

U.S. Soccer Federation Referee Program

Grades 3 and 4 Referee Certification Requirements

For 2018



Selection and Certification

Grade 3 National Referees and Grade 4 National Assistant Referees are selected and certified directly by U.S. Soccer on an annual basis. Please note that there is no application process.

All officials Grade 5 and above who meet the minimum assessment requirements from Aug. 1, 2016 to July 31, 2017 will be considered by U.S. Soccer for selection. U.S. Soccer will review official performances via the Referee Portfolio in ussoccer.gameofficials.net to make selections.

It is important to understand that the selection process for these grades is both quantitative and qualitative on an annual basis. Meeting the established minimum requirements listed in this document does not ensure certification or recertification. Once selected, each official must meet a combination of administrative and technical requirements.

Officials will be notified directly by U.S. Soccer via email by Sept. 1, 2017 of their selection. Officials will then be required to complete the administrative and technical requirements for certification.

Timeline

Sept. 1, 2017: Officials are notified via email if selected by U.S. Soccer as a National Referee or National Assistant Referee. Officials will receive instructions on next steps to be completed for certification. Please note that there is no application process.

Sept. 1 – 30, 2017: Selected officials complete the administrative requirements for certification.

Oct. 16, 2017: Officials who have completed the administrative requirements will receive further information via email to attend National Camp.

Dec. 14 – 17, 2017: Officials will attend National Camp to complete technical requirements which include passing the fitness test and attending classroom sessions. Upon completion of National Camp, officials are registered for the 2018 registration year.

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**Grade 3 – National Referee
 Grade 4 – National Assistant Referee**

The purpose of the Grade 3 National Referee and the Grade 4 National Assistant Referee is to prepare officials for national and professional level games. These officials are selected and certified directly by U.S. Soccer. U.S. Soccer recommends that these officials be regularly assigned to the most competitive national events and leagues available.

Certification Requirements	
Registration	Directly with U.S. Soccer
Previous Grade Experience	Minimum 1 year as Grade 5 or Above
Nationality	U.S. Citizen or Permanent Resident
Training	Attend a National or PRO Preseason Camp
Laws of the Game Test	Pass the National Test
Fitness Test	Pass the appropriate FIFA Fitness Test
Practical Evaluation	Minimum of 3 assessments completed by 3 National Assessors and attend a Development Academy Playoff or Showcase Event
Background Check	Pass the National Background Check
Risk Management Assessment	Pass the Safesport training

Notes

- Minimum of 3 passing assessments in preferred track on adult matches from Aug. 1, 2016 – July 31, 2017
 - Must be from affiliated games with a minimum of 40 minute halves
 - Must be completed by 3 different National Assessors
- Those selected for the PRO roster do not have to complete the Development Academy event evaluation requirement.



Fitness Administration

Referee FIFA Fitness Test

The official fitness test for referees consists of two tests. Test 1, Repeated Sprint Ability (RSA), measures the referee's ability to perform repeated sprints over 40m. Test 2, Interval Test, evaluates the referee's capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals. Referees must pass the FIFA Fitness Test at least once a year. The time between the end of Test 1 and the start of Test 2 is 6 to 8 minutes maximum.

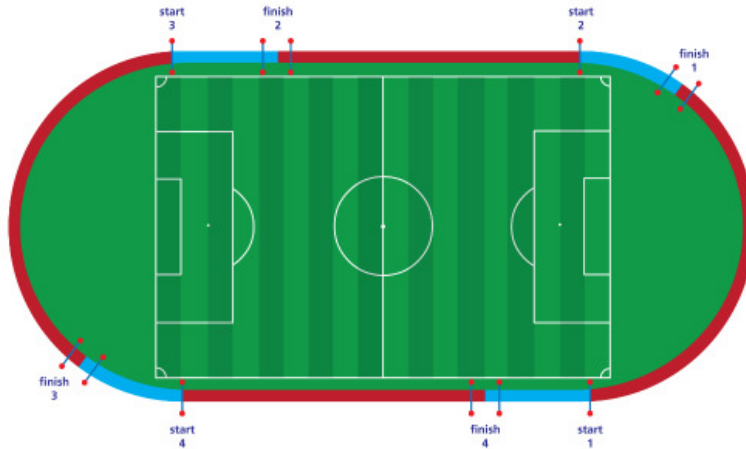
Referee Test 1: Repeated Sprint Ability

- Referees run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with their front foot touching the 'start line'. Once the test leader signals that ready, the referee is free to start.
- Referees receive a maximum of 60 seconds recovery between each of the 6 x 40m sprints. During recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
- If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.



