

To the members of FIFA

Circular no. 1551

Zurich, 8 August 2016

SG/mbu/mib

2017 FIFA Refereeing International Lists

Dear Sir or Madam,

As you know, the time has come again to nominate referees for the upcoming FIFA Refereeing International Lists. The FIFA Refereeing Department, looks forward to working together with you to ensure that this process is smooth and efficient for everyone involved.

We look forward to receiving your nominations for international referees, assistant referees, futsal referees and beach soccer referees via the link provided to you in the body of the email accompanying this circular.

The **deadline** to nominate international referees for the upcoming year is:

2 October 2016

The online registration process is quick and easy:

- Streamlined administrative process
- Easy access to existing referee lists
- Secure internet access from anywhere in the world
- Simple uploading and cropping of photos for ID cards

We are confident that the member associations will be delighted with this modern and environmentally friendly process, so it should not be necessary to send printed paper documents to FIFA. Printed nomination forms can still be accepted by post, but only under very special circumstances.

We have attached the regulations governing the registration of international referees, assistant referees, futsal referees and beach soccer referees on FIFA's lists for your convenience. We would also like to bring the following points to your attention:



1. The proposed referees shall be at least 25 years old (23 years old in the case of assistant referees) on 1 January of the year for which they have been nominated. Referees must be born no later than **12.31.1991** and assistant referees must be born no later than **12.31.1993** in order to ensure a minimum level of experience. FIFA reserves the right to require referees over the age of 45 (born in **1972** or before) to undergo additional technical assessments as well as specific medical examinations and fitness testing on a case-by-case basis.
2. Each candidate must be ranked based on the marks obtained for officiating games at the national level during the 12 months prior to being nominated to the list of international referees. Please do not put the nominees in alphabetical order.
3. At a minimum, all nominated referees must pass a FIFA-approved **fitness test** and a **medical examination** on or after **2 June 2016**.

The FIFA Referees Committee will carefully consider all nominations submitted by each member association before deciding who will be named on the upcoming international lists.

If you have any questions or need help with anything, please contact Michael Bössler at the FIFA Refereeing Department by email: refereeing@fifa.org or by telephone: +41 43 222 7654.

We appreciate your continued support for refereeing at all levels and look forward to working together with you in any way that we can.

Yours sincerely,
FIFA



Fatma Samoura
Secretary General

Enc. Regulations governing the registration of referees on FIFA international lists
FIFA Fitness Test

cc: FIFA Council
FIFA Referees Committee
Confederations
Refereeing Development Officers

Regulations governing the registration of international referees, assistant referees, futsal referees and beach soccer referees on FIFA's lists

Any reference to referees in these regulations is for simplification and applies to both males and females as well as to assistant referees, futsal referees and beach soccer referees.

Article 1

Each year, FIFA publishes a list of referees, a list of assistant referees, a list of futsal referees and a list of beach soccer referees who are eligible to officiate at international matches. These lists come into effect on 1 January and are valid until 31 December of the same year.

Article 2

The FIFA Referees Committee shall draw up the lists of international referees, assistant referees, futsal referees and beach soccer referees in compliance with the articles of the FIFA Statutes.

Article 3

Each year, the FIFA Referees Committee shall request each member association to nominate candidates whom they consider qualified to act as an international referee, assistant referee, futsal referee or beach soccer referee.

Article 4

Lists shall be compiled for:

- referees;
- assistant referees;
- women referees;
- women assistant referees;
- futsal referees;
- women futsal referees;
- beach soccer referees.

When nominating a candidate, the member associations shall observe the following conditions:

1. Candidates may be nominated for only one list.
2. Member associations that do not have an organised league may not make any nominations.
3. The maximum number of referees from each association shall be decided annually by the FIFA Referees Committee, taking the following factors, among others, into account:
 - 3.1. The level of refereeing of each association
 - 3.2. The level of competitions of each association
 - 3.3. The professional level of each association's competitions

