



## US Soccer Regional Referee Fitness Test

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The official fitness test for referees consists of two tests. Test 1, Repeated Sprint Ability (RSA), measures the referee's ability to perform repeated sprints over 40m. Test 2, Interval Test, evaluates the referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals.

Minnesota Regional Referees must pass this test between October 1 and December 31 in the year prior to the year in which they are registered as Regional Referees. Upgrading Grassroots Referees must pass this test in the year prior to becoming a Regional Referee to prove qualifications.

The time between the end of Test 1 and the start of Test 2 is 6 to 8 minutes maximum.

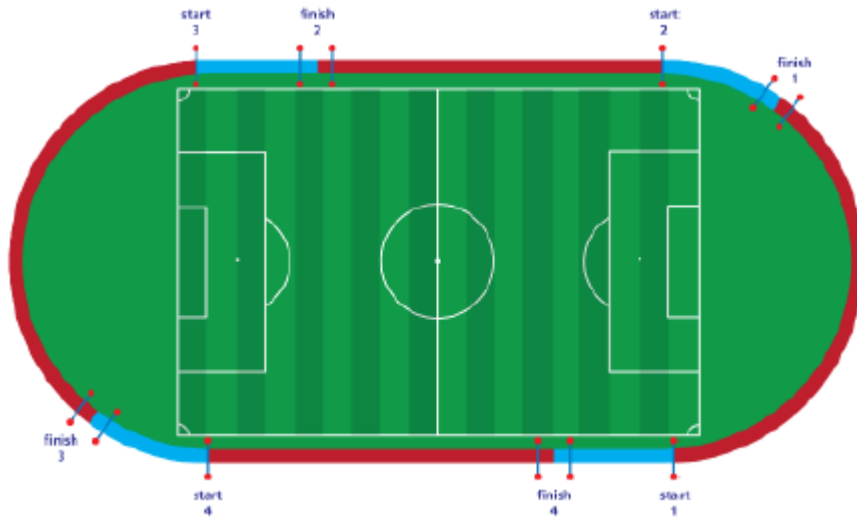
### Test 1: Repeated Sprint Ability

- Referees run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with their front foot touching the 'start line'. Once the test leader signals that ready, the referee is free to start.
- Referees receive a maximum of 60 seconds recovery between each of the 6 x 40m sprints. During recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
- If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.



## Test 2: Interval Test

- Referees must complete 40 x 75m run / 25m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of four 75-meter runs with four 25-meter recovery walks.
- The pace is dictated by the audio file and reference times are set in accordance with the referee's category.
- Referees must start from a standing position. They must not start before the whistle. On the whistle, referees can start running.
- At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
- If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



### Standard for US Soccer Regional Referee Certification

Gender	Sprint Standard	Interval (run)	Interval (walk)
Male	6.40 seconds	75m in 17 seconds	25m in 20 seconds
Female	6.60 seconds	75m in 17 seconds	25m in 24 seconds