

CSSA (Connecticut State Soccer Association) has adopted a minimum fitness standard for grade 7 & 8 Referees who wish to work as a center Referee at the Adult Amateur level. CSSA instructs their assignors to give preference for center Referee assignments to Referees who have passed either the US Soccer fitness test for grades, 3, 4, 5 & 6 or the CSSA Fitness Standard.

**The CSSA Fitness Standard** as defined below was updated August 20, 2018 and consists of three tests. Referees must pass all three tests to successfully complete this fitness requirement.

**1. Endurance – 12-minute run**

Under 37	2200 meters
37 – 45	2000 meters
Over 45	1800 meters

**2. Speed Test – 50-meter dash**

Under 37	9.5 seconds
37 and over	10.0 seconds

**3. 200-meter dash**

Under 37	40.0 seconds
37 and over	45.0 seconds

**Timing of Fitness Tests:**

Referees must qualify for fitness standards after July 1<sup>st</sup> of each year in order to qualify for the next calendar year. For example, passing the fitness test on July 15, 2018 qualifies you for the 2019 calendar year.