



USSF REGIONAL REFEREE

| 2021 Regional Referee Upgrade Requirements | |
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| Age | Minimum 18 Years of Age |
| Previous Certification | Minimum of three consecutive years as a Grassroots Referee |
| Previous Game Experience Submitted via Application | Cal South Affiliated League Games for the previous two years <ul style="list-style-type: none"> • 50 Games as Referee • 25 Games as AR at local adult amateur level |
| Annual Training | <ul style="list-style-type: none"> • 5 In-Service Hours offered by local Referee Associations* • 5 CORE (Previous RPD) - Pre-register by clicking here* • Regional Referee Course |
| USSF Registration Fee | Cost of \$90 paid online: Register & pay by clicking here. |
| Laws of the Game | Pass the Regional Referee Quiz online clicking here. Passing score is 80% |
| Safety & Compliance *NEW State and USSF | Concussion Training Sudden Cardiac Arrest Training in NFHS website For those 18 and older - SafeSport training & background check |
| Fitness Test | Sprint/Interval Test (FIFA Women's Referee Test) Male - Category 1 / Female - Category 3 <ul style="list-style-type: none"> • Repeated Sprint Ability Test (RSA) Category 1 - 6 x40m Sprints with Maximum of 6.4 seconds per sprint Category 3 - 6 x40m Sprints with Maximum of 6.6 seconds per sprint • Interval Test (40 x 75m run / 25m walk intervals) Category 1 - 17 seconds per 75m run and 20 seconds per 25m walk Category 3 - 17 seconds per 75m run and 24 seconds per 25m walk |
| Practical Evaluation | Three passing assessments as a Referee by 3 different Referee Coaches (Previous Grade 5 Assessors): <ul style="list-style-type: none"> • 2 games at an affiliated Adult Amateur Level • 1 from an affiliated Youth division (U18 or U19) with 2 x 45 minute half 3 assessments on affiliated Adult division games may comply with this requirement |

NOTES

- For detailed Fitness Test information [click here:](#)
- SafeSport Training Required of all Cal South referees 18 and older annually. Upon making registration payment you will receive link to training. Concussion & Sudden Cardiac Arrest Training required once only.
- [Safe & Healthy Playing Environments](#) in LC can be taken in lieu of NFHS Concussion & Sudden Cardiac Arrest
- *State Trainings required for local game assignments.



USSF REGIONAL REFEREE RECERTIFICATION

| 2021 Re-Certification Requirements | |
|---|--|
| Annual Training | <ul style="list-style-type: none"> • 5 In-Service Hours offered by local Referee Associations* • 5 CORE (Previous RPD) - Pre-register by clicking here* • Regional Referee Course |
| USSF Registration Fee | Cost of \$90 paid online: Register & pay by clicking here . |
| Laws of the Game | Pass the Regional Referee Quiz online clicking here . Passing score is 80% |
| Fitness Test | <p>Sprint/Interval Test (FIFA Women's Referee Test) Male - Category 1 / Female - Category 3</p> <ul style="list-style-type: none"> • Repeated Sprint Ability Test (RSA) Category 1 - 6 x40m Sprints with Maximum of 6.4 seconds per sprint Category 3 - 6 x40m Sprints with Maximum of 6.6 seconds per sprint • Interval Test (40 x 75m run / 25m walk intervals) Category 1 - 17 seconds per 75m run and 20 seconds per 25m walk Category 3 - 17 seconds per 75m run and 24 seconds per 25m walk |
| Practical Evaluation | <p>Two passing assessments as a Referee by 2 different Referee Coaches (Previous Grade 5 Assessors):</p> <ul style="list-style-type: none"> • 1 game from an affiliated Adult Amateur Level • 1 game from an affiliated Youth division (U18 or U19) with 2 x 45 minute half <p>Note: 2 assessments on affiliated Adult division games may comply with this requirement</p> |
| Safety & Compliance *NEW State and USSF | <p>Concussion Training Sudden Cardiac Arrest Training in NFHS website For those 18 and older - SafeSport training & background check</p> |

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