

2018 USSF Grade 5

2018 Upgrade Certification Requirements

Portfolio	Portfolios must be submitted by 4/1/2018. Limited selection will be conducted by the SRA selection committee. All portfolio applications must show track selected. (Assistant Referee or Referee). Portfolio must include all requirements posted below.
Age	Minimum 19 Years of Age
Previous Grade 6 Experience	One Year as a previous Grade 6 Referee
Previous Game Experience *NEW to 2018	<p>Cal South Affiliated League Games for the previous two years:</p> <ul style="list-style-type: none"> • 50 Games as Referee & (25 Games as Grade 6) • 25 Games as AR (10 Games as Grade 6) • Participation at 1 National USSDA Showcase (U16/17 & U18/19 age groups) in the previous year (by April 1, 2018)
Annual Training	<ul style="list-style-type: none"> • 5 In-Service Hours offered by local Cal South Registered Referee Associations • 5 Referee Professional Development (RPD) <p>Only one In-Service hour and only one RPD training can be counted per month Pre-register by clicking here.</p>
USSF Registration Fee	Cost of \$100 paid online: Register & pay by clicking here .
Laws of the Game Test	Pass the National Test
<p>Fitness Test: Only be allowed to take Fitness test that complies With your <u>declared track</u></p> <p>Referee Track or Assistant Referee Track</p>	<p>For Referee Track: Pass the FIFA RSA and Interval Tests</p> <ul style="list-style-type: none"> • Test 1 - Repeated Sprint Ability Test (RSA) 6 x 40m Sprints with Maximum of 6.4 seconds per sprint • Test 2 - Interval Test 10 Laps with Maximum of 17 seconds for the 75 meter run 10 Laps with Maximum of 20 seconds for the 25 meter walk <p>For Assistant Referee Track: Pass the FIFA CODA, RSA & Interval Tests</p> <ul style="list-style-type: none"> • Test 1 - Change of Direction Ability Test (CODA) One time only - (1) 10m x 8m x 8m x 10m sprint in 11 seconds • Test 2 - Repeated Sprint Ability Test (RSA) 5 x 30m Sprints with Maximum of 5.10 seconds per sprint • Test 3 - Interval Test 10 Laps with Maximum of 17 seconds for the 75 meter run 10 Laps with Maximum of 22 seconds for the 25 meter walk
Practical Evaluation	3 passing assessments as a Referee is required from 2 affiliated Adult division games and 1 youth game with a minimum of 40 minute halves, by 3 different National Assessors. This applies to both Referee Track & Assistant Referee track
Time Table	<p>Completed Portfolio must be submitted before April 1, 2018</p> <p>Annual Training Period: July 1, 2017 to April 1, 2018</p> <p>Registration and payment: completed before April 1, 2018</p> <p>Pass National Test: July 1, 2017 to April 1, 2018</p> <p>Fitness Test Period: July 1, 2017 to April 1, 2018</p> <p>Practical Evaluation Period: April 1, 2017 to April 1, 2018</p>

NOTES

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

2018 USSF Grade 5 Maintenance

2018 Re-Certification Requirements	
Portfolio	<p>Portfolios must be submitted for re-selection. Limited selection will be conducted by the SRA selection committee. All portfolio applications must show track selected. (Assistant Referee or Referee)</p> <p>Portfolio must include all requirements posted below</p>
Annual Training	<ul style="list-style-type: none"> • 5 In-Service Hours offered by local Cal South Registered Referee Associations • 5 Referee Professional Development (RPD) <p>Only one In-Service hour and only one RPD training can be counted per month Pre-register by clicking here.</p>
USSF Registration Fee	<p>Cost of \$100 paid online: Register & pay by clicking here.</p>
Laws of the Game Test	<p>Pass the National Test</p>
Game Activity	<ul style="list-style-type: none"> • 15 Games as Main Referee (Center Referee) • 20 Games as Assistant Referee • 25 Games as Assistant Referee (Assistant Referee Track) • Participation at 1 National USSDA Showcase (U16/17 & U18/19 age groups) in the previous year (by April 1, 2018)
Fitness Test: Only be allowed to take Fitness test that complies With your <u>declared track</u> Referee Track or Assistant Referee Track	<p>For Referee Track: Pass the FIFA RSA and Interval Tests</p> <ul style="list-style-type: none"> • Test 1 - Repeated Sprint Ability Test (RSA) 6 x 40m Sprints with Maximum of 6.4 seconds per sprint • Test 2 - Interval Test 10 Laps with Maximum of 17 seconds for the 75 meter run 10 Laps with Maximum of 20 seconds for the 25 meter walk <p>For Assistant Referee Track: Pass the FIFA CODA, RSA & Interval Tests</p> <ul style="list-style-type: none"> • Test 1 - Change of Direction Ability Test (CODA) One time only - (1) 10m x 8m x 8m x 10m sprint in 11 seconds • Test 2 - Repeated Sprint Ability Test (RSA) 5 x 30m Sprints with Maximum of 5.10 seconds per sprint • Test 3 - Interval Test 10 Laps with Maximum of 17 seconds for the 75 meter run 10 Laps with Maximum of 22 seconds for the 25 meter walk
Practical Evaluation	<p>3 passing assessments as a Referee is required from 2 affiliated Adult division games and 1 youth game with a minimum of 40 minute halves, by 3 different National Assessors. This applies to both Referee Track & Assistant Referee track</p>
Time Table	<p>Completed Portfolio must be submitted before April 1, 2018</p> <p>Annual Training Period: July 1, 2017 to April 1, 2018</p> <p>Registration and payment: completed before April 1, 2018</p> <p>Pass National Test: July 1, 2017 to April 1, 2018</p> <p>Fitness Test Period: July 1, 2017 to April 1, 2018</p> <p>Practical Evaluation Period: April 1, 2017 to April 1, 2018</p>

NOTES

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