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### Introduction

#### **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. It is mandatory that a well-equipped ambulance is in attendance for 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.

## Test 1: Repeated Sprint Ability: Procedure

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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.



## Test 1: 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

## Test 1: Reference times for women referees

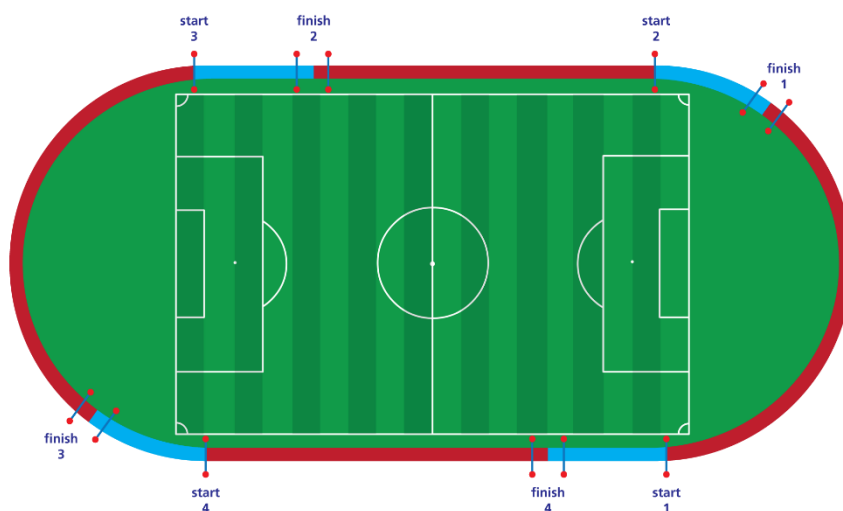
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1. International and category 1: maximum 6.40 seconds per trial
2. Category 2: maximum 6.50 seconds per trial
3. Lower categories: maximum 6.60 seconds per trial

## Test 2: Interval Test: Procedure

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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.



## Test 2: 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

## Test 2: Reference times for women referees

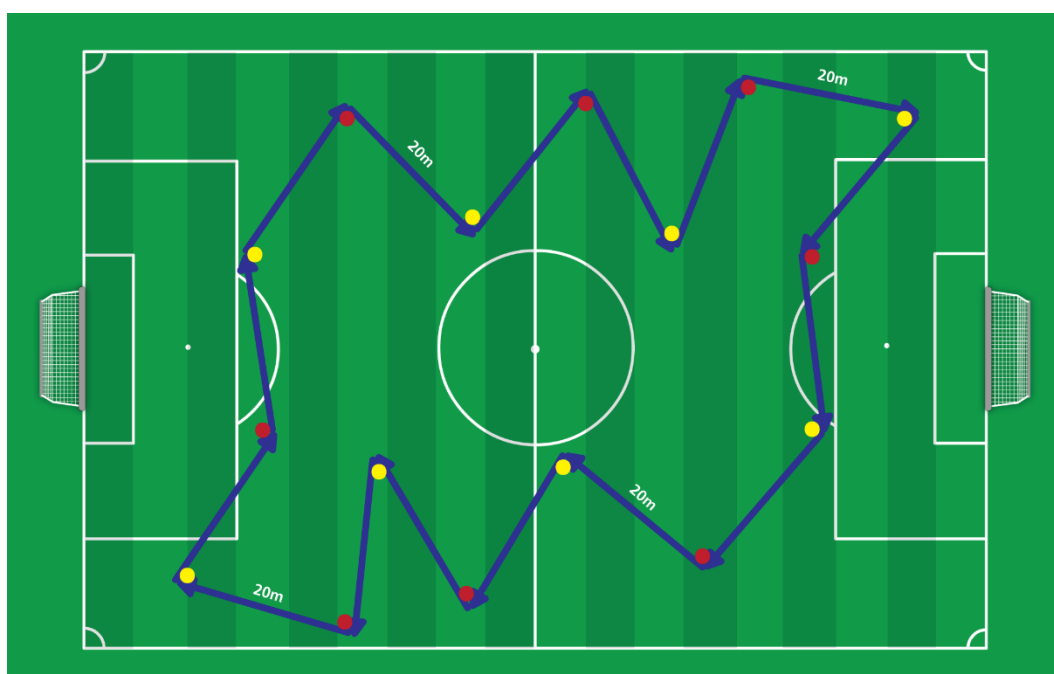
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1. International and category 1: maximum 17 seconds per 75m run and 20 seconds per 25m walk
2. Category 2: maximum 17 seconds per 75m run and 22 seconds per 25m walk
3. Lower categories: maximum 17 seconds per 75m run and 24 seconds per 25m walk

