

Time Motion Analysis of Iranian Elite Soccer Referees During Actual Match Play

Abstract

Background & Purpose:

The purpose of this study is to conduct a time- motion analysis of Iranian elite soccer referees during actual games during 2007-2008 seasons.

Methodology:

Ten male elite soccer referees (Age; 36.23 ± 2.24 years, Height; $180.1 \pm 4/48$ cm, body mass: 78.18 ± 8.4 kg, fat mass: 19.38 ± 3.3 percent BMI; 23.98 ± 1.53 kg.m^{-2}) participated in the study. Motion analysis data were collected during matches using the Suunto t6 device during 2 stages with 10 week intervals. Paired-samples T-test and Wilcoxon test were used to compare the first half and the second half data at $P < 0.05$ level.

Results: The average total distance covered was 7872 m (ranging from 6720 to 9910 m) in which no significant differences were observed between the halves ($p > 0.05$). Referees, on average, covered 93% of the whole match time at low- intensity activities (standing, walking and jogging), low speed running and moderate speed running accounted for 5.9% (ranging from 15.51 to 0%) and 0.1% (ranging from 1.18 to 0%) of the total time respectively. There were no high speed running and sprinting.

Conclusion: In conclusion, these results provided important data in helping to develop new training programs based on actual match activities.

Keywords: soccer referee, time- motion analysis, activity profile