

F P F
ACADEMIA
DE ARBITRAGEM

Provas Físicas Regulamentares

2019 / 2020

Lisboa, 27 de Junho de 2019

Época 2019 – 2020



Instituto do Desporto de Portugal, I.P.

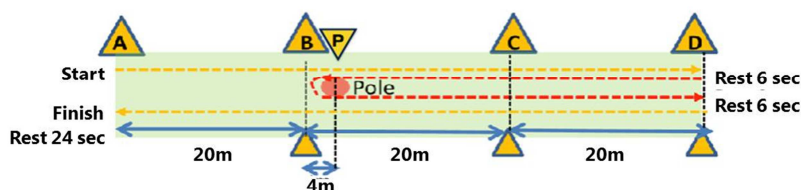
ÁRBITROS

Teste de Velocidade ; Resistência



Men Referees: Single – Double – Single High Intensity Interval Test

1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)

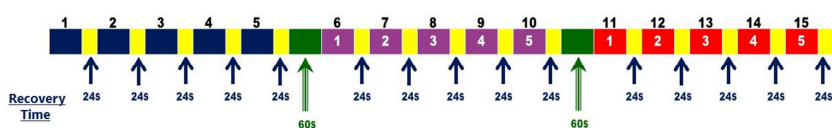


Timetable	Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
by set	1	0:00	0:12	0:18	0:34	0:40	0:52
	2	1:16	1:28	1:34	1:50	1:56	2:08
	3	2:32	2:44	2:50	3:06	3:12	3:24
	4	3:48	4:00	4:06	4:22	4:28	4:40
	5	5:04	5:16	5:22	5:38	5:44	5:56

Men Referees: Single – Double – Single High Intensity Interval Test

The test can be divided in III Parts

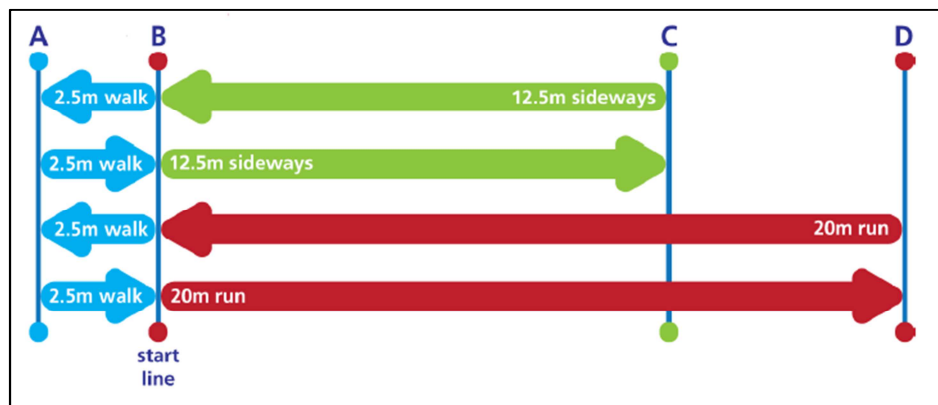
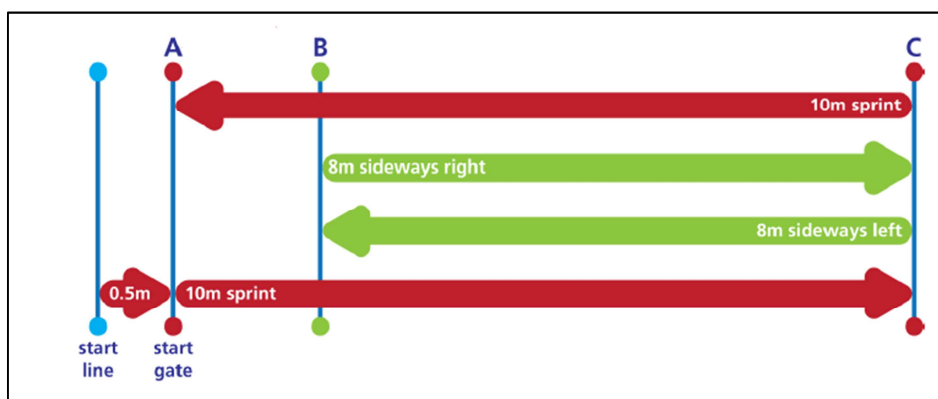
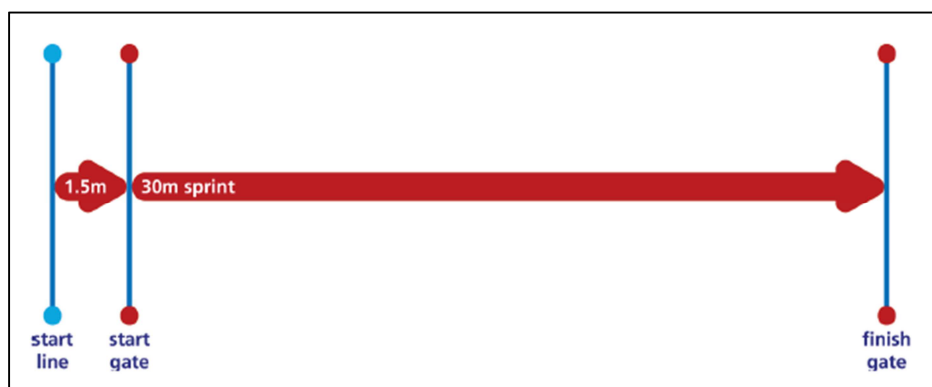
- Part I: Warm-UP 5 reps (first 3 progressively faster)
- Part II: 5 repetitions
- Part III: 5 repetitions



C1 Pro & AC1 – 15 Voltas / C2 & C3 – 15 Voltas

ÁRBITROS ASSISTENTES

Teste de Velocidade ; Agilidade ; Resistência



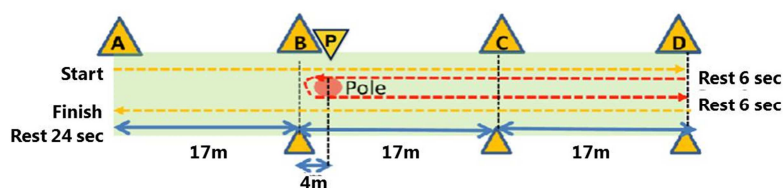
ÁRBITRAS

Teste de Velocidade ; Resistência



Women Referees: Single – Double – Single High Intensity Interval Test

1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)



Timetable	Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
by set	1	0:00	0:12	0:18	0:34	0:40	0:52
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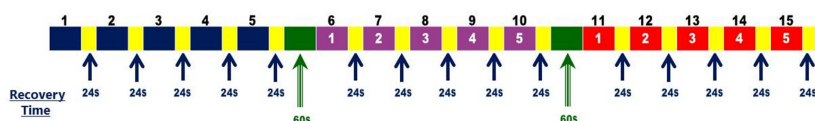
Women Referees: Single – Double – Single High Intensity Interval Test

The test can be divided in III Parts

Part I: Warm-UP 5 reps (first 3 progressively faster)

Part II: 5 repetitions

Part III: 5 repetitions



CF 1 – 15 Voltas / CF 2 – 13 Voltas