

BCSRA Referee Physical Fitness Programme Compiled by John B.Meachin

The physical fitness program is divided into three sections:

- a) warm-up, including joint rotational and stretching exercises;
- b) Referees' Training Schedules;
- c) cool-down.

Warm-up

The same exercises are repeated for both the warm-up and cool-down.

The intention of the exercises in the warm-up is to gradually increase the temperature of the body to accept more rigorous exercise. This is done in two phases:

- i) with a regimen of joint exercises. This distributes synovial fluid evenly in the joints, allowing for easier movement. These exercises are completed slowly and smoothly.
- ii) with a regimen of stretching exercises. These exercises are static stretches and allow muscle fibres to increase in length, which in turn permits more vigorous exercise. Stretching positions should be held for 20-30 seconds.

Referees' Training Schedule

These training schedules are offered for your consideration. All three are valid and reliable.

1) Physical Fitness Test for Referees

The test, apart from being a measure of physical fitness, is also an excellent training regimen.

2) Mexican Soccer Referees' Running Programme

This programme was developed in Mexico by Tadeuz Kemper and Dr. K. Cooper (Cooper Test Creator) for Mexican referees prior to the 1986 World Cup.

3) BCSRA Training Schedule

Designed specifically for the younger referee who wishes an extensive weekly workout.

Cool-down

This is a repeat of the warm-up regimen and is as important as the training schedule. The stretching exercises will encourage greater flexibility and shorter recovery time from muscle fatigue.

Warm-up and Cool-down

1) Joint Rotational Exercises

See accompanying diagrams.

2) Stretching Exercises

Static stretching only. The following exercises have been approved by CONCACAF for use by their referees.

- a) upper body (Trapezius)
- b) upper body (Deltoid, Latissimus dorsi)
- c) back (Trapezius, Latissimus dorsi)
- d) back (Trapezius, Latissimus dorsi)
- e) inner thighs (Adductors)
- f) upper leg (Quadriceps)
- g) upper leg (Hamstrings)
- h) lower leg (Gastrocnemius, Soleus)

A combination of the above exercises is recommended pre and post training activity. The benefits will be self evident in the months and years to come when you will encounter less aches and pains following training, fewer injuries, and quicker recovery from injury if and when injury occurs.

Physical Fitness Test for Referees

The following article by R. Masson (a FIFA Lecturer) is quoted from the FIFA Bulletin.

An excellent physical condition is not the least important of the numerous qualities demanded of football referees. That is why, when they are assembled for national or regional courses, the up-keep of their athletic quality is not neglected and they are given lessons comprising appropriate exercises.

We feel that the provisions made by the Israelian Football Association for the control of the physical condition of its referees might be of interest to the authorities responsible for refereeing in the various countries of the world. Some months ago we had occasion to appreciate the value of this original and efficient method which held our undivided attention.

The Israelian refereeing authorities have elaborated and perfected a physical test to be passed by referees, irrespective of age. This test is carried out in the following manner:

Flags placed in appropriate positions around a running-track, with a circumference of 400m, indicate to the participants that they must effect without stopping:

- 1) 125m running at a slow pace
- 2) 50m walking
- 3) 125m running at a slow pace
- 4) 10m running backwards
- 5) 40m sprinting
- 6) 50m walking.

Fifteen laps must be covered, i.e. 6km, during which the referees' efforts will be comparable to those demanded of them on the pitch during the course of a match.

The value of this run-out may be assessed by the use of the following table:

- | | | |
|----|------------------------|--------------|
| a) | from 32 to 34 minutes: | very good |
| b) | from 34 to 36 minutes: | good |
| c) | from 36 to 40 minutes: | sufficient |
| d) | more than 40 minutes: | insufficient |

If many referees must take the test, they are divided into several groups, each of which starts, for example every minute, each group being controlled and supervised by a leader.

It is in this way, therefore, that a real "referee's run" is carried out. Easy to organize, it is of comparative value, not only nationally but also internationally.

A common measure of the athletic value of referees thus exists, the use of which presents a very great interest to refereeing authorities and instructors, as well as to referees themselves.

