



## Fitness Administration

### Sprint Test

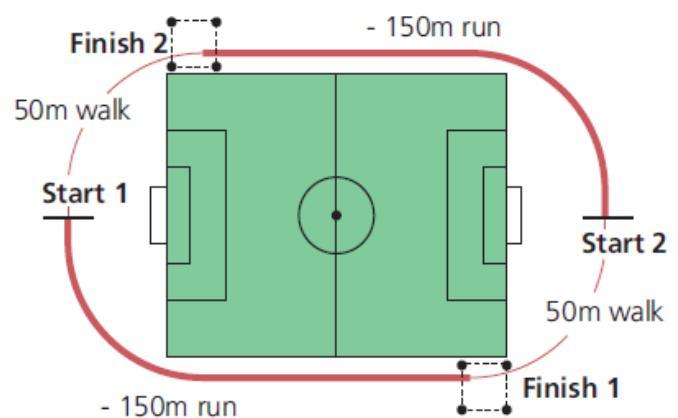
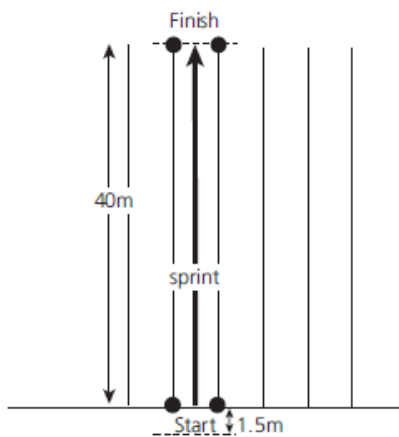
- Participants run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position
- If a participant falls or trips, they are allowed another attempt at that specific sprint
- If a participant fails one sprint out of the six, they are given one more attempt immediately after the sixth sprint
- If a participant fails two sprints, they fail the test

### Interval Test

- Participants run a total of ten consecutive laps
- A lap consists of two 150 meter runs with two 50 meter recovery walks
  - Starts with running 150 meters in the prescribed time
  - Followed by walking 50 meters in the prescribed time
  - This process is repeated to complete one lap
- Walking area is marked by cones 3 meters on each side of the 150 meter marks
- If a participant fails to reach the walking area in the prescribed time, they are issued a warning
- If a participant fails to reach the walking area for a second time, they fail the test

### Notes

- The time between the sprint test and interval test should be approximately 10 minutes





**Grade 6 State Referee Fitness Standards**

| <b><u>Test Type</u></b> | <b><u>Sprint Standard</u></b> | <b><u>Interval Standard<br/>(run)</u></b> | <b><u>Interval Standard<br/>(walk)</u></b> |
|-------------------------|-------------------------------|---|--|
| State Referee           | 6.60                          | 35  | 40   |

**FIFA Fitness Test Standards**

| <b><u>Test Type</u></b> | <b><u>Sprint Standard</u></b> | <b><u>Interval Standard<br/>(run)</u></b> | <b><u>Interval Standard<br/>(walk)</u></b> |
|-------------------------|-------------------------------|---|--|
| Male Referee            | 6.20                          | 30  | 35   |
| Male AR                 | 6.00                          | 30  | 40   |
| Female Referee          | 6.60                          | 35  | 40   |
| Female AR               | 6.40                          | 35  | 45   |