

USSF REGIONAL REFEREE

2023 Regional Referee Upgrade Requirements	
Age	Minimum 18 Years of Age
Previous Certification	Minimum of three consecutive years as a Grassroots Referee
Previous Game Experience	<p>Cal South Affiliated League Games for the previous two years:</p> <ul style="list-style-type: none"> • 25 Games as Referee • 15 Games as AR at local adult amateur level
Annual Training	<ul style="list-style-type: none"> • 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	<p>Concussion Training Sudden Cardiac Arrest Training in NFHS website Safe & Healthy Playing Environments in LC</p> <p>For those 18 and older - SafeSport training & background check</p>
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>Three passing assessments as a Referee by 3 different Referee Coaches (Previous Grade 5 Assessors):</p> <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 <p>3 assessments on affiliated Adult division games may comply with this requirement</p>

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.



USSF REGIONAL REFEREE RECERTIFICATION

2023 Re-Certification Requirements	
Eligibility	Must have held Regional License in 2022
Previous Certification	2022 Regional Referee
Annual Training	<ul style="list-style-type: none"> 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	<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 State and USSF	<p>Concussion Training Sudden Cardiac Arrest Training in NFHS website Safe & Healthy Playing Environments in LC For those 18 and older - SafeSport training & background check</p>

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