

# REGIONAL REFEREE FITNESS TEST PREPARATION

You're taking the Regional Referee fitness test! Are you ready? What should you know? The standard test for men and women at the regional level is the FIFA Women's Fitness Test.

The fitness test is split into two parts: Sprints and Intervals.

## **Sprints-**

(6) 40m Sprints, (43.75 yds) with a break between each one (theoretically 60 seconds, but that varies depending on how many referees are testing, as you run and then get back in line and wait your turn to run again). The FIFA Women's Fitness test requires you to finish each of these in 6.4 seconds or less. You can miss this once and try a seventh time. Two fails and you're out.

After the Sprints, you'll have a short break (6-8 minutes) and then you'll begin the intervals.

## **Intervals-**

10 laps around a standard 400m (.25 mile) track. The total intervals distance is 4000m (2.5 miles)

Each lap will be split into (4) 100m (109.36 yds) sections consisting of a 75m run (82 yds.) and a 25m walk (27.34yds)

You must complete each split in the required times - 17 seconds for each run and 20 seconds for each walk.

If you miss a single split, you will get a warning; a second miss and you fail.

# FIFA Women's Referee Fitness Test

## Repeated Sprint Ability

The *start* and *end* gates are placed 40 meters apart. The *start line* is marked 1.5 meters before the start gate.

The referee must have their front foot touching the *start line*. Once the test leader signals that timers are ready, the referee is free to start. A trial is passed if the referee completes the sprint in no more than 6.40 seconds.

The referee will receive a **maximum** of 60 seconds between each of the 6 x 40 meter sprints. During this recover period, the referees must walk back to the *start line*.

If a referee fails one trial out of the six, they will be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven the match official has failed the test.



# FIFA Women's Referee Fitness Test

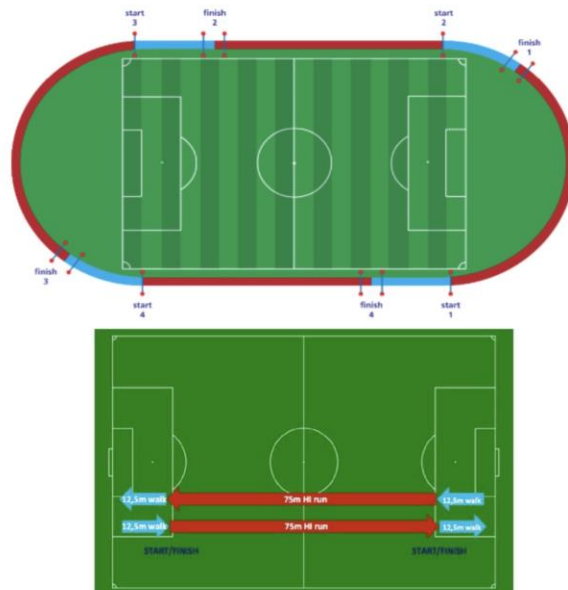
## Referee Interval Test

Referees must complete 40 - 75 meter run / 25 meter walk intervals. (4,000 meters or 10 laps of a 400 meter athletic track) Each run must be completed in 17 seconds and each walk in 20 seconds.

Referees must start from a standing position. They **must** not start before the signal.

At the end of each run, the referee must enter the *walking area* **before** the whistle.

If a referee fails to place one foot inside the walking area on time, they will receive a clear warning. If a referee fails to place a foot inside the walking area on time on a second occasion, they will have failed the test.



Are you ready?

I don't know! Until you've done some interval running, it's difficult to be certain.

Let's focus on the intervals part, as most people who fail the test fail at intervals, not the sprints. If the sprint is your key limiter - and as we age, that's more likely - then you need to do some sprint training and practice on the side of the track.

To the intervals! If you're a regular runner - you run a few miles a few times a week - then we can make some good estimates.

The best way to guess your standard pace is when you have a reasonably easy level of exertion. Assume a Rate of Perceived Exertion (RPE) of 3-5 - you're working, but you're able to carry on a conversation.)

