

## Regional Referee Upgrade Requirements (Previous State 6 & 5)

Age	Minimum 18 Years of Age
Previous Certification	Minimum of three consecutive years as a Grassroots Referee
Previous Game Experience	<p><b>Cal South Affiliated League Games for the previous two years:</b></p> <ul style="list-style-type: none"> <li>• 50 Games as Referee</li> <li>• 25 Games as AR at local adult amateur level</li> </ul>
Annual Training	<ul style="list-style-type: none"> <li>• 5 In-Service Hours offered by local Referee Associations</li> <li>• 5 Referee Professional Development (RPD) - Pre-register by <a href="#">clicking here</a></li> <li>• Only one In-Service hour and only one RPD training can be counted per month.</li> </ul> <p><b>For those who did not complete above:</b></p> <ul style="list-style-type: none"> <li>• Attending the Regional Referee Course will cover above missing RPD</li> </ul>
USSF Registration Fee	Cost of \$90 paid online: Register & pay by <a href="#">clicking here</a> .
Laws of the Game	Pass the Regional Referee Quiz online <a href="#">clicking here</a> . Passing score is 80%
Safety & Compliance <b>*NEW</b>	Take and pass SafeSport training. Email <a href="mailto:refereeregistration@calsouth.com">refereeregistration@calsouth.com</a> for link and code to start training. Background Check
Fitness Test	<p><b>Sprint/Interval Test (FIFA Women's Referee Test) Male - Category 1 / Female - Category 3</b></p> <ul style="list-style-type: none"> <li>• <b>Repeated Sprint Ability Test (RSA)</b> Category 1 - 6 x40m Sprints with Maximum of <b>6.4</b> seconds per sprint Category 3 - 6 x40m Sprints with Maximum of <b>6.6</b> seconds per sprint</li> <li>• <b>Interval Test (40 x 75m run / 25m walk intervals)</b> 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</li> </ul>
Practical Evaluation	<p><b>Three passing assessments as a Referee</b> by 3 different Referee Coaches (Previous Grade 5 Assessors):</p> <ul style="list-style-type: none"> <li>• 2 games at an affiliated Adult Amateur Level</li> <li>• 1 from an affiliated Youth division (U18 or U19) with 2 x 45 minute half</li> </ul> <p>3 assessments on affiliated Adult division games may comply with this requirement</p>

### NOTES

- For detailed Fitness Test information [click here](#):

# Regional Referee Maintenance

Re-Certification Requirements	
Annual Training	<ul style="list-style-type: none"> <li>• 5 In-Service Hours offered by local Referee Associations</li> <li>• <b>3</b> Referee Professional Development (RPD) - Pre-register by clicking here</li> <li>• Only one In-Service hour and only one RPD training can be counted per month.</li> </ul> <p>For those who did not complete above:</p> <ul style="list-style-type: none"> <li>• Attending the Regional Referee Course will cover above missing RPD</li> </ul>
USSF Registration Fee	Cost of \$90 paid online: Register & pay by <a href="#">clicking here</a> .
Laws of the Game	Pass the Regional Referee Quiz online <a href="#">clicking here</a> . Passing score is 80%
Fitness Test	<p><b>Sprint/Interval Test (FIFA Women's Referee Test) Male - Category 1 / Female - Category 3</b></p> <ul style="list-style-type: none"> <li>• <b>Repeated Sprint Ability Test (RSA)</b> Category 1 - 6 x40m Sprints with Maximum of <b>6.4</b> seconds per sprint Category 3 - 6 x40m Sprints with Maximum of <b>6.6</b> seconds per sprint</li> <li>• <b>Interval Test</b> (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</li> </ul>
Practical Evaluation	<p><b>Two passing assessments as a Referee</b> by 2 different Referee Coaches (Previous Grade 5 Assessors):</p> <ul style="list-style-type: none"> <li>• 1 game from an affiliated Adult Amateur Level</li> <li>• 1 game from an affiliated Youth division (U18 or U19) with 2 x 45 minute half</li> </ul> <p>Note: 2 assessments on affiliated Adult division games may comply with this requirement</p>
Safety & Compliance <b>*NEW</b>	Take and pass SafeSport training. Email <a href="mailto:refereeregistration@calsouth.com">refereeregistration@calsouth.com</a> for link and code to start training. Background Check

## NOTES

- For detailed Fitness Test information [click here](#):