

# NISOA PHYSICAL PERFORMANCE TEST

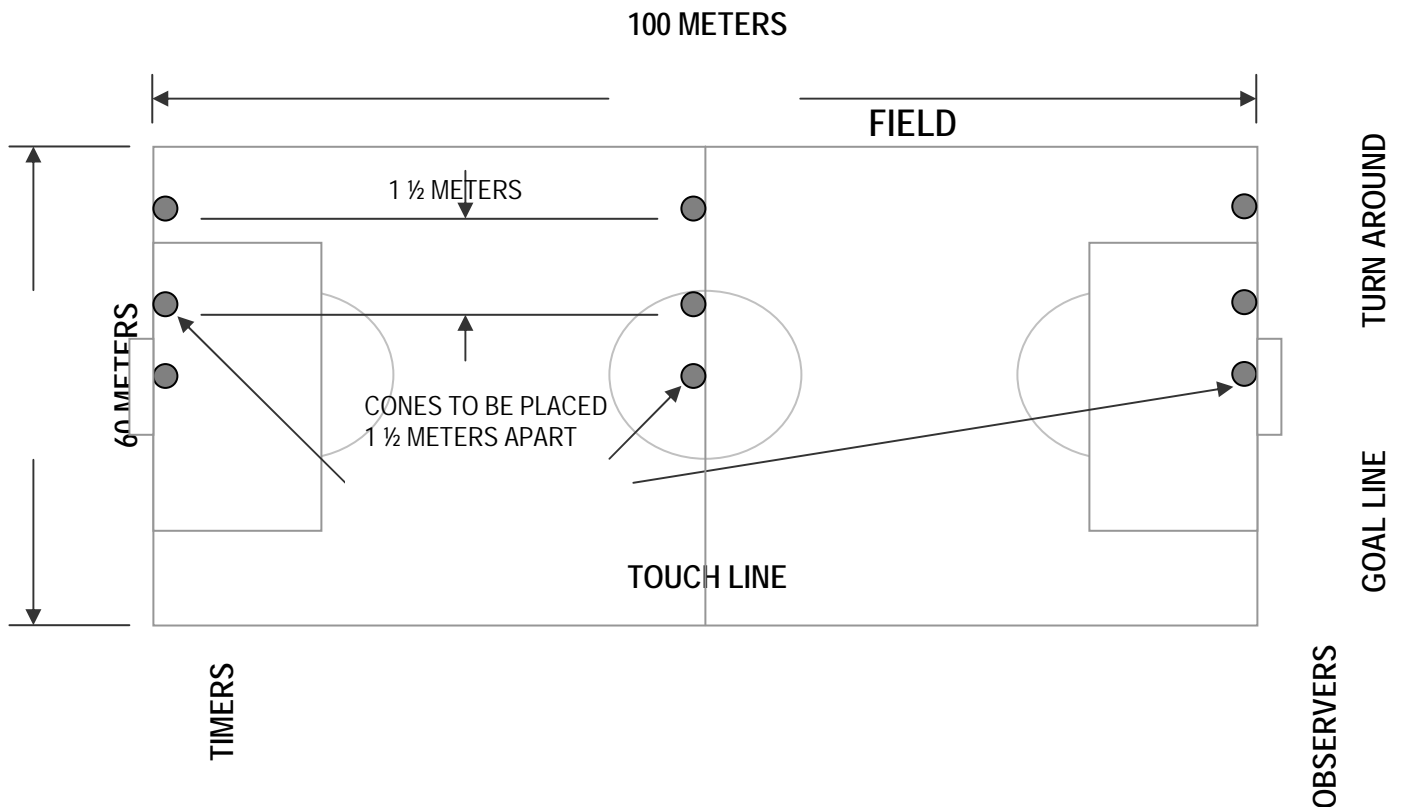
This is the procedure for testing the soccer referee to evaluate his/her fitness level at the elite national or international level soccer referee based upon the findings of the leading researchers in the field of Soccer Referee Physiology?

*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

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

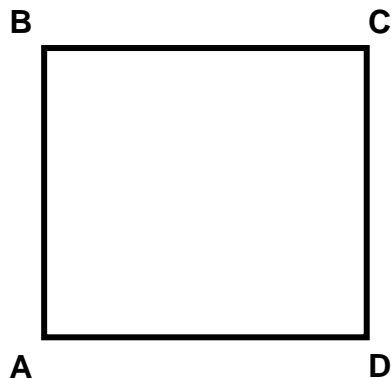
- A (10) ten-minute recovery period is required before the next test.



