



Fitness Test Administration and Standards

Hosting Requirements

- **EMS and/or a medical trainer must be available on site**
- Available from 7:00 a.m.-7:00 p.m. to allow for weather delays
- Should have a minimum of 6 lanes (400 meters or 200 meters if it is an indoor facility)
- Surface should be rubber type coating to help prevent injuries
- Sound system at the track with the ability to play a DVD or audio file on a computer
- Restrooms and drinking water must be available to the participants
- Timers, monitors, scribes must be recruited from local volunteers
- Equipment needed includes colored pennies with numbers on both sides (or pins with numbers), cones, flags, whistles, clipboards and timing watches

Referee FIFA Fitness Test

The official fitness test for referees consists of two tests. Test 1, Repeated Sprint Ability (RSA), measures the referee's ability to perform repeated sprints over 40m. Test 2, Interval Test, evaluates the referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals. Referees must pass the FIFA Fitness Test at least once a year. The time between the end of Test 1 and the start of Test 2 is 6 to 8 minutes maximum.

Referee Test 1: Repeated Sprint Ability

- Referees run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with their front foot touching the 'start line'. Once the test leader signals that ready, the referee is free to start.
- Referees receive a maximum of 60 seconds recovery between each of the 6 x 40m sprints. During recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
- If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.

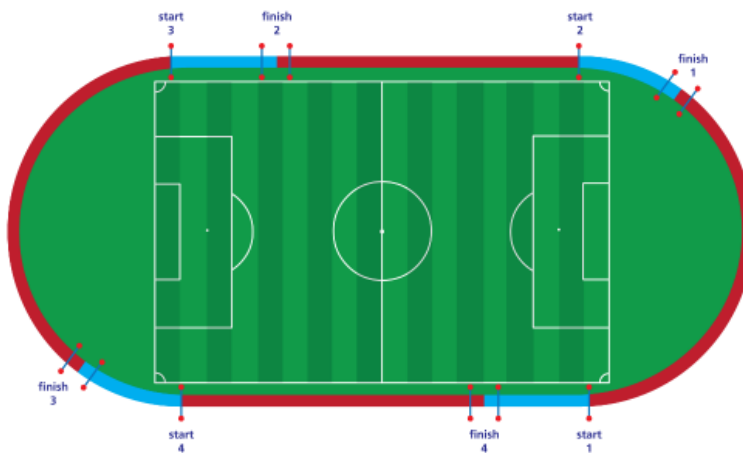


Referee Test 2: Interval Test

- Referees must complete 40 x 75m run / 25m walk intervals. This equates to 10 laps of a 400m

athletics track. A lap consists of four 75 meter runs with four 25 meter recovery walks

- The pace is dictated by the audio file and reference times are set in accordance with the referee's category.
- Referees must start from a standing position. They must not start before the whistle. On the whistle, referees are allowed to start running.
- At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
- If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



STSR Standards for Grade 5 Referee Certification

<i>Test Type</i>	<i>Sprint Standard</i>	<i>Interval Standard (run)</i>	<i>Interval Standard (walk)</i>
Male Referee	6.00 secs	15 seconds per 75m	18 seconds per 25m

Assistant Referee FIFA Fitness Test

The official fitness test for assistant referees consists of three tests. Test 1, CODA, assesses the assistant referee's ability to change direction. Test 2, Repeated Sprint Ability (RSA), measures the assistant referee's ability to perform repeated sprints over 30m. Test 3, Interval Test, evaluates the assistant referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals. Assistant referees must pass the FIFA Fitness Test at least once a year. The time between the end of Test 1 and the start of Test 2 is 2 to 4 minutes maximum. The time between the end of Test 2 and the start of Test 3 is 6 to 8 minutes maximum.

