

NATIONAL INTERCOLLEGIATE SOCCER OFFICIALS ASSOCIATION

NATIONAL REFEREE PROGRAM

EVALUATION PREPARATION AND INSTRUCTIONS

PHYSICAL PERFORMANCE TEST

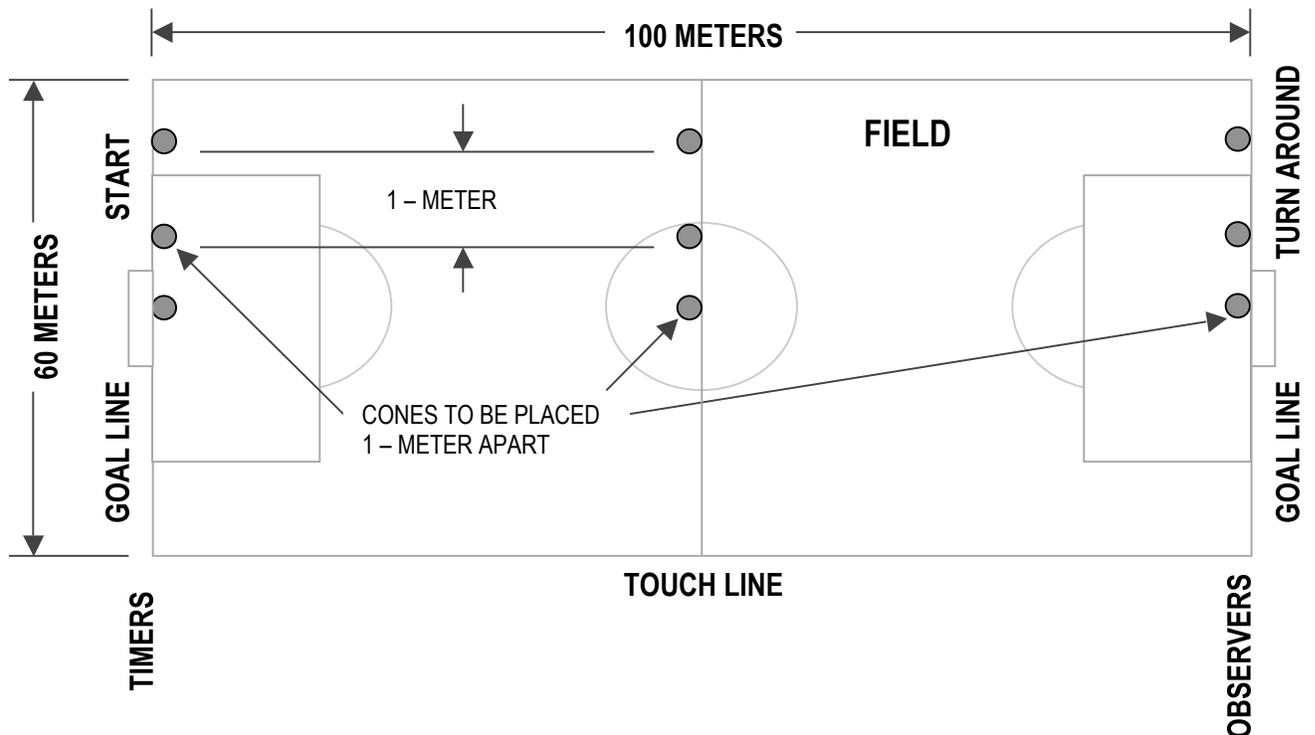
This is the procedure for testing the soccer referee to evaluate his/her fitness level at the elite national or international level soccer referee based upon the findings of the leading researchers in the field of Soccer Referee Physiology.

The 12-minute run is done first to reduce the chance of injury due to improper warm-up.

