

TO THE MEMBER ASSOCIATIONS OF FIFA

Circular no. 1945

Zurich, 12 September 2025

2026 FIFA Refereeing International Lists

Dear Sir or Madam,

FIFA would hereby like to invite you to nominate match officials for the 2026 FIFA Refereeing International Lists.

A unique link for the online registration process has been created for each Member Association and is included in the email accompanying this circular.

The **deadline** to nominate international match officials for the upcoming year is as follows:

5 October 2025

We enclose the updated Regulations on the Nomination and Appointment of FIFA International Match Officials for your convenience. We would also like to bring the following points to your attention:

1. The proposed referees must have been born on or before **31 December 2000** and assistant referees must have been born on or before **31 December 2002** in order to ensure a minimum level of experience. FIFA reserves the right to require proposed match officials who will be over the age of 45 next year (born in **1981** 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 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. The proposed match officials must have **regularly officiated matches at the highest level** in their Member Association for **at least two years**.

4. All nominated match officials (except video match officials) must at least have passed a FIFA-approved **fitness test** and a **medical examination** on or after **1 June 2025**.

Please note that all match official roles are gender-neutral, and that any qualified individual can be nominated. Individuals who wish to be considered for referee or assistant referee appointments in men's football matches must pass the relevant men's football fitness test, and the same applies for futsal and beach soccer. Please also note that we have recently introduced an **additional fitness standard for women referees officiating in women's futsal and beach soccer only**: the relevant times can be found in the FIFA Fitness Tests for Match Officials document, which is enclosed.

The FIFA Referees Committee will carefully consider all nominations submitted by each Member Association before deciding who will be named in the upcoming international lists.

If you have any questions, please contact Patrick Graf, Head of Refereeing Administration, at refereeing@fifa.org.

We appreciate your continued support for refereeing at all levels and look forward to working together with you.

Yours faithfully,

FÉDÉRATION INTERNATIONALE
DE FOOTBALL ASSOCIATION



Mattias Grafström
Secretary General

Encl.: - Regulations on the Nomination and Appointment of FIFA International Match Officials
- FIFA Fitness Tests for Match Officials

cc: - FIFA Council
- Confederations
- FIFA Referees Committee
- Refereeing Development Officers

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Regulations on the Nomination and Appointment of FIFA International Match Officials



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Fédération Internationale de Football Association
 President: Gianni Infantino
 Secretary General: Fatma Samoura
 Address: FIFA
 FIFA-Strasse 20
 P.O. Box
 8044 Zurich
 Switzerland
 +41 (0)43 222 7777
 Website: FIFA.com


For the purpose of these regulations, the terms set out in the Regulations on the Organisation of Refereeing in FIFA Member Associations apply. Additionally, definitions of terms listed in the Laws of the Game issued by The International Football Association Board are also applicable to these regulations.

NB: Terms referring to natural persons are applicable to both genders. Any term in the singular applies to the plural and vice versa.



Definitions





General provisions

1. INTRODUCTION

These regulations describe the eligibility of and the process for nominating and appointing match officials to the FIFA Refereeing International Lists.

2. SCOPE OF APPLICATION

These regulations apply to all match officials appointed to the FIFA Refereeing International Lists, including referees, assistant referees, video match officials, futsal referees, beach soccer referees and any other individuals eligible to officiate or assist in officiating at international matches.



Regulations

3. EFFECTIVE DATES

Each year, FIFA publishes the lists of match officials 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.

4. COMPLIANCE

The FIFA Referees Committee shall draw up the FIFA Refereeing International Lists in compliance with the articles of the FIFA Statutes.

5. NOMINATION DEADLINE

Each year, FIFA Refereeing shall request all Member Associations to nominate candidates whom they consider qualified to act as an international match official. The deadline to nominate these candidates for each upcoming year is 1 October.

6. NOMINATION CONDITIONS

1. Lists of candidates including both women and men shall be compiled for all of the following:
 - a) Referees
 - b) Assistant referees
 - c) Video match officials (VMOs)
 - d) Futsal referees
 - e) Beach soccer referees
2. When nominating a candidate, Member Associations shall observe the following conditions:
 - a) Candidates may be nominated for only one list, except for VMOs, who can also be referees or assistant referees.
 - b) Member Associations that do not have an organised league may not make any nominations.
 - c) The maximum number of match officials from each Member Association shall be decided annually by the FIFA Referees Committee, taking the following factors, among others, into account:
 - i. The level of refereeing of each Member Association
 - ii. The level or professionalisation of competitions within each Member Association



