



NEBRASKA REFEREE DEVELOPMENT PROGRAM

INSTRUCTION ▪ ASSESSMENT ▪ MENTORSHIP ▪ OFFICIATING

Referee Maintenance and Upgrade Requirements - 2017

The following is the policy relating to referee maintenance and upgrade requirements effective January 1, 2017. If you have questions, comments, or suggestions, you may contact Wayne Wilson, State Referee Administrator, at 402.430.4561 or at sranssa@gmail.com.

I. Background:

The U.S. Soccer Federation (“USSF”), the governing body for soccer referees in the United States, has identified certain “grades” for referees which relate to that referee’s level of expertise. The least experienced referee is a Grade 9 and a FIFA referee, the highest grade, is a Grade 1.

In Nebraska, the Nebraska Referee Development Program (“NRDP”) administers four grades of referees. These are as follows:

Grade 8 ¹	Every referee that becomes USSF certified in Nebraska starts out as a Grade 8 referee. At this grade, the referee should be assigned to work only youth games below 17U.
Grade 7	Grade 7 referees are divided into two classifications: <i>Recreational</i> and <i>Competitive</i> . The level of game the referee is assigned to depends on which classification they are: <i>Grade 7 (Recreational)</i> – referees holding this grade can all work all 17U games and below as well as 18U- 19U recreational games. <i>Grade 7 (Competitive)</i> – these referees can work all youth games up to 19U, both recreational and competitive, and certain second division adult amateur games.
Grade 6	Grade 6 referees (designated as State Referees) may be assigned to all youth games as well as all adult amateur games.
Grade 5	Grade 5 referees (also designated State Referees) may be assigned to the most competitive regional events and leagues available. The purpose of the Grade 5 Soccer Referee level is to prepare officials for national certification.

¹ In Nebraska, there are no Grade 9 referees.

Grade 4 (National Referees) through Grade 1 (International Referee) referees are administered through USSF and not by the NRDP.

Information relating to the requirements which must be completed to maintain your current grade, or to upgrade, are set forth below. This information is current as of January 1, 2017. Please note that as of that date, strict adherence to these requirements will be required in order to maintain your current grade or to upgrade.

II. Summary of Upgrade Requirements

In order to upgrade, the referee must satisfy a specific set of requirements for the Grade that the referee wishes to achieve as set forth below. Note that all of these requirements must be completed in a single calendar year.

A. Requirements to Upgrade to Grade 7 (Recreational)

1. Must be at 16 years of age as of July 1st of the year of the upgrade;
2. At least one year in Grade 8 before upgrading;
3. Satisfactory completion of the online recertification course including the NRDP referee exam for Grade 7 (passing score is 80%).

B. Requirements to Upgrade to Grade 7 (Competitive)

1. Must be at 16 years of age as of July 1st of the year of the upgrade;
2. At least one year in Grade 8 before upgrading;
3. Fifty (50) games as a referee; twenty (20) of which must be on games of 16U or older (or at the discretion of the NRDP);
4. Satisfactory completion of the online certification course including the NRDP referee exam for Grade 7 (passing score is 80%);
5. Satisfactory completion of the NRDP Physical Fitness Test for Grade 7 (Competitive);
6. Passing assessment on one (1) game as a referee on the following game: Midwest Regional League (16U and above), Nebraska League (17U and above), State Cup (17U and above), High School Varsity (select matches).

C. Requirements to Upgrade to a Grade 6

1. Must be at 19 years of age as of July 1st of the year of the upgrade;
2. At least one year in Grade 7 (Competitive) before upgrading;
3. One hundred (100) games as a referee; twenty-five (25) of which must be on Amateur games. (or at the discretion of the NRDP);

4. Satisfactory completion of the online certification course including the Grade 6 State Referee Test (passing score is 80%);
5. Satisfactory completion of the US Soccer Grade 6 Sprint and Interval Tests (see description below);
6. Attendance at an NRDP Advanced Referee Seminar or the equivalent as approved by the NRDP;
7. Passing assessment on two (2) games as a referee and one (1) as an AR as follows:
 - a. One assessment as a referee must be on an Amateur (OLSL) match or above.
 - b. The second assessment as a referee may be on the following: Midwest Regional League (18U and above), Nebraska League (18U and above), State Cup (18U and above);
 - c. The assessment as an AR must be on an Amateur (OLSL) match or above.
8. Work the number of games indicated in the following leagues: five (5) Amateur games; three (3) Midwest Regional League games; five (5) Nebraska League games; work as an official and/or mentor at NSSA tournaments.² Referees will be required to produce a written record of games worked.

