

**U.S. Soccer Federation
National Referee Fitness Test
2012**





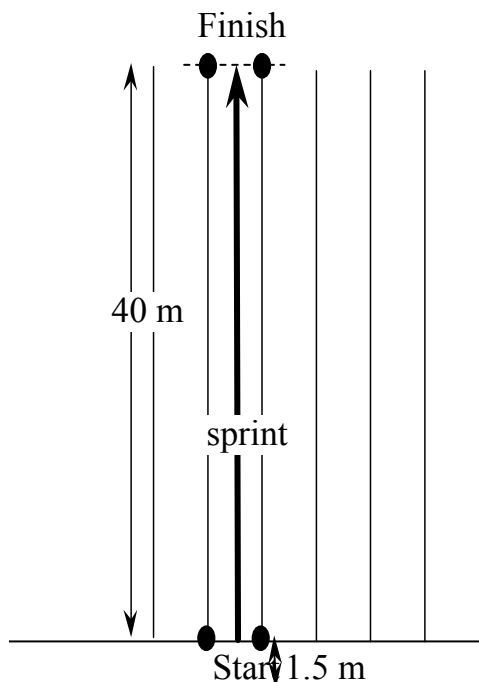
U.S. Soccer Federation 2012 National Referee Fitness Test

National Referee Fitness Test Requirements

Sprint Test 6 total sprints	Interval Test 12 total laps	Interval Test 12 total laps
Run 40 meters 6.6 seconds	Run 150 meters 35 seconds	Walk 50 meters 40 seconds

Sprint Test Administration

- The Sprint Test will be administered with electronic timing devices
- Referees run six (6) consecutive 40 meter sprints followed by maximum one and a half minute (1:30) recovery period after each sprint (while walking back to the start line)
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position
- If a referee falls or trips, they are allowed another attempt at that specific sprint
- If a referee fails one (1) sprint out of the six (6), then they are given one (1) more attempt (and one only) immediately after the sixth sprint
- If a referees fails two (2) sprints then they fail the test



Interval Test Administration

- Referees run a total of twelve (12) consecutive laps
- A lap consists of two (2) 150 meter runs with two (2) 50 meter recovery walks
 - Test starts with the referee covering 150 meters in the prescribed time
 - This is then followed by walking 50 meters in the prescribed time
 - This process is repeated to complete one (1) lap
- Referees must be at the next station before time has expired or they fail the fitness test

