

## Fitness Program and Resources

The Referee Fitness Program is intended to help Referees improve their fitness as it pertains to Refereeing and to improve both your on-field performances and enjoyment in Refereeing. This area briefly outlines Fitness testing Protocols and Procedures, Hydration Tips, Fitness Qualities, and basics in Fitness training.

### Referee Fitness Test Protocol

Category	FIFA Fitness Test Standards			Beep Test
	CODA	Sprints	Interval Run (4000 m)	Shuttles
<b>Men</b>				
Referee (FIFA, National)	n/a	6.0 sec	15/18 sec	n/a
AR (FIFA, National)	10 Sec	4.7 sec	15/20 sec	n/a
Provincial	n/a	6.4 sec	15/20 sec	n/a
Regional	n/a	6.6 sec	17/22 sec	8
District	n/a	6.6 sec	17/22 sec	6
<b>Women</b>				
Referee (FIFA, National)	n/a	6.4 sec	17/20 sec	n/a
AR (FIFA, National)	11 Sec	5.1 sec	17/22 sec	n/a
Provincial	n/a	6.6 sec	17/22 sec	n/a
Regional	n/a	6.8 sec	17/24 sec	7
District	n/a	6.8 sec	17/24 sec	6

### **Fitness Test and Criteria for Referees**

All referees, from Youth Referee to Provincial Referee are required to participate and complete an annual fitness test. These Fitness Tests are conducted at Annual Refresher courses for Regional, and District/Youth Referees, FIFA, National and Provincial Referees have different Fitness Testing requirements. The required Fitness tests is based on their referee classification, the Beep Test is conducted at the Refresher. FIFA Fitness Testing is conducted two to three times a year in the Lower Mainland to ensure the test meets the requirements of both FIFA and the CSA

\*\* Officials nominated to the National Program must successfully complete the Fitness test to the 'Nominated National' standard. Upon being selected by the Canada Soccer Referees Committee to join the National List, he/she must then successfully complete the fitness test prior to the start of the season to the standard as directed by the Committee.

### **Fitness Test and Criteria for Referees**

- Repeated Sprints 6 X 40M a 7th if a sprint is failed
- Interval Test High Speed Runs over 75M with 25M Walk x 40= 4000M

### **FIFA, National & Nominated Assistant Referees:**

- CODA (Change of Direction Assessment) x 1
- Repeated Sprints 5 X 30M a 6th if a sprint is failed
- Interval Test High Speed Runs over 75M with 25M Walk x 40= 4000M

### **Regional & District/Youth Referees:**

- Beep Test which is an intermittent run that has a dictated pace and recovery period
- Regional & District referees may run the FIFA Fitness test to the Regional Standard for their gender or higher to complete their Annual Fitness Test