



AYSO Referee Physical Fitness

The referee physical fitness test is designed to test the referee's ability to stay up with play and to react to match situations encountered at this level. All referees should warm up before taking the test by performing stretching exercises to prevent muscle pulls.

<u>Certification</u>	<u>Test</u>	<u>Recommended Performance</u>
Section Referee	Endurance Run	Run/walk for 12 minutes
	Agility Run (8 x 10 yards)	36 seconds
	Staggered Run (5 + 10 + 15 + 20 + 25 yards)	50 seconds
	Speed Run (50 yards)	10 seconds
National 2 Referee	Endurance Run	Run/walk for 12 minutes covering one mile or more
	Agility Run (8 x 10 yards)	32 seconds
	Staggered Run (5 + 10 + 15 + 20 + 25 yards)	49 seconds
	Speed Run (100 yards)	18 seconds
National 1 Referee	Endurance Run	Under age 45: Run/walk for 12 minutes covering 1.25 miles or more Age 45 and up: Run/walk for 15 minutes covering 1.25 miles or more
	Agility Run (8 x 10 yards)	32 seconds
	Staggered Run (5 + 10 + 15 + 20 + 25 yards)	48 seconds
	Speed Run (100 yards)	17 seconds

Special Instructions for Physical Fitness Examination

Note: The Physical Fitness Examinations must be conducted on the same day, with fifteen minutes between events.

Endurance Run: This event consists of a run/jog of the required distance in the minimum required amount of time (notice that there is no minimum distance requirement for Section candidates).

Agility Run: Designate and mark a starting point and place an easily visible marker 10 yards away. The referee begins at the starting marker and sidesteps right to the other marker 10 yards, then runs backwards 10 yards back to the starting marker, then sidesteps left 10 yards to the other marker, and then runs forward 10 yards to the original marker. Repeat these four lengths in the sequence described for a total of eight lengths. The time of the "agility run" is the total time from the beginning starting point through the repeat sequence. (Caution referees to lift their feet when running backwards to avoid injury.)

Staggered Run: Conduct the run on a surface having good traction, such as a waxed gym floor, clean concrete, clean asphalt, or soft dry grass. Designate and mark a starting point and place easily visible markers along a line. Space the markers 5, 10, 15, 20, and 25 yards, respectively, from the starting point. The referee must run from the starting point to the 5-yard mark and back to the starting point, then to the 10-yard mark and back, then to the 15-yard mark and back, then to the 20-yard mark and back, and finally to the 25-yard mark and back to the starting point. The time of the "staggered run" is the total time from the beginning starting point to the final return to the starting point.

Speed Run: This run is a straight 50 or 100 yard dash.