

REFEREES & ASSISTANT REFEREES: TEST 1

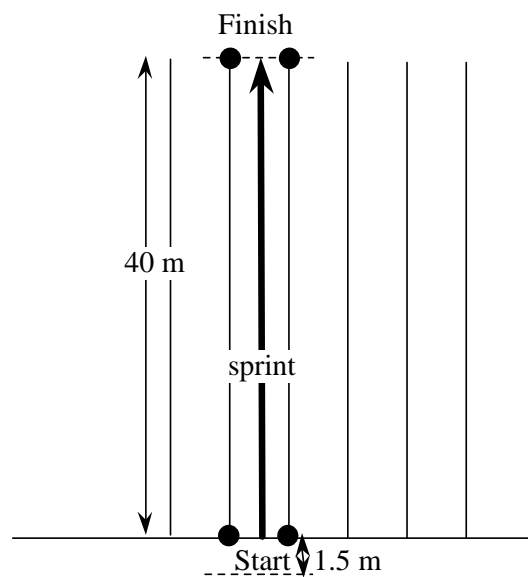
Measure: - Average running speed during repeated fast runs over a specific match distance (in km/hr)

Test:

- 6 x 40 m sprint followed by 1 min recovery after each sprint (while walking back to the start)
- dynamic start with the front foot on a line that is 1,5 m away from the electronic timing gates at the start position

Nota bene: In case it is not possible to record the times electronically, one observer signals the moment the referee runs through the first gate using an accurate flag signal. The second observer is positioned in line with the second gate and stops the chronometer when the referee runs through

- for reasons of uniformity, testing is done on an athletic track.



Procedure: - the referees line up one by one. Once the test leader signals that the electronic timing gates are set, the referee can decide when to start

Timing equipment: - electronic gates at the start and the finish

Reference time: - 6.4" for referees, 6.2" for assistant referees, for each of the 6 fast runs

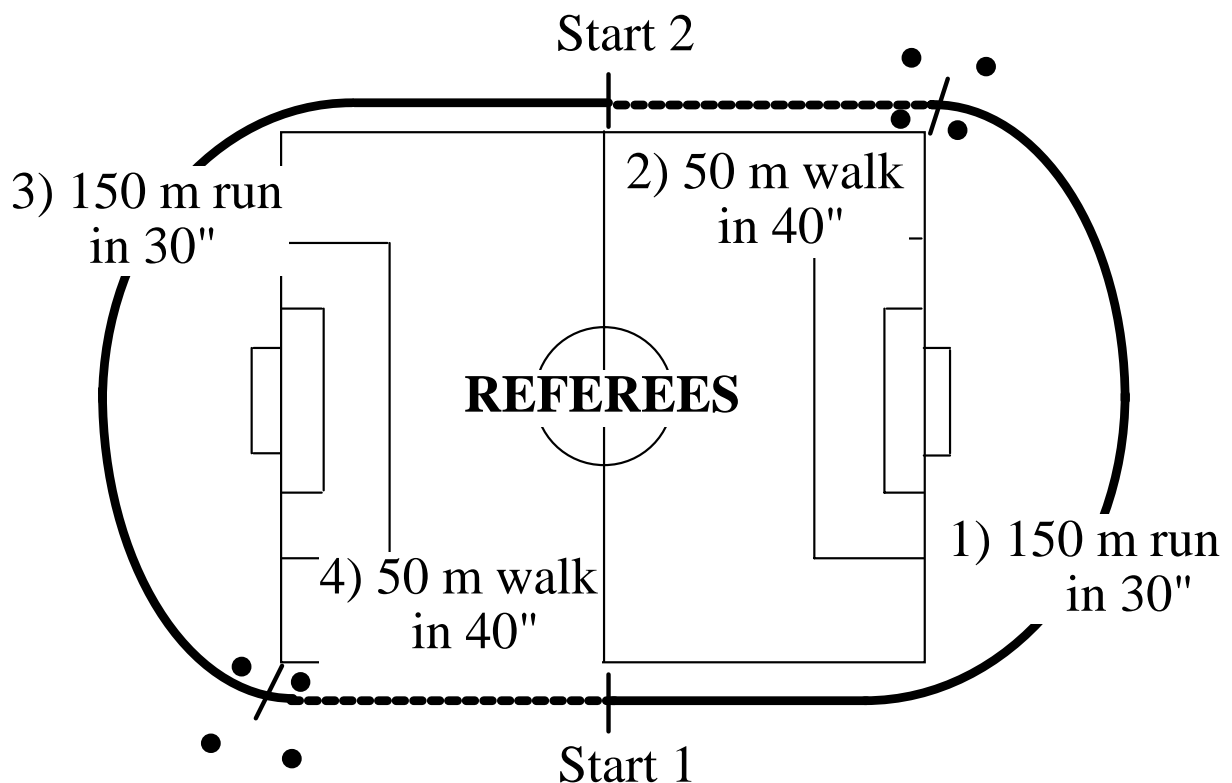
Other instructions:

- if a referee falls or trips, he gets another trial (1 trial = 1 x 40 m)
- if a referee or assistant referee fails 1 trial out of the six, then there is only 1 more trial right after the 6th. If there are 2 failures the match official fails this test.

