


REFEREE FULL NAME: _____



USSF REGIONAL REFEREE

2025 Regional Referee Checklist			Date Completed
Eligibility	Minimum age: 18	Minimum of two consecutive years as Referee (2023 badge & 2024 badge) or Accelerated Path*	
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		
USSF Registration Fee	Cost of \$110 paid online. Register & pay by clicking here .		
Annual Training	<ul style="list-style-type: none"> Regional Referee Virtual Course. Locate Here 5 Total Continued Education Sessions (From either: Local Referee Associations, Monthly Education Webinars, CORE)* 		
Laws of the Game	Regional Referee Quiz online clicking here .		
 SAFE SOCCER <p style="color: red;">Do NOT complete the offered background check on this page.</p> <p>For Cal South referees, you ONLY need to review the two compliance training courses below within Phase 1. Disregard the term "Not Cleared" within US Soccer as long as both trainings below are completed & Not Expired.</p> <p>Register for each of the below trainings by clicking here</p>			
1) Introduction to Safe and Healthy Playing Environments			
2) SafeSport training			
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 Evaluations Average Score of 8.0	3 passing evaluation as a Referee between Jan 1, 2024 and June 30, 2025 <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 evaluations on affiliated adult division games may comply with this requirement Request evaluations here Submit evaluations here		
Background Check (Only needed once)			Date Completed
Safety & Compliance	DOJ Live Scan digital fingerprint background check for Cal South (Instructions) Important- Do not complete background check within the LC. Email ATI code at the bottom of live scan page to refereeregistration@calsouth.com		


NOTES

- *Professional outdoor league players, Division 1,2,3 or C level license higher eligible to start as Referee and upgrade to Regional following year after requirements met.
- *For State Assignments
- For detailed Fitness Test information [click here](#):

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USSF REGIONAL REFEREE RECERTIFICATION

2025 Regional Referee Recert Checklist		Date Completed
Age	Minimum age: 18	
Previous Game Experience	Must have had (1) Regional License in previous three years. (2024, 2023 or 2022) Or held a National Referee or AR License.	
USSF Registration Fee	Cost of \$110 paid online. Register & pay by clicking here .	
Annual Training	<ul style="list-style-type: none"> Regional Referee Virtual Course. Locate Here 5 Total Continued Education Sessions (From either: Local Referee Associations, Monthly Education Webinars, CORE)* 	
Laws of the Game	Regional Referee Quiz online clicking here .	
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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 Evaluations Average Score of 8.0	2 passing evaluations as a Referee between Jan 1, 2024 and June 30, 2025 <ul style="list-style-type: none"> 1 game at an affiliated Adult Amateur Level 1 from an affiliated Youth division (U18 or U19) with 2 x 45-minute half 2 evaluations on affiliated adult division games may comply with this requirement Request evaluations here Submit evaluations here	
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