

FIFA Fitness Tests for Referees and Assistant Referees



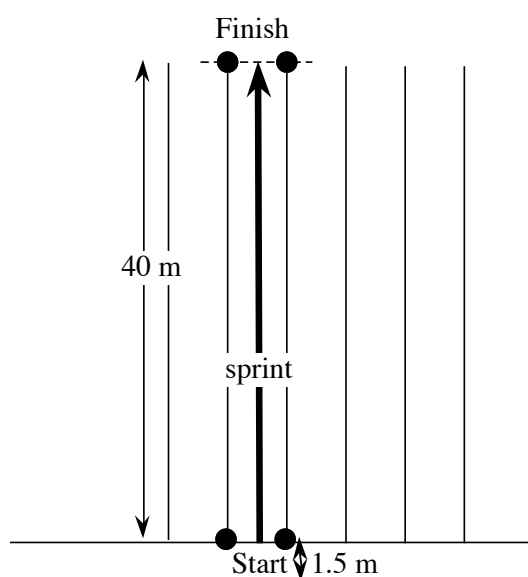
REFEREES & ASSISTANT REFEREES: TEST 1

Measure: - average running speed during repeated fast runs over a specific match distance (in km/hr)

Test: - **6 x 40 m** sprint followed by **max. 1 minute 30 seconds** recovery after each sprint (while walking back to the start)
- **dynamic start** with the front foot on a line that is **1.5 m** away from the electronic timing gates at the starting position

NB: If it is not possible to record the times electronically, one observer signals the moment the referee runs through the first gate using an accurate flag signal. The second observer is positioned in line with the second gate and stops the chronometer when the referee runs through

- for reasons of uniformity, testing is done on an athletic track.



Procedure: - the referees line up one by one. Once the test leader signals that the electronic timing gates are set, the referee can decide when to start

Timing equipment: - electronic gates at the start and the finish

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- Reference time:
- 6.2 seconds for **international referees**, 6.0 seconds for **international assistant referees**, for each of the 6 fast runs
 - 6.4 seconds for **national referees**, 6.2 seconds for **national assistant referees**, for each of the 6 fast runs

 - 6.6 seconds for **women international referees**, 6.4 seconds for **women international assistant referees**, for each of the 6 fast runs
 - 6.8 seconds for **national referees**, 6.6 seconds for **national assistant referees**, for each of the 6 fast runs

- Other instructions:
- if a referee falls or trips, he is given another trial (1 trial = 1 x 40 m)
 - if a referee or assistant referee fails 1 trial out of the six, then he is given 1 more trial (and one only) immediately after the 6th trial. If he fails 2 trials, the match official has failed the test.
 - athletic spikes may not be used during any of the repeated fast runs.

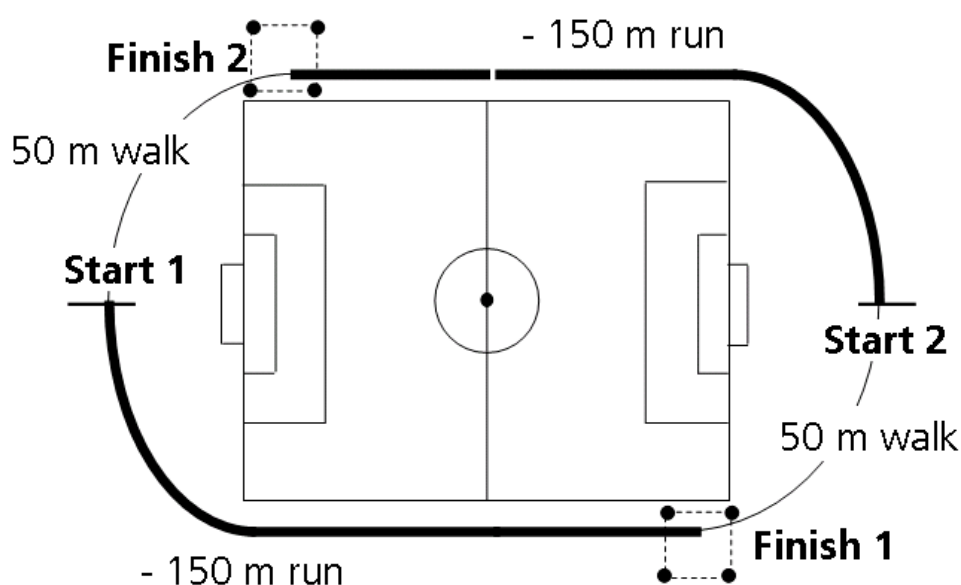
FIFA Fitness Tests for Referees and Assistant Referees