D. Requirements to Upgrade to a Grade 5

1. Apply and be accepted by the NRDP to upgrade to a Grade 5 referee;
2. Must be at 19 years of age as of July 1st of the year of the upgrade;
3. At least one year in Grade 6 before upgrading;
4. One hundred (100) games as a referee; fifty (50) of which must be on Amateur games. (or at the discretion of the NRDP);
5. Satisfactory completion of the online certification course for Grade 5 State Referees and pass the National Referee Test (passing score is 80%);
6. Satisfactory completion of the US Soccer Grade 5 Sprint and Interval Tests (see description below);
7. Attendance at an NRDP Advanced Referee Seminar or the equivalent as approved by the NRDP;

² Referees living outside a reasonable travel range for the listed matches shall contact Wayne Wilson, State Referee Administrator, or Jim McVay, State Director of Assessment, to request an accommodation.

8. Three passing assessments as either Referee or AR (depending on track). These assessments must be on an Amateur (OLSL) match or above and must be completed by three different National Assessors (see below).³
9. Work the number of games indicated in the following leagues: five (5) Amateur games; three (3) Midwest Regional League games; five (5) Nebraska League games; work as an official and/or mentor at NSSA tournaments.⁴ Referees will be required to produce a written record of games worked.

III. Summary of Maintenance Requirements

In order to maintain his or her current grade, the referee must satisfy a specific set of requirements for the Grade that the referee has attained as set forth below. Note that all of these requirements must be completed in a single calendar year.

A. Maintenance Requirements for Grade 8 and Grade 7 (Recreational)

1. Satisfactory completion of the online recertification course including the NRDP referee exam for Grade 8 or Grade 7, as appropriate (passing score is 80%);
2. Payment of registration fee.

B. Maintenance Requirements for Grade 7 (Competitive)

1. Satisfactory completion of the online recertification course including the NRDP referee exam for Grade 7 (passing score is 80%);
2. Satisfactory completion of the NRDP Physical Fitness Test for Grade 7 (Competitive);
3. Passing assessment on one (1) game as a referee on the following game: Midwest Regional League (16U and above), Nebraska League (17U and above), State Cup (17U and above), High School Varsity (select matches). NOTE: the maintenance assessment must be completed only every other year beginning with the second year after the referee receives his or her upgrade.

C. Maintenance Requirements for Grade 6

1. Satisfactory completion of the online recertification course including the Grade 6 State Referee Test (passing score is 80%);
2. Satisfactory completion of the US Soccer Grade 6 Sprint and Interval Tests (see description below);

³ For Grade 5 referees, the NRDP actively encourages individuals to seek assessments on qualified games outside of Nebraska including Developmental Academy, US Youth Soccer National Championships, US Soccer National Amateur Championships, and similar matches.

⁴ Referees living outside a reasonable travel range for the listed matches shall contact Wayne Wilson, State Referee Administrator, or Jim McVay, State Director of Assessment, to request an accommodation.

3. Attendance at an NRDP Advanced Referee Seminar or the equivalent as approved by the NRDP;
4. Passing assessment on two (2) games as a referee as follows:
 - a. One assessment as a referee must be on an Amateur (OLSL) match or above.
 - b. The second assessment as a referee may be on the following: Midwest Regional League (18U and above), Nebraska League (18U and above), State Cup (18U and above).
 - c. The referee is no longer required to obtain a maintenance assessment as an AR.
5. Work the number of games indicated in the following leagues: five (5) Amateur games; three (3) Midwest Regional League games; five (5) Nebraska League games; work as an official and/or mentor at NSSA tournaments.⁵ Referees will be required to produce a written record of games worked.

D. Maintenance Requirements for a Grade 5

1. Satisfactory completion of the online certification course for Grade 5 State Referees and pass the National Referee Test (passing score is 80%);
2. Satisfactory completion of the US Soccer Grade 5 Sprint and Interval Tests (see description below of the Referee Test and Assistant Referee Fitness Tests);
3. Attendance at an NRDP Advanced Referee Seminar or the equivalent as approved by the NRDP;
4. Three passing assessments as either Referee or AR (depending on track). These assessments must be on an Amateur (OLSL) match or above and must be completed by three different National Assessors.
5. Work the number of games indicated in the following leagues: five (5) Amateur games; three (3) Midwest Regional League games; five (5) Nebraska League games; work as an official and/or mentor at NSSA tournaments.⁶ Referees will be required to produce a written record of games worked.

