



**Cal South Referee Fitness Testing
For Game Assignment**

Category	1	2	3
Men's Grade Level	National	State	Referee
Women's Grade Level	All Grades		

Speed Exercise	6.0 second sprints	6.2 second sprints	6.4 second sprint
Endurance Exercise	30 second interval	30 second interval	35 second interval
	35 second recovery	40 second recovery	40 second recovery

Assignment Level:	Matches Involving:	Matches Involving:	Matches Involving
League matches, exhibition, friendlies (open) cup, and / or preseason matches	MLS Teams NASL Teams USL Pro Teams Men's International Teams Men's National Teams	PDL Teams NPSL Teams Amateur Cup Teams Dev. Academy Teams Youth Men's Nat./Int. Teams	NWSL Teams W-League Teams Women's Int./ Nat. Teams Youth Women's Int./ Nat Teams Youth Cup Teams

Physical Fitness is one of the single most important aspects to officiating the game of soccer. It is entirely in the control of each individual official and this proposal intends to emphasize and cement the credibility of this attribute so integral to our craft. The other basis for this proposal stems from an administrative desire to have every official, regardless of grade, well prepared for and experienced with, the FIFA Interval Testing, at every stage of a potential professional refereeing career.

This model is a slight hybrid version of the standards that FIFA uses to certify the physical fitness of its international panel officials. We have also incorporated Grade Requirements and Assignment Level Criteria to be used by US Soccer and Pro for its administration and assignment of soccer officials across the country.

http://www.fifa.com/mm/document/tournament/competition/01/28/10/42/defs_regulationsorganisationrefereeingfifama_inhalt.pdf

Other than FIFA Referees and Grade 3 officials being assigning by PRO, Grade 4 officials and below should be prepared physically to work in any position on the field as originally assigned and or be prepared to assume another position should they be called to on short notice just prior to or during the execution of an assignment. This is why the standards above in each Category are toughest in each exercise for both the speed and the endurance components with respect to the current referee and assistant referee differentiation that exists.

Each Category also corresponds with a restrictive assignment level and minimum level of fitness per grade to help with proper placement of officials in the overall landscape and matrix of grading and match assignment. Based on the official's current grade, they will need to pass at minimum, their corresponding fitness level testing, in order to retain their grade. If they want to upgrade, then the official will need to pass the fitness testing level associated with that next grade.

If an official can't upgrade based on other requirements but wants to qualify to be assigned to games in higher category than the one that corresponds with his or her current grade, they will need to pass the high fitness testing level associated with the desired category of assignment.

If an official cannot pass the fitness test requirements associated with their current grade, they will be downgraded to the highest grade associated with the fitness level testing which they are able to successfully complete.

In the case of female officials, their test requirements are the same for all grades, however, if they desire to do games in a particular assignment category, they will need to pass the fitness testing level for that category.

Officials who pass fitness level testing in a category are eligible for assignment in that specific category as well as any categories with lesser fitness testing requirements.

No games will be assigned until an official passes the requisite fitness testing level. Also, if an official is already assigned a game, they have not passed the requisite fitness level testing, they will be removed from that assignment no later than one week prior to the assignment date.