Referee Test 2: Interval Test

- Referees must complete 40 x 75m run / 25m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of four 75 meter runs with four 25 meter recovery walks
- The pace is dictated by the audio file and reference times are set in accordance with the referee's category.
- Referees must start from a standing position. They must not start before the whistle. On the whistle, referees are allowed to start running.
- At the end of each run, each referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.
- If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



Standards for National Referee Certification

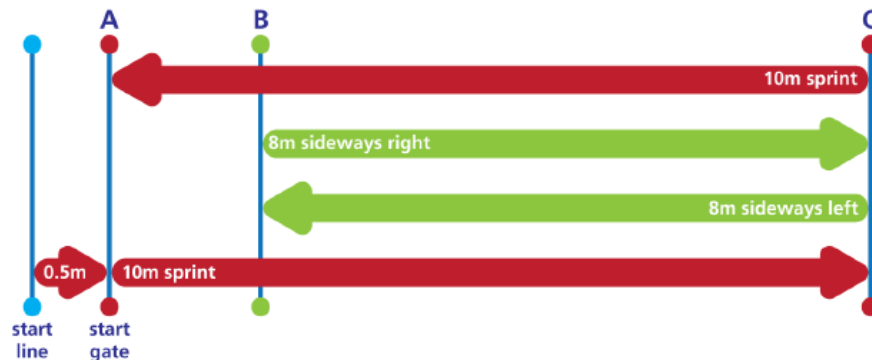
<u>Test Type</u>	<u>Sprint Standard</u>	<u>Interval Standard (run)</u>	<u>Interval Standard (walk)</u>
Male Referee	6.00 secs	15 seconds per 75m	18 seconds per 25m
Female Referee	6.40 secs	17 seconds per 75m	20 seconds per 25m

Assistant Referee FIFA Fitness Test

The official fitness test for assistant referees consists of three tests. Test 1, CODA, assesses the assistant referee’s ability to change direction. Test 2, Repeated Sprint Ability (RSA), measures the assistant referee’s ability to perform repeated sprints over 30m. Test 3, Interval Test, evaluates the assistant referee’s capacity to perform a series of high-speed runs over 75m interspersed with 25m walking intervals. Assistant referees must pass the FIFA Fitness Test at least once a year. The time between the end of Test 1 and the start of Test 2 is 2 to 4 minutes maximum. The time between the end of Test 2 and the start of Test 3 is 6 to 8 minutes maximum.

Assistant Referee Test 1: CODA (Change of Direction Ability)

- Assistant referees run one 10m x 8m x 8m x 10m sprint
- The distance between A and B is 2 meters. The distance between B and C is 8 meters.
- The ‘start line’ is marked out 0.5m before the timing gate (A).
- Assistant referees line up at the start with their front foot touching the ‘start line’. Once the test leader signals ready, the assistant referee is free to start.
- Assistant referees sprint 10m forward (A to C), 8m sideways left (C to B), 8m sideways right (B to C) and 10 m forward (C to A).
- If an assistant referee falls or trips, they should be given an additional trial.
- If an assistant referee fails the trial, they should be given an additional trial. If they fail two trials, the match official has failed the test.



Assistant Referee Test 2: Repeated Sprint Ability

- Assistant referees run five consecutive 30 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 30m. The 'start line' is marked out 1.5m before the 'start' gate.
- Assistant referees line up at the start with their front foot touching the 'start line'. Once the test leader signals ready, the assistant referee is free to start.
- Assistant referees receive a maximum of 30 seconds recovery between each of the 5 x 30m sprints. During recovery, assistant referees must walk back to the start.
- If an assistant referee falls or trips, they should be given an extra trial (one trial = 1 x 30 m).
- If an assistant referee fails one trial out of the five, they should be given a sixth trial immediately after the fifth trial. If they fail two trials out of six, the match official has failed the test.



