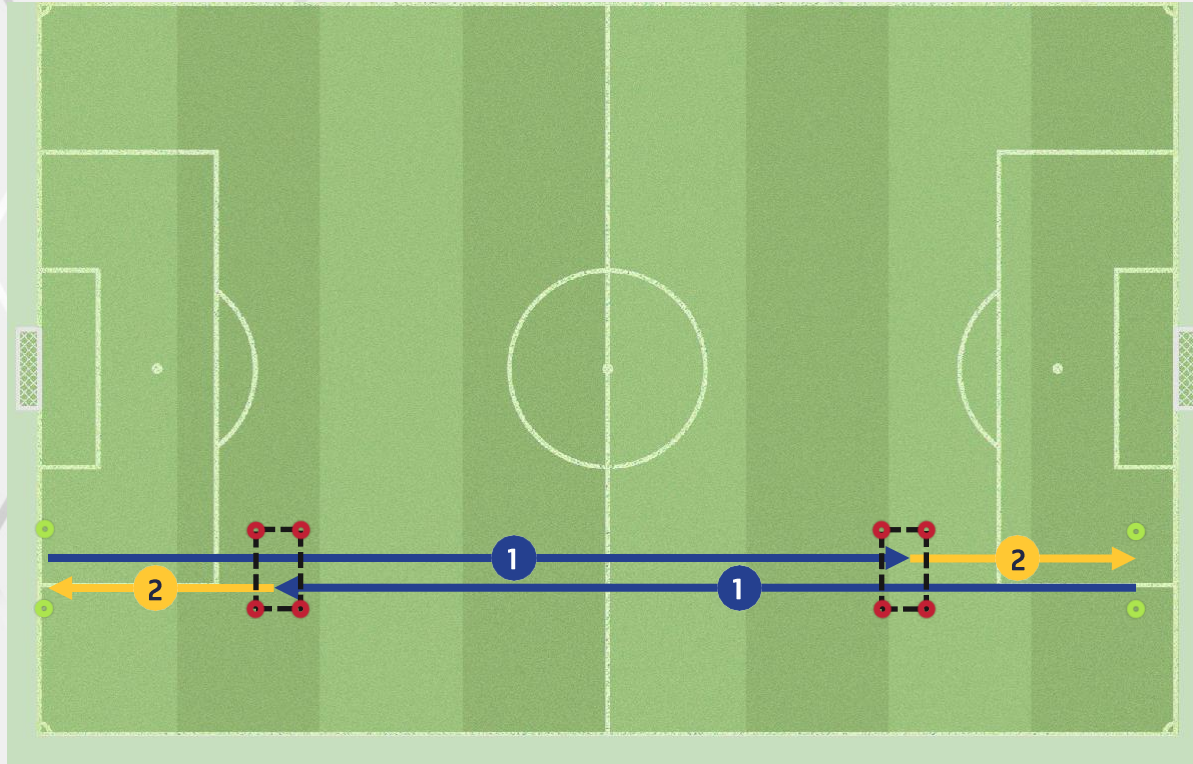


FIFA High Intensity Intermittent Test



U.S.
REFEREEING
WAY



DESCRIPTION

- Referee must complete 40 x 75m run (1) / 25m walk (2) intervals. The pace is dictated by the audio file and reference times are set in accordance with the referee's category.
- Referees must start from a standing positioning. 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 1.5 behind the 75m 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.

FIELD LEGEND



75m Run



25m Walk



Walking Area

ADDITIONAL GUIDELINES

- Up to 40 referees can complete the intermittent test across a single field at one time, providing 1.5m of space for each official ($40 \times 1.5\text{m} = 60\text{m}$)
- CODA (ARs only) and Repeated Sprint Ability (Referees & ARs) testing should also be conducted on a field, as well as the optional ARIET test (ARs only)
- Referees shall be permitted to wear cleats for all testing on a field
- Testing can be completed on either a natural grass or artificial turf field