⁵ Referees living outside a reasonable travel range for the listed matches shall contact Wayne Wilson, State Referee Administrator, or Jim McVay, State Director of Assessment, to request an accommodation.

⁶ Referees living outside a reasonable travel range for the listed matches shall contact Wayne Wilson, State Referee Administrator, or Jim McVay, State Director of Assessment, to request an accommodation.

IV. On-Field Assessments

A. Summary

Practical evaluations, or assessments, involve an evaluation of the referee's on-field performance in an actual game and are performed by qualified and trained individuals referred to as "assessors". Assessments are a critical and necessary part of a referee's development.

Assessments come in two forms – formal and informal. Informal assessments, known as development and guidance assessments (D&G's), are completed using a single page form. These assessments offer general performance feedback in an informal setting and there is no cost to the referee for these informal assessments.

Formal assessments are required for grade maintenance and upgrade. These assessments follow specific criteria and must be completed online by the assessor. All online assessments are completed in the U.S. Soccer GameOfficials Assessment System and can be accessed by the official, assessor, the NRDP, and the U.S. Soccer Referee Department.

Because all Grade 5, Grade 6, and Grade 7 (Competitive) referees must obtain maintenance assessments, as well as those referees seeking an upgrade, it is critical that the referee begin working to satisfy this mandatory assessment requirement as early in the calendar year as possible.

It is the referee's responsibility to schedule their own maintenance assessment. No allowance will be given if the referee fails to obtain this necessary assessment because of the referee's inattention or delay.

B. Development and Guidance Assessments

1. Development and Guidance Assessments (D&G's) are the informal assessments that do not need to be entered into the system but, instead, are handwritten and given to the referee by the assessor immediately after the game. The assessor may use the D&G form provided by USSF.
2. Referees are not obligated to pay for D&G assessments.

C. Process for Requesting a Formal Assessment

1. "Formal Assessments" are those which will be uploaded to <http://www.gameofficials.com>. This includes all upgrade and maintenance as well as some developmental assessments.
2. The referee should review, in detail, the material published by US Soccer including "Grade Related Performance Observations" and "Critical Match Incident Guidelines." These documents are attached to this Policy.

3. The referee must then complete the *Request An Assessment* form available on the website (<http://nebref.org/referees/assessment>) under the “Referees” tab and clicking on “Assessments.” The process does not start until you submit the online Request form.
4. Payment of the assessment fee (see below) should be sent at the time the referee submits the *Request An Assessment* form.
5. It is the responsibility of the referee to identify and arrange for game assignments that meet the criteria needed for a maintenance or upgrade assessment. As noted above, the assessment must be done on a particular level of game depending on what grade the referee is (in the case of maintenance assessments) or what grade the referee wishes to attain, (in the case of upgrade assessments).
6. When such a game is assigned, the referee shall advise Jim McVay, via email, at jmcvay@nebref.org. **This email must be received at least 10 days prior to the date of the game. Do not request that the game assignor communicate your game schedule in order to get your assessment.**
7. Assessment fees for formal assessments are as follows:
 - a. A fee of \$60.00 for the referee’s assessment regardless of game fee.
 - b. A fee of \$35.00 for each AR assessment (either one or both) without regard for whether or not the referee is being assessed.
 - c. Referee(s) shall make their checks payable to “NRDP” and mail those payments to the “NRDP, 5600 Longhorn Circle, Lincoln, NE 68516.”
8. Payment must be received at least 72 hours prior to the game. This policy will be strictly enforced. If payment is not received as indicated, the assessment will be cancelled and the referee will be dropped to the end of the queue for those awaiting assessments.

V. Submission and Approval of Upgrade Requests

1. Once the referee has completed all of the requirements for an upgrade, he or she must submit their packet of information containing the following:
 - a. The *Upgrade Request Form* (see attached);
 - b. For the section labeled “Game Experience,” list the totals for all games you have ever refereed at the levels indicated (not just the calendar year). You must attach a spreadsheet or other type of listing showing games refereed.
 - c. For “Clinics and Training,” provide the information requested. If necessary, you may attach a separate page listing additional training and/or clinics in which you participated.
 - d. In addition to providing the information requested for “Assessments,” you must also submit copies of all your assessments well.

