

Fitness Testing

Elevate Your Game. Prove Your Readiness.

Why Complete the Fitness Test?

Physical fitness is the foundation of excellent officiating. The fitness test isn't just a requirement, it's your opportunity to demonstrate that you're prepared to perform at the highest level when the game demands it most.

Benefits of Certification

Required for advancement: Essential for upgrading and recertifying as a regional referee

Competitive advantage: Many assignors and leagues give preference to certified referees

Professional credibility: Join the ranks of Georgia's most dedicated match officials

Career progression: Open doors to higher-level assignments and opportunities

2026 Certification Year Schedule

Upcoming Test Dates

February 28, 2026 - Newnan, GA

Registration Link:

<https://preview.mailerlite.io/forms/1033014/174621500899329759/share>

April 26, 2026 - Location TBD

Note: Registration links are made available approximately one month before each test date.

Looking Ahead: 2027 Certification Year

First Test Date: July 25, 2026

Out-of-State Testing:

- Georgia referees may attend fitness tests in other states, but prior approval must be obtained from the State Referee Administrator (SRA). (link: sra@gasoccerreferee.org)
- Out of state referees who want to attend a Georgia fitness test must email approval from their SRA to the Georgia SRA (link: sra@gasoccerreferee.org)

Test Requirements

Different referee levels require different fitness standards:

Referee Level	Female Requirements	Male Requirements
Advancing Referee	FIFA Women's Category 3 <i>Some leagues may have higher requirements for advancing referees</i>	
Regional Referee	FIFA Women's Category 3	FIFA Women's Category 1

Test Resources

FIFA Fitness Test Descriptions: Complete details on all test protocols

URL: <https://static.usdccc.com/users/35665/365175/fifa-fitness-tests-ver-2020-en-fr-sp-de.pdf>

Downloadable Audio Files: Practice with official test timing audio

URL: <https://ussoccer.app.box.com/s/ezycdrijrly73i9kbbxm/folder/11593986775>

Regional Referee Requirements: Full US Soccer pathway documentation

URL: <https://static.usdccc.com/users/1073958/379838/2023-referee-pathway.pdf>

Prepare for Success

Strategic Planning for Regional Referees: It is highly recommended that you plan to pass the minimum required test for your certification or recertification before attempting a more difficult test at a later date. Build your foundation first, then challenge yourself to advance.

What to Expect

Arrival Time: You must arrive at least 30 minutes before the scheduled start time

Warm-up Access: The track will be open early for warm-ups. Take advantage of this preparation time

Punctuality: Tests begin at the designated time, regardless of late arrivals

Schedule Details: Specific times will be communicated several days prior to the test based on weather conditions and participant numbers

Code of Ethics Reminder

As a regional referee or candidate, you are expected to be a model of the USSF Referee Program Code of Ethics. Specifically: *"Honor all Federation affiliated assignments and obligations."*

Code of Ethics URL: <https://www.georgiasoccer.org/referee-code-of-conduct/>

Once you register for a fitness test, you are making a commitment. Please honor this commitment to yourself, the testing coordinators, and your fellow referees.

Questions?

If you have any questions about fitness testing, requirements, or scheduling, please contact the State Referee Administrator:

Email: sra@gasoccerreferee.org

Email Link: <mailto:sra@gasoccerreferee.org>