4. The proposed referees shall be at least 25 years old (23 years old in the case of assistant referees) on 1 January of the year for which they have been nominated. **See also the additional requirements for referees over the age of 45 under article 4 paragraph 7.**
5. The proposed referees shall have officiated regularly at matches in the highest division in their country for at least two years.
6. Only candidates who have officiated more often as assistant referees than as referees in the previous twelve months may be considered for the list of international assistant referees.
7. The proposed referees shall have passed the appropriate FIFA fitness test related to the list they belong to within the four months prior to the deadline for nomination for the lists of international referees and assistant referees. They shall also have passed a medical examination certifying that they are fit to act as referees within the four months prior to the deadline for nomination for the lists of international referees. FIFA reserves the right to require referees over the age of 45 to undergo additional technical assessments as well as specific medical examinations and fitness testing on a case-by-case basis.
8. Only women referees or women assistant referees who have passed FIFA's physical fitness test set for men may be nominated for men's tournaments or matches.
9. Candidates who are injured, ill or pregnant at the time of registration may be approved provisionally until they have passed the above-mentioned medical examination and physical fitness test and FIFA has received official notification of the results.
10. The member associations shall supply FIFA with the rankings of the proposed referees based on the marks obtained at national level. These rankings shall apply only to first division matches at which they have officiated in the twelve months prior to their nomination.
11. The official forms shall be returned, duly completed and bearing the association's official stamp, to the FIFA general secretariat by the prescribed deadline.
12. Failure to fulfil any of the foregoing conditions will lead to rejection of the candidate in question.

Article 5

An international referee included in one of the lists for any given year may not be proposed for any other list until a period of twelve months (for specialised training) has elapsed. This period shall begin on the day on which the referee concerned no longer appears on the international list.

Article 6

A referee proposed for the lists may not exercise any official function as a member of an executive committee, general secretary, or member of the referees committee of any football club, member association, confederation or FIFA.

Article 7

The FIFA Referees Committee shall decide which nominations will be accepted for the lists of international referees, assistant referees, futsal referees and beach soccer referees. The committee may consult the confederations before reaching a decision.

Article 8

The committee reserves the right to decide on the number of referees, assistant referees, futsal referees and beach soccer referees that it deems appropriate for the lists. When making its choice, the committee is not obliged to accept the ranking mentioned in art. 4 par. 10 above.

Article 9

The referees selected will automatically be given the FIFA international referee's, assistant referee's, futsal referee's or beach soccer referee's badge, which they shall wear at all of the domestic and international matches at which they officiate during their year of appointment as international referees, assistant referees, futsal referees or beach soccer referees. However, a FIFA assistant referee may not wear the FIFA international assistant referee's badge in matches at which he is officiating as a referee. The same applies to a FIFA futsal referee or beach soccer referee when officiating at traditional football matches as a referee.

Article 10

The FIFA Referees Committee reserves the right to suspend or eliminate any international referee, assistant referee, futsal referee or beach soccer referee from the lists on grounds of mediocrity, indiscipline or for any other justifiable reason.

Article 11

The member associations to which international referees belong may request the FIFA Referees Committee in writing to suspend or remove a referee from the lists for any justifiable reason.

Article 12

The FIFA Referees Committee reserves the right to decide whether or not to appoint a referee appearing on the international lists.

Article 13

Decisions passed by the FIFA Referees Committee are final and not subject to appeal.

Referee Sizing Chart

Men's Shirts, Shorts & Tracksuits					
FIFA (UK)	Europe	Japan	Canada	Sport	Num.
XS	XS	XS	XS/TP	2	42
S	S	S	S/P	3	44
		M		4	46
M	M	L	M/M	5	48
		O		6	50
L	L	XO	L/G	7	52
		2XO		8	54
XL	XL	3XO	XL/TG	9	56
		4XO		10	58
2XL	2XL	5XO	2XL/2TG	11	60
		6XO		12	62

Women's Shirts & Shorts (NOT Tracksuits)					
FIFA (UK)	Europe	Japan	Canada	Sport	Num.
XS	XS	XS	XS/TP	2	42
S	S	S	S/P	3	44
		M		4	46
M	M	L	M/M	5	48
		O		6	50
L	L	XO	L/G	7	52
		2XO		8	54
XL	XL	3XO	XL/TG	9	56
		4XO		10	58
2XL	2XL	5XO	2XL/2TG	11	60
		6XO		12	62

Footwear Men		
FIFA (UK)	Europe	USA
3.5	36	4
4	36 $\frac{2}{3}$	4.5
4.5	37 $\frac{1}{3}$	5
5	38	5.5
5.5	38 $\frac{2}{3}$	6
6	39 $\frac{1}{3}$	6.5
6.5	40	7
7	40 $\frac{2}{3}$	7.5
7.5	41 $\frac{1}{3}$	8
8	42	8.5
8.5	42 $\frac{2}{3}$	9
9	43 $\frac{1}{3}$	9.5
9.5	44	10
10	44 $\frac{2}{3}$	10.5
10.5	45 $\frac{1}{3}$	11
11	46	11.5
11.5	46 $\frac{2}{3}$	12
12	47 $\frac{1}{3}$	12.5
12.5	48	13
13	48 $\frac{2}{3}$	13.5
13.5	49 $\frac{1}{3}$	14
14	50	15