- d) The proposed match officials 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.
- e) The proposed match officials shall have officiated regularly at matches at the highest level in their Member Association for at least two years.
- f) Only candidates who have officiated more often as assistant referees than as referees in the previous 12 months may be considered for the list of international assistant referees.
- g) The proposed VMOs shall have officiated regularly at matches at the highest level in their Member Association for at least two years and have officiated at a minimum of 15 matches as a VMO. They can also be directly certified by FIFA or the confederations. There is no fitness requirement for this role.
- h) The proposed match officials shall have passed the appropriate FIFA Fitness Test related to their category, as well as a medical examination certifying that they are fit to act as match officials within the four months prior to the deadline for nomination for the FIFA Refereeing International Lists (1 June – 30 September). FIFA reserves the right to require match officials 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.
- i) Candidates who are temporarily injured, ill or pregnant (or recovering from pregnancy and/or childbirth) at the time of nomination 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.
- j) The Member Associations shall supply FIFA with the rankings of the proposed match officials based on the marks obtained at national level. These rankings shall apply only to first-division matches at which the candidates have officiated in the 12 months prior to their nomination.
- k) Nominations must be submitted no later than 1 October via the link provided by FIFA Refereeing.
- l) The failure to fulfil any of the foregoing conditions will lead to the rejection of the candidate(s) in question.

7. CHANGING ROLES

International match officials included in one of the lists for any given year may not be proposed for any other list until a period of 12 months (for specialised training) has elapsed. This period shall begin on the day on which the match official concerned no longer appears on the international list. The VMO role is exempted from this article.

8. CONFLICTS OF INTEREST

Match officials proposed for the lists may not exercise any official function as a member of an executive committee, as a general secretary, or as a member of the referees committee of any football club, Member Association, confederation or FIFA during the year for which they have been appointed.

9. VALIDATION OF NOMINATIONS

The FIFA Referees Committee shall decide upon any nominations for the FIFA Refereeing International Lists. The FIFA Referees Committee may consult the confederations before reaching a decision.

10. ALLOTMENTS

The FIFA Referees Committee reserves the right to decide on the number of match officials that it deems appropriate for each category of match officials and may disregard the rankings provided by the Member Associations under article 6 paragraph 2 j) of these regulations.

11. BADGES

The selected match officials shall receive FIFA international match official badges representing the category for which they were approved. The match officials shall wear their respective badges at all international matches at which they officiate during the year for which they were appointed and may wear them for domestic matches as well. They may not, however, wear their FIFA international match official badge if it does not match their role in a match, unless they are a FIFA international referee, in which case they can also wear their badge for other roles.

12. EXPECTATIONS OF BEHAVIOUR

FIFA international match officials shall be role models. As such, they are expected to behave with dignity and respect, while complying with all applicable FIFA regulations and guidelines.



13. SUSPENSION AND REMOVAL REQUESTS BY A MEMBER ASSOCIATION

The Member Association to which an international match official is affiliated may submit a formal request to the FIFA Referees Committee to suspend the match official or remove them from the lists for any justifiable reason.

14. SUSPENSIONS AND REMOVALS BY THE FIFA REFEREES COMMITTEE

The FIFA Referees Committee reserves the right to suspend any international match official or remove them from the lists on the grounds of performance or behaviour or for any other justifiable reason.



Final provisions

15. FINAL APPROVAL

The FIFA Referees Committee reserves the right to decide whether or not to appoint a match official to the international lists.

16. APPEALS

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

17. OFFICIAL LANGUAGES

In the case of any discrepancy in the interpretation of the English, French or Spanish texts of these regulations, the English text shall be authoritative.

18. ENFORCEMENT

These regulations came into force on 1 October 2020.

The FIFA logo is displayed in white on a dark blue background. It consists of the word "FIFA" in a bold, sans-serif font, followed by a registered trademark symbol (®).



FIFA®

DECEMBER 2024

FIFA FITNESS TESTS FOR MATCH OFFICIALS

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Fédération Internationale de Football Association
President: Gianni Infantino
Secretary General: Mattias Grafström
Address: FIFA
FIFA-Strasse 20
P.O. Box
8044 Zurich
Switzerland
Tel.: +41 (0)43 222 7777
Website: FIFA.com

DEFINITIONS

For the purpose of this document, the terms set out in the Regulations on the Organisation of Refereeing in FIFA Member Associations apply. Additionally, definitions of terms listed in the Laws of the Game issued by The International Football Association Board are also applicable to this document.

