

Beep Fitness Test – for District and Regional Referees

The test involves continuous running between two lines 20m apart in time to recorded beeps. The time between recorded beeps decrease each minute (level). There are several versions of the test, but one commonly used version has an initial running velocity of 8.5 km/hr, which increases by 0.5 km/hr each minute.

How the test is conducted:

- Measure out a 20 meter section and mark each end with a marker cone.
- The referee carries out a warm up program of jogging and stretching exercises.
- The test is conducted:
 - The referee must place one foot on or beyond the 20m marker at the end of each shuttle
 - If the referee arrives at the end of a shuttle before the beep, the referee must wait for the beep and then resume running.
 - The referee keeps running for as long as possible until he/she can longer keep up with the speed set by the tape at which point they should voluntarily withdraw.
 - If the referee fails to reach the end of the shuttle before the beep they should be allowed 2 or 3 further shuttles to attempt to regain the required pace before being withdrawn.
- Record the level and number of shuttles completed at that level by the referee.
- At the end of the test the referees conduct a warm down program, including stretching exercises.

Beep Test Standards:

Fitness Test Standards by Category.
 Select either FIFA High Intensity or Beep Test as applicable.

Category	HI Test Standards		Beep Test Standards
	Sprints 6 x 40 m	Interval Run (4000 m)	Continuous Sprints 20 m
Men Referee (FIFA, National)	6.2 sec	30/35 sec	Stage 9.5*
Men AR (FIFA, National)	6.0 sec	30/40 sec	Stage 9.5*
Men Provincial	6.4 sec	30/40 sec	Stage 9
Men Regional	6.6 sec	35/45 sec	Stage 8
Men District/Youth	n/a	n/a	Stage 6
Women Referee (FIFA, National)	6.6 sec	35/40 sec	Stage 8.5*
Women AR (FIFA, National)	6.4 sec	35/45 sec	Stage 8.5*
Women Provincial	6.8 sec	35/45 sec	Stage 8
Women Regional	6.8 sec	35/50 sec	Stage 7
Women District/Youth	n/a	n/a	Stage 6

* - The Beep Test may be used for National list officials for practice and training purposes but will not replace the FIFA High Intensity Test as the mandatory fitness testing protocol.