



REFEREE FITNESS TEST RESULTS

Last Name: _____ First Name: _____

Test Date: _____ Test Location: _____

Participant's Classification: _____

FIFA Fitness Test Standards			
Referee Category	Sprints x6 (40 m)		Interval Run Minimum x40 intervals (4000 m)
Women FIFA/National	Maximum 6.40 sec		17/20 sec
Women Provincial	Maximum 6.60 sec		17/22 sec
Women Regional	Maximum 6.80 sec		17/24 sec
Men FIFA/National	Maximum 6.00 sec		15/18 sec
Men Provincial	Maximum 6.40 sec		15/20 sec
Men Regional	Maximum 6.60 sec		17/22 sec
Assistant Referee Category	CODA	Sprints x5 (30 m)	Interval Run Minimum x40 intervals (4000 m)
Women FIFA/National	Maximum 11.00 sec	Maximum 5.10 sec	17/22 sec
Men FIFA/National	Maximum 10.00 sec	Maximum 4.70 sec	15/20 sec

RESULTS: REFEREE							Interval Run Category
							run / walk
Sprint 1	Sprint 2	Sprint 3	Sprint 4	Sprint 5	Sprint 6	Sprint 7 (if necessary)	Distance Completed
RESULTS: ASSISTANT REFEREE							Interval Run Category
							run / walk
CODA	Sprint 1	Sprint 2	Sprint 3	Sprint 4	Sprint 5	Sprint 6 (if necessary)	Distance Completed

Test Supervisor: Name: _____ Signature: _____

** Fitness tests of National Program officials may only be supervised by one of Canada Soccer's: Referees Committee, Fitness Instructor, Staff member or an individual appointed/approved by the Manager, Referee Program.*

Signature Participant: _____