# 2023 Regional Referee Upgrade Requirements

<table>
<thead>
<tr>
<th>Age</th>
<th>Minimum 18 Years of Age</th>
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<tbody>
<tr>
<td>Previous Certification</td>
<td>Minimum of <strong>three consecutive years</strong> as a Grassroots Referee</td>
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</table>
| Previous Game Experience | **Cal South Affiliated League Games for the previous two years:**  
  - 25 Games as Referee  
  - 15 Games as AR at local adult amateur level |
| Annual Training |  
  - Regional Referee Virtual Course  
  - 5 Continued Education Sessions (offered by local Referee Associations, Monthly Education Webinars, CORE)* |
| USSF Registration Fee | Cost of $105 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 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 |
| Fitness Test | **Sprint/Interval Test (FIFA Women’s Referee Test) Male - Category 1 / Female - Category 3**  
  - **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):  
  - 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.  
- *State Trainings required for local game assignments.*
# 2023 Re-Certification Requirements

<table>
<thead>
<tr>
<th><strong>Eligibility</strong></th>
<th>Must have held Regional License in 2022</th>
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</thead>
<tbody>
<tr>
<td><strong>Previous Certification</strong></td>
<td>2022 Regional Referee</td>
</tr>
</tbody>
</table>
| **Annual Training** | • Regional Referee Virtual Course  
• 5 Continued Education Sessions (offered by local Referee Associations, Monthly Education Webinars, CORE)* |
| **USSF Registration Fee** | Cost of $105 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** | **Sprint/Interval Test (FIFA Women’s Referee Test) Male - Category 1 / Female - Category 3**  
• **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** | Two passing assessments as a Referee by 2 different Referee Coaches (Previous Grade 5 Assessors):  
• 1 game from an affiliated Adult Amateur Level  
• 1 game from an affiliated Youth division (U18 or U19) with 2 x 45 minute half  
Note:  
2 assessments on affiliated Adult division games may comply with this requirement |
| **Safety & Compliance** | **Concussion Training** | **Sudden Cardiac Arrest Training** in NFHS website  
**Safe & Healthy Playing Environments** in LC  
For those 18 and older - SafeSport training & background check |

### 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.
- *State Trainings required for local game assignments.*