Footwear Women		
FIFA (UK)	Europe	USA
3.5	36	5
4	36 $\frac{2}{3}$	5.5
4.5	37 $\frac{1}{3}$	6
5	38	6.5
5.5	38 $\frac{2}{3}$	7
6	39 $\frac{1}{3}$	7.5
6.5	40	8
7	40 $\frac{2}{3}$	8.5
7.5	41 $\frac{1}{3}$	9
8	42	9.5
8.5	42 $\frac{2}{3}$	10
9	43 $\frac{1}{3}$	10.5
9.5	44	11
10	44 $\frac{2}{3}$	11.5
10.5	45 $\frac{1}{3}$	12
11	46	12.5
11.5	46 $\frac{2}{3}$	13

Socks (unisex)	
FIFA (Eu)	Sport
31/33	0
34/36	1
37/39	2
40/42	3
43/45	4
46/48	5

Very Important: Tracksuits are unisex and must therefore be ordered according to the Men's sizing chart (women should order at least one size smaller than what they normally wear)

Introduction

FIFA Fitness Test

The official fitness test for football referees consists of two tests. Test 1, Repeated Sprint Ability (RSA), measures the referee's ability to perform repeated sprints over 40m. Test 2, Interval Test, evaluates the referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals.

The time between the end of Test 1 and the start of Test 2 should be 6 to 8 minutes maximum.

Tests must be performed on an athletics track (or a natural/artificial football field if no track is available). Athletic spikes may NOT be worn during the tests.

Referees must pass the FIFA Fitness Test at least once a year.

It is recommended that all fitness testing be conducted by a qualified physical instructor. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

FIFA-Approved Optional Tests

In addition to the official test, the "Dynamic YO-YO Test" and the "YO-YO Intermittent Test Level 1" may be used as methods of assessing the aerobic fitness of referees with the recommended standards.

Test 1: Repeated Sprint Ability: Procedure

1. Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each sprint using a manual stopwatch.
2. The 'start' gate should be placed at 0m and the 'finish' gate at 40m. The 'start line' should be marked out 1.5m before the 'start' gate.
3. Referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the referee is free to start.
4. Referees should receive a maximum of 60 seconds recovery between each of the 6 X 40m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
6. If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.



Test 1: Reference times for men referees

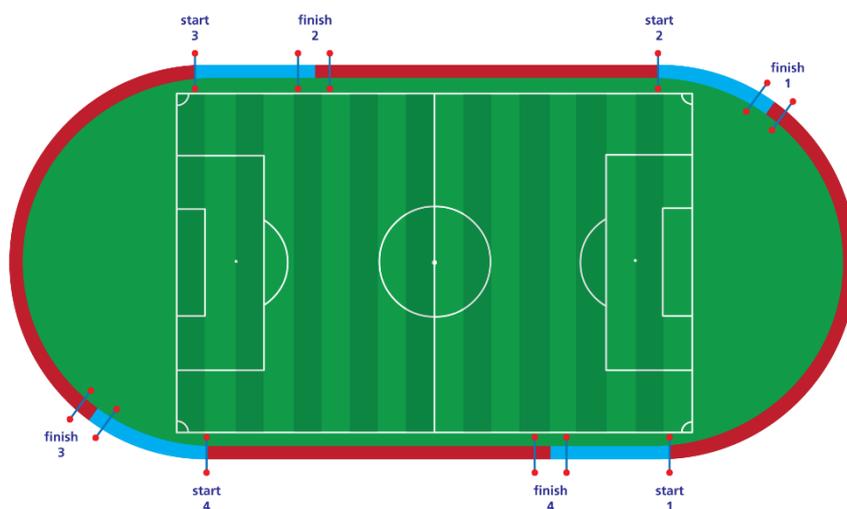
1. International and category 1: maximum 6.00 seconds per trial
2. Category 2: maximum 6.10 seconds per trial
3. Lower categories: maximum 6.20 seconds per trial

Test 1: Reference times for women referees

1. International and category 1: maximum 6.40 seconds per trial
2. Category 2: maximum 6.50 seconds per trial
3. Lower categories: maximum 6.60 seconds per trial

Test 2: Interval Test: Procedure

1. Referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 laps of a 400m athletics track. The pace is dictated by the audio file and reference times are set in accordance with the referee's category. If an audio file is not available, an experienced physical instructor should use a stopwatch and whistle.
2. Referees must start from a standing position. They must not start before the whistle. To ensure that referees do not start early, assistant test leaders should be positioned at each start line to control the start. A flag may be used to block the lane until the whistle has sounded. On the whistle, the flag should be dropped, allowing the referees to start running.
3. At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
4. If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.
5. It is recommended that the test be run in groups comprising no more than six referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated with a test leader who should monitor their group closely throughout the test.



