

FIFA Fitness Test for Futsal Referees

Sequence of fitness test

1. 1,000-metre run
2. 15-minute break
3. Speed Test
4. 5-minute break
5. Agility Test
6. 5-minute break
7. Speed Test
8. 5-minute break
9. Agility Test

TEST 1 – 1,000 m.

Objective

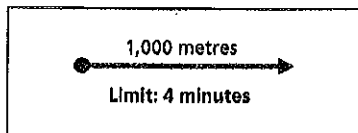
To assess referees' endurance for an extended match of two 20-minute halves (real time).

Material

- a. Standard 400-metre athletics track.
- b. Manual stopwatch.

Procedure

On the start signal, the referee must cover the required distance of 1,000 metres in no more than four minutes.



TEST 2 – Speed Test

Objective

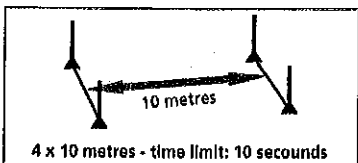
To assess referees' speed and ability to accelerate and decelerate within short distances.

Material

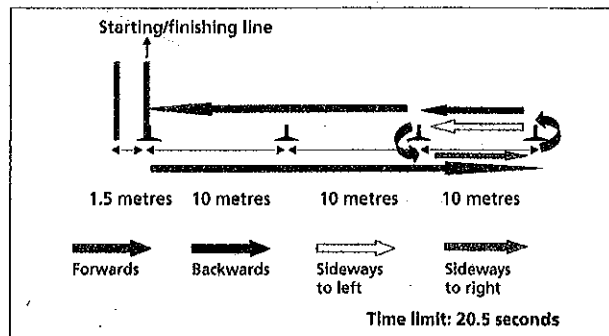
- a. Four marking cones.
- b. Stopwatch.

Procedure

Start with front foot behind starting line. Referee sprints forward to 10-metre line. He must put at least a foot on the line. He then turns around and sprints back to the starting line. He then makes the same run for a second time. The watch must be stopped when the referee crosses the finishing line (same as starting line).



TEST 3 – Agility Test



Objective

To assess referees' ability to change direction quickly and use different and match-specific types of runs.

Material

- a. Futsal pitch.
- b. Ten marking cones.
- c. Stopwatch

Procedure

The front foot of the referee should be on the 1.5-metre line behind the starting line, ready for a dynamic start. The referee starts sprinting forward and the watch should be started when the referee passes the starting line. He sprints forward 30 metres and turns around the marker. He then runs sideways to the left for 10 metres and turns around the marker. He then runs sideways to the right for another 10 metres and turns around the marker. He then runs backwards for 10 metres and turns. From this marker, he finally sprints forward for 20 metres to the finishing line, where the test ends.