NB: Terms referring to natural persons are applicable to both genders. Any term in the singular applies to the plural and vice versa.

FITNESS TESTS FOR REFEREES



INTRODUCTION

FIFA Fitness Test

The official FIFA Fitness Test for football referees is divided into 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 walks.

A recovery period of a minimum of six minutes and a maximum of eight minutes should be provided between the end of test 1 and the start of test 2.

Tests must be performed on an athletics track or a football pitch (natural or artificial). Running spikes may NOT be worn during tests on an athletics track. However, football boots may be worn if the tests are carried out on a natural or artificial football pitch.

To be eligible to officiate international matches, referees must pass the official FIFA Fitness Test at least once a year.

It is recommended that all fitness testing be conducted by a qualified physical instructor. A well-equipped ambulance must be present throughout the testing session.

Optional tests

In addition to the official tests, 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 against the recommended standards.

TEST 1: REPEATED SPRINT ABILITY

- Electronic timing gates (equipped with photocells) should be used to time the sprints. Timing gates should be positioned no higher than 1m from the ground. If electronic timing gates are not available, an experienced physical instructor should time each sprint using a manual stopwatch.
- 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.
- 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.
- Referees should perform six 40m sprints with a maximum of one minute to recover after each sprint. During their recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = one 40m sprint).
- If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth. If a referee fails two trials, they have failed the test.

**Reference times for referees in men's football**

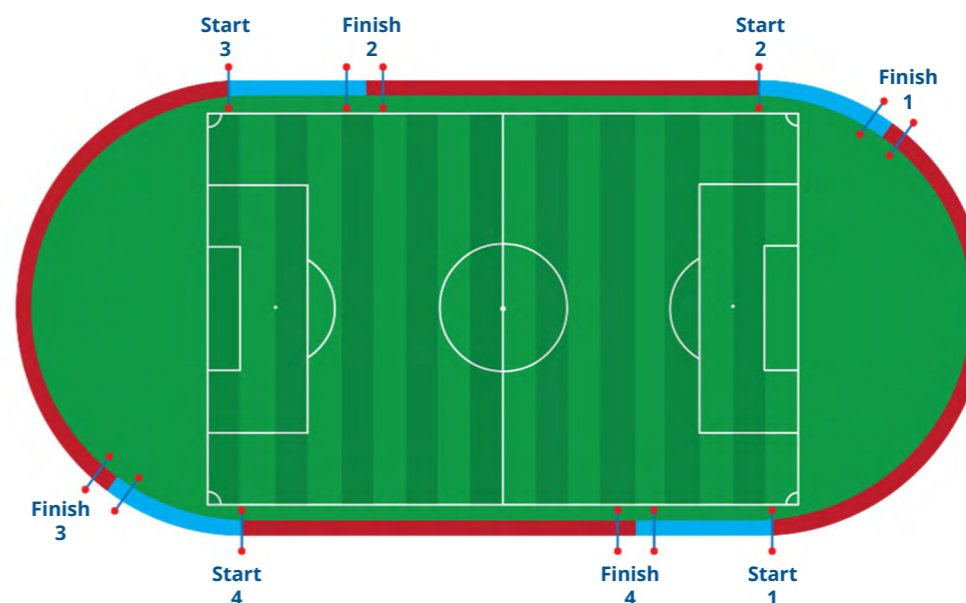
- International and category 1: maximum 6.00 seconds per trial
- Category 2: maximum 6.10 seconds per trial
- Lower categories: maximum 6.20 seconds per trial

Reference times for women referees (for women's football only)

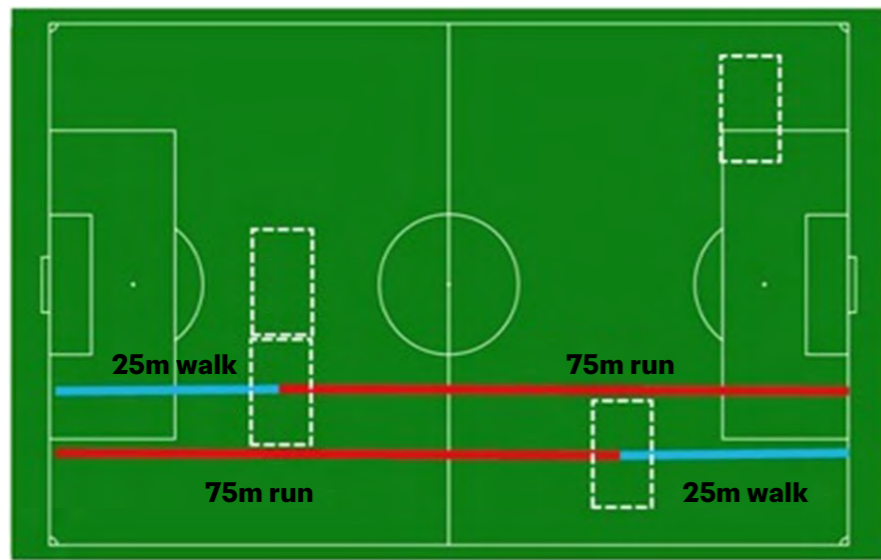
- International and category 1: maximum 6.40 seconds per trial
- Category 2: maximum 6.50 seconds per trial
- Lower categories: maximum 6.60 seconds per trial

