



New AYSO Physical Fitness Test for Advanced and National Candidates

Effective date May 1, 2003

At the 2003 Spring Workshop the National Referee Commission approved the proposal to combine the National 1 and National 2 Referee courses. The course will be called the National Referee Course. In addition to combining the national referee courses, AYSO will implement a new physical fitness test.

For the past year the National Director of Assessment and the Section Directors of Assessment have been working on changing the physical fitness test to coincide with the changes USSF made to their physical exam. It was thought that since many of the AYSO national referees were USSF referees, the physical fitness test could be utilized by both organizations when qualifying for certification. Currently, AYSO national referees can cross certify to USSF grade level 7.

The attached physical fitness test will now be used for all referee candidates applying for the advanced or national badges. The new physical exam will take effect May 1, 2003. Use of the current physical fitness test is still accepted until July 1, 2003. National 2 referees in transition who have completed the national 1 course and passed the written test, but have not taken their physical fitness test have until January 1, 2005 to use the old physical fitness test if they wish. The new physical fitness test may be used immediately.



AYSO Referee Physical Fitness Test

5/03

The referee physical fitness test is designed to test the referee's ability to stay up with play and to react to match situations encountered at these levels. All referees should warm up before taking the test by performing stretching exercises to prevent muscle pulls.

Certification	Test	Requirements
Advanced Referee	Endurance Run	Must run for 12 minutes and cover at least one mile
	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:
		Age Minimum Distance
		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)	Age Maximum Time	
	Under 46 9.0 seconds	
46 and over 9.5 seconds		
Speed Run (200 meters)	Maximum 40 seconds	

Special Instruction for the Physical Fitness Examination

Note: All parts of the physical fitness examination should be conducted on the same day, with 15 minutes between events.

Endurance Run: This event consists of a run/jog for the entire 12 minutes, regardless of the distance covered on a standard 400 meter track (440 yards) at any high school or college. In running 12 minutes, Advanced Referee candidates must cover at least one mile (1600 meters). National Referee candidates must cover the minimum distance listed for their age group.

Speed Run (50 meters or 55 yard dash): This run is a straight 50 meters (or 55 yard) dash and must be completed in no more than the time allowed.

Speed Run (200 meter or 220 yard dash): This run is a straight 200 meters (or 220-yard) dash and must be completed in no more than the time allowed.



The New AYSO Physical Fitness Test

April 15, 2003

Question and Answers

Is there only one physical fitness test for the national candidates?

Yes. Effective July 1, 2003 only one physical fitness test will be used for all national candidates who officiate U-16 and U-19 play.

What if I am just completing my national 2 requirements, but have not taken the physical test yet. What physical test should I take?

You can take either test until January 1, 2005.

Why are we changing the physical test?

USSF upgraded their physical fitness a few years ago to comply with the realization that referees need to be fitter and to be able to keep up with fast, challenging play. AYSO is experiencing the same increase in fast play. In addition, many AYSO referees are USSF referees as well and one physical test could be used for both organizations.

Is the new physical test harder than the current physical fitness test?

In some ways, yes, in some ways, no; referees at the upper divisions must be able to sprint to catch up with play. The addition of the 200 meter (220 Yards) dash makes the test harder. The elimination of the agility run and the staggered run will prevent leg injuries and turned ankles encountered during these tests.

Is the new physical fitness test at the national level compatible with the USSF grade level 7 test?

Yes, it is exactly the same test.

As a USSF grade 7 referee and an AYSO national referee, can this test be acceptable to both associations?

AYSO will accept a USSF grade 7 physical fitness test properly conducted by your state association to be used for your physical fitness requirements for the national course as long as the test is submitted within three months of the conclusion of the national referee course. Most USSF State Referee Associations should accept the AYSO physical fitness test, but it is recommended that you check with your local USSF State Referee Administrator (SRA)



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Question and Answers

What if my USSF SRA refuses to accept my AYSO physical fitness test?

Contact John Enroth (480-981-3012; johnemenroth@earthlink.net) or Joe Eldridge (888-686-2976; joeeldridge@ayso.org). Joe will have the primary contact with Julia Ilacqua from USSF.

What if I fail the physical fitness test? Can I take it again? How soon?

The same procedures exist as before. The physical fitness test can be retaken at any time it is convenient to you and the ARA/ADA or SRA/SDA.

I am a National 2 referee in that special transition position. What physical fitness test do I take? How long do I have to take the old physical test?

National 2 referees in this transition period can take either test they wish. However, in conjunction with the regular transition guidance, National 2 referees have until January 1, 2005 to take the old physical fitness test.

I've passed the current N1 course, written exam, and fitness test. Do I need to take the new fitness test?

No, if you have passed the old physical fitness test for the National 1 certification, you do not have to take the new physical fitness test.