Test 2: Reference times for men referees

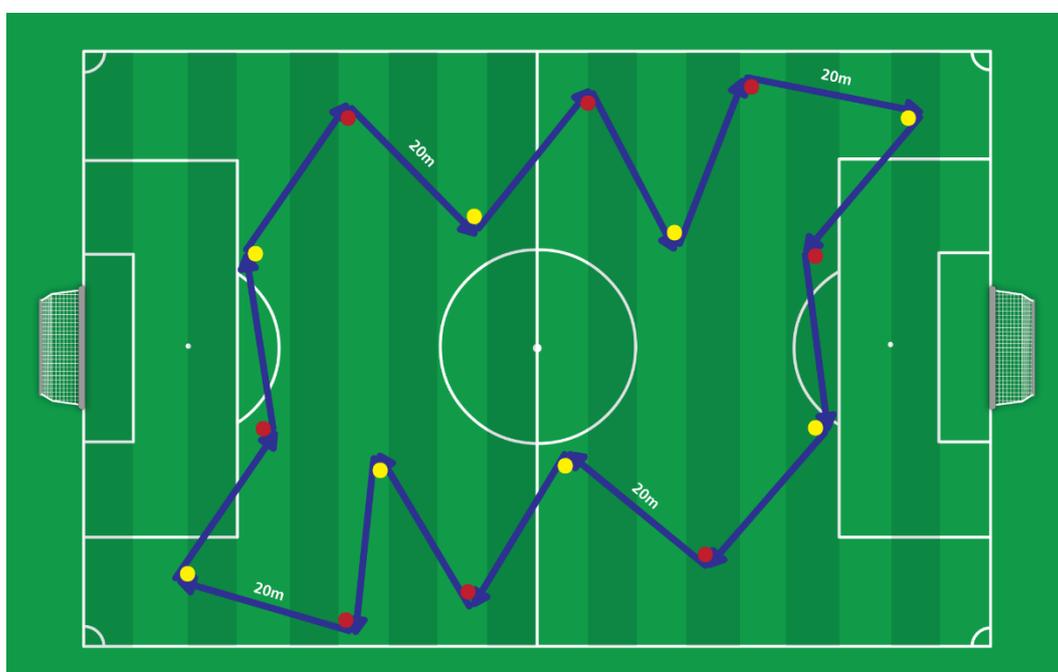
1. International and category 1: maximum 15 seconds per 75m run and 18 seconds per 25m walk
2. Category 2: maximum of 15 seconds per 75m run 20 seconds per 25m walk
3. Lower categories: maximum 15 seconds per 75m run and 22 seconds per 25m walk

Test 2: Reference times for women referees

1. International and category 1: maximum 17 seconds per 75m run and 20 seconds per 25m walk
2. Category 2: maximum 17 seconds per 75m run and 22 seconds per 25m walk
3. Lower categories: maximum 17 seconds per 75m run and 24 seconds per 25m walk

Optional test 1, Dynamic Yo-Yo: Procedure

1. The cones must be set out as illustrated in the diagram below. It is important that the colours (i.e. red and yellow) are placed accurately and that the distance between the red and yellow cones is exactly 20 meters. Referees may start from the yellow or red cones. It is recommended that the test be run in groups comprising no more than two referees starting from each cone.
2. Referees starting from a yellow cone should run to a red cone, turn and continue to the next yellow cone. Each run is interspersed by a recovery period.
3. Referees starting from a red cone should run to a yellow cone, turn and continue to the next red cone. Each run is interspersed by a recovery period.
4. The audio file will dictate the pace of the runs and the length of the each recovery period. Referees must keep pace with the audio file until they have reached the required recommended level.
5. If a referee fails to place a foot on the 'finish cone' on time, they should receive a clear warning from the test leader. If a referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.