# NISOA PROPOSED PHYSICAL PERFORMANCE TEST

## Test #2: THE PRO- 40 TEST

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

# NISOA PROPOSED PHYSICAL PERFORMANCE TEST

## Test #3: THE BRASILIAN AR 50-METER TEST

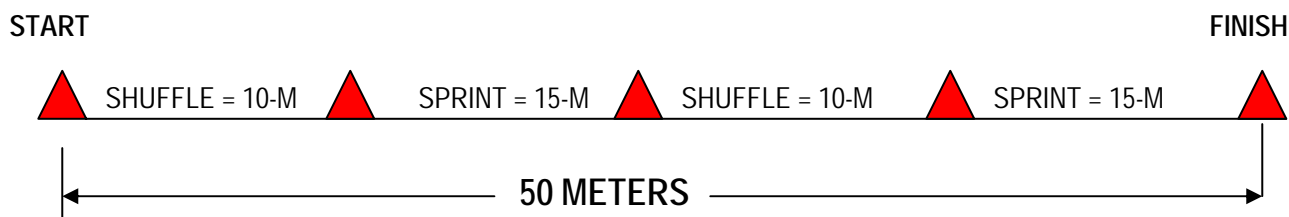
The Brazilian AR 50-m is a test that every assistant referee performs every match and should be part of the testing series for the referee. Until there are specific tests developed for the assistant referee then the tests must be combined.

At a designated starting point the soccer referee:

1. Shuffles 10-meters, then
2. Sprints 15-meters,
3. Shuffles 10- meters and
4. Sprints 15- meters.

The data collector/timer starts the Watch/time on the referee movement.

Recommendation: A maximum of (8) eight referees per group.



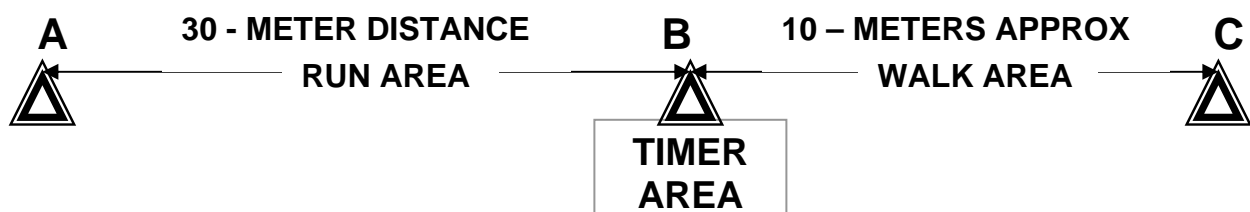
- A (5) five-minute recovery period is required before the next test.

# NISOA PROPOSED PHYSICAL PERFORMANCE TEST

## Test 4: THE 30-METER SHUTTLE

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 run back to A, again
3. Turns and runs back to B.
4. The data collector/timer will shut the clock off when the referee reaches point B the 2<sup>nd</sup> time.
5. The referee then walks from B to C and back to B, [this could be a ten seconds recovery]
6. The time clock is restarted when the referee reaches B and starts the run for the last four 30-meter high intensity runs. [From B to A; back to B; back to A turn and back the finish of the 30-meter shuttle at point B.



# **NISOA PROPOSED PHYSICAL PERFORMANCE TEST**

## **CONCLUSION**

### **THESE TESTS:**

- 1. Are recommended tests that should be given to the soccer referee.**
- 2. Are based upon the different activity levels that a referee will encounter during the 90- minute soccer match.**
- 3. Will evaluate the fitness levels in all aspects of the match, forward running at low, medium, high and maximal speeds.**
- 4. Will evaluate the agility of the referee in backward and sideways movement as well as the agility/mobility movements in making the transitions that are required on the field.**
- 5. Note that the 50 and 200 meter Distances are not tested. These two tests show no or extremely low relevancy to the activities that a referee performs during a 90-minute soccer match. Testing of these two activities is not of importance to determining the fitness level of a soccer referee.**