Play principles
- Neutrality and independence
- Anti-Doping responsibilities
- Anti-Corruption policies
- Confidentiality
- International officiating ethics

Module H – Practical Officiating

Candidates shall perform:

- Chief Judge duties
- Competition supervision
- Technical inspections
- Protest evaluation
- Official reporting
- Judge coordination
- Championship administration

Article 5 – Internship

Each candidate shall complete:

- Minimum **60 hours** of supervised officiating.
- Serve as Chief Judge or Assistant Chief Judge in at least **five (5) official WFRF competitions**.
- Participate in at least **two (2) National Championships**.
- Submit a complete officiating portfolio approved by the WFRF Officials Committee.

Article 6 – Written Examination

The written examination shall include:

- **150 Questions**
- Multiple Choice
- Short Answer
- Rule Interpretation
- Case Studies
- Championship Management Scenarios

Minimum Passing Score: 80%

Article 7 – Practical Examination

Candidates shall demonstrate competency in:

- Leading a judging panel.
- Interpreting WFRF regulations.
- Managing competition operations.
- Resolving protests and disputes.
- Conducting technical inspections.
- Supervising judges.
- Ensuring athlete safety.

Minimum Passing Score: 85%

Article 8 – Officiating Authority

A certified **Judge Grade I** is authorized to:

- Serve as **Chief Judge** at local, regional, and national championships.
 - Officiate Continental and International WFRF competitions.
 - Supervise judging panels and technical officials.
 - Approve official competition results.
 - Conduct technical inspections of venues and equipment.
 - Evaluate the performance of Level 1 and Level 2 judges.
 - Assist in the education and practical assessment of new judges.
 - Serve as a member of the Jury of Appeal.
 - Act as Technical Delegate when appointed by WFRF.
-

Article 9 – Certificate Validity

The **Judge Grade I Diploma** shall remain valid for **five (5) years**.

Renewal requires:

- Active WFRF membership.
- Completion of at least **500 documented officiating hours** during the certification period.
- Participation in at least **15 official WFRF competitions**.
- Attendance at one WFRF International Officials Development Seminar.
- Compliance with the WFRF Code of Ethics and Anti-Doping Regulations.

Article 10 – Requirements for Promotion to Level 4 – Senior Judge

A Judge Grade I may apply for the **Level 4 – Senior Judge Diploma** after meeting the following requirements:

- Minimum **three (3) years** of experience as a Judge Grade I.
- Minimum **1,000 documented officiating hours**.
- Service as Chief Judge at **10 National Championships**.
- Participation in at least **three (3) Continental or World Championships**.
- Successful completion of the Level 4 Senior Judge Course.
- Recommendation by the WFRF Officials Committee.
- Final approval by the WFRF Executive Board.

Article 11 – Code of Professional Conduct

Every **Judge Grade I** shall:

- Apply all WFRF regulations impartially and consistently.
- Demonstrate leadership, integrity, and professionalism.
- Protect the safety, rights, and welfare of athletes.
- Mentor and support the development of junior officials.
- Maintain confidentiality and avoid conflicts of interest.
- Promote Fair Play and uphold the reputation of the World Fitness Running Federation.
- Serve as a role model for all WFRF officials.

Officials Education System Level 4 – Senior Judge Diploma (Senior Judge)

The Highest Officiating Qualification of the World Fitness Running Federation

Article 1 – Course Purpose

The **Level 4 – Senior Judge Diploma** is the highest officiating qualification awarded by the World Fitness Running Federation (WFRF).

This certification is designed for highly experienced judges who have demonstrated outstanding technical knowledge, leadership, integrity, and extensive experience in officiating national and international competitions.

The purpose of this course is to prepare officials capable of supervising international championships, leading judging panels, educating future judges, interpreting official rules, developing officiating standards, and representing WFRF worldwide.

Graduates are recognized as the highest-ranking officials within the WFRF Officiating System.

Article 2 – Admission Requirements

Applicants shall satisfy all of the following requirements:

- Minimum **30 years of age**.
- Hold a valid **WFRF Level 3 – Judge Grade I Diploma**.
- Minimum **three (3) years** of officiating experience after obtaining the Grade I certification.
- Minimum **1,500 documented officiating hours**.
- Serve as **Chief Judge** in at least **10 National Championships**.
- Participate in at least **five (5) Continental Championships**.
- Participate in at least **two (2) World Championships**.
- Active WFRF membership.
- No disciplinary sanctions during the previous five years.
- Recommendation by the WFRF Officials Committee.
- Final approval by the WFRF Executive Board.

