



FOOTBALL  
ASSOCIATION  
of SINGAPORE

FOR PRESENTATION

# REFEREE BASIC COURSE

FITNESS TEST | 19 APRIL 2024 – 21 APRIL 2024 & 5 MAY 2024

# REFEREE BASIC COURSE

## FITNESS TEST

- The fitness test comprises of 2 segments.
- Both segments of the referee fitness test must be attempted and passed at the same time.
- Test sequence
  - Registration
  - Warm-up
  - Test 1: Repeated Sprint Ability (RSA)
  - Recovery
  - Test 2: High Intensity Interval Test (HIIT)

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### TEST 1: REPEATED SPRINT ABILITY (RSA)

- 40 metres sprints x 4 repetitions
- Each sprint to be completed under 6.2 seconds, with a 60 seconds recovery period between each repetition.

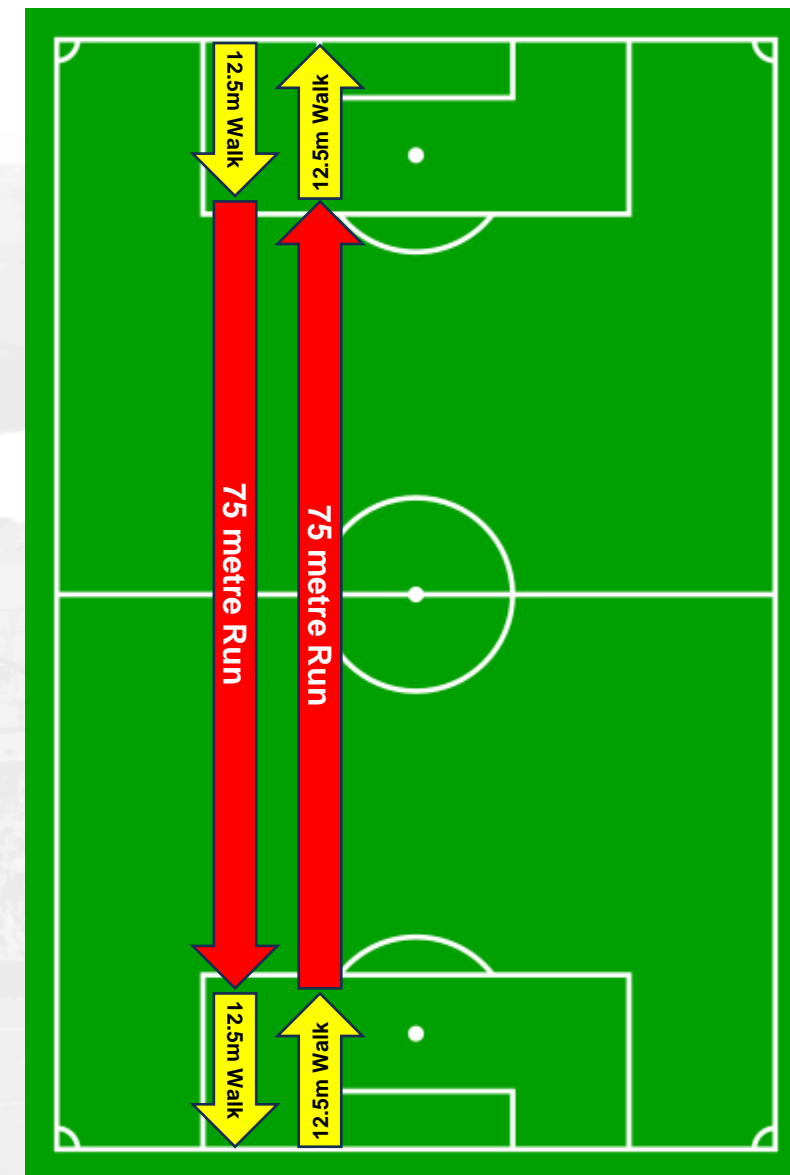


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### TEST 2: HIGH INTENSITY INTERVAL TEST (HIIT)

- 75 metres interval run + 25 metres walk (recovery)
- Minimum 24 repetitions.

Category	Men		Women	
	RSA	HIIT	RSA	HIIT
<b>Class 3A</b>	4 X 40 metres Max. 6.20 sec per trial	maximum <b>15 seconds</b> per 75m run and <b>22 seconds</b> per 25m walk – 6 Laps / 24 runs	4 X 40 metres Max. 6.50 sec per trial	maximum 17 seconds per 75m run and 22 seconds per 25m walk – 6 Laps / 24 runs
<b>Grassroots</b>	4 X 40 metres Max. 6.80 sec per trial	maximum <b>15 seconds</b> per 75m run and <b>22 seconds</b> per 25m walk – 4 Laps / 16 runs	4 X 40 metres Max. 7.00 sec per trial	maximum 17 seconds per 75m run and 22 seconds per 25m walk – 4 Laps / 16 runs





TOGETHER WE ARE  
**ONESTRONG**

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#GAMEON

THANK YOU



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