## Optional test 1, Dynamic Yo-Yo: Procedure

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1. The cones must be set out as illustrated in the diagram below. It is important that the colours (i.e. red and yellow) are placed accurately and that the distance between the red and yellow cones is exactly 20 meters. Referees may start from the yellow or red cones. It is recommended that the test be run in groups comprising no more than two referees starting from each cone.
2. Referees starting from a yellow cone should run to a red cone, turn and continue to the next yellow cone. Each run is interspersed by a recovery period.
3. Referees starting from a red cone should run to a yellow cone, turn and continue to the next red cone. Each run is interspersed by a recovery period.
4. The audio file will dictate the pace of the runs and the length of the each recovery period. Referees must keep pace with the audio file until they have reached the required recommended level.
5. If a referee fails to place a foot on the 'finish cone' on time, they should receive a clear warning from the test leader. If a referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.



## Optional test 1, Dynamic Yo-Yo: Reference times for men referees

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1. International and category 1: level 18-8 / 2,040 metres
2. Category 2: level 18-5 / 1,920 metres
3. Lower category: level 18-1 / 1,760 metres

## Optional test 1, Dynamic Yo-Yo: Reference times for women referees

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1. International and category 1: level 17-8 / 1,720 metres
2. Category 2: level 17-5 / 1,600 metres
3. Lower categories: level 16-8 / 1,400 metres

## Optional test 2, Yo-Yo Intermittent test: Procedure

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1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 5 metres. The distance between B and C is 20 metres.
2. Referees must complete the following sequence in accordance with the pace dictated by the audio file.
  - a. run 20m (B-C), turn and run 20m (C-B)
  - b. walk 5m (B-A), turn and walk 5m (A-B)
3. The audio file of the Yo-Yo Intermittent Recovery run (level 1) will dictate the pace of the runs and the length of each recovery period. Referees must keep pace with the audio file until they have reached the recommended level.
4. The starting position requires the referees to be standing still with their front foot on the line (B). Referees must place a foot on the turning line C. If a referee fails to place a foot on the line C or fail to return to line B on time, they should receive a clear warning from the test leader. If a referee fails to place a foot on the line C or fail to return to line B on time for a second occasion, they should be pulled from the test by the test leader.



## Optional test 2, Yo-Yo Intermittent test: Reference times for men referees

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1. International and category 1: level 18-2 / 1,800 metres
2. Category 2: level 17-7 / 1,680 metres
3. Lower categories: level 17-4 / 1,560 metres

## Optional test 2, Yo-Yo Intermittent test: Reference times for women referees

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1. International and category 1: level 16-4 / 1,240 metres
2. Category 2: level 15-7 / 1,040 metres
3. Lower categories: level 15-3 / 880 metres

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### Introduction

#### **FIFA Fitness Test**

The official fitness test for football 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.

The time between the end of Test 1 and the start of Test 2 should be 2 to 4 minutes maximum. The time between the end of Test 2 and the start of Test 3 should be 6 to 8 minutes maximum.

Tests must be performed on a stable surface such as an athletics track or football field. Athletic spikes may NOT be worn during the tests.