Article 3 – Course Duration

- Advanced Theory: **80 Hours**
- Senior Officiating Practice: **100 Hours**
- International Championship Internship: **100 Hours**
- Research & Technical Project: **40 Hours**

Total Course Duration
320 Hours

Article 4 – Course Curriculum

Module A – International Officiating Standards

- Advanced WFRF Competition Rules
- International Competition Procedures
- Championship Protocols
- Technical Regulations
- Rule Interpretation

Module B – Senior Judge Leadership

- Leadership of Judging Panels
- Chief Judge Responsibilities
- Jury of Appeal
- Technical Delegate Duties
- Decision Making
- Crisis Management

Module C – Competition Management

- Championship Planning
- Venue Inspection

- Equipment Certification
- Athlete Accreditation
- Technical Meetings
- Competition Scheduling

Module D – Advanced Judging System

- Score Verification
- Electronic Judging Systems
- Competition Documentation
- Result Certification
- Protest Evaluation
- Appeals Management

Module E – Athlete Safety

- Risk Assessment
- Medical Coordination
- Emergency Planning
- Venue Safety
- Incident Investigation

Module F – Education & Mentoring

- Judge Education
- Instructor Skills
- Evaluation of Judges
- Mentoring Programs
- Seminar Organization
- Continuing Education

Module G – Ethics & Governance

- International Sports Ethics
- Integrity in Officiating
- Anti-Doping Procedures
- Anti-Corruption Policies
- Confidentiality
- Conflict of Interest Management

Module H – International Sports Administration

- Federation Governance
- International Event Management
- Technical Committee Procedures
- Official Reporting
- Strategic Planning

Article 5 – International Internship

Each candidate shall complete:

- Minimum **100 hours** of supervised senior officiating.
 - Serve as **Chief Judge** in at least **five (5) major WFRF competitions**.
 - Participate in at least **two (2) Continental Championships** or **one (1) World Championship**.
 - Evaluate Level 1–3 judges under supervision.
 - Submit a complete Senior Judge Portfolio.
-

Article 6 – Written Examination

The written examination shall include:

- **200 Questions**
- Multiple Choice
- Short Answer
- Rule Interpretation
- Championship Case Studies
- Technical Reports

Minimum Passing Score: 90%

Article 7 – Practical Examination

Candidates shall demonstrate competency in:

- Serving as Chief Judge.
- Leading international judging panels.
- Managing technical meetings.
- Resolving protests and appeals.
- Supervising officials.
- Conducting technical inspections.
- Managing championship operations.
- Training and evaluating judges.

Minimum Passing Score: 90%

Article 8 – Technical Research Project

Each candidate shall prepare a technical project related to officiating, competition management, or rule development.

The project shall include:

- Technical analysis
- Problem identification
- Proposed solutions
- Rule recommendations
- Implementation strategy

The project shall be reviewed and approved by the WFRF Technical Committee.

Article 9 – Professional Authority

A certified **Senior Judge** is authorized to:

- Serve as **Chief Judge** at all WFRF competitions, including National, Continental, and World Championships.
- Act as **Technical Delegate** for official WFRF events.
- Chair the **Jury of Appeal**.
- Interpret and clarify WFRF competition rules.
- Certify official competition results.
- Conduct official judge certification courses (Levels 1–4).
- Examine and certify new judges.
- Evaluate the performance of all WFRF officials.
- Serve on the WFRF Officials Committee and Technical Committee.
- Advise National Federations on officiating matters.
- Represent WFRF at international meetings, seminars, and championships.

Article 10 – Certificate Validity

The **Senior Judge Diploma** shall remain valid for **five (5) years**.

Renewal requires:

- Active WFRF membership.
- Minimum **700 documented officiating hours** during the certification period.
- Participation in at least **15 official WFRF competitions**, including international events.
- Attendance at one WFRF International Officials Congress.
- Compliance with the WFRF Code of Ethics and Anti-Doping Regulations.

Article 11 – Rights and Responsibilities

Every Senior Judge shall:

- Maintain the highest standards of integrity, neutrality, and professionalism.
- Ensure the fair and consistent application of all WFRF rules.
- Protect athlete safety and competition integrity.
- Mentor and educate future judges.
- Support the continuous development of officiating standards.
- Promote Fair Play and ethical behavior.
- Represent the World Fitness Running Federation with honor, dignity, and impartiality.

Official Qualification

WFRF Senior Judge Diploma

Professional Title

International Senior Judge

Qualification Level

Highest Officiating Qualification of the World Fitness Running Federation (WFRF)

This diploma certifies that the holder has achieved the highest level of officiating competence within the WFRF and is authorized to supervise, lead, educate, evaluate, and certify officials at national, continental, and world-level competitions in accordance with the official rules and regulations of the World Fitness Running Federation.

WFRF International Education Center

Education is the foundation of excellence, and excellence is achieved through knowledge, discipline, experience, and integrity.

The WFRF International Education Center is committed to preparing coaches, judges, instructors, and sports professionals who possess not only technical competence but also the character, leadership, and ethical values required to serve the global Fitness Running community.

