



Physical Fitness Tests

Physical Fitness Tests

1.SPEED

2.CODA

(Change of direction ability)

3.ARIET





Physical Fitness Tests



TEST 1 : SPEED

ARRIVAL

DEPARTURE



	MEN	WOMEN
N License	3.60 sec	3.90 sec
C License	3.40 sec	3.90 sec
Elite License	3.30 sec	3.80 sec

Forward Running ←

- ❑ The starting gate must be placed at 0 m and the finishing gate at 20 m. The starting line must be drawn 1.5 m before the starting gate.
- ❑ Referees must line up at the start with their front foot on the starting line. When the test manager indicates that the stopwatches
- ❑ /timekeepers are ready, the referee is allowed to start.
- ❑ Referees are allowed a maximum of 90 seconds of recovery between each of their four 20m sprints
- ❑ During the recovery phase, referees must walk back to the start.

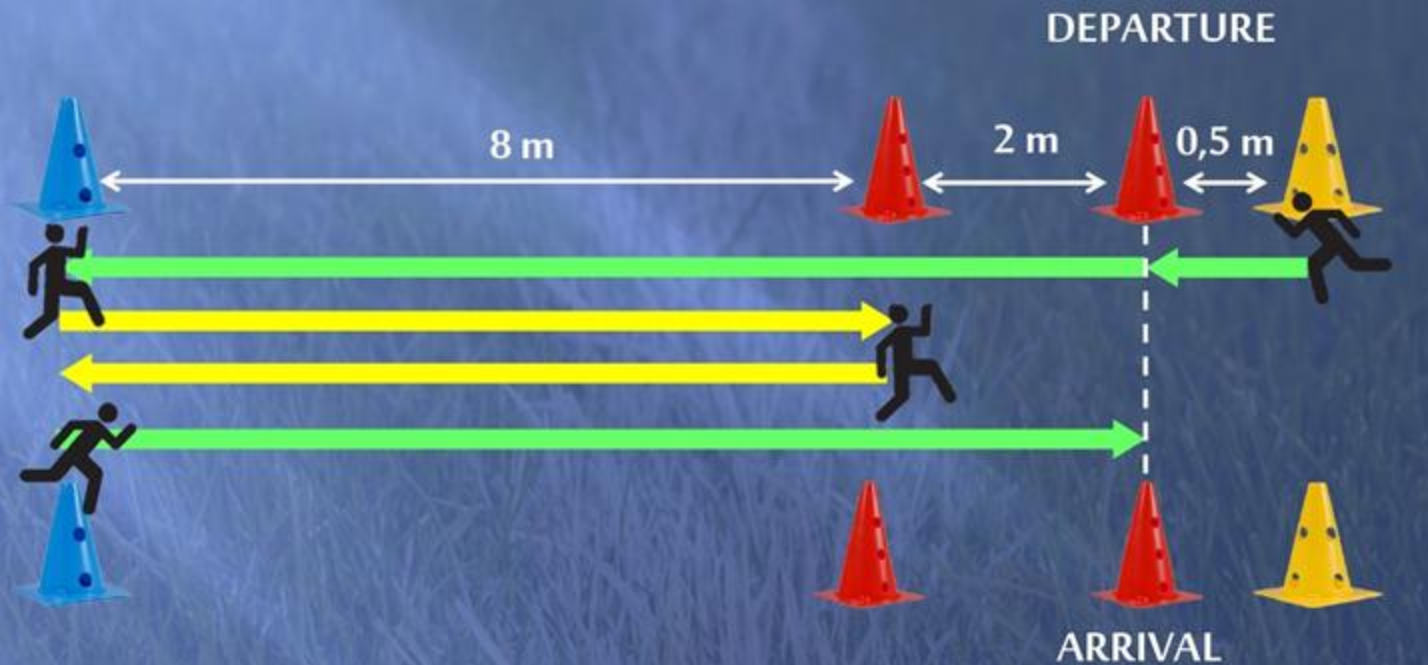


Physical Fitness Tests



TEST 2: CODA

(CHANGE OF DIRECTION ABILITY)



	MEN	WOMEN
N License	10.30 sec	11.30 sec
C License	10.10 sec	11.10 sec
Elite License	09.90 sec	10.90 sec