2. The packet must be emailed to Wayne Wilson, State Referee Administrator, at sranssa@gmail.com, and Jim McVay, State Director Assessment, at jmcvay@nebref.org.
3. After review of the material submitted, you will be advised whether or not your upgrade request was approved. If approved, the upgrade will be effective as of January 1st of the following year.

VI. Appendix

1. USSF Certification Requirements Grades 7-8-9 (July 2016)
2. USSF Certification Requirements Grades 6 (July 2016)
3. USSF Certification Requirements Grades 5 (July 2016)
4. USSF Grade Related Performance Observations (September 2015)
5. USSF Critical Match Incident Guidelines (September 2015)
6. NRDP Upgrade Information Form (January 1, 2017)



State Referee Association Standards

Where provided, U.S. Soccer expects State Referees Associations to establish requirements that best support the needs of the local competitions and the referees servicing them. This means that State Referee Associations are expected to work collaboratively with State Association(s) leaders and local competition authorities.

Specific to requirements associated with grade, this includes:

- Minimum age
- Previous game and grade experience

State Referee Associations are also empowered by U.S. Soccer to establish fitness, assessment and training standards outside the parameters of grade. Although independent of grade, these standards should be advanced when compared to the existing U.S. Soccer grade requirements. These advanced standards should be specific to the needs of local competitions or specific to participation in state level development programs.

If fitness standards are required for specific state level competitions, they should be conducted in accordance with the FIFA Sprint and Interval Tests. U.S. Soccer recommends that State Referee Associations use the established State Referee standards but the required time intervals can be adjusted if needed. It is required that a set of speed gates be used to administer the sprint tests.

If assessment standards are required, they should be conducted in accordance with the current guidelines specific to formal assessments. State Referee Associations are also able and encouraged to utilize the following:

- Development and guidance evaluations
- Scouting and identification
- Mentoring

Additional training standards can include, but are not limited to attending:

- Clinics
- Workshops
- Tournaments or other competitions

For national competitions looking to establish requirements specific to assignment, U.S. Soccer can assist in the formation and communication of these standards.

These additional standards can be instituted by State Referee Associations outside the scope of grade requirements and are intended to promote the development of referees and support the needs of local, regional and national competitions.



Grade 9 – Recreational Youth Referee

The purpose of the Grade 9 Referee Course is to prepare officials for the small-sided and recreational youth game. Based on the level of training provided, U.S. Soccer recommends that these officials be assigned accordingly to best service the game.

Certification Requirements	
Age	Determined by the State Referee Association
Previous Game Experience	Determined by the State Referee Association
Previous Grade Experience	Determined by the State Referee Association
Training	Pass the Grade 9 Referee Course
Laws of the Game Test	Pass the Grade 9 Referee Test
Fitness Test	Not Applicable
Practical Evaluation	Not Applicable
Annual Recertification Requirements	
Training	Determined by the State Referee Association
Laws of the Game Test	Pass the Grade 9 Referee Test
Fitness Test	Not Applicable
Practical Evaluation	Not Applicable

Notes

- All State Referee Association requirements must be made public
- All training requirements can be completed online and/or in the classroom setting as determined by the State Referee Association and there are no minimum number of hours associated with either requirement
 - At a minimum, U.S. Soccer recommends that training includes the completion of all online training materials for the Grade 9 Referee Course
- The passing test score is 80% and all testing requirements can be completed online and/or in the classroom setting as determined by the State Referee Association



Grade 8 – Competitive Youth Referee

The purpose of the Grade 8 Referee Course is to prepare officials for the competitive youth game. Based on the level of training provided, U.S. Soccer recommends that these officials be assigned accordingly to best service the game.

Certification Requirements	
Age	Determined by the State Referee Association
Previous Game Experience	Determined by the State Referee Association
Previous Grade Experience	Determined by the State Referee Association
Training	Complete the Grade 8 Referee Course
Laws of the Game Test	Pass the Grade 8 Referee Test
Fitness Test	Not Applicable
Practical Evaluation	Not Applicable
Annual Recertification Requirements	
Training	Determined by the State Referee Association
Laws of the Game Test	Pass the Grade 8 Referee Test
Fitness Test	Not Applicable
Practical Evaluation	Not Applicable

Notes

- All State Referee Association requirements must be made public
- All training requirements can be completed online and/or in the classroom setting as determined by the State Referee Association and there are no minimum number of hours associated with either requirement
 - At a minimum, U.S. Soccer recommends that training includes the completion of all online training materials for the Grade 8 Referee Course
- The passing test score is 80% and all testing requirements can be completed online and/or in the classroom setting as determined by the State Referee Association



Grade 7 – Amateur Adult Referee

The purpose of the Grade 7 Referee Course is to prepare officials for the amateur adult game. Based on the level of training provided, U.S. Soccer recommends that these officials be assigned accordingly to best service the game.

