

Appendix C – High Intensity Interval Fitness Test

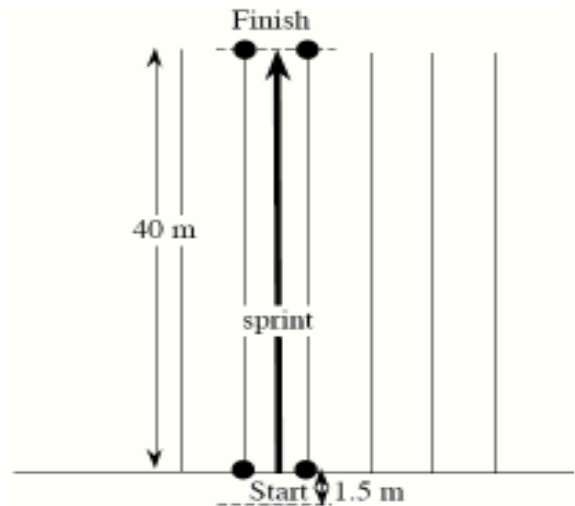
Part 1

Measure:

- Average running speed during repeated fast runs over a specific match distance (in km/hr)

Test:

- 6 x 40 m sprint followed by max. 1 minute 30 seconds recovery after each sprint (while walking back to the start)
- Dynamic start with the front foot on a line that is 1.5 m away from the electronic timing gates at the starting position
- NB: If it is not possible to record the times electronically, one observer signals the moment the referee runs through the first gate using an accurate flag signal. The second observer is positioned in line with the second gate and stops the stopwatch when the referee runs through
- For reasons of uniformity, testing is done on an athletic track



Procedure:

- The referees line up one by one. Once the test supervisor signals that he is ready, the referee can decide when to start

Reference time

- [Canada Soccer](#)

Other instructions:

- If a referee or assistant referee falls or trips, he is given another trial (1 trial = 1 x 40 m)
- If a referee or assistant referee fails 1 trial out of the six, then he is given 1 more trial (and one only) immediately after the 6th trial. If he fails 2 trials, the match official has failed the test.
- Athletic spikes may not be used during any of the repeated fast runs.

Part 2:

Measure:

- Capacity to perform repeated high intensity runs

Test:

- Intermittent activity run in accordance with the pace set by an audible signal.
- For reasons of uniformity, testing is done on an athletic track.

Reference times

- [Canada Soccer](#)

Procedure:

- All match officials must arrive before the signal in the 'walking area' that is marked by 4 cones (1.5 m in front, and 1.5 m behind the 75 m mark). If an official fails to put 1 foot in the walking area in time, the observer signals and that official must stop.
- Match officials may not leave the 'walking area' before the next signal.
- Match officials run in small groups comprising a maximum of 6 referees.
- Distance to be covered – 4000 meters.
- 1 Lap consists of 4 sprints and 4 walks (400 m lap) or 2 sprints and 2 walks (200m lap – Indoor)
- Timing equipment: - DVD and speakers are needed for this test, as well as clearly indicated running and walking areas.

