

TO THE MEMBER ASSOCIATIONS OF FIFA

Circular no. 1896

Zurich, 5 September 2024

2025 FIFA Refereeing International Lists

Dear Sir or Madam,

FIFA would hereby like to invite you to nominate match officials for the 2025 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:

29 September 2024

We enclose the 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 1999** and assistant referees must have been born on or before **31 December 2001** in order to ensure a minimum level of experience. FIFA reserves the right to require proposed match officials over the age of 45 (born in **1980** 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. 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 2024**.

Please note that all match official roles are gender-neutral, and that any qualified individual can be nominated. Individuals who want to be considered for referee or assistant referee appointments in men's football matches must pass the relevant men's football fitness test. The futsal and beach soccer fitness test set out in the enclosed document applies equally to all candidates.

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 or need help with anything, 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

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



Regulations on the Nomination and Appointment of FIFA International Match Officials



Fédération Internationale de Football Association

| | |
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Regulations on the Nomination and Appointment of FIFA International Match Officials

2 Definitions

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3 Definitions

For the purpose of these regulations, the terms set out in the Regulations on the Organisation of Refereeing in FIFA Member Associations shall apply.

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

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 women and men 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 international matches.

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 each member association 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:

- 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 video match officials (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 professionalization 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 the member association of their country 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 video match officials (VMOs) shall have officiated regularly at matches at the highest level in the member association of their country for at least two years and have officiated at least 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 they 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) Failure to fulfil any of the foregoing conditions will lead to 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 video match official (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 Nomination

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 art. 6 par. 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 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 or remove the match official 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 or remove any international match official from the lists on grounds of performance, behaviour or for any other justifiable reason.

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, Spanish or German texts of these regulations, the English text shall be authoritative.

18 Enforcement

These regulations came into force on 1 October 2020.

Fédération Internationale de Football Association

The image shows a soccer field with several tripods on the grass, each with a yellow flag on top. Orange and blue cones are scattered on the field. In the background, there is a concrete wall and a dry, hilly landscape under a clear blue sky. A large, faint, stylized 'X' is overlaid on the image.

Fitness Tests for Match Officials 2020

FIFA®

Fédération Internationale de Football Association

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FIFA Approved Fitness Tests

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3 Definitions

For the purpose of these regulations, the terms set out in the Regulations on the Organisation of Refereeing in FIFA Member Associations shall apply. Additionally, definitions of words and terms listed in the Laws of the Game issued by The IFAB are also applicable for the purpose in 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.

4 Fitness test for referees

Introduction

FIFA Fitness Test

The official fitness test for football referees consists of 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 walking intervals.

The time between the end of Test 1 and the start of Test 2 should be 6 to 8 minutes maximum.

Tests must be performed on an athletics track (or a natural/artificial football field if no track is available). Athletic spikes may NOT be worn during the tests.

Referees must pass the 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 during the entire testing session.

FIFA-Approved Optional Tests

In addition to the official test, 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 with the recommended standards.

Test 1: Repeated Sprint Ability

1. Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each sprint using a manual stopwatch.
2. 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.
3. 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.
4. Referees should receive a maximum of 60 seconds recovery between each of the 6 X 40m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
6. 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.