The latter can in fact, at all times, estimate exactly their physical condition by use of the table of values established and can make every effort to achieve the best possible performance according to their personal abilities.

We sincerely hope that this most original and interesting initiative will draw the attention of refereeing authorities in other countries of the world.

Mexican Soccer Referees' Running Programme

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|-------|--|---|
| Day 1 | Run 12 minutes
Run 1 minute uphill | Rest for 3 minutes and stretch
Rest for 1 minute and stretch (10 repetitions) |
| Day 2 | Run 15 minutes
Run 1.5 minutes uphill | Rest for 4 minutes and stretch
Rest for 2 minutes and stretch (10 repetitions) |
| Day 3 | Run 20 minutes
Run 2 minutes uphill | Rest 5 minutes and stretch
Rest 3 minutes and stretch (10 repetitions) |
| Day 4 | Run 25 minutes
Run 3 minutes uphill | Rest 5 minutes and stretch
Rest 3 minutes and stretch (5 repetitions) |
| Day 5 | Run 30 minutes
Run 1 minute uphill | Rest 5 minutes and stretch
Rest 1 minute and stretch (10 repetitions) |
| Day 6 | Rest | |
| Day 7 | Game | |

Reference: Tadeuz Kempa and Dr. K. Cooper, Mexico, 1985

Referees' Training Schedule (Aerobic)

Schedule 1 Warm-up exercises taken from the Disco fitness routine, with a special emphasis on stretching the quadriceps, hamstrings, and lower leg muscles.

Monday Light workout, run at a relaxed pace for 20-30 minutes.
Repeat the stretching exercises as outlined in the warm-up.

Tuesday Increase the intensity of the workout.
Repeat the warm-up exercises.
Run at a pace at which is still possible to carry on conversation with a fellow runner.
The duration of your run should be at least 30 minutes.
Repeat the stretching exercises.

Wednesday Increase the intensity of the workout.
Repeat the warm-up exercises.
Run at your regular conversation possible pace for at least 40 minutes.
Repeat the stretching exercises.

Thursday Decrease the intensity of your workout.
Repeat the warm-up exercises.
Run at a regular pace for no more than 20 minutes.
Repeat the stretching exercises.

Friday Repeat Thursday schedule.

Saturday Referee or line a soccer game.
Stretching exercises before and after the game.

Sunday If you do not referee or line a soccer game, repeat Thursday schedule.
If you referee or line a soccer game make sure to do stretching exercises before and after the game.

Referees' Training Schedule (Aerobic)

Schedule 2 This schedule is a further development of Schedule 1 and is intended to appeal to those referees who wish to increase their workload.

Warm-up exercises are taken from the Disco fitness routine with a special emphasis on stretching the quadriceps, hamstrings, and lower leg muscles. You may wish to augment these exercises by using weights. Excellent weight programmes may be carried out on a Universal Gym at your local high school or YMCA.

Monday Light workout. Run at a relaxed pace for 20-30 minutes.
Work on your weight programme, light workout.
Repeat the stretching exercises as outlined in the warm-up.

Tuesday As you are a seasoned runner you will be running faster than in Schedule 1. However, you should still be able to carry on a conversation with a running companion. If this is not possible, you are subjecting your body to excessive stress. It is most important during the build-up phase of training that stress is kept to a minimum. If you are concerned about speed, concentrate on the development of stamina, i.e. distance. Eliminate time as a measure of fitness. If you have been running a steady 40 minutes on Tuesdays increase this to 45 minutes.

Weight programme, light workout.

Warm-up exercises are to be completed before and after your workout with the emphasis on stretching.

Wednesday Warm-up exercises, stretching exercises.

Increase your running by no more than 10% per week. Wednesdays should be your heaviest training day as you are probably running between 40-60 minutes.

Repeat the stretching exercise.

Thursday Warm-up exercises, stretching exercises.

Run at your regular pace for approximately 20 minutes.

Weight programme, light workout.

Repeat the stretching exercises.

Friday Warm-up exercises, stretching exercises.

Run at your regular pace for approximately 20 minutes.

