



**ASIAN REFEREES' DAY**  
1 September 2009

Prepared by  
Referees Department

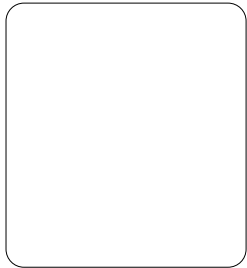


**Referees Fitness Test**  
**Log Book**



Asian Football Confederation  
Referees Department

## Personal Data



Member Association

### 1. Personal Details

Full Name:

Date of Birth:

Nationality:

Gender:

Male

Female

Current Role:

FIFA Referee

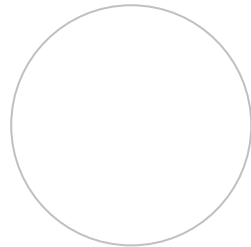
FIFA Assistant Referee

National Referee

National Assistant Referee

Year of Registration:

Seal of Member Association



Date: \_\_\_\_\_



## Fitness Test Result

Date of Test

Venue

Current Role: FIFA Referee

FIFA Assistant Referee

National Referee

National Assistant Referee

### Sprint Test

40m	40m	40m	40m	40m	40m	40m
1	2	3	4	5	6	Average

Note: If 7<sup>th</sup> run is given, the timing should be recorded as 6<sup>th</sup> run.

### High Intensity Test

No of Laps	Distance Covered
Minimum 10 Laps	Minimum 4000.00m

Remarks if any:

Conducted and supervised by:

Signature

Name & Designation



Fitness Test Result

Date of Test

Venue

Current Role: FIFA Referee  FIFA Assistant Referee   
 National Referee  National Assistant Referee

Sprint Test

40m	40m	40m	40m	40m	40m	40m
1	2	3	4	5	6	Average

Note: If 7<sup>th</sup> run is given, the timing should be recorded as 6<sup>th</sup> run.

High Intensity Test

No of Laps	Distance Covered
Minimum 10 Laps	Minimum 4000.00m

Remarks if any:

Conducted and supervised by:

Signature

Name & Designation



Fitness Test Result

Date of Test

Venue

Current Role: FIFA Referee  FIFA Assistant Referee   
 National Referee  National Assistant Referee

Sprint Test

40m	40m	40m	40m	40m	40m	40m
1	2	3	4	5	6	Average

Note: If 7<sup>th</sup> run is given, the timing should be recorded as 6<sup>th</sup> run.

High Intensity Test

No of Laps	Distance Covered
Minimum 10 Laps	Minimum 4000.00m

Remarks if any:

Conducted and supervised by:

Signature

Name & Designation

## Instructions

Referees and Assistant Referees are the defenders of the laws of the game and they play a vital role for a success of a match. Sometime the success of a match is entirely depends on the shoulder of the officials in charge of the game. If the officials did not meet the required physical demands of the game to keep up with play, the referee may not be able to make the right decision. Therefore, he or she has to be in a prime physical condition to officiate at any time.

The standard fitness test for referees and assistant referees is a Repeated Sprint Tests and High Intensity Test. **For reasons of uniformity, the test is done on an athletic track.**

### Test 1:

- The objective of the first test is to evaluate the average running speed during repeated fast runs over a specific match distance.
- 6x40 m sprint followed by maximum 1 minute 30 seconds after each sprint (while walking back to the start)

### Test 2:

- This test will be conducted 7 minutes after the end of the Test one
- The objective of the second test is to evaluate the capacity to perform repeated high speed runs
- Intermittent activity run is accordance with the pace set by a single whistle
- That is interval runs of 150 metres, followed by a recovery period of 50 metres whenever the whistle is blown once
- The minimum distance to be covered is 10 laps or 20 high speed runs

## Reference Time

### Test 1: Repeated Sprint Test (repeated fast runs) 40 m

Timing for International Referees and Assistant Referees			
Men Ref	Women Ref	Men AR	Women AR
6.2s	6.6	6.0	6.4

Timing for National Referees and Assistant Referees			
Men Ref	Women Ref	Men AR	Women AR
6.4	6.8	6.2	6.6

#### Other Instructions:

- If a referee falls or trips, he is given another run (1 run = 1x40 m)
- If a referee or assistant referee fails 1 run out of six, then he is given 1 more run (and one only) immediately after the 6<sup>th</sup> run. If he fails 2 runs, the match official has failed the test
- Athletic spikes may not be used during any of the repeated fast runs

### Test 2: High Intensity Test (repeated high speed runs)

Timing for International Referees and Assistant Referees							
Men Ref		Women Ref		Men AR		Women AR	
150 m	50 m	150 m	50 m	150 m	50 m	150 m	50 m
30 sec	35 sec	35 sec	40 sec	30 sec	40 sec	35 sec	45 sec

Timing for National Referees and Assistant Referees							
Men Ref		Women Ref		Men AR		Women AR	
150 m	50 m	150 m	50 m	150 m	50 m	150 m	50 m
30 sec	40 sec	35 sec	45 sec	30 sec	45 sec	35 sec	50 sec

#### Other Instructions:

- If a referee fails to reach the walking zone (first time) by the time of the whistle, then the group examiner given him first clear verbal caution
- If a referee fails to reach the walking zone twice, then he has failed the test and will be removed from the test immediately
- Match officials may not leave the "walking zone" before the next whistle
- Athletic spikes may not be used during any of the repeated high speed runs