

A woman in a black and grey FIFA jersey is running on a green field, performing an agility drill with yellow markers. The background shows a large stadium with tall light towers under a blue sky with white clouds. The FIFA logo is visible in the top right corner.

FIFA®

DECEMBER 2024

**FIFA FUTSAL FITNESS
TESTS
FOR MATCH OFFICIALS**

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)

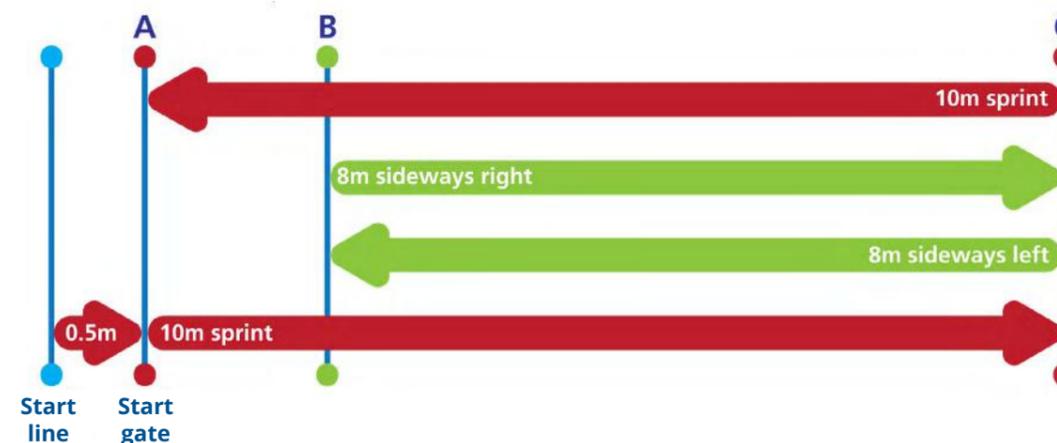
- Electronic timing gates (equipped with photocells) should be used to time the test. Timing gates should be positioned no higher than 1m from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
- Cones must be 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.

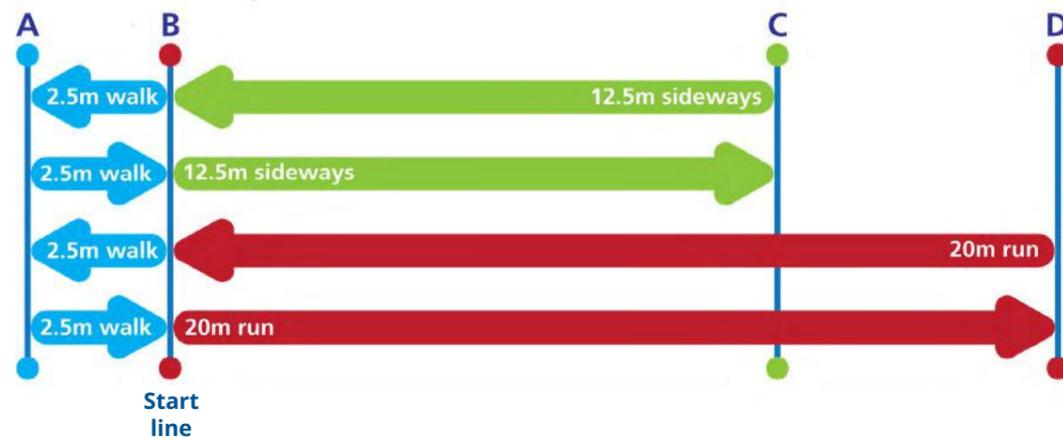
If a referee fails to arrive on time on a second occasion, they should be stopped by the test leader and informed that they have failed the test.

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



“ARIET” TEST IN PRACTICE

FIFA[®]

For the Game. For the World.

Modified version of the Yo-Yo Intermittent Endurance Test level 2 (YYIET2)

- 1) 2x 20m forward running
- 2) 2x 2.5m recovery walk
- 3) 2x 12.5m sidestep right / left
- 4) 2x 2.5m recovery walk

ARIET TEST

ARIET (Assistant Referee Intermittent Endurance Test)

40m forward running shuttle (cone A to B to A)

5m recovery walk (cone A to C to A)

25m sidestep shuttle right / left (cone A to D to A)

** Sidestep can be right-left or left-right*

5m recovery walk (cone A to C to A)

** Continue alternating forward and sidestep movements*

