

## Physical Fitness Test

A physical fitness test is required for registration, annual renewal and upgrading for the referee classes shown. The test can be administered by designated U.S. 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

Segment	Age	Referee Grade 7	State Referee Grades 5 & 6
Endurance (12 minute run-meters)	Under 38 38 – 45 Over 45	2200 meters 2000 meters 1800 meters	2400 meters 2200 meters 2000 meters
Speed Test 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 Referee Physical Fitness Test Requirements

Includes referees eligible for: Division 1 Women, Division 2 Men, Division 3 Men.

Interval Testing Time to run 150 m. 10 -14 laps*	Interval Testing Time to walk 50 m. 10-14 laps*	Sprint Test 40 m. – 6 times
35 sec.	40 sec.	6.6 sec.

\* The minimum number of laps will be prescribed annually by the national office. National Referee Candidates must also pass the National Referee Physical Fitness Test requirements.

The National Referee Physical Fitness Test is a pass or fail test. A referee may fail one (1) of the six (6) sprints and still pass. Two (2) or more over the standard time results in failure. The interval testing requires that a referee be at the next segment before time is expired or the referee fails the fitness test.

The above requirements are subject to revision. Any changes will be posted at [ussoccer.com](http://ussoccer.com).

### Professional and FIFA Referees and Assistant Referees Physical Fitness

	Interval Testing Time to run 150 m. 10 – 14 laps*	Interval Testing Time to walk 50 m 10 - 14 laps*	Sprint Test 40 m. – 6 times
FIFA Referee	30 sec.	35 sec.	6.2 sec.
FIFA AR	30 sec.	40 sec.	6.0 sec.
Professional Referee (Division 1 Men)	30 sec.	35 sec.	6.2 sec
FIFA Referee Women	35 sec.	40 sec.	6.6 sec.
FIFA AR – Women	35 sec.	45 sec.	6.4 sec.
Professional Referee – Women	35 sec.	40 sec.	6.6 sec.
<p>Note: Referees wishing to be considered for MLS centers must pass the Professional Referee Fitness Test at the men’s standards. The Professional Fitness test is a pass or fail test. A referee may fail one (1) of the six (6) sprints and still pass, two (2) or more over the standard time results in failure. The interval testing requires that a referee be at the next segment before time is expired or the referee fails the fitness test.</p>			

\* The minimum number of laps will be prescribed annually by the national office.

The above requirements are subject to revision. Any changes will be posted at [ussoccer.com](http://ussoccer.com).