Optional test 1, Dynamic Yo-Yo: Reference times for men referees

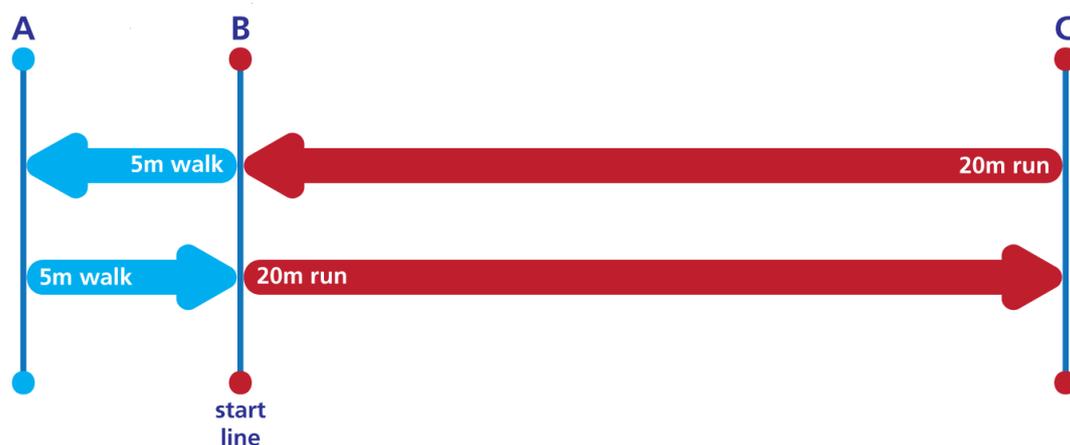
1. International and category 1: level 18-8 / 2,040 metres
2. Category 2: level 18-5 / 1,920 metres
3. Lower category: level 18-1 / 1,760 metres

Optional test 1, Dynamic Yo-Yo: Reference times for women referees

1. International and category 1: level 17-8 / 1,720 metres
2. Category 2: level 17-5 / 1,600 metres
3. Lower categories: level 16-8 / 1,400 metres

Optional test 2, Yo-Yo Intermittent test: Procedure

1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 5 metres. The distance between B and C is 20 metres.
2. Referees must complete the following sequence in accordance with the pace dictated by the audio file.
 - a. run 20m (B-C), turn and run 20m (C-B)
 - b. walk 5m (B-A), turn and walk 5m (A-B)
3. The audio file of the Yo-Yo Intermittent Recovery run (level 1) will dictate the pace of the runs and the length of each recovery period. Referees must keep pace with the audio file until they have reached the recommended level.
4. The starting position requires the referees to be standing still with their front foot on the line (B). Referees must place a foot on the turning line C. If a referee fails to place a foot on the line C or fail to return to line B on time, they should receive a clear warning from the test leader. If a referee fails to place a foot on the line C or fail to return to line B on time for a second occasion, they should be pulled from the test by the test leader.



Optional test 2, Yo-Yo Intermittent test: Reference times for men referees

1. International and category 1: level 18-2 / 1,800 metres
2. Category 2: level 17-7 / 1,680 metres
3. Lower categories: level 17-4 / 1,560 metres

Optional test 2, Yo-Yo Intermittent test: Reference times for women referees

1. International and category 1: level 16-4 / 1,240 metres
2. Category 2: level 15-7 / 1,040 metres
3. Lower categories: level 15-3 / 880 metres

Introduction

FIFA Fitness Test

The official fitness test for football assistant referees consists of three tests. Test 1, CODA, assesses the assistant referee's ability to change direction. Test 2, Repeated Sprint Ability (RSA), measures the assistant referee's ability to perform repeated sprints over 30m. Test 3, Interval Test, evaluates the assistant referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals.

The time between the end of Test 1 and the start of Test 2 should be 2 to 4 minutes maximum. The time between the end of Test 2 and the start of Test 3 should be 6 to 8 minutes maximum.

Tests must be performed on a stable surface such as an athletics track or football field. Athletic spikes may NOT be worn during the tests.

Assistant referees must pass the FIFA Fitness Test at least once a year.

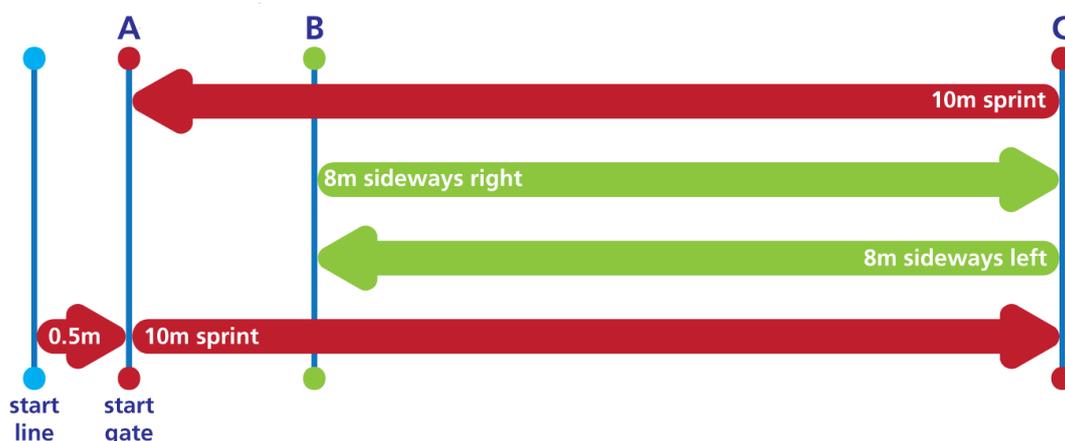
It is recommended that all fitness testing be conducted by a qualified physical instructor. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

FIFA-Approved Optional Test

In addition to the official test, the 'ARIET' may be used as a method of assessing the aerobic fitness of assistant referees with the recommended standards.

