

## NATIONAL INTERCOLLEGIATE SOCCER OFFICIALS ASSOCIATION

### Physical Performance Test (PPT)

This is the approved procedure to accomplish the NISOA Physical Performance Test for all NISOA officials. The PPT is a 3 part, pass/fail test. Each individual test has a minimum distance or time for Men NISOA National Referees, Women NISOA National Referees, Men NISOA Referees and NISOA Women Referees.

#### Administration

##### Staffing

1. One lead Clinician/Evaluator is responsible for the overall test and should have no recording duties.
2. There shall be one recorder per lane for the twelve min run
3. There shall be two recorder/timers for each station of the 40m sprint test and AR 50 Test
4. Electronic timing of 40m Sprint test, and AR 50 Test is authorized and encouraged for the NISOA National referees
5. ACLS EMT personnel and equipment shall be available at the test location during testing.

##### Equipment

1. Cones for marking lanes and course for testing
2. Stopwatches
  - i. 2 per station
3. Optional electronic timing gates may be used
4. Pens/Pencils
5. Score sheets
6. Water for staff and participants

All three tests must be passed in order to receive an overall Pass on the PPT. If an official fails any one part the entire test must be completed in the prescribe order in order to receive a Pass. The test may be repeated not more than once (two attempts) on the same day.

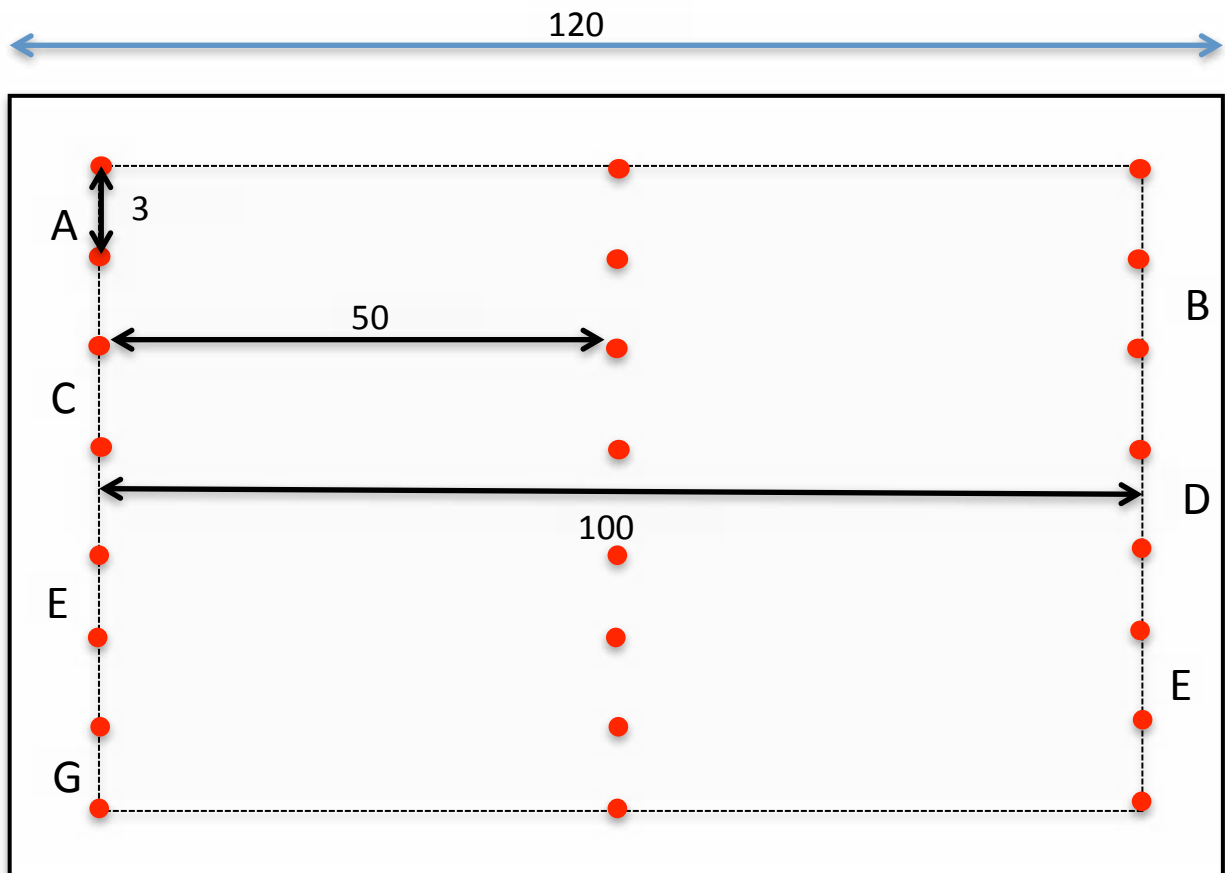
#### Warm Up

Test participants are encouraged to arrive at the test location in time to allow an appropriate warm up for a high level physical test. Warm up should include both jogging and either a dynamic or static stretching program to reduce injuries. The site must be open for warm up 30 prior to the start of the test.