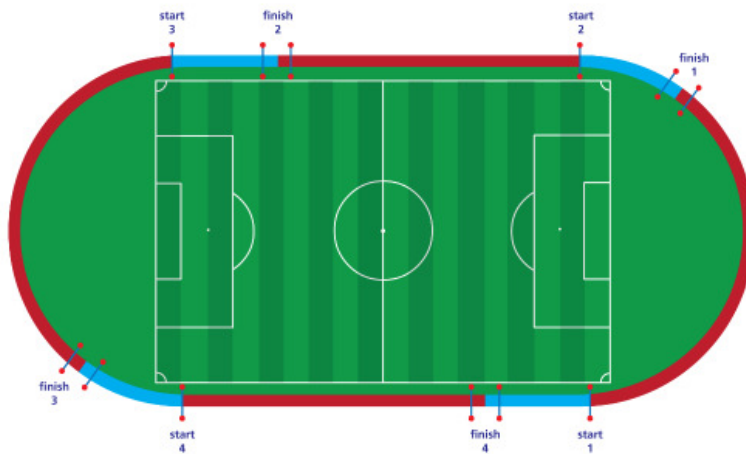
Assistant Referee Test 3: Interval Test

- Assistant referees must complete 40 x 75m run / 25m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of four 75 meter runs with four 25 meter recovery walks
- The pace is dictated by the audio file and reference times are set in accordance with the assistant referee's category.
- Assistant referees must start from a standing position. They must not start before the whistle. On the whistle, assistant referees are allowed to start running.
- At the end of each run, each assistant referee must enter the 'walking area' before the whistle. The walking area is marked out with a line 1.5m before and 1.5m behind the 75m line.

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- If an assistant referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If an assistant referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



Standards for National Assistant Referee Certification

<u>Test Type</u>	<u>CODA Standard</u>	<u>Sprint Standard</u>	<u>Interval Standard (run)</u>	<u>Interval Standard (walk)</u>
Male AR	10.00 secs	4.70 secs	15 seconds per 75m	20 seconds per 25m
Female AR	11.00 secs	5.10 secs	17 seconds per 75m	22 seconds per 25m



Physically Unable to Perform Policy

If a national official is unable to perform the physical duties required of a referee or assistant referee for certification due to medical reasons, he or she must contact U.S. Soccer and request to be placed on the Physically Unable to Perform (PUP) list prior to National Camp.

When applying for PUP list consideration, officials are required to provide a comprehensive written description of why they are unable to perform physically and include the appropriate medical documentation. All requests must be submitted in writing to U.S. Soccer.

Note that the official is still responsible for satisfying all administrative and technical requirements for certification, other than the taking of the fitness test, in accordance to the established deadlines.

Any national official on the PUP list will not be approved or certified for the current year until all requirements are met and therefore, he or she may not officiate in any capacity. If he or she registers as a different grade, they forfeit their opportunity to complete their national certification for the year.

If approved by U.S. Soccer to be placed on the PUP list, the official will be allowed to have his or her registration record remain pending until the fitness test requirement is completed. Officials are required to provide a doctor's note to U.S. Soccer prior to taking the fitness test to come off the PUP list.

Once the fitness test requirement is completed, the certification process will be completed and processed accordingly. Officials have until the end of the calendar year to take the fitness test for certification. The fitness test may only be taken one time.

All expenses associated with the hosting and taking of the required fitness test are the responsibility of the official looking to exit the PUP list. Note that all aspects of the fitness test must be approved by U.S. Soccer prior to the test being conducted.

U.S. Soccer reserves the right to remove an individual from the PUP list at any time for any reason.

Officials placed on the PUP list must still complete the administrative and technical requirements, including assessments, by the end of the calendar year to be considered for the national pool of the following certification year.

National officials selected to the PRO roster cannot be placed on the Physically Unable to Perform list.