Test # 1: THE (12) TWELVE-MINUTE RUN PHASE

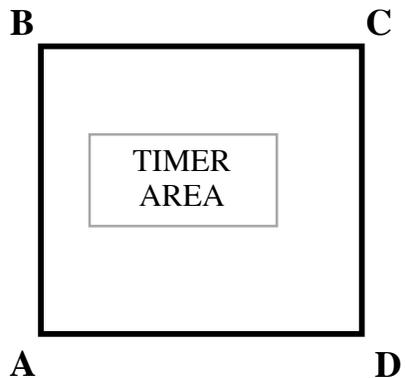
A twelve-minute run performed on a soccer field 100-meters (m) long and not less than 60 meters wide. Using a 60-m wide field, forty (40) soccer referees could be tested using 1 1/2-m alley for them to complete the 12-minute test running goal-line to goal-line. The data collector counting the completed laps would be standing at the starting goal line and recording the laps. A data collector should be able to record eight to ten referees at one time

- A (10) ten-minute recovery period is required before the next test.



Test #2: THE PRO – 40 TEST PHASE

The Pro-40 test is to evaluate the agility/mobility of the soccer referee



1. Starting at point **A** - the referee runs forward to **B**
2. Side step to **C**
3. Backward run to **D**
4. Side step to **A**, then
5. Reverse direction and side step to **D**
6. Sprint to **C**
7. Side step to **B** and
8. Backward run to **A** -- and end at point **A**.

A total distance of 80-meters will be used to evaluate the agility/mobility of the soccer referee.

- Each leg of the course is 10 meters
- The referee should run outside the corner markers
- A (5) five-minute recovery period is required before the next test.

Test #3: THE AR 50-METER TEST PHASE

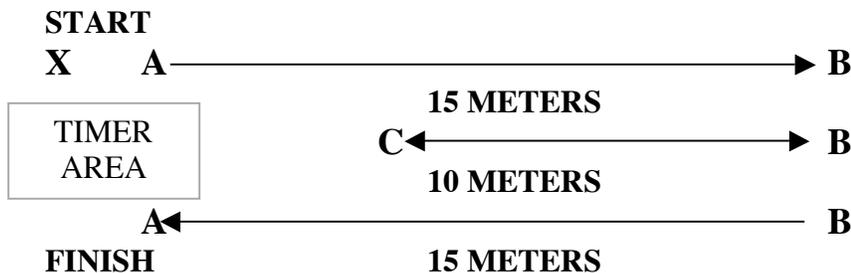
The AR 50-m is a test that every assistant referee performs every match and should be part of the testing series for the referee. Until there are specific tests developed for the assistant referee then the tests must be combined.

At a designated starting point the soccer referee:

1. The referee shall begin the test by sprinting forward from point **X** to point **B**, but the clock begins when he/she passes point **A**, then at point **B** he/she shall turn 90 degrees,
2. Side steps to the left 10-meters from point **B** to **C**, stops,
3. Side steps to the right 10-meters back from point **C** to **B**), stop, and turns 90 degrees to face the start line and,
4. Sprints 15-meters to the start line (**B** to **A**).

The data collector/timer starts the watch/time on the referee movement and stops when crossing the end line.

Recommendation: A maximum of TEN (10) referees per group.



- A (5) five-minute recovery period is required before the next test.

Test 4: THE 30 – METER SHUTTLE PHASE

The 30-meter shuttle tests the speed endurance of the soccer referee as well as the intermittent running that is performed during a match.

1. The data collector/timer, standing at point **B**, will start the clock when the referee starts the run at point **A**.
2. **THE START:** The referee runs forward at a high intensity from **A** to point **B** turns and runs back to **A**, again turns and runs back to **B**
3. The data collector/timer will shut the clock off when the referee reaches point **B** the 2nd time.
4. The referee then walks from **B** to **C** and back to **B**, [this could be a ten seconds recovery].
5. The time clock is restarted when the referee reaches **B** and starts the run for the last four 30-meter high intensity segments. (From **B** to **A**; back to **B**; back to **A**, turn and back to the finish of the 30-meter shuttle at point **B**.)