Assistant 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. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

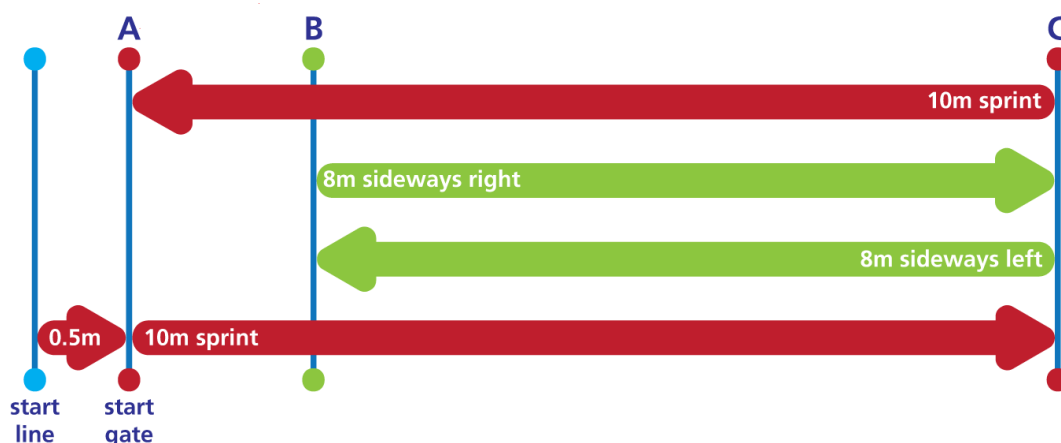
#### **FIFA-Approved Optional Test**

In addition to the official test, the 'ARIET' may be used as a method of assessing the aerobic fitness of assistant referees with the recommended standards.

## Test 1, CODA (Change of Direction Ability): Procedure

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1. Electronic timing gates (photocells) should be used to time the CODA. 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 trial using a manual stopwatch.
2. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
3. Only one timing gate is required for the CODA (A). The 'start line' should be marked out 0.5m before the timing gate (A).
4. Assistant 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 assistant referee is free to start.
5. Assistant referees sprint 10 m forward (A to C), 8 m sideways left (C to B), 8 m sideways right (B to C) and 10 m forward (C to A).
6. If an assistant referee falls or trips, they should be given an additional trial.
7. 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.



## Test 1: Reference times for men assistant referees

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1. International and category 1: maximum 10.00 seconds per trial
2. Category 2: maximum 10.10 seconds per trial
3. Lower categories: maximum 10.20 seconds per trial

## Test 1: Reference times for women assistant referees

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1. International and category 1: maximum 11.00 seconds per trial
2. Category 2: maximum 11.10 seconds per trial
3. Lower categories: maximum 11.20 seconds per trial

## Test 2: Repeated Sprint Ability: Procedure

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1. 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 trial using a manual stopwatch.
2. The 'start' gate should be placed at 0m and the 'finish' gate at 30m. The 'start line' should be marked out 1.5m before the 'start' gate.
3. Assistant 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 assistant referee is free to start.
4. Assistant referees should receive a maximum of 30 seconds recovery between each of the 5 X 30m sprints. During their recovery, assistant referees must walk back to the start.
5. If an assistant referee falls or trips, they should be given an extra trial (one trial = 1 x 30 m).
6. 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.



## Test 2: Reference times for men assistant referees

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1. International and category 1: must complete each trial in a maximum 4.70 seconds per trial
2. Category 2: must complete each trial in a maximum 4.80 seconds per trial
3. Lower categories: must complete each trial in a maximum of 4.90 seconds per trial

