

USSF Fitness Test Administration and Standards

(Times adjusted for ISRC Standards)

State Fitness Test

The state fitness test consists of two tests. Test 1, Repeated Sprint Ability (RSA), measures the referee's ability to perform repeated sprints over 40m. Test 2, Interval Test, evaluates the referee's capacity to perform a series of high-speed runs over 150m interspersed with 50m walking intervals. Referees must pass the State Fitness Test at least once a year. The time between the end of Test 1 and the start of Test 2 is 6 to 8 minutes maximum.

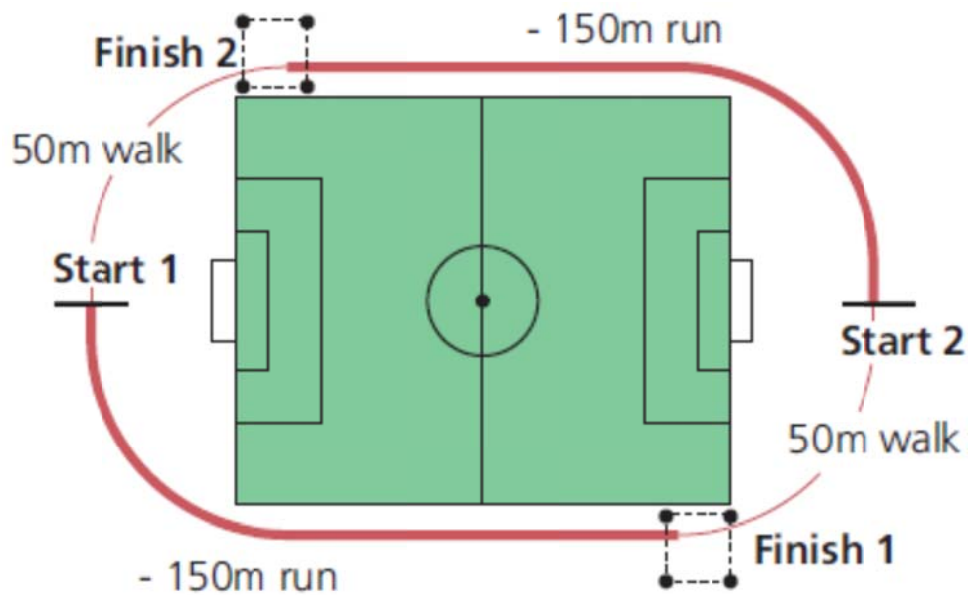
Test 1: Repeated Sprint Ability (RSA)

- Referees run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- Referees receive a maximum of 60 seconds recovery between each of the 6 x 40m sprints. During recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40m)
- If a referee fails one trial out of the six, they should 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.



Test 2: Interval Test

- Referee must complete 20 x 150m run / 50m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of two 150 meter runs with two 50 meter recovery walks.
- At the end of each run, each referee must enter the “walking area” before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 150m line.
- If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



ISRC Standards for Certification

Test Type	Sprint Standard	Interval Standard (run)	Interval Standard (walk)
Referee	7.5 secs	35 seconds per 150m	40 seconds per 50m