

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



Selection and Certification

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 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 selection and 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 Assistant 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.

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National Assistant 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

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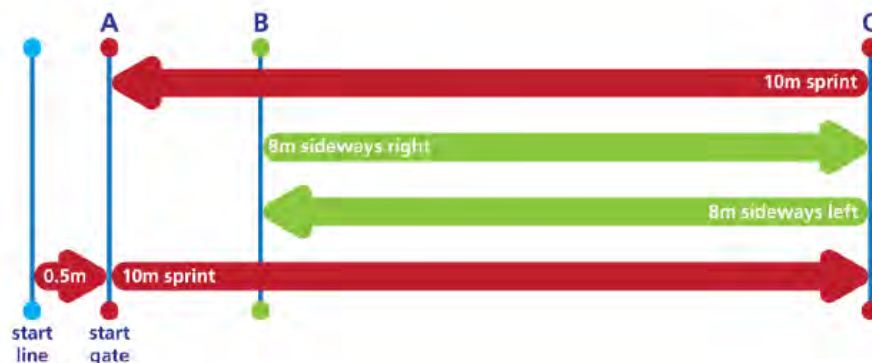


Assistant Referee FIFA Fitness Test

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

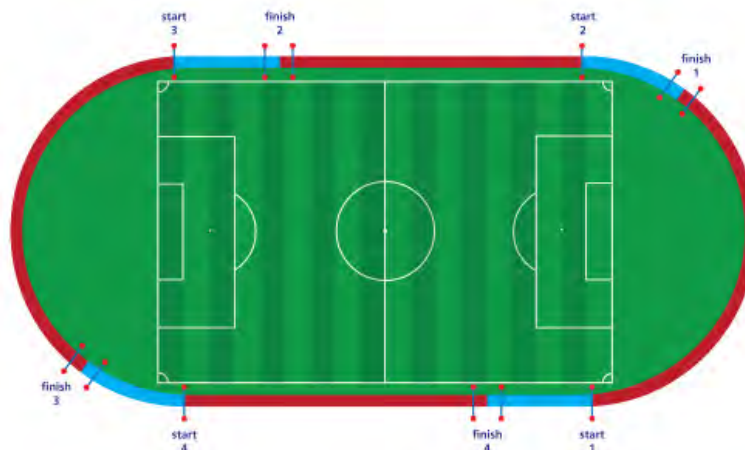
- Assistant referees run five consecutive 30 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- The 'start' gate is placed at 0m and the 'finish' gate at 30m. The 'start line' is marked out 1.5m before the 'start' gate.
- Assistant referees line up 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 2: Repeated Sprint Ability (Cont.)



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.
- 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