Forward Running ←

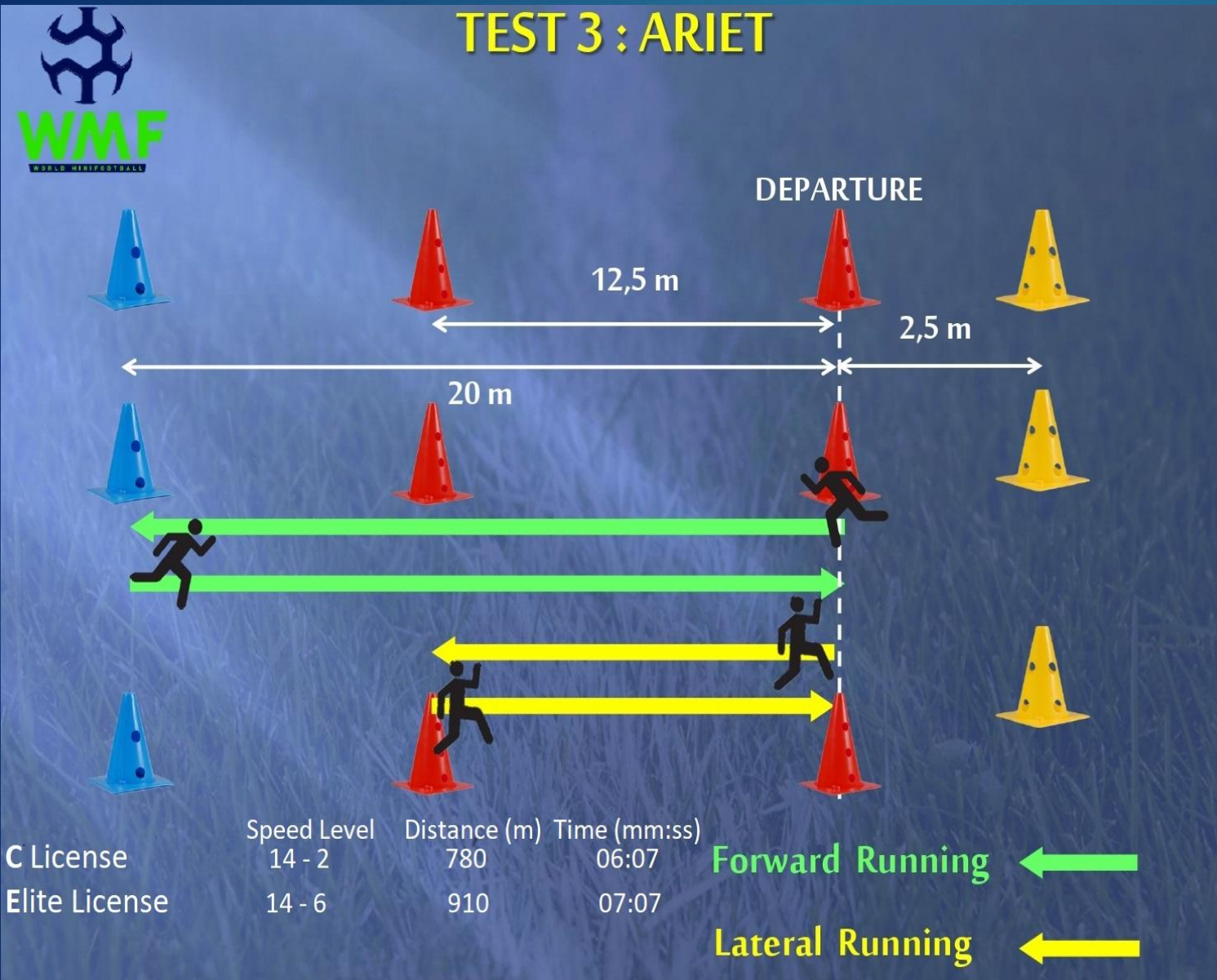
Lateral Running ←

- ❑ Only one timing gantry is required for the CODA (A) test. The “start line” must be marked 0.5 m before the timing gantry (A).
- ❑ Assistant referees must line up at the start with their front foot on the 'start line'. When the test officer indicates that the stopwatches/timekeepers are ready, the assistant referee is allowed to start.
- ❑ The assistant referees must sprint 10 m forward (A to C), then sidestep 8 m left (C to B) and sidestep 8 m right (B to C), before finishing with a 10 m forward run (C to A).





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❑ Referees must start standing. They must perform the following sequence at the pace dictated by the audio file.

- a. run 20 m (BD), turn around and run 20 m (DB);
- b. walk 2.5 m (BA), turn around and walk 2.5 m (AB);
- c. side steps over 12.5 m (BC) and side steps without turning over 12.5 m (CB);
- d. walk 2.5 m (BA), turn around and walk 2.5 m (AB).

❑ The audio file dictates the pace of the races and the length of each rest period. Referees must maintain the pace set by the audio file until they reach the required level.

❑ Referees start standing with their front foot on line (B). Assistants must place one foot on the turn lines (C and D). If a referee does not place a foot on lines B, C, or D within the allotted time, they receive a clear warning from the test leader. If a referee arrives late a second time, they are eliminated from the test by the leader.

