



CONNECTICUT STATE REFEREE PROGRAM



USSF FITNESS TEST REQUIREMENTS

A physical fitness test is required for registration, annual renewal and upgrading for the Referee classes shown. Designated United States Soccer Federation instructors can administer the test. A document signed by the individual conducting the test is required. Fitness tests must be taken within a six-month period preceding the start of a new season or the date of registration.

The Referee must pass all of the events that are part of the test at the same testing session. A reasonable rest period should be allowed between events. It is recommended that the Endurance Test be run first.

PHYSICAL FITNESS TEST REQUIREMENTS			
	AGE	REFEREE (Class 1)	STATE REFEREE (Class 2 and Class 1)
Endurance Test 12 min run	Under 38	2200 meters	2400 meters
	38 – 45	2000 meters	2200 meters
	Over 45	1800 meters	2000 meters
Speed Test 50 meter (run- once)	Under – 45	9.0 seconds	9.0 seconds
	Over 45	9.5 seconds	9.0 seconds
200 meter dash (run – once)	All Ages	40.0 seconds	40.0 seconds