## Test 2: Reference times for women assistant referees

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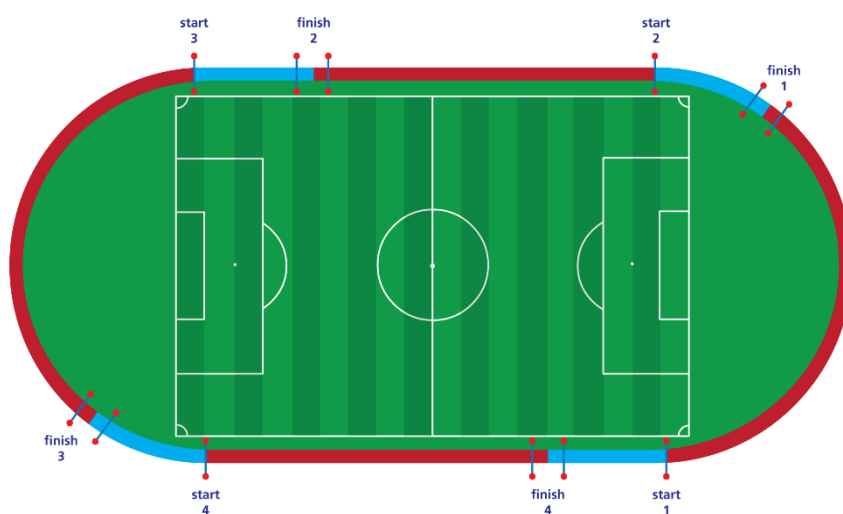
1. International and category 1: must complete each trial in a maximum 5.10 seconds per trial
2. Category 2: must complete each trial in a maximum 5.20 seconds per trial
3. Lower categories: must complete each trial in a maximum 5.30 seconds per trial



### Test 3: Interval Test: Procedure

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1. Assistant 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. Assistant 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 assistant referee to start running.
3. 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.
4. 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.
5. It is recommended that the test be run in groups comprising no more than six assistant 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.



### Test 3: Reference times for men assistant referees

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1. International and category 1: maximum 15 seconds per 75m run and 20 seconds per 25m walk
2. Category 2: maximum 15 seconds per 75m run and 22 seconds per 25m walk
3. Lower categories: maximum 15 seconds per 75m run and 24 seconds per 25m walk

### Test 3: Reference times for women assistant referees

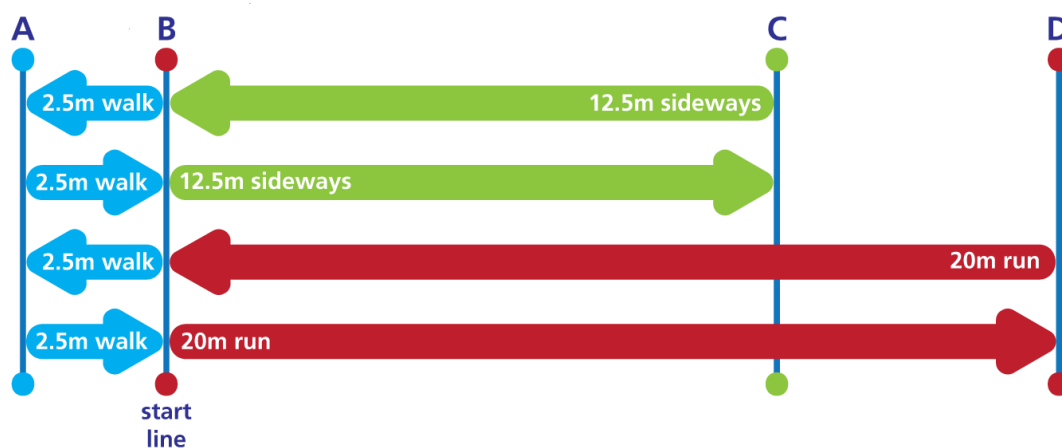
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1. International and category 1: maximum 17 seconds per 75m run and 22 seconds per 25m walk
2. Category 2: maximum 17 seconds per 75m run and 24 seconds per 25m walk
3. Lower categories: maximum 17 seconds per 75m run and 26 seconds per 25m walk