Weight programme, light workout.

Repeat the stretching exercises.

Saturday Referee or line a soccer game.

Stretching exercises before and after the game.

Sunday Referee or line a soccer game.

If you have no game, repeat Friday's schedule.

CAUTION: While Schedule 2 may not seem unduly severe as a training programme, the added muscle stress associated with the inclusion of the weight segment may cause initial aches and pains. Use weights with caution and note that the workouts at the outset should be light. You may increase weight workouts as time progresses. The distance you run is far more important than the time you do it in. A regular run with a slow increase in distance is more valuable than a once a week run.

Referees' Training Schedule (Anaerobic)

Schedule 3 Designed to sharpen your training. This schedule will bring you up to a physical peak, which will take approximately 6 weeks before you begin to lose your edge and become stale. When performance begins to deteriorate, this is the signal for you to return to Schedule 1 and begin another build-up. It is probable that you will not be able to reach these peak performance plateaus more than once or twice in a twelve month period. Before each workout, complete your warm-up routine and stretching exercises.

Monday Easy workout, about the same distance as you did on Mondays in Schedules 1 and 2.
Tuesday Relaxed speed workout as per your previous Tuesdays in Schedules 1 and 2.
Wednesday A long run 10% shorter than previous Wednesdays.
Thursday Medium but easy run similar to previous Thursdays.
Friday Relaxed run as per Tuesday.

You now have the basic schedule for the workout. In addition, you require the individual differences in workouts that will lift you to a peak performance plateau. Following is four separate training regimens.

1. You have been regularly training on 8km runs (Wednesdays).
3km to warm up, steady pace.
During the 4th km perform four fast spurts of between 50-100 m.
During the 6th km build up your speed until at about 600 m you are going nearly top speed. Then slowly reduce the speed. By the time you reach 800 m you should be back at regular running speed.
During the 7th km complete your fast spurts between 50-100 m.
2. You have been regularly training on 5km runs (Tuesdays and Thursdays).
3km miles to warm up, steady pace.
During the last km you do either the four fast bursts of between 50-100 m or you do the build-up as noted above.
3. You have been regularly training on 3km runs (Mondays and Fridays).
3km to warm up, steady pace.
You do six wind sprints of 100 m and then walk back to the start.
4. As you come closer to your peak, Wednesdays become an easy day while Tuesdays and Thursdays are the work days. You are now a seasoned build-up runner and can do repetitive 800m runs at speed with adequate rest periods in between.
After the 3km warm-up run in what is now the fourth week of your peaking training schedule, your workload should be as follows:

3 x 800m	(week 1)	4 x 800m + 400m	(week 4)
3 x 800m + 400m	(week 2)	5 x 800m	(week 5)
4 x 800m	(week 3)	4 x 800m + 400m	(week 6)

At this point you have no doubt peaked as a middle distance runner. That is what a soccer official is. Remember, you stay at your peak for about six weeks and then you should return to Schedule 1 before you begin progression again.

BCSRA Referees' Physical Fitness Programme

Warm-up and Cool-down Exercises

All exercises to be completed slowly and smoothly.

Joint exercises

1. Head Head slowly forward and back. 10 repetitions
 Head slowly side to side. 10 repetitions

2. Shoulder Arm rotations forward. 10 repetitions
 Arm rotations back. 10 repetitions
 Shrug shoulders. 10 repetitions
 Shoulder blades together and back. 10 repetitions

3. Trunk Twist the shoulders and head from side to side, 20 repetitions
 arms hanging loosely.
 Left knee to left elbow, right knee to right elbow 10 repetitions
 Left knee to right elbow, twist the trunk. 10 repetitions
 Right knee to left elbow, twist the trunk. 10 repetitions
 Hip rotations to the left, to the right. 10 repetitions

4. Knee Bend the legs, hands covering the knees, rotate 10 repetitions
 to the left and to the right.

5. Ankle Standing on one foot, rotate the other foot to the 10 repetitions
 left and to the right.
 Same position, foot down and up. 10 repetitions
 Same position, left and right. 10 repetitions
 Change legs and repeat the above three steps.