Test 1, CODA (Change of Direction Ability): Procedure

1. Electronic timing gates (photocells) should be used to time the CODA. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
3. Only one timing gate is required for the CODA (A). The 'start line' should be marked out 0.5m before the timing gate (A).
4. Assistant referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the assistant referee is free to start.
5. Assistant referees sprint 10 m forward (A to C), 8 m sideways left (C to B), 8 m sideways right (B to C) and 10 m forward (C to A).
6. If an assistant referee falls or trips, they should be given an additional trial.
7. If an assistant referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.



Test 1: Reference times for men assistant referees

1. International and category 1: maximum 10.00 seconds per trial
2. Category 2: maximum 10.10 seconds per trial
3. Lower categories: maximum 10.20 seconds per trial

Test 1: Reference times for women assistant referees

1. International and category 1: maximum 11.00 seconds per trial
2. Category 2: maximum 11.10 seconds per trial
3. Lower categories: maximum 11.20 seconds per trial

Test 2: Repeated Sprint Ability: Procedure

1. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. The 'start' gate should be placed at 0m and the 'finish' gate at 30m. The 'start line' should be marked out 1.5m before the 'start' gate.
3. Assistant referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the assistant referee is free to start.
4. Assistant referees should receive a maximum of 30 seconds recovery between each of the 5 X 30m sprints. During their recovery, assistant referees must walk back to the start.
5. If an assistant referee falls or trips, they should be given an extra trial (one trial = 1 x 30 m).
6. If an assistant referee fails one trial out of the five, they should be given a sixth trial immediately after the fifth trial. If they fail two trials out of six, the match official has failed the test.



Test 2: Reference times for men assistant referees

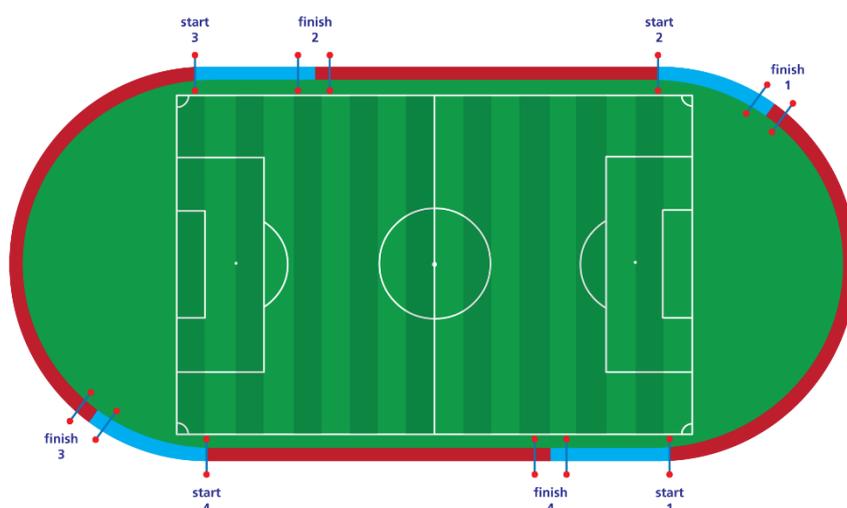
1. International and category 1: must complete each trial in a maximum 4.70 seconds per trial
2. Category 2: must complete each trial in a maximum 4.80 seconds per trial
3. Lower categories: must complete each trial in a maximum of 4.90 seconds per trial

Test 2: Reference times for women assistant referees

1. International and category 1: must complete each trial in a maximum 5.10 seconds per trial
2. Category 2: must complete each trial in a maximum 5.20 seconds per trial
3. Lower categories: must complete each trial in a maximum 5.30 seconds per trial

Test 3: Interval Test: Procedure

1. Assistant referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 laps of a 400m athletics track. The pace is dictated by the audio file and reference times are set in accordance with the referee's category. If an audio file is not available, an experienced physical instructor should use a stopwatch and whistle.
2. Assistant referees must start from a standing position. They must not start before the whistle. To ensure that referees do not start early, assistant test leaders should be positioned at each start line to control the start. A flag may be used to block the lane until the whistle has sounded. On the whistle, the flag should be dropped, allowing the assistant referee to start running.
3. At the end of each run, each assistant referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
4. If an assistant referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If an assistant referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.
5. It is recommended that the test be run in groups comprising no more than six assistant referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated with a test leader who should monitor their group closely throughout the test.



