

## 2018 USSF Grade 6

<b>2018 Upgrade Certification Requirements</b>	
<b>Age</b>	<b>Minimum 18 Years of Age</b>
<b>Previous Grade 7 Experience</b>	<b>One Year as a previous Grade 7 Referee</b>
<b>Previous Game Experience</b>	<b>Cal South Affiliated League Games for the previous two years:</b> <ul style="list-style-type: none"> <li><b>50 Games as Referee &amp; (25 Games as Grade 7)</b></li> <li><b>25 Games as AR (10 Games as Grade 6)</b></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)</li> </ul> Only one In-Service hour and only one RPD training can be counted per month Pre-register by <a href="#">clicking here</a> .
USSF Registration Fee	Cost of \$90 paid online: Register & pay by <a href="#">clicking here</a> .
Laws of the Game Test	Pass the State Referee Test given online by Cal South SRC
Fitness Test	Pass the FIFA Sprint and Interval Tests <ul style="list-style-type: none"> <li><b>Test 1</b> - Repeated Sprint Ability Test (RSA) 6 x40m Sprints with Maximum of <b>9 seconds</b> per sprint</li> <li><b>Test 2</b> - Interval Test 10 Laps with Maximum of <b>45 seconds</b> for the 150 meter run 10 Laps with Maximum of <b>45 seconds</b> for the 50 meter walk</li> </ul>
Practical Evaluation	2 passing assessments as a Referee is required from an affiliated Youth/Adult division game with a minimum of 40 minute halves, U18 or higher by 2 different State Assessors

### NOTES

- Those who have not completed all the required Annual Trainings must attend the Grade 6 Upgrade class held in the fall later during the year.
- For detailed Fitness Test information [click here](#):

# 2018 USSF Grade 6 Maintenance

## 2018 Re-Certification Requirements

Annual Training	<ul style="list-style-type: none"> <li>• 5 In-Service Hours offered by local Referee Associations</li> <li>• 3 Referee Professional Development (RPD)</li> </ul> <p>Only one In-Service hour and only one RPD training can be counted per month Pre-register by <a href="#">clicking here</a>.</p>
USSF Registration Fee	<p>Cost of \$90 paid online: Register &amp; pay by <a href="#">clicking here</a>.</p>
Laws of the Game Test	<p>Pass the State Referee Test given online by Cal South SRC</p>
Fitness Test	<p>Pass the FIFA Sprint and Interval Tests</p> <ul style="list-style-type: none"> <li>• <b>Test 1</b> - Repeated Sprint Ability Test (RSA) 6 x40m Sprints with Maximum of <b>9 seconds</b> per sprint</li> <li>• <b>Test 2</b> - Interval Test 10 Laps with Maximum of <b>45 seconds</b> for the 150 meter run 10 Laps with Maximum of <b>45 seconds</b> for the 50 meter walk</li> </ul>
Practical Evaluation	<p>2 passing assessments as a Referee is required from an affiliated Youth/Adult division game with a minimum of 40 minute halves, U18 or higher by 2 different State Assessors</p>

### NOTES

- Those who have not completed all the required Annual Trainings must attend the Grade 6 Upgrade class held in the fall later during the year.
- For detailed Fitness Test information [click here](#):