



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

2025/26 Season Fitness Test for Referees

For Men's Referees

Test 1

The referees run 6x40 m or *5x30sprint followed by max. 1 minute or *30 seconds recovery after each sprint (while walking back to the start)

Gender	Class	Distance	Seconds (Frequency)	CODA
Men	FIFA Referee	40 m	6.0 (6 rep.)	Nil
	FIFA Assistant Referee	30 m*	4.7 (5 rep.)	10.0 Sec.
	Class 1	40 m	6.2 (6 rep.)	Nil
	Class 2	40 m	6.2 (6 rep.)	Nil
	Class 3	40 m	6.2 (6 rep.)	Nil
	New	40 m	6.2 (6 rep.)	Nil
	Pre-Registered	40 m	6.6 (6 rep.)	Nil

If a referee fails or trips, he is given another trial (one trial = 1 x 40 m)

Test 2

Gender	Class	Run	Running time	walk	Walking time	Time		Standard	Remarks
						Lap time	Total time		
Men	FIFA R	75 m	15 Sec.	25 m	18 Sec.	33 Sec. x 4	26"04'	12 laps	Nil
	FIFA AR	75 m	15 Sec.	25 m	20 Sec.	35 Sec. x 4	28"	12 laps	Nil
	Class 1	75 m	15 Sec.	25 m	20 Sec.	35 Sec. x 4	23"33'	10 laps	Referees finish 10 laps can officiate as referee for match at corresponding level. *
	Class 2	75 m	15 Sec.	25 m	20 Sec.	35 Sec. x 4	23"33'	10 laps	
	Class 3/New	75 m	15 Sec.	25 m	20/22 Sec.	35 Sec. x 4	23"33'	10 laps	
	Pre-Registered	75 m	15 Sec.	25 m	22 Sec.	37 Sec. x 4	12"33'	5 laps	Nil

*For referees in the new promotion system, they need to complete 12 laps to meet one of the requirements for becoming the candidate of promotion.



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

2025/26 Season Fitness Test for Referees

For Women's Referees

Test 1

The referees run 6x40 m or *5x30sprint followed by max. 1 minute or *30 seconds recovery after each sprint (while walking back to the start)

Gender	Class	Distance	Seconds (Frequency)	CODA
Women	FIFA Referee	40 m	6.4 (4 rep.)	Nil
	FIFA Assistant Referee	30 m*	5.1 (5 rep.)	11.0
	Class 1	40 m	6.6 (6 rep.)	Nil
	Class 2	40 m	6.6 (6 rep.)	Nil
	Class 3	40 m	6.6 (6 rep.)	Nil
	New	40 m	7.0 (6 rep.)	Nil
	Pre-Registered	40 m	7.0 (6 rep.)	Nil

If a referee fails or trips, she is given another trial (one trial = 1 x 40 m)

Test 2

Gender	Class	Run	Running time	walk	Walking time	Time		Standard	Remarks
						Lap time	Total time		
Women	FIFA Referee	75 m	17 Sec.	25 m	20 Sec.	37 Sec. x 4	25"06'	10 laps	Nil
	FIFA Assistant Referee	75 m	17 Sec.	25 m	22 Sec.	39 Sec. x 4	26"	10 laps	Nil
	Class 1	75 m	17 Sec.	25 m	24 Sec.	41 Sec. x 4	27"33'	10 laps	Referees finish 10 laps can officiate as referee for match at corresponding level. *
	Class 2	75 m	17 Sec.	25 m	26 Sec.	43 Sec. x 4	29"07'	10 laps	
	Class 3/ New	75 m	17 Sec.	25 m	26 Sec.	43 Sec. x 4	29"07'	10 laps	
	Pre-Registered	75 m	17 Sec.	25 m	26 Sec.	43 Sec. x 4	14"33	5 laps	Nil



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

2025/26 Season Fitness Test for Referees

Futsal Referee

1. Speed test (20m x 2)

2. 4 minute break

3. CODA

4. 8 minute break

5. ARIET

* No athletic spikes can be used during all tests.

Test 1 - Speed test (20m x 2)

Gender	Category	Times
Men	International	3.3 seconds
	Class 1/2	3.5 seconds
	Class 3/ New	4 seconds

Test 2 - CODA (Change of Direction Ability)

Gender	Category	Times
Men	International	10 seconds
	Class 1/2	11 seconds
	Class 3/ New	12 seconds

Test 3 - ARIET (Assistant Referee Intermittent Endurance Test)

Gender	Category	Times
Men	International	15.5-3/1,275 m
	Class 1/2	14.5-3/1,080 m
	Class 3/ New	14-3/820 m



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

2025/26 Season Fitness Test for Referees

Futsal Referee

- 1. Speed test (20m x 2)**
- 2. 4 minute break**
- 3. CODA**
- 4. 8 minute break**
- 5. ARIET**

* No athletic spikes can be used during all tests.

Test 1 - Speed test (20m x 2)

Gender	Category	Times
Female	International	3.6 seconds
	Others	4.5 seconds

Test 2 - CODA (Change of Direction Ability)

Gender	Category	Times
Female	International	11 seconds
	Others	12.5 seconds

Test 3 - ARIET (Assistant Referee Intermittent Endurance Test)

Gender	Category	Times
Female	International	14.8/975 m
	Others	14-1/755 m

**If Football Referee whom has the secondary role as Futsal Referee passes the Football Referee's fitness test can be exempted from taking the Futsal Referee fitness test. However, if the referee is nominated as FIFA Futsal Referee and the referee only passes the Football Referee's fitness test during the period of the fitness test, the referee has to pass the FIFA Futsal Referee fitness test before the nomination. Otherwise, the nomination will be withdrawn.