

Name _____ Age _____ Ref. Grade _____ Date _____

**WNY STATE REFEREE ASSOCIATION FITNESS TEST
TARGET PERFORMANCE**

Participants must perform one Speed Test and one Endurance Test

Check tests that are given.

	Test Options	Age	USSF Grade 7	USSF Grade 6	USSF Grade 5
Check Speed Test performed	Speed Test (5 of 6)	All ages	8.5 seconds	8.5 seconds	8.5 seconds
	Speed Test 200m Sprint 50 m Sprint	All ages	40 seconds 9 seconds	40 seconds 9 seconds	40 seconds 9 seconds
Check Endurance Test performed	Endurance Test "Interval" = 1/2 lap	Under 38	12 intervals	14 intervals	16 intervals
		38-45	11 intervals	13 intervals	15 intervals
		Over 45	10 intervals	12 intervals	14 intervals
	Endurance Test 12 minute run	Under 38	2200 meters	2400 meters	2400 meters
		38-45	2000 meters	2200 meters	2200 meters
		Over 45	1800 meters	2000 meters	2000 meters

RESULTS

	Did referee meet the appropriate standards based on grade and age?
Speed Test	<input type="checkbox"/> YES <input type="checkbox"/> NO
Endurance Test	<input type="checkbox"/> YES <input type="checkbox"/> NO

WAIVER AND RELEASE OF LIABILITY

NOTE: THIS FORM MUST BE READ AND SIGNED BEFORE THE PARTICIPANT IS PERMITTED TO TAKE PART IN THE U.S. SOCCER FEDERATION'S REFEREE CLINIC.

IN CONSIDERATION of my involvement activities under the auspices of **U.S. Soccer Federation/Western New York State Referee Association**, I acknowledge that:

1. There is a risk of personal injury inherent in participating in this clinic. I knowingly and freely assume this risk. I willingly agree to comply with the stated and customary terms and conditions for participation.
2. I, for myself, and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release, hold harmless and promise not to sue the U.S. Soccer Federation, Western New York State Referee Association, its officers, volunteers, staff, sponsors, and/or agents ("Releasees") with respect to any and all injury and loss arising from my participation, whether caused by the negligence of the Releasees or otherwise, except that which is the result of gross negligence or wanton misconduct, to the fullest extent permitted by law.

I have read this Release of Liability and Waiver Agreement and fully understand its terms.

Participant's Signature _____

I certify that this is an accurate reporting of the participant's results in the above fitness testing.

Instructor's Signature _____