

NISOA Physical Performance Test

March 2017



The NISOA Executive Board approved a revised physical performance test at the January 13, 2017 meeting. The test was revised in March 2017 for NISOA National Referees. The existing 4 event test (12 minute run, Pro-40 Box, AR-50 M and 30 M shuttle) has been replaced with a more modern testing protocol for all NISOA referees (including National Referees).

Physical Performance Test for Renewing/New NISOA Members

The physical performance test for NISOA Renewing/New members is identical to the current test for US Soccer Grade 6 referees. In fact, NISOAs strongly recommends chapters accept test results from members who have taken and passed the US Soccer Grade 6 test for the current registration period and exempt them from chapter testing.

Event 1: Repeated Sprint Test

- Participants run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line).
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position.



- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with their front foot touching the 'start line'. Once the test leader signals that ready, the referee is free to start.
- Referees receive a maximum of 60 seconds recovery between each of the 6 x 40m sprints. During recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
- 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.

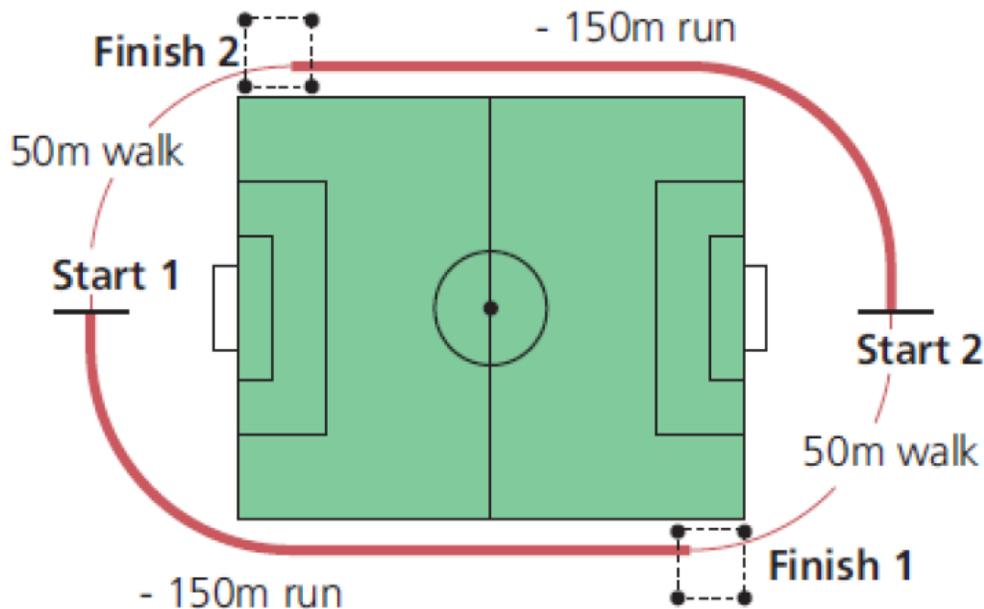
The maximum allowed time for each sprint is 9.0 seconds.

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Event 2 Interval Test

- Referees must complete 20 x 150m run / 50m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of two 150 meter runs with two 50 meter recovery walks. Each run must be accomplished within 45 seconds. The walk interval shall be 45 seconds.
- Referees must start from a standing position. They must not start before the whistle. On the whistle, referees are allowed to start running.
- At the end of each run, each referee must enter the 'walking area' before the whistle (45 seconds). The walking area is marked out with a line 1.5m before and 1.5m behind the 150m 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 for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



Physical Performance Test Site Requirements

- EMS and/or a medical trainer must be available on site.
- Available from 7:00 a.m.-7:00 p.m. to allow for weather delays
- Should have a minimum of 6 lanes (400 meters or 200 meters if it is an indoor facility).
- Surface should be rubber type coating to help prevent injuries.
- Sound system at the track with the ability to play a DVD or audio file on a computer*

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- Restrooms and drinking water must be available to the participants.
 - Timers, monitors, scribes must be recruited from local volunteers.
 - Equipment needed includes colored pennies with numbers on both sides (or pins with numbers), cones, flags, whistles, clipboards and timing watches.*

*Recommended.

Chapter Requirements

Chapters may retest members who do not meet the minimum requirements of the physical performance test at the discretion of the chapter. In addition, chapters may allow for a field performance assessment for the official if they do not meet the minimum requirements of the physical performance test.

All testing requirements and criteria are independent of age and gender.