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1.222	29.887		(200)	2
0.187	7.276		(50)	3
0.853	30.70		(200)	4
16.42	2874		(12)	5

(3)

7.28	7.27 – 7.06	7.05 – 6.84	6.83 – 6.63	6.62 – 6.4	6.39	(50)	1
30.96	-30.13 30.95	- 29.30 30.12	-28.48 29.29	- 27.64 28.47	27.63	(200)	2
7.4	7.39 – 7.29	7.28 – 7.18	7.17 –7.08	7.07 – 6.97	6.96	(500)	3
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16

1.25	6.25		1
1.78	7.12		2
1.97	4.36		3
0.84	7.03		4
1.14	5.99		5
0.92	6.14		6
0.83	6.50		7
1.18	4.62		8
0.95	3.87		9
1.06	4.-		10
1.26	6.27		11
1.28	5.75		12
1.34	6.87		13

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	0.34 -		9
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Fitness and some Psychological Variables for First Degree Referees in Football and its Relationship to their Level of Performance

*Amer S. Alkhigani**

ABSTRACT

The aim of the research is identifying fitness, the personal traits, anxiety and level of performance for first degree referees in the Iraqi central of union for football and the relationship to fitness, personal traits, and situation anxiety with their level of performance.

The researcher used the descriptive method, the sample included (50) first degree referees in Iraq. He conducted speed and endurance test for referees, as well as (Cattell) test for personal traits and another for anxiety situation. Then the researcher found the result of these variables. He identified the referees' performance level through the games supervisees' evaluation to the referees' performance which gets it from the Iraqi central Union for football.

The most important result that the research reached:

- 1- Referees had low levels of fitness by achieving high times in exhaustion performance in speed and endurance tests, with means of (7.079) for 50 m speed test and (20874) m for (12) minutes continuous run.
- 2- Referees had character traits (more intelligent, self controlled, confident in others, group dependent) of the means (7.12), (7.03), (3.88), (3.87) respectively.
- 3- Referees had a low level of anxiety with degrees of (62.6) while their level of performance was good with degrees of (7.864).
- 4- There are relationships between the variables (fitness, character traits, and situation anxiety) with the level of performance of referees pointed by the (R) results calculated by (Pearson) which was (0,38-), (0,67) and (0,47-) respectively.

Recommendations: putting forward new scientific methods for developing fitness for football players and working on training them by making them referee a lot to lower their degree of anxiety.

Keywords: Fitness, Personal Traits

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