

ARBITRI

Test fizic

2018 - 2019



4 sprinturi 40m & Yo Yo

Viteza	Nivel								Yo- Yo test
5	1								
	(40)								
9	1								
	(80)								
11	1	2							
	(120)	(160)							
12	1	2	3						
	(200)	(240)	(280)						
13	1	2	3	4					
	(320)	(360)	(400)	(440)					
14	1	2	3	4	5	6	7	8	
	(480)	(520)	(560)	(600)	(640)	(680)	(720)	(760)	
15	1	2	3	4	5	6	7	8	
	(800)	(840)	(880)	(920)	(960)	(1000)	(1040)	(1080)	
16	1	2	3	4	5	6	7	8	
	(1120)	(1160)	(1200)	(1240)	(1280)	(1320)	(1360)	(1400)	
17	1	2	3	4	5	6	7	8	
	(1440)	(1480)	(1520)	(1560)	(1600)	(1640)	(1680)	(1720)	
18	1	2	3	4	5	6	7	8	
	(1760)	(1800)	(1840)	(1880)	(1920)	(1960)	(2000)	(2040)	
19	1	2	3	4	5	6	7	8	
	(2080)	(2120)	(2160)	(2200)	(2240)	(2280)	(2320)	(2360)	
20	1	2	3	4	5	6	7	8	
	(2400)	(2440)	(2480)	(2520)	(2560)	(2600)	(2640)	(2680)	
21	1	2	3	4	5	6	7	8	
	(2720)	(2760)	(2800)	(2840)	(2880)	(2920)	(2960)	(3000)	
22	1	2	3	4	5	6	7	8	
	(3040)	(3080)	(3120)	(3160)	(3200)	(3240)	(3280)	(3320)	
23	1	2	3	4	5	6	7	8	
	(3360)	(3400)	(3440)	(3480)	(3520)	(3560)	(3600)	(3640)	

Liga/ Categorie	Sprint 4 repetari Secunde	Yo Yo Limita Minima
Arbitri FIFA	6'20"	18.2
L1	6'20"	18.1
L2	6'20"	17.6
L3	6'20"	16.6
Talent Program L 3/L4 Nivel 1 Barbati	6'20"	17.2
Arbitri FIFA fete (lot national)	6'60"	16.6
Feminin lot national+meciuri juniori	6'60"	15.8
Talent Program Nivel 1 Fete	6'60"	15.4

ARBITRI ASISTENTI

Testul ARIET

	Testul ARIET							
8.0.	1 D*	2 L*						
10.0.	1 D	2D						
12.0.	1 D	2 L						
13.0.	1 D	2 L	3 D	4 L	5 D	6 L	7 D	8 L
13.5.	1 D	2 L	3 D	4 L	5 D	6 L	7 D	8 L
14.0.	1 D	2 L	3 D	4 L	5 D	6 L	7 D	8 L
14.5.	1 D	2 L	3 D					
15.0.	1 L	2 D	3 L					
15.5.	1 D	2 L	3 D	4 L	5 D	6 L		
16.0.	1 D	2 L	3 D	4 L	5 D	6 L		
16.5.	1 D	2 L	3 D	4 L	5 D	6 L		
17.0.	1 D	2 L	3 D	4 L	5 D	6 L		
17.5.	1 D	2 L	3 D	4 L	5 D	6 L		
18.0.	1 D	2 L	3 D	4 L	5 D	6 L		
18.5.	1 D	2 L	3 D	4 L	5 D	6 L		
19.0.	1 D	2 L	3 D	4 L	5 D	6 L		
19.5.	1 D	2 L	3 D	4 L	5 D	6 L		
20.0.	1 D	2 L	3 D	4 L	5 D	6 L		
20.5.	1 D	2 L	3 D	4 L	5 D	6 L		

Test Fizic

2018-2019

4 sprinturi de 40m & ARIET test



Liga/ Categorie	Sprint 4 repetari Secunde	ARIET Limita Minima
Arbitri FIFA	6'00"	16.0-5
L1	6'00"	16.0-3
L2	6'00"	16.0-1
L3	6'00"	15.5-6
Talent Program L 3/L4 Nivel 1 Barbati	6'00"	16.0-1
Arbitri FIFA fete (lot national)	6'40"	15.5-1
Feminin lot national + meciuri juniori	6'40"	15.0.1
Talent Program Nivel 1 Fete	6'40"	14.5.1

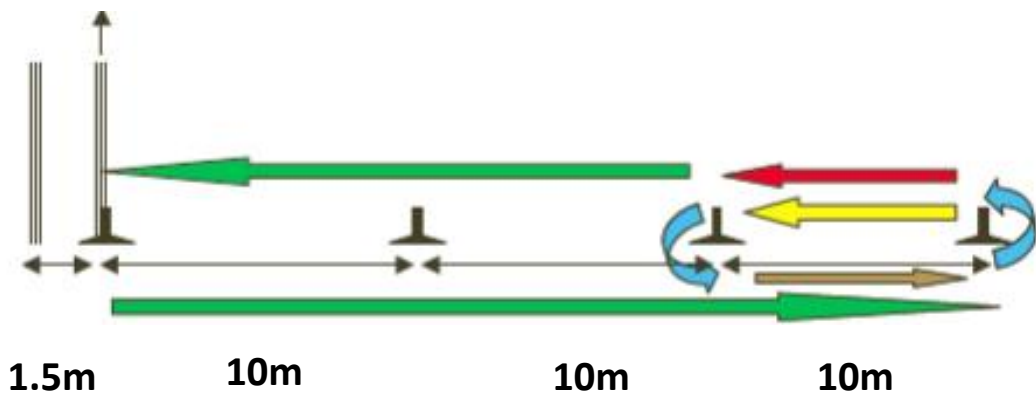
D* = alergare in linie dreapta L* = alergare laterala

Testare Fizica

2018-2019

Test de agilitate & testul ARIET

Start/Finish



Linie dreapta Cu spatele Lateral stanga Lateral dreapta

Liga/ Categorie	Test de agilitate Sec.	ARIET Limita minima
Arbitri FIFA	20''50'	15.0.3
Arbitri L1	22''.00'	14.5.1
Arbitri L2	23''.00'	14.0.3

ARIET TEST

	ARIET TEST							
8.0.	1 D*	2 L*						
10.0.	1 D	2D						
12.0.	1 D	2 L						
13.0.	1 D	2 L	3 D	4 L	5 D	6 L	7 D	8 L
13.5.	1 D	2 L	3 D	4 L	5 D	6 L	7 D	8 L
14.0.	1 D	2 L	3 D	4 L	5 D	6 L	7 D	8 L
14.5.	1 D	2 L	3 D					
15.0.	1 L	2 D	3 L					
15.5.	1 D	2 L	3 D	4 L	5 D	6 L		
16.0.	1 D	2 L	3 D	4 L	5 D	6 L		
16.5.	1 D	2 L	3 D	4 L	5 D	6 L		
17.0.	1 D	2 L	3 D	4 L	5 D	6 L		
17.5.	1 D	2 L	3 D	4 L	5 D	6 L		
18.0.	1 D	2 L	3 D	4 L	5 D	6 L		
18.5.	1 D	2 L	3 D	4 L	5 D	6 L		
19.0.	1 D	2 L	3 D	4 L	5 D	6 L		
19.5.	1 D	2 L	3 D	4 L	5 D	6 L		
20.0.	1 D	2 L	3 D	4 L	5 D	6 L		
20.5.	1 D	2 L	3 D	4 L	5 D	6 L		

D* = alergare in linie dreapta L* = alergare laterala