REFEREES & ASSISTANT REFEREES: TEST 2

Measure: - capacity to perform repeated high-intensity runs

Test: - intermittent activity run in accordance with the pace set by a single whistle
- for reasons of uniformity, testing is done on an athletic track.



Reference times - men:

- on the test leader's first whistle, **international referees** must cover 150 m in 30 seconds from the starting position (1). Then they have 35 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 30 seconds (3), followed by 50 m walking in 35 seconds (4). This equals 1 lap. The minimum number of laps to be covered is 10.
- on the test leader's first whistle, **international assistant referees** must cover 150 m in 30 seconds from the starting position (1). Then they have 40 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 30 seconds (3), followed by 50 m walking in 40 seconds (4). The minimum number of laps to be covered is 10.

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- on the test leader's first whistle, **national referees** must cover 150 m in 30 seconds from the starting position (1). Then they have 40 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 30 seconds (3), followed by 50 m walking in 40 seconds (4). This equals 1 lap. The minimum number of laps to be covered is 10.
 - on the test leader's first whistle, **national assistant referees** must cover 150 m in 30 seconds from the starting position (1). Then they have 45 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 30 seconds (3), followed by 50 m walking in 45 seconds (4). The minimum number of laps to be covered is 10.

Reference times - women:

- on the test leader's first whistle, the **women international referees** must cover 150 m in 35 seconds from the starting position (1). Then they have 40 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 35 seconds (3), followed by 50 m walking in 40 seconds (4). This equals 1 lap. The minimum number of laps to be covered is 10.
- on the test leader's first whistle, the **women international assistant referees** must cover 150 m in 35 seconds from the starting position (1). Then they have 45 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 35 seconds (3), followed by 50 m walking in 45 seconds (4). The minimum number of laps to be covered is 10.
- on the test leader's first whistle, the **women national referees** must cover 150 m in 35 seconds from the starting position (1). Then they have 45 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 35 seconds (3), followed by 50 m walking in 45 seconds (4). This equals 1 lap. The minimum number of laps to be covered is 10.

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- on the test leader's first whistle, the **women national assistant referees** must cover 150 m in 35 seconds from the starting position (1). Then they have 50 seconds to cover 50 m, walking (2). On the next whistle, referees must again run 150 m in 35 seconds (3), followed by 50 m walking in 50 seconds (4). The minimum number of laps to be covered is 10.

Procedure:

- each and every match official must arrive before the whistle in the 'walking area' that is marked by 4 cones (3 m in front, and 3 m behind the 150 m mark). If a referee fails to put 1 foot in the walking area in time, the observer signals and the referee must stop.
- match officials may not leave the 'walking area' before the next whistle. Therefore, the assistant test leaders are positioned at the start positions with a flag in their hands. Until the next whistle, they block the lane on the track by keeping the flag in a horizontal position. On the whistle, they quickly lower the flag so that the referees can start running. The assistant test leaders count down (e.g. 15 seconds, 10 seconds, 5 seconds) so as to inform the referees of the precise timing. However, the flag only goes down on the whistle.
- Match officials run in small groups comprising a maximum of 6 referees (by preference).

NB: If applicable, 4 different starting positions can be used, with each and every subgroup being monitored by an individual observer throughout the test.

Timing equipment: - only 1 chronometer and 1 whistle are needed for this test, as well as clearly indicated running and walking areas.

Other instructions: Each assistant test leader must be equipped with a stopwatch to time the walking recovery part of the test.