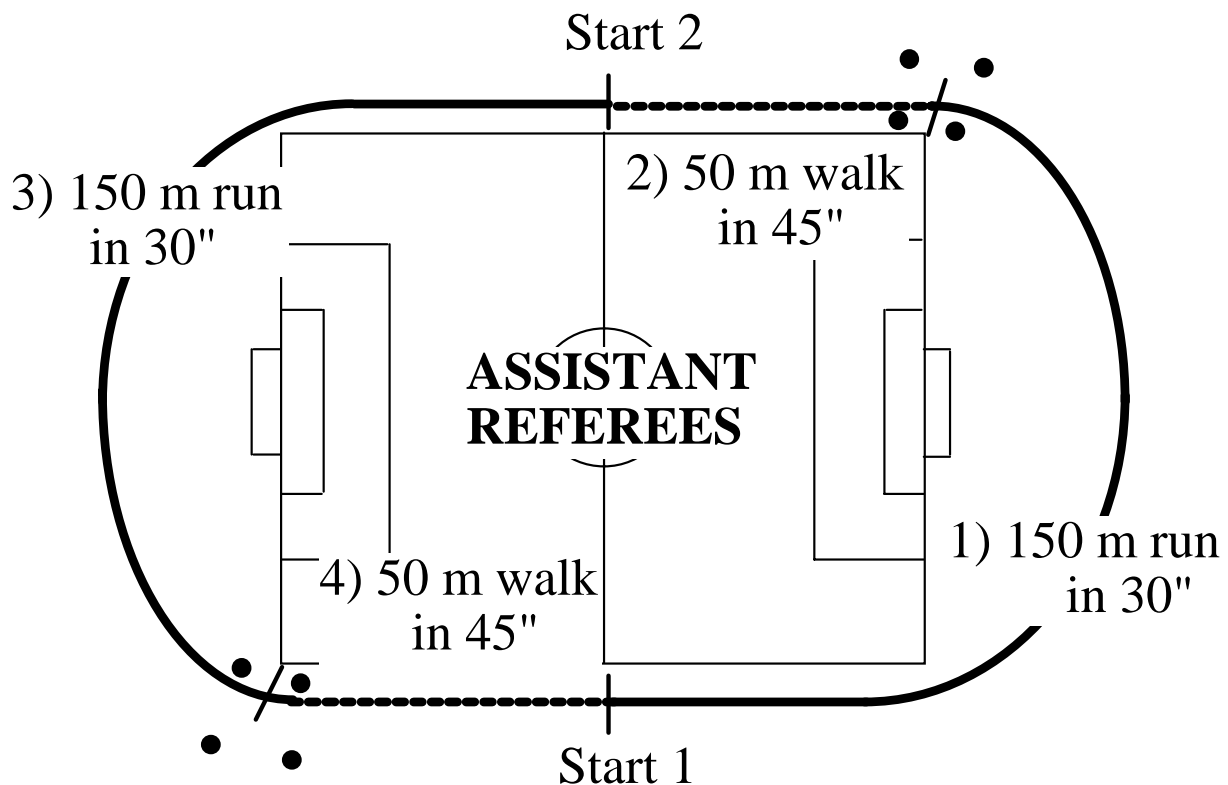
REFEREES & ASSISTANT REFEREES: TEST 2

Measure: - Capacity to perform repeated high-intensity runs

Test: - intermittent activity run on the pace of a single whistle
- for reasons of uniformity, testing is done on an athletic track.



Procedure: - on the first whistle of the test leader, **referees** have to cover 150 m in 30'' from the start position on (1). Then they have 40'' to cover 50 m, walking (2). On the next whistle, referees have to run again 150 m in 30'' (3), followed by 50 m walking in 40'' (4). This equals 1 lap. The minimum number of laps to cover is 10, the maximum 15.



Procedure:

- on the first whistle of the test leader, **assistant referees** have to cover 150 m in 30'' from the start position on (1). Then they have 45'' to cover 50 m, walking (2). On the next whistle, referees have to run again 150 m in 30'' (3), followed by 50 m walking in 45'' (4). The minimum number of laps to cover is 10, the maximum 15.

- each and every match official has to arrive before the whistle in the 'walking area' that is marked by 4 cones (3 m in front, and 3 m behind the 150 m mark). If a referee blatantly fails to put 1 foot in time in the walking area, the observer signals and the referee has to stop.

- match officials may not leave the 'walking area' before the next whistle. Therefore, the assistant test leaders are positioned at the start positions with a flag in their hands. Until the next whistle, they block the lane on the track by keeping the flag in a horizontal position. Upon the whistle, they lower quickly the flag so that the referees can start running. The assistant test leaders count down (e.g. 15'', 10'', 5'') as to inform the referees about the precise timing. However, the flag only goes down on the whistle.

- Match officials run in small groups of maximum 6 referees (by preference).

Nota bene: If it is applicable, 4 different starting positions can be used. Each and every subgroup is monitored by an individual observer throughout the test.

Timing equipment: - only 1 chronometer and 1 whistle are needed for this test, as well as clear indicated running and walking areas.

Reference time: - the minimum for prospective World Cup **referees** is 10 laps which is equal to 20 high-intensity runs in total. This equals a total distance of 4000 m and a duration of 23'20". The maximal duration of the test is 35 min which is equal to 15 laps.

- the minimum for prospective World Cup **assistant referees** is 10 laps or 20 high-intensity runs in total. This equals a total distance of 4000 m and a duration of 25'. The maximal duration of this test is 37'30" or 15 laps.

Other instructions: Each assistant test leader shall be equipped with a stop watch to time the walking recovery part of the test.