



AYSO Referee Physical Fitness Test

The referee physical fitness test is designed to test the referee's ability to stay up with play and to react to match situations encountered at these levels. All referees should warm up before taking the test by performing stretching exercises to prevent muscle pulls.

Administering Referee Physical Tests

Physical tests for certification as Advanced Referee are authorized by the Area Referee Administrator or Area Director of Referee Assessment. Physical tests for certification as National Referee are authorized by the Section Referee Administrator or Section Director of Referee Assessment. Others may be designated to administer the test. Fitness tests administered by USSF may be used to comply with AYSO fitness test requirements.

Physical Testing Conditions

Part of the upgrade requirements to Advanced and National referee include testing the candidate's physical condition. The following considerations are important for those who may be involved in administering physical tests:

- Suitable running surface (well-marked, smooth, level, track or mowed grass)
- Weather conditions (temperature extremes, rain, natural or artificial lighting)
- Ample time (warm-up, rest between events and cool-down)
- Sufficient timers to avoid long waits to be tested (staff at start and finish lines)
- Volunteer safety provisions (tent or other shady area, cot, water/orange juice, availability of first aid, cell phone in case of medical emergency)
- Proper Equipment (forms, stopwatches, cones, clipboards)
- Remind the candidates that it is not a race to see who is the fastest but rather a test of their ability to meet minimum physical standards. (Avoid unnecessary exertion.)



Physical Requirements

All three parts of the physical fitness examination should be conducted on the same day, with 15 minutes between events. These parts are:

- **Endurance Run:** This event consists of a run/jog for the entire 12 minutes, regardless of the distance covered on a standard 400-meter track (440 yards). A minimum distance must be completed.
- **Speed Run (50-meter or 55-yard dash):** This run is a straight 50-meter (55-yard) dash and must be completed in no more than the time allowed.
- **Speed Run (200-meter or 220-yard dash):** This run is a 200-meter (220-yard) dash and must be completed in no more than the time allowed.

CERTIFICATION	TEST	REQUIREMENTS	
Advanced Referee	Endurance Run	Must run for 12 minutes and cover at least one mile (1600 meters)	
	Speed Run (50 meters)	Maximum 10.5 seconds	
	Speed Run (200 meters)	Maximum 42 seconds	
National Referee	Endurance Run	Must run for 12 minutes and cover:	
		Age	Minimum Distance
		Under 38	2200 meters (5.5 laps)
		38-45	2000 meters (5.0 laps)
		46 & over	1800 meters (4.5 laps)
	Speed Run (50 meters)	Age	Maximum Time
		Under 46	9.0 seconds
		46 & over	9.5 seconds
	Speed Run (200 meters)	Maximum 40 seconds	