

## 4 Fitness test for referees

### Introduction

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#### FIFA Fitness Test

The official fitness test for football 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.

The time between the end of Test 1 and the start of Test 2 should be 6 to 8 minutes maximum.

Tests must be performed on an athletics track (or a natural/artificial football field if no track is available). Athletic spikes may NOT be worn during the tests.

Referees must pass the FIFA Fitness Test at least once a year.

It is recommended that all fitness testing be conducted by a qualified physical instructor. A well-equipped ambulance must be present during the entire testing session.

#### FIFA-Approved Optional Tests

In addition to the official test, the "Dynamic YO-YO Test" and the "YO-YO Intermittent Test Level 1" may be used as methods of assessing the aerobic fitness of referees with the recommended standards.

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### Test 1: Repeated Sprint Ability

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1. Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each sprint using a manual stopwatch.
2. The 'start' gate should be placed at 0m and the 'finish' gate at 40m. The 'start line' should be marked out 1.5m before the 'start' gate.
3. Referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the referee is free to start.
4. Referees should receive a maximum of 60 seconds recovery between each of the 6 X 40m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
6. 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.



#### Reference times for men referees

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1. International and category 1: maximum 6.00 seconds per trial
2. Category 2: maximum 6.10 seconds per trial
3. Lower categories: maximum 6.20 seconds per trial

#### Reference times for women referees

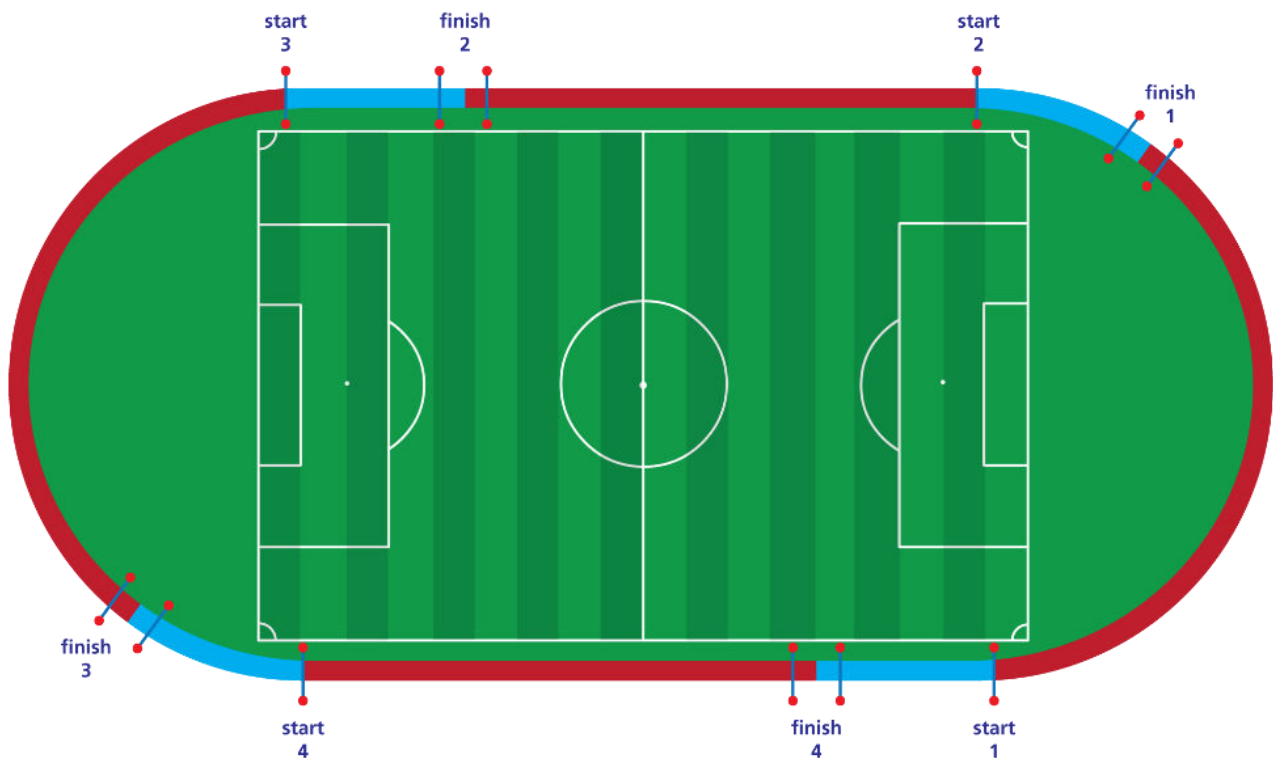
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1. International and category 1: maximum 6.40 seconds per trial
2. Category 2: maximum 6.50 seconds per trial
3. Lower categories: maximum 6.60 seconds per trial

## 6 Fitness test for referees

### Test 2: Interval Test

1. Referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 laps of a 400m athletics track. The pace is dictated by the audio file and reference times are set in accordance with the referee's category. If an audio file is not available, an experienced physical instructor should use a stopwatch and whistle.
2. Referees must start from a standing position. They must not start before the whistle. To ensure that referees do not start early, assistant test leaders should be positioned at each start line to control the start. A flag may be used to block the lane until the whistle has sounded. On the whistle, the flag should be dropped, allowing the referees to start running.
3. 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.
4. 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.
5. It is recommended that the test be run in groups comprising no more than six referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated with a test leader who should monitor their group closely throughout the test.



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### Reference times for men referees

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1. International and category 1: maximum 15 seconds per 75m run and 18 seconds per 25m walk
2. Category 2: maximum of 15 seconds per 75m run 20 seconds per 25m walk
3. Lower categories: maximum 15 seconds per 75m run and 22 seconds per 25m walk

### Reference times for women referees

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1. International and category 1: maximum 17 seconds per 75m run and 20 seconds per 25m walk
2. Category 2: maximum 17 seconds per 75m run and 22 seconds per 25m walk
3. Lower categories: maximum 17 seconds per 75m run and 24 seconds per 25m walk