
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

State Fitness Test

The state fitness test for 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 150m interspersed with 50m walking intervals. Referees must pass the State 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.

Test 1: Repeated Sprint Ability

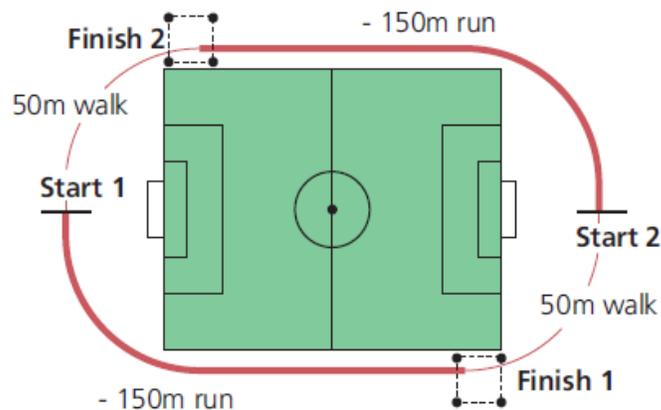
- Referees run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with their 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.





Test 2: Interval Test

- Referees must complete 20 x 150m run / 50m walk intervals. This equates to 10 laps of a 400m athletic track. A lap consists of two 150 meter runs with two 50 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 150m 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.



Standards for Grade 6 Certification

<u>Test Type</u>	<u>Sprint Standard</u>	<u>Interval Standard (run)</u>	<u>Interval Standard (walk)</u>
Referee	9.00 secs	45 seconds per 150m	45 seconds per 50m