

## **AYSO Referee Physical Fitness Test**

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 these levels. All referees should warm up before taking the test by performing stretching exercises to prevent muscle pulls.

### **Administering Referee Physical Tests**

Physical tests for certification as an Advanced Referee are authorized by the Area Referee Administrator or Area Director of Referee Assessment. Physical tests for certification as a National Referee are authorized by the Section Referee Administrator or Section Director of Referee Assessment. Others may be designated to administer the test. Fitness tests administered by USSF may be used to comply with AYSO fitness test requirements.

### **Physical Testing Conditions**

Part of the upgrade requirements to Advanced, and National referees include testing the candidate's physical condition. The following considerations are important for those who may be involved in administering physical tests:

- Suitable running surface (well-marked, smooth, level, track or mowed grass)
- Weather conditions (temperature extremes, rain, natural or artificial lighting)
- Ample time (warm-up, rest between events, and cool-down)
- Sufficient timers to avoid long waits to be tested (staff at start, and finish lines)
- Volunteer safety provisions (tent or another shady area, cot, water/orange juice, availability of first aid, cell phone in case of medical emergency)
- Proper Equipment (forms, stopwatches, cones, clipboards)
- Remind the candidates that it is not a race to see who is the fastest but rather a test of their ability to meet minimum physical standards. (Avoid unnecessary exertion.)

## Physical Requirements

All three parts of the physical fitness examination should be conducted on the same day, with 15 minutes between events. These parts are:

- **Endurance Run:** This event consists of a run/jog for the entire 12 minutes, regardless of the distance covered on a standard 400-meter track (440 yards). A minimum distance must be completed.
- **Speed Run (50-meter or 55-yard dash):** This run is a straight 50-meter (55-yard) dash, and must be completed in no more than the time allowed.
- **Speed Run (200-meter or 220-yard dash):** This run is a 200-meter (220-yard) dash, and must be completed in no more than the time allowed.

| CERTIFICATION          | TEST                   | REQUIREMENTS   |                         |
|------------------------|------------------------|--|-------------------------|
| Advanced Referee       | Endurance Run          | Must run for 12 minutes, and cover at least one mile (1600 meters) |                         |
|                        | Speed Run (50 meters)  | Maximum 10.5 seconds   |                         |
|                        | Speed Run (200 meters) | Maximum 42 seconds   |                         |
| National Referee       | Endurance Run          | Must run for 12 minutes, and cover:                                |                         |
|                        |                        | <b>Age</b>   | <b>Minimum Distance</b> |
|                        |                        | Under 38   | 2200 meters (5.5 laps)  |
|                        |                        | 38-45  | 2000 meters (5.0 laps)  |
|                        | 46 & over              | 1800 meters (4.5 laps)   |                         |
|                        | Speed Run (50 meters)  | <b>Age</b>   | <b>Maximum Time</b>     |
|                        |                        | Under 46   | 9.0 seconds             |
|                        |                        | 46 & over  | 9.5 seconds             |
| Speed Run (200 meters) | Maximum 40 seconds     |  |                         |