

# ENY Referee Fitness Requirments

2014

	<b>Age</b>	<b>Grade 7 &amp; 8</b>	<b>State</b>
<b>Endurance 12 minute Run</b>	Under 38	2200 m (5.5 laps)	2400 m (6 laps)
	38 - 45	2000 m (5 laps)	2200 m (5.5 laps)
	45 - 55	1800 m (4.5 laps)	2000 m (5 laps)
	Over 55	1600 m (4 laps)	2000 m (5 laps)
<b>Speed Test</b>			
<b>50 Yard run</b>	Under 45	9 sec	9 sec
	45 - 55	9.5 sec	9 sec
	Over 55	10.5 Sec	9 sec
<b>200 yard Run</b>	Under 45	40 sec	40 sec
	Over 45	45 sec	40 sec