Reference times for men referees

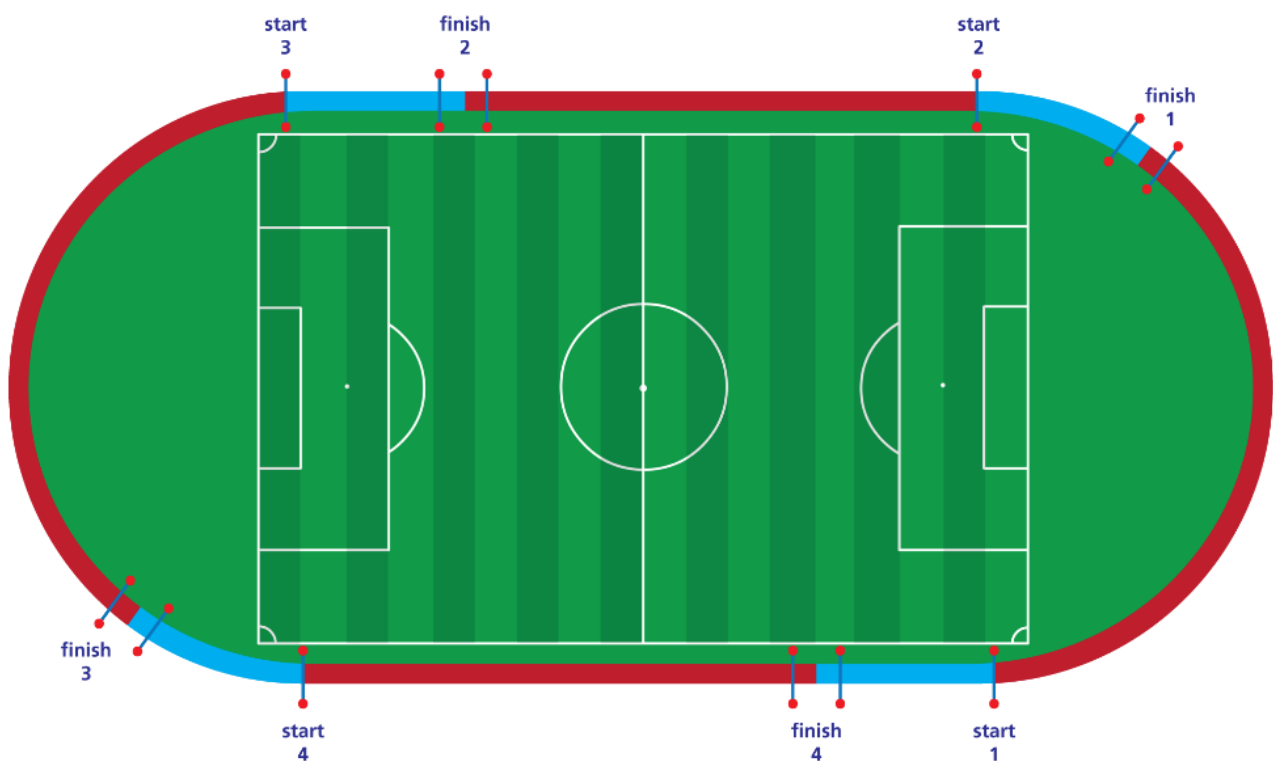
1. International and category 1: maximum 6.00 seconds per trial
2. Category 2: maximum 6.10 seconds per trial
3. Lower categories: maximum 6.20 seconds per trial

Reference times for women referees

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

Test 2: Interval Test

1. Referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 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.
2. 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.
3. At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
4. 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.
5. It is recommended that the test be run in groups comprising no more than six referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated with a test leader who should monitor their group closely throughout the test.



7 Fitness test for referees

Reference times for men referees

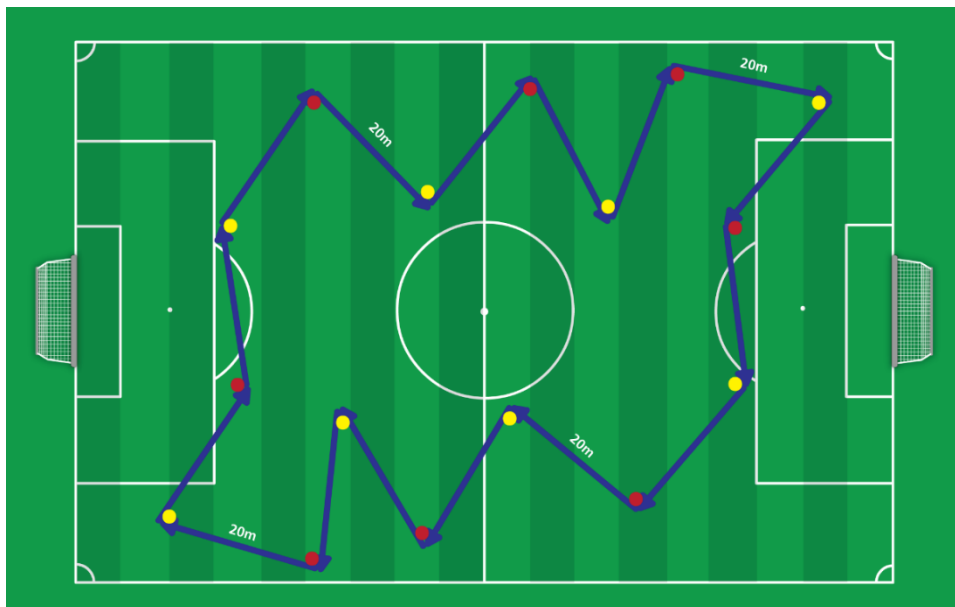
1. International and category 1: maximum 15 seconds per 75m run and 18 seconds per 25m walk
2. Category 2: maximum of 15 seconds per 75m run 20 seconds per 25m walk
3. Lower categories: maximum 15 seconds per 75m run and 22 seconds per 25m walk

