



FOOTBALL ASSOCIATION OF SINGAPORE



REFEREE BASIC COURSE JUNE 2022 FITNESS TEST REQUIREMENTS



FITNESS TEST

REFEREES BASIC COURSE

- 20 min warm up

Test 1

- 4 x 40m sprints: Each to be completed within 6.4 seconds.

Break: 3 - 5 minutes

Test 2

- 24 x 72m runs:
- Each run to be completed within 17 seconds with 20 seconds recovery in between each runs.

FITNESS TEST

REFEREES BASIC COURSE