TEST 2: INTERVAL TEST

- Referees must complete 40 consecutive intervals each consisting of a 75m run followed by a 25m walk. This equates to 4km or ten 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.
- 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.
- At the end of each run, each referee must enter the walking area before the whistle has sounded. The walking area is marked out with lines 1.5m before and after the 75m line.
- 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 on a second occasion, they should be stopped by the test leader and informed that they have failed the test.
- It is recommended that the test be held in groups comprising no more than six referees. It is possible to have four groups taking the test simultaneously (see below), meaning that up to 24 referees can be tested at once. Each group should be allocated a test leader, who should monitor their group closely throughout the test.

Set-up on athletics track

Set-up on football pitch



Reference times for referees in men's football

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

Reference times for women referees (for women's football only)

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 TEST

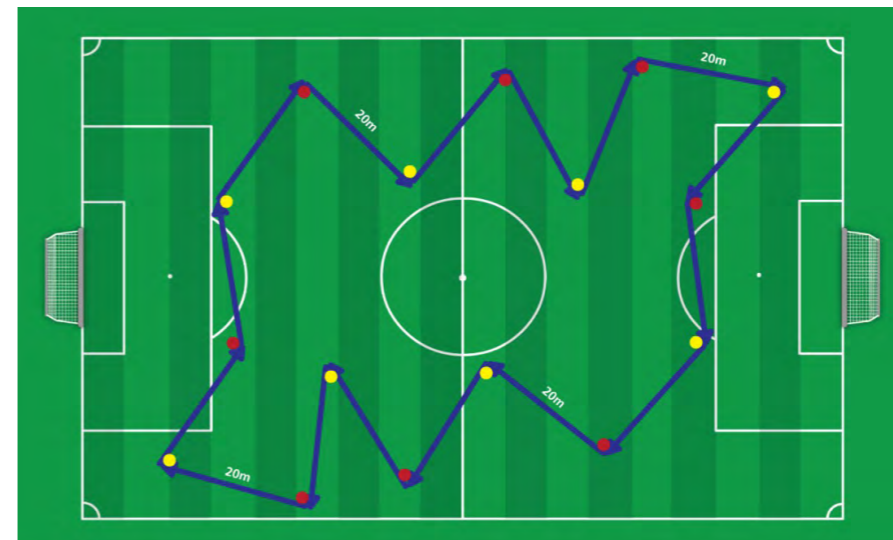
1. Cones must be set out as illustrated in the diagram below. It is important that the placement of the cones be accurate, with a distance of exactly 20m between the relevant red and yellow cones. Referees may start from the yellow or red cones. It is recommended that the test be held in groups comprising 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 will be followed 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 will be followed by a recovery period.
4. 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.
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 stopped by the test leader and informed that they have failed the test.

Reference times for referees in men's football

1. International and category 1: level 18 – 8 | 2,040m
2. Category 2: level 18 – 5 | 1,920m
3. Lower categories: level 18 – 1 | 1,760m

Reference times for women referees (for women's football only)

1. International and category 1: level 17 – 8 | 1,720m
2. Category 2: level 17 – 5 | 1,600m
3. Lower categories: level 16 – 8 | 1,400m



OPTIONAL TEST 2: YO-YO INTERMITTENT TEST (LEVEL 1)

- Cones must be set out as illustrated in the diagram below. The distance between A and B is 5m and the distance between B and C is 20m.
- Referees must complete the following sequence in accordance with the pace dictated by the audio file for the Yo-Yo Intermittent Test (Level 1):
 - Run 20m (B-C), turn and run 20m (C-B).
 - Walk 5m (B-A), turn and walk 5m (A-B).
- 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 recommended level.
- The starting position requires the referees to be standing still with their front foot on the line (B). When changing direction, referees must place a foot on line C. If a referee fails to place a foot on line C or fails to return to line B 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 stopped by the test leader and informed that they have failed the test.