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

A twelve-minute run performed on a field a minimum of 120-meters (m) long and as wide as required to allow 3m lanes for each of 10 runners. The extra distance allows for recorders, timers, and safe starts and turns. A data collector counting the completed laps is required for each lane. A data collector will record to ten referees at one time in a single lane. The data collector for lanes A,C,E,G etc. shall be at one end and for lanes B,D,F,H etc. at the opposite ends of the field. This allows for monitors at each end to insure referees complete the full distance and reduces the chance for errors in recording

All distances shown above are in meters.



All end line and middle marking cones are mandatory. Additional cones may be used for delineating lanes as desire.

Referees running toward the half way cone are give no additional distance

Referees who have run past the half way cone and yet to reach the end line are given 0.5 lap

Referees who have completed half a lap but are not yet past the half way cone are given 0.5 lap

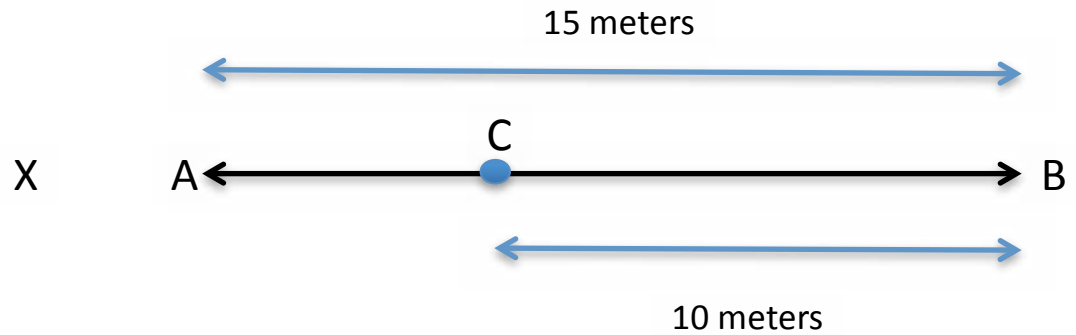
Referees who have passed the half way cone on the way to completing a lap are considered to have complete that 200 meter lap

## Test #2: THE AR 50-METER TEST

Using a designated starting point (X) the soccer referee:

1. Using a running or dynamic start from point X
2. The referee shall run from point A to point B. The referee shall transition to a side step position.
3. Side steps to the left 10-meters from point **B** to point **C**
4. Reverses direction and
5. Side steps to the right 10-meters back from point **C** to point **B**), transition to a sprint position and
6. 4. Sprints 15-meters to the start line (**B** to **A**).

Timing begins when the referee passes point A and ends when the referee passes point A for the second time.



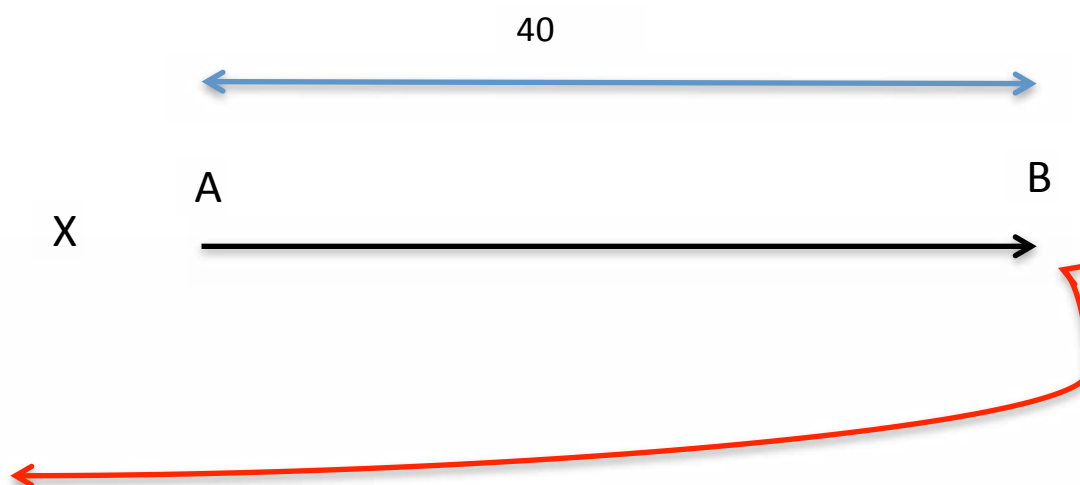
### Test 3: THE 40 — METER SPRINT REPEAT TEST

Using a designated starting point (X) the soccer referee:

1. Shall sprint from Point A to Point B (40m)
2. Walk back from Point B to Point X
3. Repeat 6 sprints in under the allotted time

Timing is done between point A and B only

If the referee slips, falls or fails to meet the required time during a sprint one additional attempt may be added (7<sup>th</sup> Sprint). If the referee fails to meet the required time a second time the test is terminated.



#### Scoring

	Men National	Women National	Men Referee	Women Referee
12 Min Run	2700m	2400m	2000m	1800m
40m Sprint	7.0 Sec x 6	8.0 Sec x 6	10.0 Sec x 6	12.0 Sec x 6
50m AR	11.0 Sec	12.0 Sec	14.0 Sec	16.0 Sec

## Instructions

The 12-minute run shall be scored to the nearest 100m or 0.5 laps

The timed events shall either be electronically timed or shall have two timers present for each run and given the lowest of the two times. If a single watch fails the single time usable shall be used.

Both the 40m Sprint test and AR50 test allow dynamic or running starts