## Optional test, ARIET (Assistant Referee Intermittent Endurance Test): Procedure

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1. Cones should be set out as illustrated in the diagram below. The distance between A and B is 2.5 metres. The distance between B and C is 12.5 metres. The distance between B and D is 20 metres.
2. Assistant referees must start from a standing position. They must complete the following sequence in accordance with the pace dictated by the audio file.
  - a. run 20m forwards (B-D), turn and run 20m forwards (D-B)
  - b. walk 2.5m (B-A), turn and walk 2.5m (A-B)
  - c. run sideways 12.5m (B-C), and run sideways facing the same side 12.5m (C-B)
  - d. walk 2.5m (B-A), turn and walk 2.5m (A-B)
3. The audio file will dictate the pace of the runs and the length of each recovery period. Assistant referees should keep pace with the audio file until they have reached the recommended level.
4. The starting position requires the assistant referees to be standing still with their front foot on the line (B). Assistant referees must place a foot on the turning lines (C & D). If an assistant referee fails to place a foot on the lines B, C or D on time, they should receive a clear warning from the test leader. If an assistant referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.



## Optional test, ARIET: Reference times for men assistant referees

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1. International and category 1: level 16.0-3 / 1,470 metres
2. Category 2: level 15.5-3 / 1,275 metres
3. Lower categories: level 14.5-3 / 1,080 metres

## Optional test, ARIET: Reference times for women assistant referees

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1. International and category 1: level 14.5-3 / 1,080 metres
2. Category 2: level 14-3 / 820 metres
3. Lower categories: level 13.5-8 / 715 metres

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### Introduction

The official fitness test for futsal and beach soccer referees consists of three tests. Test 1, Speed, measures the referee's maximum speed over 20 metres. Test 2, CODA, assesses the referee's ability to change direction. Test 3, ARIET, measures the referee's capacity to perform repeated forwards and sideways running bouts over a prolonged period.

The time in between the end of Test 1 and the start of Test 2 should be 2 to 4 minutes. The time between the end of Test 2 and the start of Test 3 should be 6 to 8 minutes.

Testing should be performed on a futsal pitch or a similar surface.

It is recommended that all fitness testing be conducted by qualified physical instructor. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

## Test 1: Speed: Procedure

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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 trial using a manual stopwatch.
2. The 'start' gate must be placed at 0m and the 'finish' gate at 20m. The 'start line' must 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 90 seconds recovery between each of the 2 X 20m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an extra trial (one trial = 1 x 20 m).
6. If a referee fails one trial out of the two, they should be given a third trial immediately after the second trial. If they fail two trials out of three, the match official has failed the test.



## Test 1: Reference times for men futsal and beach soccer referees

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1. International and category 1: maximum of 3.30 seconds per trial
2. Lower categories: maximum of 3.40 seconds per trial

## Test 1: Reference times for women futsal and beach soccer referees

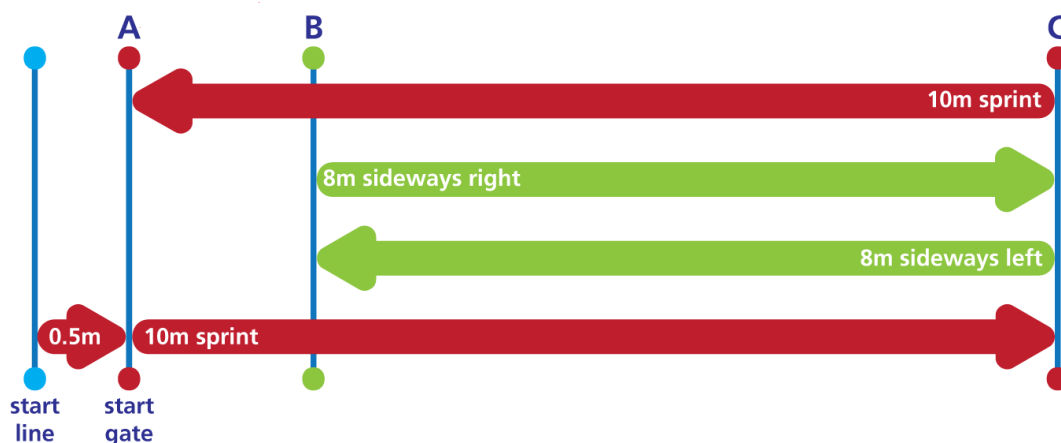
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1. International and category 1: maximum of 3.60 seconds per trial
2. Lower categories: maximum of 3.70 seconds per trial