Reference times for women referees

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

1. The cones must be set out as illustrated in the diagram below. It is important that the colours (i.e. red and yellow) are placed accurately and that the distance between the red and yellow cones is exactly 20 meters. Referees may start from the yellow or red cones. It is recommended that the test be run 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 is interspersed 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 is interspersed by a recovery period.
4. The audio file will dictate the pace of the runs and the length of the each recovery period. Referees must keep pace with the audio file until they have reached the required recommended 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 pulled from the test by the test leader.



Reference times for men referees

1. International and category 1: level 18-8 / 2,040 metres
2. Category 2: level 18-5 / 1,920 metres
3. Lower category: level 18-1 / 1,760 metres

Reference times for women referees

1. International and category 1: level 17-8 / 1,720 metres
2. Category 2: level 17-5 / 1,600 metres
3. Lower categories: level 16-8 / 1,400 metres

Optional test 2, Yo-Yo Intermittent test

1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 5 metres. The distance between B and C is 20 metres.
2. Referees must complete the following sequence in accordance with the pace dictated by the audio file.
 - a. run 20m (B-C), turn and run 20m (C-B)
 - b. walk 5m (B-A), turn and walk 5m (A-B)
3. The audio file of the Yo-Yo Intermittent Recovery run (level 1) 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.
4. The starting position requires the referees to be standing still with their front foot on the line (B). Referees must place a foot on the turning line C. If a referee fails to place a foot on the line C or fail to return to line B on time, they should receive a clear warning from the test leader. If a referee fails to place a foot on the line C or fail to return to line B on time for a second occasion, they should be pulled from the test by the test leader.



Reference times for men referees

1. International and category 1: level 18-2 / 1,800 metres
2. Category 2: level 17-7 / 1,680 metres
3. Lower categories: level 17-4 / 1,560 metres

Reference times for women referees

1. International and category 1: level 16-4 / 1,240 metres
2. Category 2: level 15-7 / 1,040 metres
3. Lower categories: level 15-3 / 880 metres

Introduction

FIFA Fitness Test

The official fitness test for football assistant referees consists of 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 walking intervals.

The time between the end of Test 1 and the start of Test 2 should be 2 to 4 minutes maximum. The time between the end of Test 2 and the start of Test 3 should be 6 to 8 minutes maximum.

Tests must be performed on a stable surface such as an athletics track or football field. Athletic spikes may NOT be worn during the tests.

Assistant referees must pass the FIFA Fitness Test at least once a year.

It is recommended that all fitness testing be conducted by a qualified physical instructor. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