Test 3: Reference times for men assistant referees

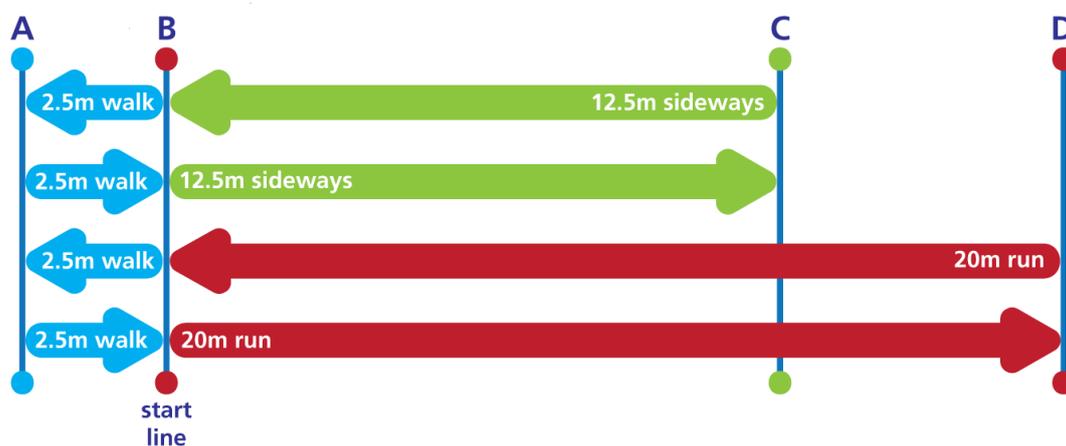
1. International and category 1: maximum 15 seconds per 75m run and 20 seconds per 25m walk
2. Category 2: maximum 15 seconds per 75m run and 22 seconds per 25m walk
3. Lower categories: maximum 15 seconds per 75m run and 24 seconds per 25m walk

Test 3: Reference times for women assistant referees

1. International and category 1: maximum 17 seconds per 75m run and 22 seconds per 25m walk
2. Category 2: maximum 17 seconds per 75m run and 24 seconds per 25m walk
3. Lower categories: maximum 17 seconds per 75m run and 26 seconds per 25m walk

Optional test, ARIET (Assistant Referee Intermittent Endurance Test): Procedure

1. Cones should be set out as illustrated in the diagram below. The distance between A and B is 2.5 metres. The distance between B and C is 12.5 metres. The distance between B and D is 20 metres.
2. Assistant referees must start from a standing position. They must complete the following sequence in accordance with the pace dictated by the audio file.
 - a. run 20m forwards (B-D), turn and run 20m forwards (D-B)
 - b. walk 2.5m (B-A), turn and walk 2.5m (A-B)
 - c. run sideways 12.5m (B-C), and run sideways facing the same side 12.5m (C-B)
 - d. walk 2.5m (B-A), turn and walk 2.5m (A-B)
3. The audio file will dictate the pace of the runs and the length of each recovery period. Assistant referees should keep pace with the audio file until they have reached the recommended level.
4. The starting position requires the assistant referees to be standing still with their front foot on the line (B). Assistant referees must place a foot on the turning lines (C & D). If an assistant referee fails to place a foot on the lines B, C or D on time, they should receive a clear warning from the test leader. If an assistant referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.



Optional test, ARIET: Reference times for men assistant referees

1. International and category 1: level 16.0-3 / 1,470 metres
2. Category 2: level 15.5-3 / 1,275 metres
3. Lower categories: level 14.5-3 / 1,080 metres

Optional test, ARIET: Reference times for women assistant referees

1. International and category 1: level 14.5-3 / 1,080 metres
2. Category 2: level 14-3 / 820 metres
3. Lower categories: level 13.5-8 / 715 metres

Introduction

The official fitness test for futsal and beach soccer referees consists of three tests. Test 1, Speed, measures the referee's maximum speed over 20 metres. Test 2, CODA, assesses the referee's ability to change direction. Test 3, ARIET, measures the referee's capacity to perform repeated forwards and sideways running bouts over a prolonged period.

The time in between the end of Test 1 and the start of Test 2 should be 2 to 4 minutes. The time between the end of Test 2 and the start of Test 3 should be 6 to 8 minutes.

Testing should be performed on a futsal pitch or a similar surface.

