



GRASSROOTS ELITE REFEREE

2022 Certification Requirements	
Minimum Age	14
Experience	Current USSF approved referee of any level
Training	5 In-Service Hours offered by local Referee Associations* Attending 5 CORE trainings
USSF Registration Fee	Cost of \$70 paid online: Register & pay by clicking here.
Practical Evaluation	1 Development & Guidance Assessment as center within a minimum of 11v11 Competitive match.
Fitness Test	Pass fitness test. Run time requirements TBD
Safety & Compliance State and USSF	Concussion Training Sudden Cardiac Arrest Training in NFHS website Safe & Healthy Playing Environments in LC For those 18 and older - SafeSport training & background check
2022 Re-Certification Requirements	
Annual Training State	5 In-Service Hours offered by local Referee Associations* Attending 5 CORE trainings
USSF Registration Fee	Cost of \$70 paid online: Register & pay by clicking here.
Laws of the Game Test	Online recertification quiz (Examen en español disponible aquí)
Practical Evaluation	1 Development & Guidance Assessment as center within a minimum of 11v11 Competitive match.
Fitness Test	Pass fitness test. Run time requirements TBD
Safety & Compliance State and USSF	Concussion Training Sudden Cardiac Arrest Training in NFHS website Safe & Healthy Playing Environments in LC For those 18 and older - SafeSport training & background check

- 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.
- *State Trainings required for local game assignments.
- This level is a Cal South State tier within the US Soccer Grassroots pathway.
- Fitness times- Repeated Sprint Ability Test (RSA)
Category GRE – 6x40m Sprints with Maximum of 7.0seconds per sprint | Interval Test (40 x 75m run / 25m walk intervals)
Category GRE – 20 seconds per 75m run and 28seconds per 25m walk