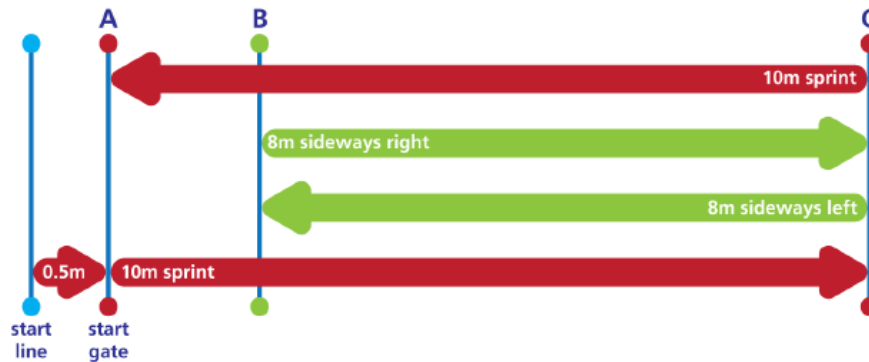
Assistant Referee Test 1: CODA (Change of Direction Ability)

- Assistant referees run one 10m x 8m x 8m x 10m sprint
- The distance between A and B is 2 meters. The distance between B and C is 8 meters.
- The 'start line' is marked out 0.5m before the timing gate (A).
- Assistant referees line up at the start with their front foot touching the 'start line'. Once the test leader signals ready, the assistant referee is free to start.
- Assistant referees sprint 10m forward (A to C), 8m sideways left (C to B), 8m sideways right (B to



C) and 10 m forward (C to A).

- If an assistant referee falls or trips, they should be given an additional trial.
- If an assistant referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.



Assistant Referee Test 2: Repeated Sprint Ability

- Assistant referees run five consecutive 30 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 30m. The 'start line' is marked out 1.5m before the 'start' gate.
- Assistant referees line up at the start with their front foot touching the 'start line'. Once the test leader signals ready, the assistant referee is free to start.
- Assistant referees receive a maximum of 30 seconds recovery between each of the 5 x 30m sprints. During recovery, assistant referees must walk back to the start.
- If an assistant referee falls or trips, they should be given an extra trial (one trial = 1 x 30 m).
- If an assistant referee fails one trial out of the five, they should be given a sixth trial immediately after the fifth trial. If they fail two trials out of six, the match official has failed the test.

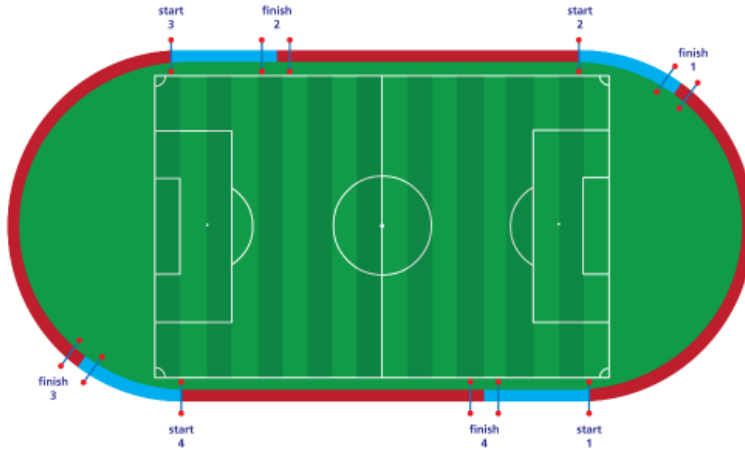


Assistant Referee Test 3: Interval Test

- Assistant referees must complete 40 x 75m run / 25m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of four 75 meter runs with four 25 meter recovery walks
- The pace is dictated by the audio file and reference times are set in accordance with the assistant referee's category.
- Assistant referees must start from a standing position. They must not start before the whistle. On the whistle, assistant referees are allowed to start running.



- At the end of each run, each assistant referee must enter the ‘walking area’ before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
- If an assistant referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If an assistant referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



STSR Standards for Grade 5 Assistant Referee Testing

<i>Test Type</i>	<i>CODA Standard</i>	<i>Sprint Standard</i>	<i>Interval Standard (run)</i>	<i>Interval Standard (walk)</i>
Male Assistant Referee	10.00 secs	4.70 secs	15 seconds per 75m	20 seconds per 25m