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Importance of optimal positions of futsal referees

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Abstract
Purpose: To study the level of fitness of futsal referee's when choosing the optimal positions.
Methods: The research used such methods as the analysis of scientific and methodological literature, theoretical and comparative analysis, pedagogical observation, conversation, pedagogical experience, mathematical statistics.
Results: The ARIET test lasts 10 minutes and covers a total distance of 1275 meters. The sequence of performing this test is as follows: the referee runs 20 meters from the start/finish line, returns 20 meters, takes a 5-second rest in a 2.5-meter rest area, runs 12.5 meters sideways from the start/finish line, returns 12.5 meters, takes another 5-second rest in the 2.5-meter rest area, and each cycle takes 30 seconds before moving to the next cycle.
Conlcusion: Considering the above points, it can be concluded that developing futsal referees` physical preparation and training them to select optimal positions during the game is crucial. This includes creating new methodologies that control physical preparation and functional condition, and enhancing referees` coordination abilities.

Keywords: Optimal position, futsal, level of physical fitness, Sprint test, Mode test, Art test.

Introduction

Futsal has gained significant global popularity, with competitions being held at various levels. This trend has led to increasing demands on futsal referees to ensure fair and transparent gameplay.

Additionally, FIFA has implemented three tests [1; pp. 113-122] to assess the physical fitness of futsal referees.The Sprint test is used to assess referees' speed, the ARIYET test is used to assess referees' special endurance, and the SODA test is used to assess referees' ability to perform intense actions continuously. As futsal becomes more popular, the game becomes more intense, and referees need to be able to make the right decisions in difficult situations. Therefore, various methods and techniques are being developed worldwide to improve the physical fitness of futsal referees, but a physically training system that meets the demands of modern futsal remains a relevant issue.In the scientific pedagogical research, 24 futsal referees participated. They were equally divided into experimental and control groups, with 12 referees in each. At the beginning of the study, both groups tested their physical abilities using three special tests developed by FIFA. Mathematical statistics methods were used to determine the differences between the various indicators of the control and experimental groups and to verify the reliability of the obtained results.

Results and discussion

The SPRINT 2x20 test was used to assess specific speed, and the following results were obtained.

Table 2 shows that futsal referees are required to cover a total distance of 36 meters, consisting of 10 meters of rapid running, 8 meters of shuttle running, and another 10 meters of rapid running to reach the start/finish line within 10 seconds. When the research group representatives performed this test, their average time was 9.69±0.31 seconds, while the control group representatives had an average time of 9.72±0.28 seconds. The average results of the research and control groups indicate that the performance metrics of both groups did not have differ significantly.

To determine the level of specific endurance of futsal referees, the ARIET test is used. Referees start the test from the start/finish line according to a signal and proceed according to the shuttle run requirements. The ARIET test lasts 10 minutes and covers a total distance of 1275 meters. The sequence of performing this test is as follows: the referee runs 20 meters from the start/finish line, returns 20 meters, takes a 5-second rest in a 2.5-meter rest area, runs 12.5 meters sideways from the start/finish line, returns 12.5 meters, takes another 5-second rest in the 2.5-meter rest area, and each cycle takes 30 seconds before moving to the next cycle. The overall performance and

Fig 1. Sprint test 2x20 meter running schema



Table 1. Results of the sprint test of futsal referee's in the 2x20 meters at the beginning of

Control group			Experimental group		
Full name	Sprint 2x20 meter		Full name	Sprint 2x20 meter	
	Once	Second time		Once	Second time
A-v F.	3,24	3,27	T-v P	3,19	3,20
R-v A.	3,30	3,30	A-v H.	3,28	3,30
K-v A.	3,28	3,22	P-в C.	3,29	3,28
P-v M.	3,28	3,30	P-v У.	3,29	3,27
P-v An.	3,30	3,28	E-v Z.	3,25	3,28
B-v X.	3,25	3,29	N-v S.	3,29	3,26
A-в C.	3,24	3,25	M-v X.	3,26	3,29
Ya-o D.	3,20	3,18	U-v O.	3,27	3,26
K-v O.	3,28	3,30	A-v A.	3,24	3,27
M-v F.	3,22	3,30	K-v J.	3,2	3,30
A-v M.	3,19	3,25	A-v J.	3,27	3,25
T-v J.	3,13	3,25	Ch-v R.	3,18	3,23
X± σ	**3,24±0,13**	**3,27±0,12**	**X± σ**	**3,25±0,11**	**3,27±0,10**

intensity are as follows: 40x20 meters (800 meters) of high-intensity running (each 20 meters must be completed in 5 seconds) with a 5-second rest period, and 40x12.5 meters (475 meters) of side-to-side high-intensity movement (each 12.5 meters must be completed in 5 seconds). The following results were obtained.

