



## AYSO Referee Physical Fitness Test

January 2004

Certification	Test	Requirements
Advanced Referee	Endurance Run	Must run for 12 minutes and cover 1600 meters (4 laps)
	Speed Run (50 meters)	Maximum 10.5 seconds
	Speed Run (200 meters)	Maximum 42 Seconds
National Referee	Endurance Run	Must run for 12 minutes and cover <b>Age:</b> <b>Minimum Distance:</b> Under 38        2200 meters (5.5 laps) 38-45            2000 meters (5.0 laps) 46 and over     1800 meters (4.5 laps)
	Speed Run (50 meters)	<b>Age:</b> <b>Minimum Time:</b> Under 46        9.0 seconds 46 and over     9.5 seconds
	Speed Run (200 Meters)	Maximum 40 seconds

### Special Instructions for the Physical Fitness Tests:

Area Referee Administrators (ARA) or Area Director of Referee Assessment (ARA) are authorized to administer the fitness test for certification as Advanced Referees. The Section Referee Administrator (SRA) or Section Director of Referee Assessment (SRD) are authorized to administer the fitness test for certification as Advanced or National Referee.

All parts of the physical fitness examination must be conducted on the same day.

It is recommended that a 15 minutes rest period be provided between events.

Lap distance shown above is based on a 400 meter (440 yard) track used for the endurance run.

Any AYSO authorized fitness tests conducted will be honored by all Regions, Areas, and Sections.

Fitness tests may be retaken at any time at any authorized fitness test.

The AYSO National physical fitness test is the same as the USSF Class 1 Referees (Grade 7) fitness test.

AYSO will accept successful completion of a USSF fitness test conducted by a state association for the National or Advanced requirements as long as that test is taken within one year of the candidate completing the National Referee Course.

Many USSF State Referee Associations should accept the AYSO physical fitness test; however, it is recommended that candidates check with their local USSF State Referee Administrator.

Any questions or comments regarding the fitness test should be directed to:

David Keller, National Director of Referee Assessment (312-751-1693; [kellidchgo@aol.com](mailto:kellidchgo@aol.com)), or  
 Joe Eldridge, National Referee administrator (888-686-2976, [joelldridge@ayso.org](mailto:joelldridge@ayso.org)).