



Fitness Administration

Sprint Test

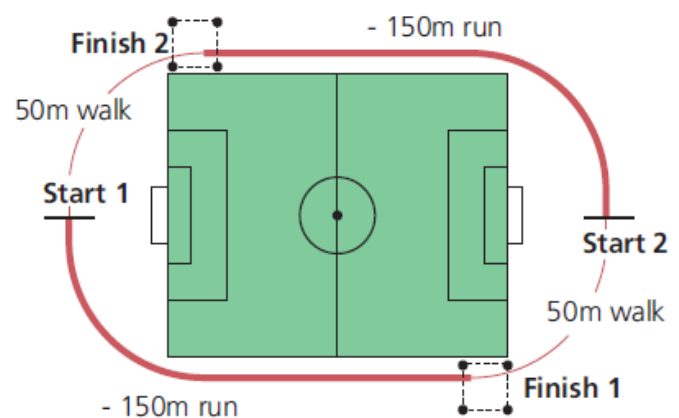
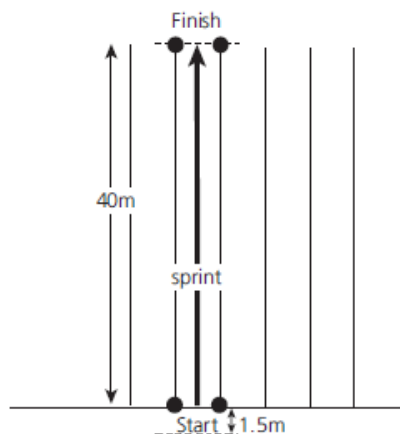
- Participants run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position
- If a participant falls or trips, they are allowed another attempt at that specific sprint
- If a participant fails one sprint out of the six, they are given one more attempt immediately after the sixth sprint
- If a participant fails two sprints, they fail the test

Interval Test

- Participants run a total of seven consecutive laps
- A lap consists of two 150 meter runs with two 50 meter recovery walks
 - Starts with running 150 meters in the prescribed time
 - Followed by walking 50 meters in the prescribed time
 - This process is repeated to complete one lap
- Walking area is marked by cones 3 meters on each side of the 150 meter marks
- If a participant fails to reach the walking area in the prescribed time, they are issued a warning
- If a participant fails to reach the walking area for a second time, they fail the test

Notes

- The time between the sprint test and interval test should be approximately 10 minutes





STSR Grade 7+ Referee Fitness Standards

<u>Test Type</u>	<u>Sprint Standard</u>	<u>Interval Standard (run)</u>	<u>Interval Standard (walk)</u>
Grade 7+ Referee	7.5	35	40