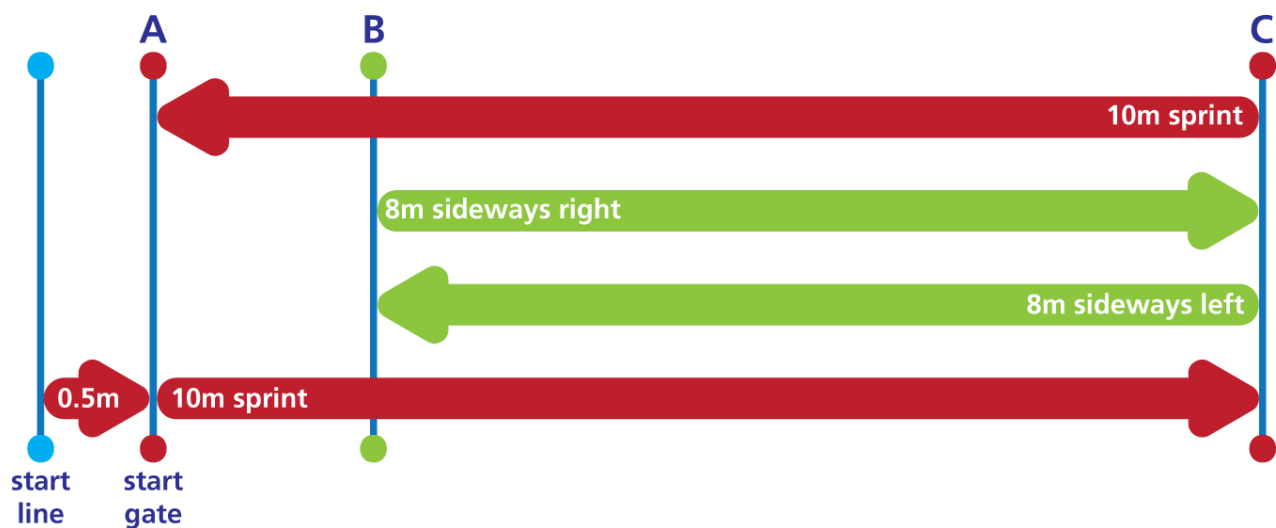
FIFA-Approved Optional Test

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

11 Fitness test for assistant referees

Test 1, CODA (Change of Direction Ability)

1. Electronic timing gates (photocells) should be used to time the CODA. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
3. Only one timing gate is required for the CODA (A). The 'start line' should must be marked out 0.5m before the timing gate (A).
4. 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.
5. Assistant referees sprint 10 m forward (A to C), 8 m sideways left (C to B), 8 m sideways right (B to C) and 10 m forward (C to A).
6. If an assistant referee falls or trips, they should be given an additional trial.
7. If an assistant referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.



Reference times for men assistant referees

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

Reference times for women assistant referees

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

12 Fitness test for assistant referees

Test 2: Repeated Sprint Ability

1. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. 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.
3. 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.
4. Assistant referees should receive a maximum of 30 seconds recovery between each of the 5 X 30m sprints. During their recovery, assistant referees must walk back to the start.
5. If an assistant referee falls or trips, they should be given an extra trial (one trial = 1 x 30 m).
6. If an assistant referee fails one trial out of the five, they should be given a sixth trial immediately after the fifth trial. If they fail two trials out of six, the match official has failed the test.



Reference times for men assistant referees

1. International and category 1: must complete each trial in a maximum 4.70 seconds per trial
2. Category 2: must complete each trial in a maximum 4.80 seconds per trial
3. Lower categories: must complete each trial in a maximum of 4.90 seconds per trial

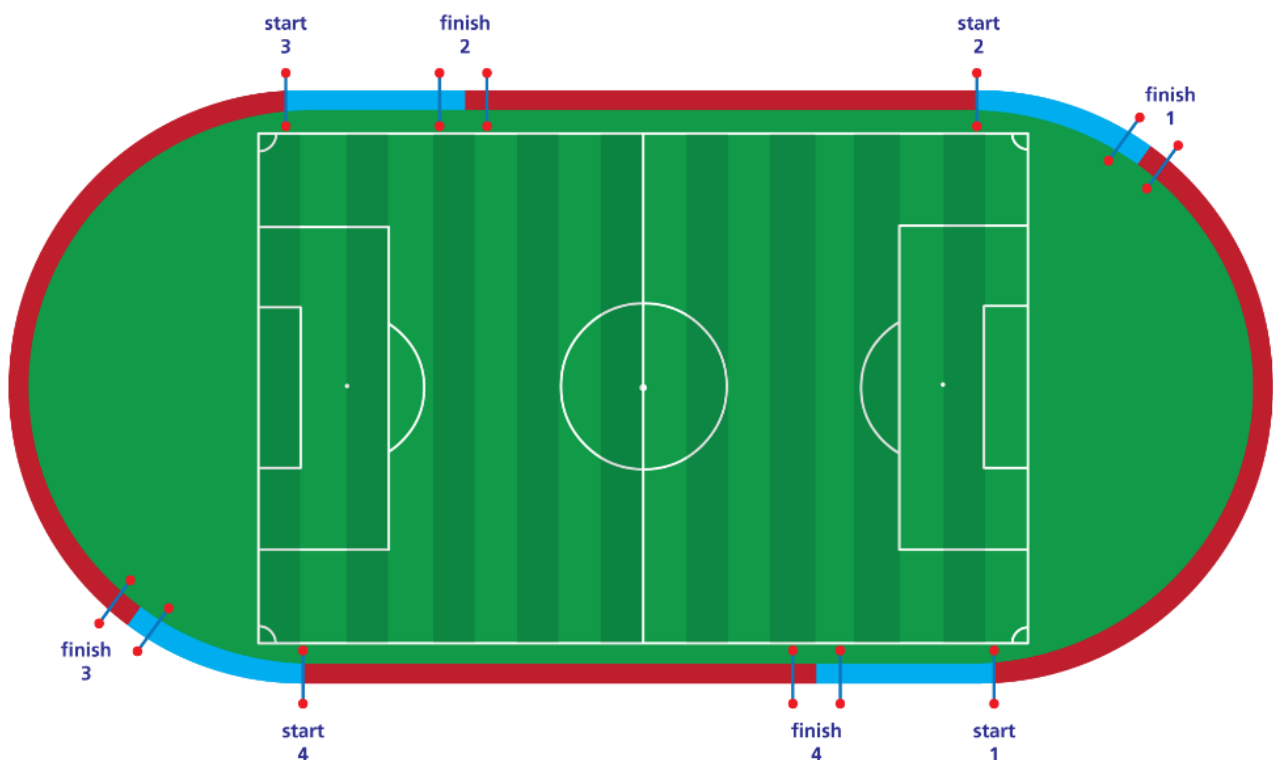
Reference times for women assistant referees