**Reference times for referees in men's football**

- International and category 1: level 18 – 2 | 1,800m
- Category 2: level 17 – 7 | 1,680m
- Lower categories: level 17 – 4 | 1,560m

Reference times for women referees (for women's football only)

- International and category 1: level 16 – 4 | 1,240m
- Category 2: level 15 – 7 | 1,040m
- Lower categories: level 15 – 3 | 880m



FITNESS TESTS FOR ASSISTANT REFEREES

INTRODUCTION

FIFA Fitness Test

The official FIFA Fitness Test for football assistant referees is divided into 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 walks.

A recovery period of a minimum of two minutes and a maximum of four minutes should be provided between the end of test 1 and the start of test 2. A recovery period of a minimum of six minutes and a maximum of eight minutes should be provided between the end of test 2 and the start of test 3.

Tests must be performed on a stable surface, such as an athletics track, an indoor hall or a football pitch (natural or artificial). Running spikes may NOT be worn during tests on an athletics track. However, football boots may be worn if the tests are carried out on a natural or artificial football pitch.

To be eligible to officiate international matches, assistant referees must pass the official FIFA Fitness Test at least once a year.

It is recommended that all fitness testing be conducted by a qualified physical instructor. A well-equipped ambulance must be in attendance throughout the testing session.

Optional test

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

TEST 1: CHANGE-OF-DIRECTION ABILITY (CODA)

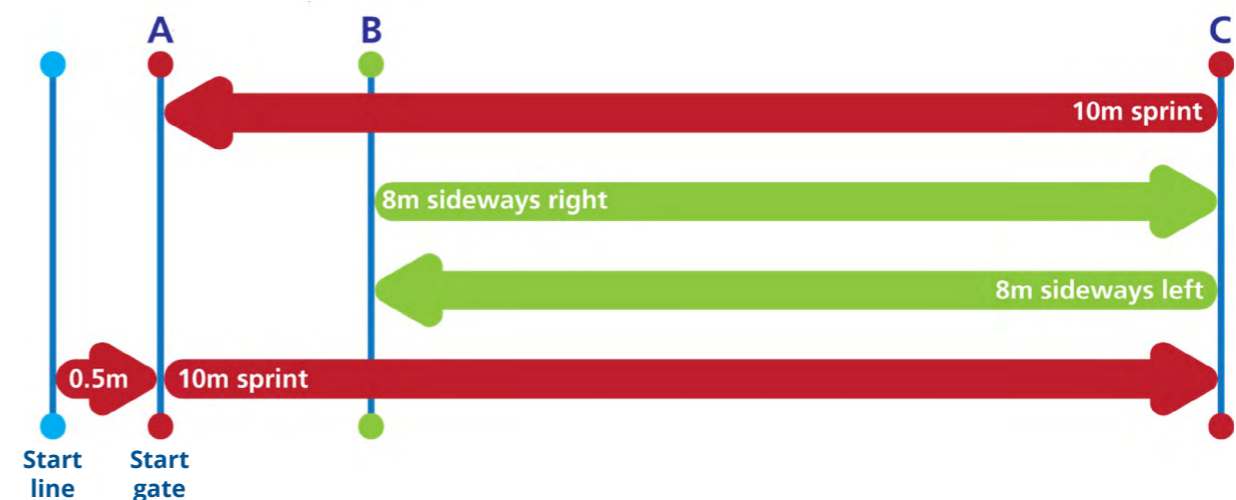
- Electronic timing gates (equipped with photocells) should be used to time the test. Timing gates should be positioned no higher than 1m from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
- Cones must be set out as illustrated in the diagram below. The distance between A and B is 2m. The distance between B and C is 8m.
- Only one timing gate is required for the test per assistant referee (A). The start line should be marked out 0.5m before the timing gate (A).
- 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.
- Assistant referees sprint 10m forwards (A to C), 8m sideways left (C to B), 8m sideways right (B to C) and 10m forwards (C to A).
- If an assistant referee falls or trips, they should be given an additional trial.
- If an assistant referee fails the trial, they should be given an additional trial. If an assistant referee fails two trials, they have failed the test.