It is recommended that all fitness testing be conducted by qualified physical instructor. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

Test 1: Speed: Procedure

1. Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. The 'start' gate must be placed at 0m and the 'finish' gate at 20m. The 'start line' must be marked out 1.5m before the 'start' gate.
3. Referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the referee is free to start.
4. Referees should receive a maximum of 90 seconds recovery between each of the 2 X 20m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an extra trial (one trial = 1 x 20 m).
6. If a referee fails one trial out of the two, they should be given a third trial immediately after the second trial. If they fail two trials out of three, the match official has failed the test.



Test 1: Reference times for men futsal and beach soccer referees

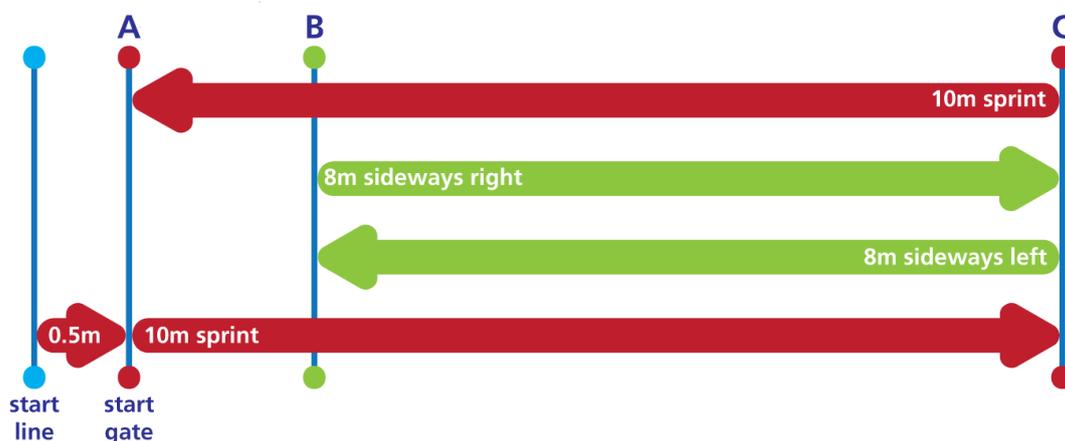
1. International and category 1: maximum of 3.30 seconds per trial
2. Lower categories: maximum of 3.40 seconds per trial

Test 1: Reference times for women futsal and beach soccer referees

1. International and category 1: maximum of 3.60 seconds per trial
2. Lower categories: maximum of 3.70 seconds per trial

Test 2: CODA (Change of Direction Ability): Procedure

1. Electronic timing gates (photocells) should be used to time the CODA. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
3. Only one timing gate is required for the CODA (A). The 'start line' must be marked out 0.5m before the timing gate (A).
4. Referees should line up at the start with their front foot touching the 'start line'. Once the test leader signals that the electronic timing gates are set, the referee is free to start.
5. The referees sprint 10 m forward (A to C), 8 m sideways left (C to B), 8 m sideways right (B to C) and 10 m forward (C to A).
6. If a referee falls or trips, they should be given an additional trial.
7. If a referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.



Test 2: Reference times for men futsal and beach soccer referees

1. International and category 1: maximum 10.00 seconds per trial
2. Lower categories: maximum 10.10 seconds per trial

Test 2: Reference times for women futsal and beach soccer referees

1. International and category 1: maximum 11.00 seconds per trial
2. Lower categories: maximum 11.10 seconds per trial

Test 3: ARIET (Assistant Referee Intermittent Endurance Test): Procedure

1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2.5 metres. The distance between B and C is 12.5 metres. The distance between B and D is 20 metres.
2. Referees must start from a standing position. They must complete the following sequence in accordance with the pace dictated by the audio file.
 - a. run 20m forwards (B-D), turn and run 20m forwards (D-B)
 - b. walk 2.5m (B-A), turn and walk 2.5m (A-B)
 - c. run sideways 12.5m (B-C), and run sideways facing the same side 12.5m (C-B)
 - d. walk 2.5m (B-A), turn and walk 2.5m (A-B)
3. The audio file will dictate the pace of the runs and the length of each recovery period. Referees must keep pace with the audio file until they have reached the required level.
4. The starting position requires the referees to be standing still with their front foot on the line (B). Referees must place a foot on the turning lines (C & D). If a referee fails to place a foot on the lines B, C or D on time, they should receive a clear warning from the test leader. If a referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.



Test 3, ARIET: Reference times for men futsal and beach soccer referees

1. International and category 1: level 15.5-3 / 1,275 metres
2. Lower categories: level 15-3 / 1,170 metres

Test 3, ARIET: Reference times for women futsal and beach soccer referees

1. International and category 1: level 14-8 / 975 metres
2. Lower categories: level 14-3 / 820 metres