

Fitness Test Requirements – Male

Classification		FIFA HI Test	
Men	Sprint (2 x 20m) 30 second recovery	CODA	ARIET
Futsal FIFA/National	3.3 sec	10 sec	15.5-3 / 1275m
Futsal 4 – Provincial	3.5 sec	10.6 sec	15-3 / 1170m
Futsal 3 – Regional	3.7 sec	11.2 sec	15-1 / 1105m
Futsal 2	3.9 sec	11.9 sec	14-1 / 755m
Futsal 1	N/A		

Fitness Test Requirements – Female

Classification		FIFA HI Test	
Women	Sprint (2 x 20m) 30 second recovery	CODA	ARIET
Futsal FIFA/National	3.6 sec	11 sec	14-8 / 975m
Futsal 4 – Provincial	3.8 sec	11.6 sec	14-8 / 975m
Futsal 3 – Regional	4.0 sec	12.2 sec	13.5-8 / 715m
Futsal 2	4.2 sec	12.8 sec	13-8 / 455m
Futsal 1	N/A		