Reference times for assistant referees in men's football

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

Reference times for women assistant referees (for women's football only)

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



TEST 2: REPEATED SPRINT ABILITY

- Electronic timing gates (equipped with photocells) should be used to time the sprints. Timing gates should be positioned no higher than 1m from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
- 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.
- 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.
- Assistant referees should perform five 30m sprints with a maximum of 30 seconds to recover after each sprint. During their recovery, assistant referees must walk back to the start.
- If an assistant referee falls or trips, they should be given an additional trial (one trial = one 30m sprint).
- If an assistant referee fails one trial out of the five, they should be given a sixth trial immediately after the fifth. If an assistant referee fails two trials, they have failed the test.

**Reference times for assistant referees in men's football**

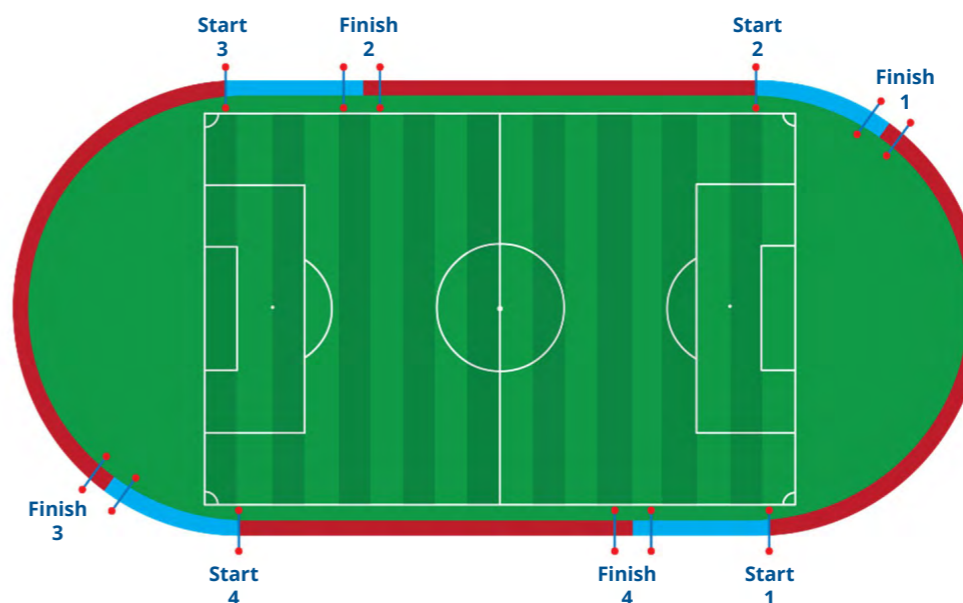
- International and category 1: maximum 4.70 seconds per trial
- Category 2: maximum 4.80 seconds per trial
- Lower categories: maximum 4.90 seconds per trial

Reference times for women assistant referees (for women's football only)

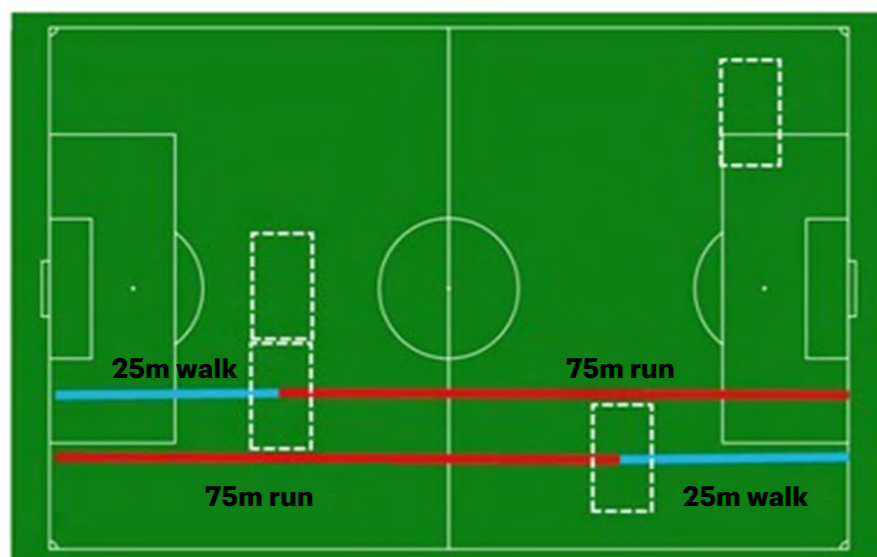
- International and category 1: maximum 5.10 seconds per trial
- Category 2: maximum 5.20 seconds per trial
- Lower categories: maximum 5.30 seconds per trial