Referees who do not meet the test requirements are not recommended for officiating in competitions. During our research, it was found that there is no specific and scientifically-based preparation methodology for the ARIET test developed by FIFA [5; 20-24 pp.]. Therefore, developing methodologies for improving the physical abilities required for selecting optimal positions in futsal refereeing, as well as enhancing functional and physical preparation, became one of the urgent issues of our research.

Currently, the physical training phase for futsal referees is not adequately organized using scientifically-based methods. Hence, it became

Table 2. CODA test results in 10 meters from futsal referee's at the beginning of the experiment

Control group		Experimental group	
Full name	CODA test 3,30 secund once	Full name	CODA test 3,30 secund once
A-v F.	9,63	T-v R	9,76
R-v A.	9,83	A-v N.	9,94
K-v A.	9,75	R-v S.	9,78
R-v M.	9,95	P-v U.	9,80
R-v An.	9,84	Э-v Z.	9,72
B-v X.	9,78	N-v S.	9,81
A-v S.	9,32	M-v X.	9,67
Я-o D.	9,82	U-v O.	9,90
K-v O.	9,58	A-v A.	9,64
M-v F.	9,45	K-v J.	9,24
A-v M.	9,65	A-v J.	9,70
T-v J.	9,73	Ch-v R.	9,64
X± σ	**9,69±0,31**	**X± σ**	**9,72±0,28**

apparent that new scientifically and methodologically grounded approaches should be introduced into the training process based on research results from other sports. Based on the results of the specific tests, we conducted the

Table 3. Sorting for pedagogical research through the ARIET test of EG and CG Futsal referee's at the beginning of the experiment

Control group			Experimental group		
	Ariet test			Ariet test	
Full name	**Result of Ariet test (minute)**	**Result of Ariet test (meter)**	**Full name**	**Result of Ariet test (minute)**	**Result of Ariet test (meter)**
A-v F.	590	1275	T-v R	620	1340
R-v A.	590	1275	A-v N.	620	1340
K-v A.	620	1340	R-v S.	590	1275
R-v M.	590	1275	P-v U.	590	1275
R-v An.	590	1275	Э-v Z.	590	1275
B-v X.	590	1275	N-v S.	590	1275
A-v S.	620	1330	M-v X.	590	1275
Я-o D.	620	1340	U-v O.	590	1275
K-v O.	590	1275	A-v A.	590	1275
M-v F.	590	1275	K-v J.	590	1275
A-v M.	590	1275	A-v J.	590	1275
T-v J.	590	1275	Ch-v R.	590	1275
X± σ	**597,5±30**	**1290±65**	**X± σ**	**595±30**	**1286±65**

following mathematical and statistical analyses and reached practical conclusions.

Conclusion

It has been proven that optimizing the physical workload of futsal referees is essential. Timely identification of changes in referees` work capacity allows for comprehensive correction of physical preparation levels. This requires monitoring referees` functional condition using the “Polar Team Pro” special platform to ensure correct distribution of physical workloads and to optimize the special training process for proper position selection during the game.

As can be seen in Table 1 the futsal referees cover a distance of 20 metres Ran 2 times, of which the representatives of the research team found that when performing the 1st time, their average was equal to 3.24±0.17 seconds. The 2nd time was found to be equal to 3.27±0.12 seconds.

Between 1 and 2 times, it was found that the interval difference in exercise performance was 0.24±0.05. Representatives of the control group, on the other hand, were found to have an average of 3.24±0.13 seconds compared to 3.27±0.12 seconds on the 1st run of this test. Between 1 and 2 times, it was found that the interval difference in exercise performance was 0.03±0.01 seconds. Then, from the results obtained, it can be seen that the indicators in the research and control group are practically no different from each other, it was determined using the mathematical statistical method. Based on the averages of the groups, we can say that it seems that the special speed abilities of the futsal referees are not enough to match the pace of the fierce game. The development of various methods and methodologies and training developments is required in machsadi to improve the special speed skills of the study participants.

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