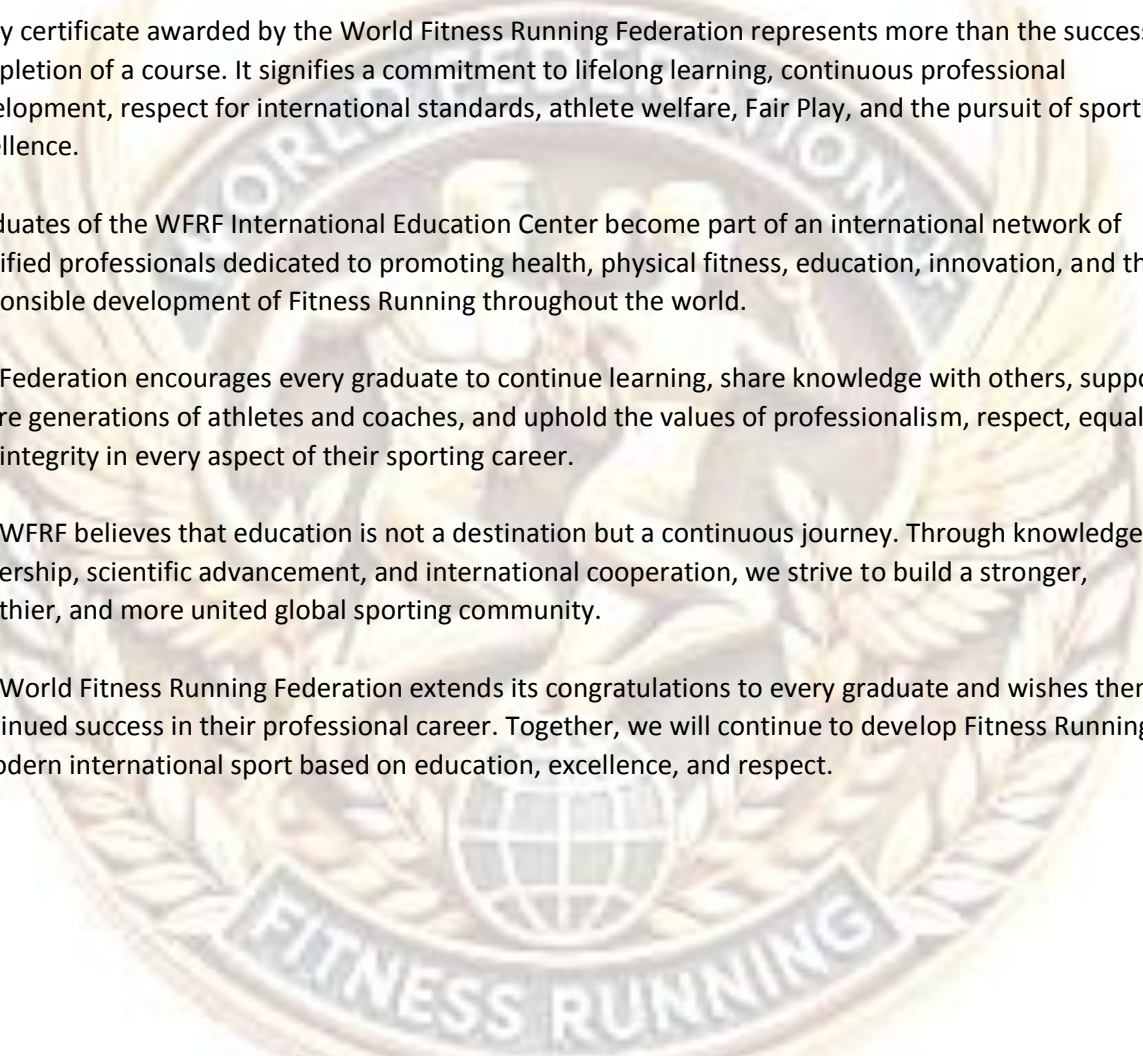
Every certificate awarded by the World Fitness Running Federation represents more than the successful completion of a course. It signifies a commitment to lifelong learning, continuous professional development, respect for international standards, athlete welfare, Fair Play, and the pursuit of sporting excellence.

Graduates of the WFRF International Education Center become part of an international network of qualified professionals dedicated to promoting health, physical fitness, education, innovation, and the responsible development of Fitness Running throughout the world.

The Federation encourages every graduate to continue learning, share knowledge with others, support future generations of athletes and coaches, and uphold the values of professionalism, respect, equality, and integrity in every aspect of their sporting career.

The WFRF believes that education is not a destination but a continuous journey. Through knowledge, leadership, scientific advancement, and international cooperation, we strive to build a stronger, healthier, and more united global sporting community.

The World Fitness Running Federation extends its congratulations to every graduate and wishes them continued success in their professional career. Together, we will continue to develop Fitness Running as a modern international sport based on education, excellence, and respect.



World Fitness Running Federation