1. International and category 1: must complete each trial in a maximum 5.10 seconds per trial
2. Category 2: must complete each trial in a maximum 5.20 seconds per trial
3. Lower categories: must complete each trial in a maximum 5.30 seconds per trial

13 Fitness test for assistant referees

Test 3: Interval Test

1. Assistant referees must complete 40 x 75m run / 25m walk intervals. This equates to 4,000m or 10 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.
2. Assistant 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 assistant referee to start running.
3. At the end of each run, each assistant referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
4. 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 for a second occasion, they should be stopped by the test leader and informed that they have failed the test.
5. It is recommended that the test be run in groups comprising no more than six assistant referees. It is possible to have four groups running the test simultaneously (see below), meaning a total of 24 referees can be tested at once. Each group should be allocated with a test leader who should monitor their group closely throughout the test.



14 Fitness test for assistant referees

Reference times for men assistant referees

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

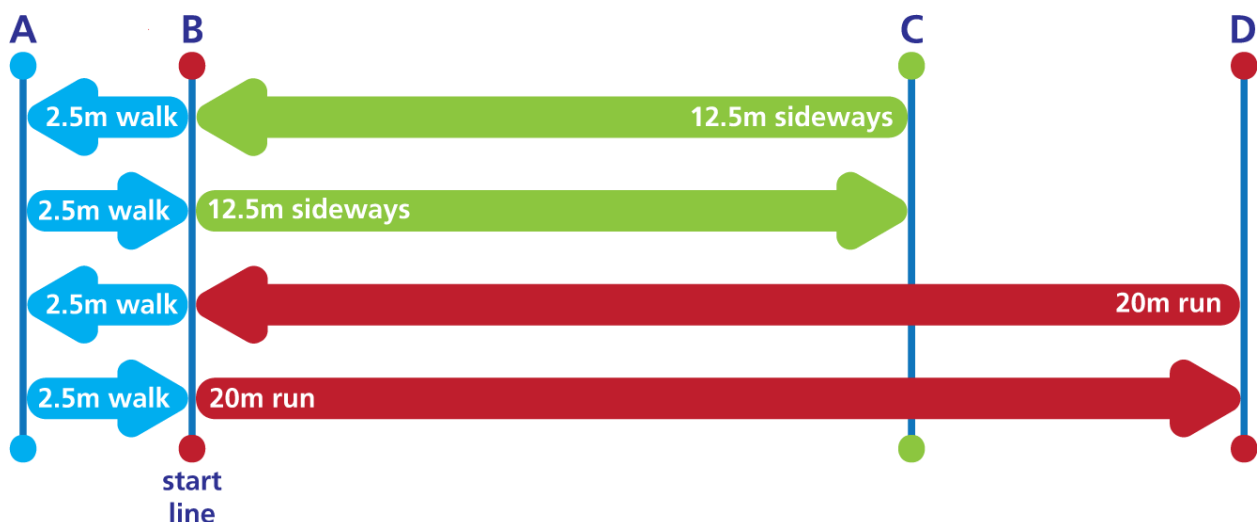
Reference times for women assistant referees