| <b>Rating of Perceived Exertion scale</b> |   |                                |
|---|---|--------------------------------|
| <b>10</b>                                 | <b>EXTREMELY HARD</b><br>The maximum possible effort; sustainable for just 20-30 seconds.                                 | <b>Anaerobic Zone</b>          |
| <b>9</b>                                  | <b>VERY HARD</b><br>Hard to speak; breathing laboured after a few seconds; requires focus – good for 1 min intervals.     |                                |
| <b>8</b>                                  | <b>HARD</b><br>Requires focus to maintain; hard to say more than 2-3 words – good for Cooper Tests, 5k PBs.               | <b>VO<sub>2</sub> max Zone</b> |
| <b>7</b>                                  | <b>SOMEWHAT HARD</b><br>Can speak in short sentences; becomes uncomfortable quickly; requires constant effort.            |                                |
| <b>6</b>                                  | <b>SLIGHTLY HARD</b><br>Laboured breathing; challenging and uncomfortable, but sustainable for 30-60 mins.                | <b>Threshold Zone</b>          |
| <b>5</b>                                  | <b>FAIRLY COMFORTABLE</b><br>A pace that requires some pushing and effort to maintain; still able to hold a conversation. |                                |
| <b>4</b>                                  | <b>COMFORTABLE</b><br>Slight 'push', but still at a pace which you could speak a few sentences without struggling.        | <b>Endurance Zone</b>          |
| <b>3</b>                                  | <b>EASY</b><br>Able to maintain a conversation without getting out of breath while running.                               |                                |
| <b>2</b>                                  | <b>VERY EASY</b><br>Non-taxing; very gentle and easy to maintain a conversation – could continue for hours.               | <b>Recovery Zone</b>           |
| <b>1</b>                                  | <b>EXTREMELY EASY</b><br>Bare minimum exertion; a gentle stroll through the woods – could continue all day.               |                                |

If your per mile pace at this level is:

<8:00/mi - intervals will be comfortable

8:00-8:30/mi - intervals will be slightly to moderately challenging: you should practice at least once.

8:30-9:00/mi - intervals will be moderately to meaningfully challenging: you should practice multiple times

9:00-9:30/mi - the intervals will be particularly challenging - you need to train for this

>9:30/mi - you are not ready for this test

How do I train?

For this test (and to improve your running pace), there is no substitute for interval training. Interval training is just what this test is – run hard, go easy, repeat. [Road Runner Sports](#) gives a great overview of interval training. If you are going to do this, make sure your interval training run is at least 25 minutes long, so you get used to the length of this test.

### **PRACTICE-**

Find a 400-meter track, likely at your local high school, and perform the following intervals:

200m (656.17 ft) in 3x the 75m time above - so in this test, 200m in 51 seconds. (Wear a stopwatch, running watch, etc.)

Finish the run, then walk 100m (328.08 ft) in 60 seconds. Don't worry too much about the time, just start walking when you finish the run and don't stop until you start the next run. (On the actual test, the walk feels very slow.) What's good about these distances is that they're easy to measure. 200m is a full half of the track - from middle of soccer goal/football goal post to the other middle; 100m is half that, so just walk to the halfway line. Next interval is halfway line to halfway line, then walk to the goal post. You'll do 3/4 of the track on each interval.

Warm up, then perform these 10 times without stopping. If you can't get to 10, rest, possibly train more, and try again. If you can do 10 of these running on your own, the adrenaline of the test and your referee friends will carry you through the slight increase in distance on test day.

If you can pass this practice, you can pass the Interval test.

### **Test Day Tricks-**

Listen to the [audio](#) head of time so you can hear how it works. Learn what the one beep and two beeps sound like, just so you get a sense of the 10 and 5 second warnings.

Sprints: there are no extra points for finishing faster! You'll probably run the first one closest to your max speed the first time, just because you don't know how long it will take. The proctors should tell you your time, or you can ask. If you come in at 6.2 seconds or less, slow down a bit in the last 5-10 meters. Don't risk injury or push harder than needed for no reason.

Intervals: After you've done a lap or so and you're getting a sense of the pace and timing, be late enough on the walk so that you can jog for the last second or two before the walk ends, or at least be moving when it does. You don't want to start the run from a dead stop or close to it - if you can run through the beginning without jumping ahead of the start line, it's like gaining an extra 1/2 second. It just takes practice.

When you're walking, don't be afraid to cross your arms behind your head to slow down your heart and help get your breath back. Nobody is watching you on the recovery!

This is a mental test too. At these interval times, you're running for almost 25 minutes in this strange, stop/start method. 25 minutes is a long time to be doing that. Know it and push through, ideally with a group that's helping each other along. If you have a strong runner in your group let them set the pace and stay on their heels. Don't stray outside the two inside lanes or you'll unnecessarily extend your total distance travelled.

If you think you'll need it, stash an easy-to-drink-from water bottle at the front of one of the walking sections, and grab it and take a drink occasionally. On a hotter day, this is an especially good idea - you shouldn't be dehydrated, it's not a long enough run, but you might need to cool off.

25 minutes does feel like a long time, but from a nutritional perspective, you don't need to do anything different - you aren't running long enough to need extra carbohydrates, in-run sugars, etc. Just don't eat or drink anything you can't run on.