

**U.S. Soccer Federation - Referee Program
National Referee License Certification Requirements
For 2021**



Selection and Certification

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

All Regional Referees who meet the minimum requirements from July 1, 2019 to June 30, 2020 will be considered by U.S. Soccer for selection. U.S. Soccer will review official's performances via the Referee Portfolio in ussoccer.gameofficials.net to make selections.

It is important to understand that the selection process is both quantitative and qualitative and on an annual basis. Meeting the established minimum requirements listed in this document does NOT ensure certification. 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 TBD (Fall 2020) of their selection. Officials will then be required to complete the administrative and technical requirements for certification.

Time-line

TBD (Fall 2020): Officials are notified via email if selected by U.S. Soccer as a National Referee. Officials will receive instructions on next steps to be completed for certification. Please note that there is no application process.

TBD (Fall 2020): Selected officials complete the administrative requirements for certification.

TBD (Fall 2020): Officials who have completed the administrative requirements will receive further information via email to attend National Camp.

TBA (Dec. 2020 - Jan. 2021): Officials will attend National Camp to complete technical requirements which include passing the fitness test, video analysis and on-field sessions. Upon completion of National Camp, officials are registered for the 2021 registration year.

**U.S. Soccer Federation - Referee Program
National Referee License Certification Requirements
For 2021**



| National Referee Certification Requirements | |
|---|---|
| Enrollment | Selected by U.S. Soccer |
| Previous Game Experience | 100 Games at the Adult Amateur Level as a Referee (50) & as an Assistant Referee (50) |
| Previous Certification | Minimum of Two (2) Consecutive Years as a Regional Referee |
| Training | U.S. Soccer's National Camp |
| Safety and Compliance | SafeSport Trained, Safe Soccer Training, and National Background Check |
| Laws of the Game V^•c | On-line - Pass } at V^•c |
| Fitness Test | FIFA Fitness Test (Track & Gender Specific - Category 1) |
| Practical Evaluation | Minimum of Three (3) Passing Evaluations in Selected Track Evaluations Must Be Done by Three (3) Different Pass } at Referee Coaches |

Notes

- A]b]a i a 'cZ' 'dUgg]b['Yj Ui Uh]cbg'Ug'UfYZfYY'cb'UXi 'ha UHW Yg'Zca '>i 'm%Z&\$%0!'>i bY' \$Z&\$20
 - Ai ghVY'Zca 'UZ']UHX'[Ua Yg'k]h 'Ua]b]a i a 'cZ(5'a]bi hY\ Uj Yg

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

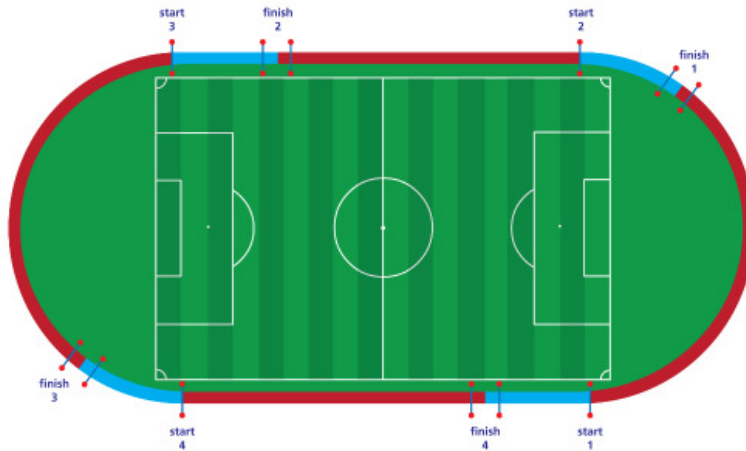
- Referees run six (6) consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with 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.

U.S. Soccer Federation - Referee Program
National Referee License Certification Requirements
For 2021



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 |