

# AYSO Referee Physical Fitness Test

February, 2011

CERTIFICATION	TEST	REQUIREMENTS	
Advanced Referee	Endurance Run	Must run for 12 minutes and cover at least one mile (1600 meters)	
	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:	
		<i>Age</i>	<i>Minimum Distance</i>
		Under 38	2200 meters (5.5 laps)
		38-45	2000 meters (5.0 laps)
	46 & over	1800 meters (4.5 laps)	
	Speed Run (50 meters)	<i>Age</i>	<i>Minimum Distance</i>
		Under 46	9.0 seconds
		46 & over	9.5 seconds
	Speed Run (200 meters)	Maximum 40 seconds	

## Special Instructions for the Physical Fitness Tests:

Physical tests for certification as Advanced Referee are authorized by the Area Referee Administrator or Area Director of Referee Assessment. Physical tests for certification as National Referee are authorized by the Section Referee Administrator or Section Director of Referee Assessment. Others may be designated to administer the 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 course requirements for the upgrade.

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.

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  
 POC-Assessment  
 National Referee Advisory Commission  
 (312)-751-1693  
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or  
 Tom Bobadilla  
 National Referee Administrator  
 (800) 872-2976  
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