TEST 3: INTERVAL TEST

- Assistant referees must complete 40 consecutive intervals each consisting of a 75m run followed by a 25m walk. This equates to 4km or ten laps of a 400m athletics track. The pace is dictated by the audio file, and reference times are set in accordance with the assistant referee's category. If an audio file is not available, an experienced physical instructor should use a stopwatch and whistle.
- Assistant referees must start from a standing position. They must not start before the whistle. To ensure that assistant 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.
- At the end of each run, each assistant referee must enter the walking area before the whistle has sounded. The walking area is marked out with lines 1.5m before and after the 75m line.
- 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 on a second occasion, they should be stopped by the test leader and informed that they have failed the test.
- It is recommended that the test be held in groups comprising no more than six assistant referees. It is possible to have four groups taking the test simultaneously (see below), meaning that up to 24 assistant referees can be tested at once. Each group should be allocated a test leader, who should monitor their group closely throughout the test.

Set-up on athletics track

Set-up on football pitch



Reference times for assistant referees in men's football

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

Reference times for women assistant referees (for women's football only)

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: ASSISTANT REFEREE INTERMITTENT ENDURANCE TEST (ARIET)

1. Cones should be set out as illustrated in the diagram below. The distance between A and B is 2.5m, the distance between B and C is 12.5m and the distance between B and D is 20m.
2. Assistant referees 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 12.5m sideways (B-C) and run 12m sideways facing the same side (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). When changing direction, assistant referees must place a foot on the relevant line (C or D).

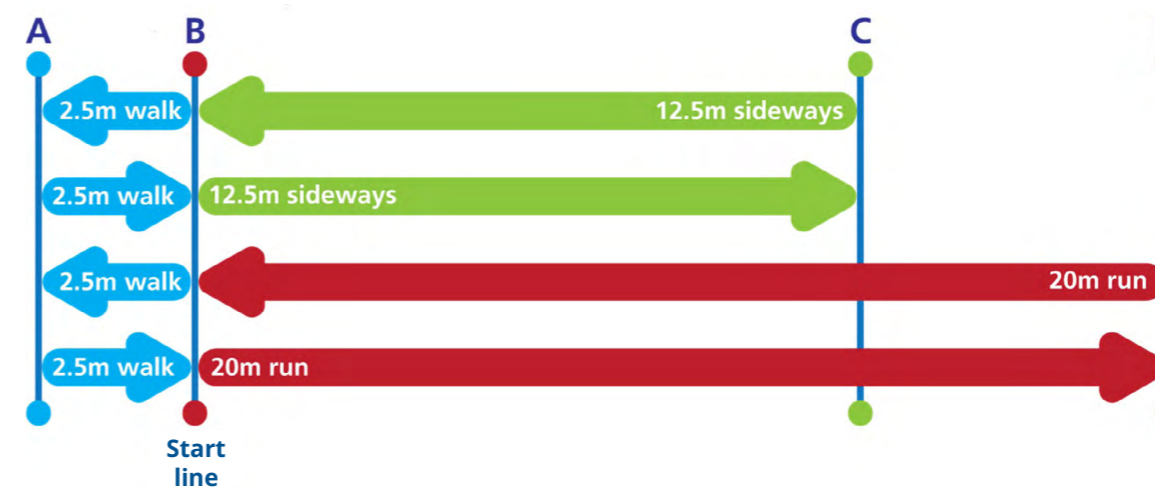
If an assistant referee fails to place a foot on line C or D or to return to line B on time, they should receive a clear warning from the test leader. If an assistant referee fails to arrive on time on a second occasion, they should be stopped by the test leader and informed that they have failed the test.

Reference times for assistant referees in men's football

1. International and category 1: level 16 – 3 | 1,470m
2. Category 2: level 15.5 – 3 | 1,275m
3. Lower categories: level 14.5 – 3 | 1,080m

Reference times for women assistant referees (for women's football only)

1. International and category 1: level 14.5 – 3 | 1,080m
2. Category 2: level 14 – 3 | 820m
3. Lower categories: level 13.5 – 8 | 715m



FITNESS TESTS FOR FUTSAL AND BEACH SOCCER REFEREES



INTRODUCTION

The official FIFA Fitness Test for futsal and beach soccer referees is divided into three tests.

Test 1 measures the referee's maximum speed over 20m. 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 runs over a prolonged period.

A recovery period of a minimum of two minutes and a maximum of four minutes should be provided between the end of test 1 and the start of test 2. A recovery period of a minimum of six minutes and a maximum of eight minutes should be provided between the end of test 2 and the start of test 3.