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

15 Fitness test for assistant referees

Optional test, ARIET (Assistant Referee Intermittent Endurance Test)

1. Cones should be set out as illustrated in the diagram below. The distance between A and B is 2.5 metres. The distance between B and C is 12.5 metres. The distance between B and D is 20 metres.
2. Assistant referees must start from a standing position. They 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 sideways 12.5m (B-C), and run sideways facing the same side 12.5m (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). Assistant referees must place a foot on the turning lines (C & D). If an assistant referee fails to place a foot on the lines B, C or D 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 pulled from the test by the test leader.



Reference times for men assistant referees

1. International and category 1: level 16.0-3 / 1,470 metres
2. Category 2: level 15.5-3 / 1,275 metres
3. Lower categories: level 14.5-3 / 1,080 metres

Reference times for women assistant referees

1. International and category 1: level 14.5-3 / 1,080 metres
2. Category 2: level 14-3 / 820 metres
3. Lower categories: level 13.5-8 / 715 metres

16 Fitness test for futsal and beach soccer referees

Introduction

The official fitness test for futsal and beach soccer referees consists of three tests:

Test 1, Speed, measures the referee's maximum speed over 20 metres. 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 running bouts over a prolonged period.

The time in between the end of Test 1 and the start of Test 2 should be 2 to 4 minutes. The time between the end of Test 2 and the start of Test 3 should be 6 to 8 minutes.

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

It is recommended that all fitness testing be conducted by qualified physical instructor. It is mandatory that a well-equipped ambulance is in attendance for the entire testing session.

17 Fitness test for futsal and beach soccer referees

Test 1: Speed

1. Electronic timing gates (photocells) should be used to time the sprints. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. 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.
3. 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.
4. Referees should receive a maximum of 90 seconds recovery between each of the 2 X 20m sprints. During their recovery, referees must walk back to the start.
5. If a referee falls or trips, they should be given an extra trial (one trial = 1 x 20 m).
6. If a referee fails one trial out of the two, they should be given a third trial immediately after the second trial. If they fail two trials out of three, the match official has failed the test.



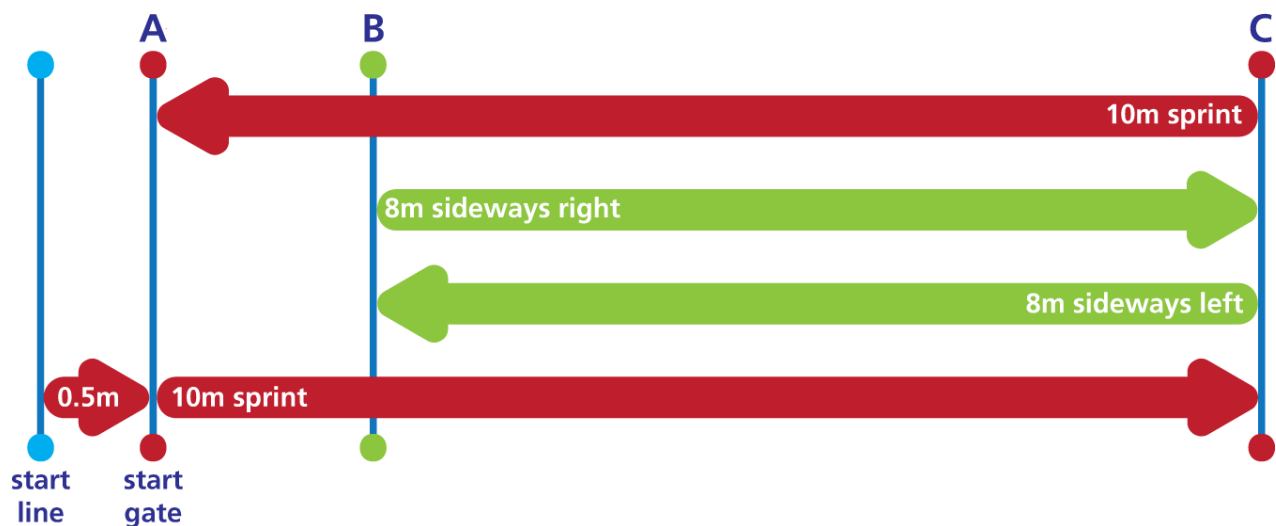
Reference times for men and women futsal and beach soccer referees

