

# Physical Fitness Test

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A physical fitness test is required for registration, annual renewal, and upgrading for the referee classes shown. The test can be administered by designated United States Soccer Federation Instructors. A document signed by the individual conducting the test is required. Fitness tests must be taken within a six-month period preceding the start of a new season or the date of registration.

The referee must pass all of the events that are part of the test at the same testing session.

A reasonable rest period should be allowed between events.

The procedure is to run the Endurance Test first.

## PHYSICAL FITNESS TEST REQUIREMENTS

	Age	Referee Grade 7	State Referee Grades 5 & 6
<b>Endurance</b> (12 minute run- meters)	Under 38 38 – 45 Over 45	2200 meters 2000 meters 1800 meters	2400 meters 2200 meters 2000 meters
<b>Speed Tests</b> 50 meter dash (run - once)	Under 46 Over 45	9.0 seconds 9.5 seconds	9.0 seconds 9.0 seconds
200 meter dash (run – once)	All Ages	40.0 seconds	40.0 seconds

	NATIONAL REFEREES
<b>Endurance</b> (12 minute run-meters)	2600 meters
<b>Speed Tests</b> 50 meter dash (run – twice)	8.5 seconds 8.5 seconds
200 meter dash (run – twice)	35.0 seconds 35.0 seconds

Effective: June 1, 2005; Adopted: NRC 5/26/2005