

Sprint and Interval Tests for State Referees in Tennessee
(Modified for The Soccer Officials of Tennessee)

Sprint Test

- Six consecutive 40-meter sprints followed by a recovery period after each sprint (while walking back to the start line).
- Total time between "starts" is 90 seconds. Maximum of 8.0 seconds per sprint.
- If a participant falls or trips, he or she is allowed another attempt at that specific sprint.
- If a participant fails one sprint out of the six, he or she is given one more attempt immediately after the sixth sprint.
- If a participant fails two sprints, he or she fails the test.

Interval Test

- Ten consecutive laps.
- A lap consists of a 150-meter run, a 50-meter recovery walk, a second 150-meter run, and a second 50-meter walk.
 - Maximum of 35 seconds for each 150-meter run.
 - Maximum of 40 seconds for each 50-meter walk.
- Walking area is marked by cones three meters on each side of the 150-meter marks.
- If a participant fails to reach the walking area in the prescribed time, he or she is issued a warning. If a participant fails to reach the walking area for a second time, he or she fails the test.

Note: The time between the sprint test and interval test should be approximately 10 minutes.