## Test 2: CODA (Change of Direction Ability): Procedure

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1. Electronic timing gates (photocells) should be used to time the CODA. 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 trial using a manual stopwatch.
2. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
3. Only one timing gate is required for the CODA (A). The 'start line' must be marked out 0.5m before the timing gate (A).
4. 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.
5. The referees sprint 10 m forward (A to C), 8 m sideways left (C to B), 8 m sideways right (B to C) and 10 m forward (C to A).
6. If a referee falls or trips, they should be given an additional trial.
7. If a referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.



## Test 2: Reference times for men futsal and beach soccer referees

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1. International and category 1: maximum 10.00 seconds per trial
2. Lower categories: maximum 10.10 seconds per trial

## Test 2: Reference times for women futsal and beach soccer referees

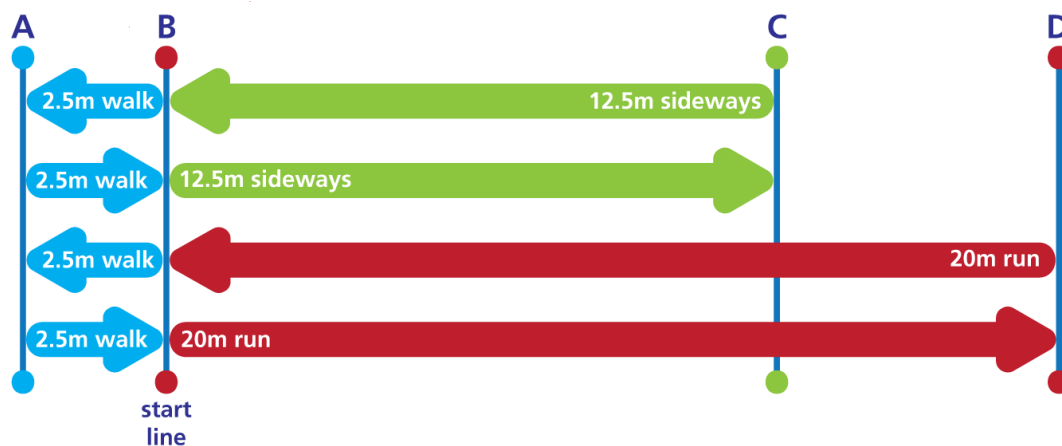
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1. International and category 1: maximum 11.00 seconds per trial
2. Lower categories: maximum 11.10 seconds per trial

### Test 3: ARIET (Assistant Referee Intermittent Endurance Test): Procedure

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1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2.5 metres. The distance between B and C is 12.5 metres. The distance between B and D is 20 metres.
2. Referees must start from a standing position. They must complete the following sequence in accordance with the pace dictated by the audio file.
  - a. run 20m forwards (B-D), turn and run 20m forwards (D-B)
  - b. walk 2.5m (B-A), turn and walk 2.5m (A-B)
  - c. run sideways 12.5m (B-C), and run sideways facing the same side 12.5m (C-B)
  - d. walk 2.5m (B-A), turn and walk 2.5m (A-B)
3. The audio file will dictate the pace of the runs and the length of each recovery period. Referees must keep pace with the audio file until they have reached the required level.
4. The starting position requires the referees to be standing still with their front foot on the line (B). Referees must place a foot on the turning lines (C & D). If a referee fails to place a foot on the lines B, C or D on time, they should receive a clear warning from the test leader. If a referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.



### Test 3, ARIET: Reference times for men futsal and beach soccer referees

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1. International and category 1: level 15.5-3 / 1,275 metres
2. Lower categories: level 15-3 / 1,170 metres

### Test 3, ARIET: Reference times for women futsal and beach soccer referees

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1. International and category 1: level 14-8 / 975 metres
2. Lower categories: level 14-3 / 820 metres