



TABELLA TEST ATLETICI

Stagione Sportiva 2024/2025



SETTORE TECNICO AIA - MODULO DELLA PREPARAZIONE ATLETICA

ARBITRI EFFETTIVI

CAN	Uomini	Donne
40 m	6.00 s	6.30 s
S.D.S. 20-20-20	IDONEO	IDONEO
Yo-Yo IR1	1800 m (18.2)	1280 m (16.5)

CAN C	Uomini	Donne
40 m	6.00 s	6.60 s
S.D.S. 20-20-20	IDONEO	IDONEO
Yo-Yo IR1	1800 m (18.2)	1280 m (16.5)

CAN D	Uomini	Donne
40 m	6.10 s	6.70 s
S.D.S. 20-20-20	IDONEO	IDONEO
Yo-Yo IR1	1520 m (17.3)	1200 m (16.3)

CRA/CPA ***	Uomini	Donne
40 m	6.10 s	6.90 s
S.D.S. 17-17-17	IDONEO	IDONEO
S.D.S. 20-20-20 ***	IDONEO	IDONEO
Yo-Yo IR1	1080 m (15.8)	800 m (15.1)

OTS	Uomini	Donne
40 m	6.10 s	6.90 s
S.D.S. 15-15-15	IDONEO	IDONEO
Yo-Yo IR1	1080 m (15.8)	800 m (15.1)

FUTSAL / BEACH SOCCER

CAN 5 Elite	Uomini	Donne
2 x 20 m	3.30 s	3.60 s
Agility Test 10-8-8-10	10.00 s	10.90 s
ARIET	1275 m (15.5.3)	1080 m (14.5.3)

CAN 5	Uomini	Donne
2 x 20 m	3.40 s	3.70 s
Agility Test 10-8-8-10	10.10 s	11.00 s
ARIET	1275 m (15.5.3)	975 m (14.8)

CRA/CPA	Uomini	Donne
4 x 10 m	10.60 s	11.20 s
30 m	4.80 s	5.30 s
ARIET	1015 m (14.5.1)	755 m (14.1)

BEACH SOCCER	Uomini	Donne
Agility Test 10-8-8-10	10.40 s	11.40 s
30 m	4.70 s	5.20 s
ARIET	1210 m (15.5.1)	855 m (14.5)

ASSISTENTI ARBITRALI

CAN	Uomini	Donne
2 x 30 m	*	**
Agility Test 10-8-8-10	*	**
ARIET	*	**

CAN C	Uomini	Donne
Agility Test 10-8-8-10	10.00 s	11.00 s
5 x 30 m	4.70 s	5.10 s
ARIET	1300 m (15.5.4)	910 m (14.6)

CAN D	Uomini	Donne
Agility Test 10-8-8-10	10.10 s	11.10 s
5 x 30 m	1° sprint 4.70 s 2°-5° sprint 4.80 s	1° sprint 5.20 s 2°-5° sprint 5.30 s
ARIET	1105 m (15.1)	755 m (14.1)

CRA/CPA ***	Uomini	Donne
Agility Test 10-8-8-10	11.00 s	12.00 s
5 x 30 m	1° sprint 4.80 s 2°-5° sprint 4.90 s	1° sprint 5.30 s 2°-5° sprint 5.40 s
ARIET	1015 m (14.5.1)	650 m (13,5,6)

* Fitness test for MAN Assistant referees								
Test	Aim	Distance before start	Number of Sprints	Distance	Brake between sprints	Entra trial	Limit	Brake after Sprints
1	Speed	1.5 m	2	30 m	30"	1	4.60 s	2-4 min
2	CODA	0.5 m	2	10-8-8-10	60"	1	10.00 s	6-8 min
3	Capacity for FW&SW	2.5 m	/	1560 m	/	/	16.6	/

** Fitness test for WOMEN Assistant referees								
Test	Aim	Distance before start	Number of Sprints	Distance	Brake between sprints	Entra trial	Limit	Brake after Sprints
1	Speed	1.5 m	2	30 m	30"	1	5.05 s	2-4 min
2	CODA	0.5 m	2	10-8-8-10	60"	1	11.00 s	6-8 min
3	Capacity for FW&SW	2.5 m	/	1080 m	/	/	14.5.3	/

*** CRA/CPA A partire dal 01.01.25 per gli AE/AA in prima fascia Eccellenza si applicano gli stessi limiti previsti per AE/AA CAN D

*** S.D.S. 20-20-20

Federazione Italiana Giuoco Calcio
Associazione Italiana Arbitri



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