

FITNESS TEST

One of the requirements for referees to be eligible for regional and state playoff games is to pass a fitness test. The test consists of two events:

Event 1 consists of 6 each, 40 yard runs in nine seconds or less. The participant is allowed to exceed 9 seconds once.

Event 2 consists of interval run/walks: 150 yard run in 45 seconds, 50 yard walk in 45 seconds and so on until 10 laps have been completed. If the time is exceeded on any interval, the runner fails.