

# **IOU Officiating Certification**

**Optional Module: Fitness for Referees**

# Fitness Goals for Referees

- Have enough cardiovascular endurance to stay in position throughout game
- Have enough speed to move with the play as necessary
- Have the muscular endurance to be comfortable making arm signals for extended periods of time
- Have a sturdy enough frame to absorb occasional accidental collisions from players without sustaining injuries
- Have the physical strength to separate combative players and escort them off the field if necessary
- Avoid injuries from repetitive use and the impact of running

# Recommended In-Season Fitness Schedule

- Not for everyone, but a recommended example for officials looking to succeed at competitive levels
- 1 day per week: 5 kilometer jog
- 3 days per week: home circuit workout
- 2 days per week: rest

# 5 kilometer jog

- Until you're able to complete the whole jog: run as far as you can, then walk a kilometer, then try to run more
- Before running, be sure to stretch quadriceps, hamstrings, calves, and groin. Stretching should take at least 5 minutes before jogging
- Try to maintain steady pace
- If possible, look to improve your speed/distance ran each time

# Home Circuit Workout

- Set 10x 2-minute timers. At the end of each timer, move onto the next exercise
- For each exercise, try to complete as many repetitions as you can. If you need to take a break- do it!
- Try to improve your scores each time
- You will need a dumbbell or kettlebell with an appropriate weight for you and a ball
- Exercise 1: Bicep curls. Start with weaker arm, and once you tire that arm out, do the same number of repetitions with your stronger arm.
- Exercise 2: Plyometric Squats
- Exercise 3: Crunches
- Exercise 4: Push-ups
- Exercise 5: Calf raises. Stand on your weaker foot, and extend onto your tip-toes in a controlled way. Repeat until you tire out that leg, then do the same number of repetitions with your stronger foot.
- Exercise 6: Ball passes. Lay on back with arms and legs straight out. Hold the ball between hands or between feet. “Crunch” together, bringing your hands and feet together above your torso, passing the ball between hands and feet, then lower them back to the ground.
- Exercise 7: Overhead Shrug. Hold the weight over your head with extended arms. Shrug your shoulders
- Exercise 8: Side Lunges. Stand with feet together. Step to the side into a wide stance. If you stepped to the right, “squat” with your right leg while keeping your left straight, and vice versa. Then explosively push with that leg, straightening it and returning to your standing position. Alternate sides and repeat.
- Exercise 9: Side arm raises. Hold hands at sides. Raise straight arms out to the side to shoulder height and hold them there for one second before returning.
- Exercise 10: Front arm raises. Hold hands at sides. Raise straight arms in front of you to shoulder height and hold them there for one second before returning.

# Recommended Off-season Fitness Schedule

- Not for everyone- depending on your personal situation, your body type, and where you are in your fitness goals, this may need to be drastically different for you
- 2 days per week: non-running cardio training
- 2 days per week: strength training in the gym
- 2 days per week: home circuit
- 1 day per week: rest

# Non-Running Cardio Training

- Can help improve cardiovascular endurance without the repetitive impact of running
- Also helpful for building strength, depending on activity
- Can allow you to keep fitness while maintaining other hobbies
- Possible activities:
  - Bicycling
  - Roller Skating
  - Rowing
  - Hiking
  - Swimming
  - Elliptical Machine at gym
  - Stair Machine at gym

# Strength Training in Gym

- With a two-day rotation, one day should be “arm day” and one day should be “leg day”
- Arm day: chest, trapezius, lats, deltoids, biceps, triceps (3 sets each, 18 sets total)
- Leg day: compound, quadriceps, hamstrings, gluteus, calves (3 sets each, 15 sets total)



# Fitness Targets

- Be able to run 40m in 6 seconds, 6 times in a row, with no more than 90 seconds break between sprints
- Be able to touch toes with straight legs
- Be able to run 4km in less than 22 minutes
- Be able to bench-press bodyweight
- Be able to military-press one-half bodyweight
- Be able to leg-press triple bodyweight