1. International and category 1: maximum of 3.30 seconds per trial
2. Lower categories: maximum of 3.40 seconds per trial

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Test 2: CODA (Change of Direction Ability)

1. Electronic timing gates (photocells) should be used to time the CODA. Timing gates should be positioned no higher than 100 cm from the ground. If electronic timing gates are not available, an experienced physical instructor should time each trial using a manual stopwatch.
2. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2 metres. The distance between B and C is 8 metres.
3. Only one timing gate is required for the CODA (A). The 'start line' must be marked out 0.5m before the timing gate (A).
4. 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.
5. The referees sprint 10 m forward (A to C), 8 m sideways left (C to B), 8 m sideways right (B to C) and 10 m forward (C to A).
6. If a referee falls or trips, they should be given an additional trial.
7. If a referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.

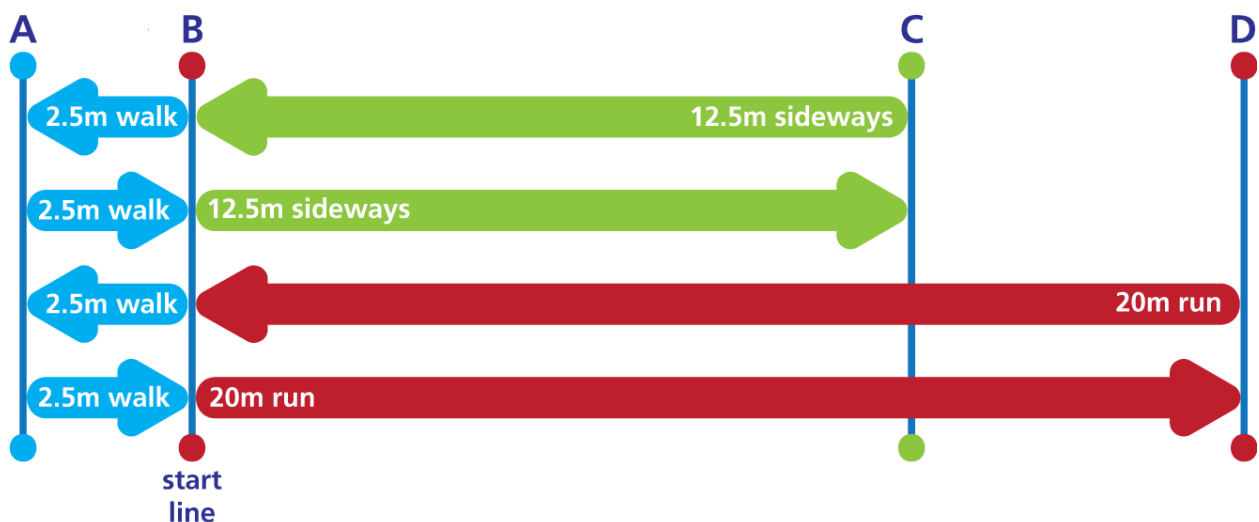


Reference times for men and women futsal and beach soccer referees

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

Test 3: ARIET (Assistant Referee Intermittent Endurance Test)

1. Cones must be set out as illustrated in the diagram below. The distance between A and B is 2.5 metres. The distance between B and C is 12.5 metres. The distance between B and D is 20 metres.
2. Referees must start from a standing position. They 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 sideways 12.5m (B-C), and run sideways facing the same side 12.5m (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). Referees must place a foot on the turning lines (C & D). If a referee fails to place a foot on the lines B, C or D 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 pulled from the test by the test leader.



Reference times for men and women futsal and beach soccer referees

1. International and category 1: level 15.5-3 / 1,275 metres
2. Lower categories: level 15-3 / 1,170 metres

Fédération Internationale de Football Association