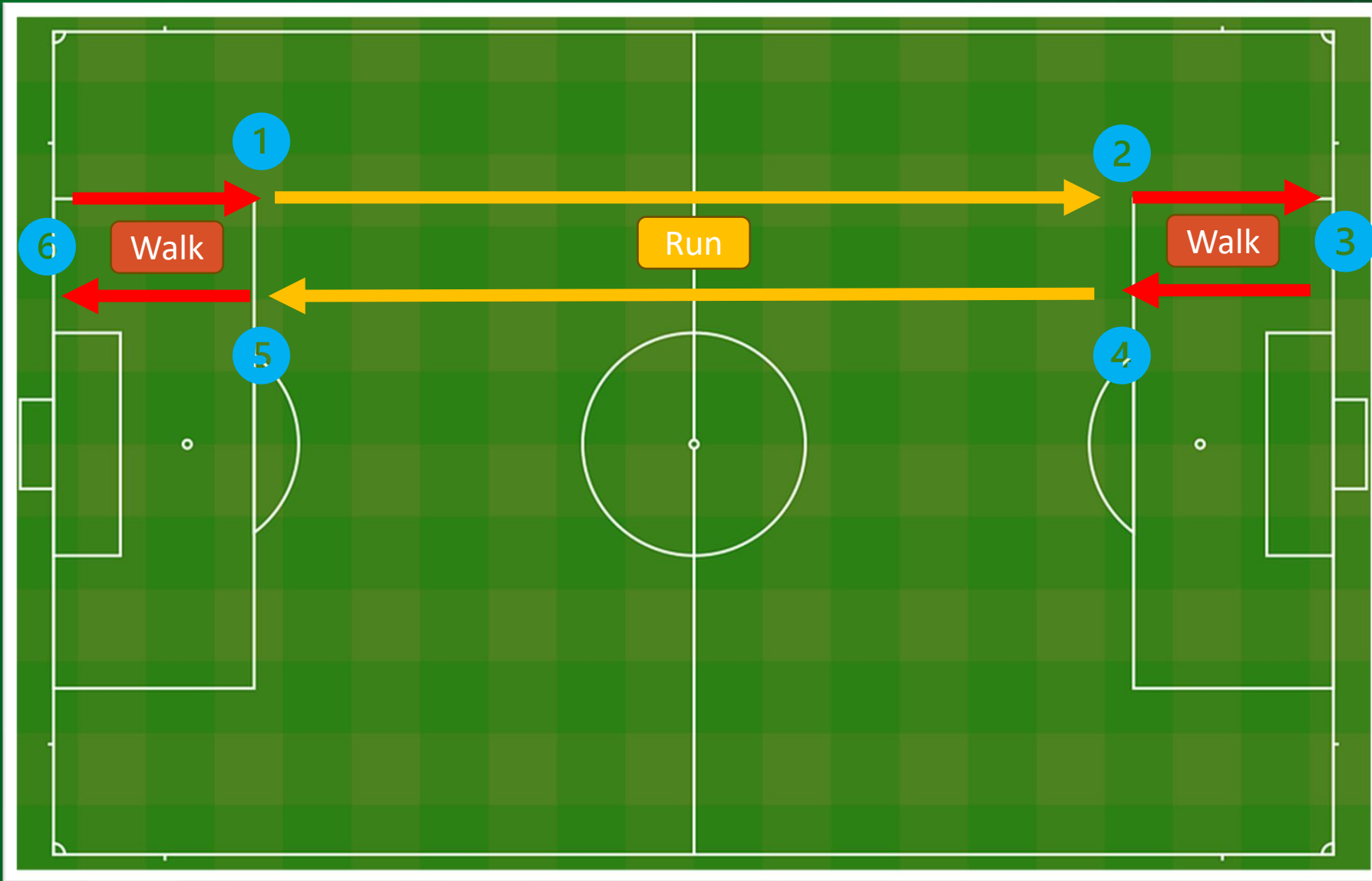


# Fitness Test 2024



- Referees run 75m and walk for 25m
- Run 1-2 = 75m
- Walk 2-3-4 = 25m
- Run 4-5 = 75m
- Walk 5-6-1 = 25m

Running distance per run = 75m

Walking distance per run = 25m

# Test Times by Category



Category	75m Run Time	25m Walk Time	Number of Runs
One	18sec	23sec	30
Two	20sec	25sec	30
Three	22sec	28sec	28
Four	24sec	30sec	26
Five	26sec	30sec	24

Sprints	Time
4 x 40m	8 secs each
4 x 40m	8 secs each
4 x 40m	8 secs each
4 x 40m	9 secs each
4 x 40m	10 secs each

Referees that wish to operate in Small Sided Games only can choose to take the test below

Category	50m Run Time	25m Walk Time	Number of Runs
Cat 5 SSG	20sec	25sec	25

Sprints	Time
4 x 30m	10 secs each