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

To be eligible to officiate international matches, futsal and beach soccer referees must pass the official FIFA Fitness Test at least once a year.

It is recommended that all fitness testing be conducted by a qualified physical instructor. A well-equipped ambulance must be in attendance throughout the testing session.

TEST 1: SPEED

- Electronic timing gates (equipped with photocells) should be used to time the sprints. Timing gates should be positioned no higher than 1m from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
- 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.
- 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.
- Referees should perform two 20m sprints with a maximum of 90 seconds to recover after the first. During their recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = one 20m sprint).
- If a referee fails one trial out of the two, they should be given a third trial immediately after the second. If a referee fails two trials, they have failed the test.

**Reference times for referees in men's futsal and beach soccer**

- International and category 1: maximum 3.30 seconds per trial
- Lower categories: maximum 3.40 seconds per trial

Reference times for women referees (for women's futsal and beach soccer only)

- International and category 1: maximum 3.80 seconds per trial
- Lower categories: maximum 3.90 seconds per trial

TEST 2: CHANGE-OF-DIRECTION ABILITY (CODA)

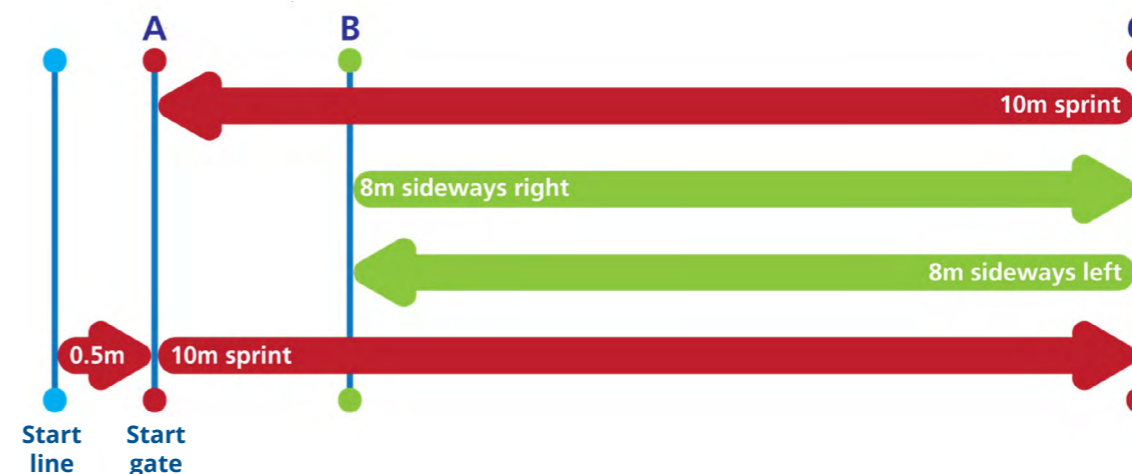
- Electronic timing gates (equipped with photocells) should be used to time the test. Timing gates should be positioned no higher than 1m from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
- Cones must be set out as illustrated in the diagram below. The distance between A and B is 2m. The distance between B and C is 8m.
- Only one timing gate is required for the test per referee (A). The start line must be marked out 0.5m before the timing gate (A).
- 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.
- Referees sprint 10m forwards (A to C), 8m sideways left (C to B), 8m sideways right (B to C) and 10m forwards (C to A).
- If a referee falls or trips, they should be given an additional trial.
- If a referee fails the trial, they should be given an additional trial. If a referee fails two trials, they have failed the test.

Reference times for referees in men's futsal and beach soccer

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

Reference times for women futsal and beach soccer referees (for women's futsal and beach soccer only)

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



3. FITNESS TESTS FOR FUTSAL AND BEACH SOCCER REFEREES

TEST 3: ASSISTANT REFEREE INTERMITTENT ENDURANCE TEST (ARIET)

1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2.5m, the distance between B and C is 12.5m and the distance between B and D is 20m.
2. Referees 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 12.5m sideways (B-C) and run 12.5m sideways facing the same side (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). When changing direction, referees must place a foot on the relevant line (C or D). If a referee fails to place a foot on line C or D or to return to line B 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 stopped by the test leader and informed that they have failed the test.

Reference times for referees in men's futsal and beach soccer

1. International and category 1: level 15.5 – 3 | 1,275m
2. Lower categories: level 15 – 3 | 1,170m

Reference times for women futsal and beach soccer referees (for women's futsal and beach soccer only)

1. International and category 1: level 14.8 | 975m
2. Lower categories: level 14.3 | 820m