Certification Requirements	
Age	Recommended Minimum 18 Years of Age
Previous Game Experience	Determined by the State Referee Association
Previous Grade Experience	Determined by the State Referee Association
Training	Pass the Grade 7 Referee Course
Laws of the Game Test	Pass the Grade 7 Referee Test
Fitness Test	Not Applicable
Practical Evaluation	Not Applicable
Annual Recertification Requirements	
Training	Determined by the State Referee Association
Laws of the Game Test	Pass the Grade 7 Referee Test
Fitness Test	Determined by the State Referee Association
Practical Evaluation	Not Applicable

Notes

- All State Referee Association requirements must be made public
- All training requirements can be completed online and/or in the classroom setting as determined by the State Referee Association and there are no minimum number of hours associated with either requirement
 - At a minimum, U.S. Soccer recommends that training includes the completion of all online training materials for the Grade 7 Referee Course
- The passing test score is 80% and all testing requirements can be completed online and/or in the classroom setting as determined by the State Referee Association



State Referee Association Standards

Where provided, U.S. Soccer expects State Referees Associations to establish requirements that best support the needs of the local competitions and the referees servicing them. This means that State Referee Associations are expected to work collaboratively with State Association(s) leaders and local competition authorities.

Specific to requirements associated with grade, this includes:

- Minimum age
- Previous game and grade experience

State Referee Associations are also empowered by U.S. Soccer to establish fitness, assessment and training standards outside the parameters of grade. Although independent of grade, these standards should be advanced when compared to the existing U.S. Soccer grade requirements. These advanced standards should be specific to the needs of local competitions or specific to participation in state level development programs.

If fitness standards are required for specific state level competitions, they should be conducted in accordance with the FIFA Sprint and Interval Tests. U.S. Soccer recommends that State Referee Associations use the established State Referee standards but the required time intervals can be adjusted if needed. It is required that a set of speed gates be used to administer the sprint tests.

If assessment standards are required, they should be conducted in accordance with the current guidelines specific to formal assessments. State Referee Associations are also able and encouraged to utilize the following:

- Development and guidance evaluations
- Scouting and identification
- Mentoring

Additional training standards can include, but are not limited to attending:

- Clinics
- Workshops
- Tournaments or other competitions

For national competitions looking to establish requirements specific to assignment, U.S. Soccer can assist in the formation and communication of these standards.

These additional standards can be instituted by State Referee Associations outside the scope of grade requirements and are intended to promote the development of referees and support the needs of local, regional and national competitions.



Grade 6 – State Referee

The purpose of the Grade 6 State Referee Course is to prepare officials for the most competitive matches within their state and region. Based on the level of training provided, U.S. Soccer recommends that these officials be assigned accordingly to best service the game.

Certification Requirements	
Age	Minimum 18 Years of Age
Previous Game Experience	50 Games as a Referee / 25 Games as an Assistant Referee
Previous Grade Experience	Minimum 1 Year as a Grade 7 Referee
Training	Complete the Grade 6 State Referee Course
Laws of the Game Test	Pass the Grade 6 State Referee Test
Fitness Test	Pass the Grade 6 Sprint and Interval Tests
Practical Evaluation	Minimum of 2 Passing Assessments
Annual Recertification Requirements	
Training	Determined by the State Referee Association
Laws of the Game Test	Pass the Grade 6 State Referee Test
Fitness Test	Pass the Grade 6 Sprint and Interval Tests
Practical Evaluation	Minimum of 2 Passing Assessments

Notes

- All State Referee Association requirements must be made public
- All training requirements can be completed online and/or in the classroom setting as determined by the State Referee Association and there are no minimum number of hours associated with either requirement
- The passing test score is 80% and all testing requirements can be completed online and/or in the classroom setting as determined by the State Referee Association
- Minimum of 2 passing assessments from affiliated games with a minimum of 40 minute halves completed by 2 different State Assessors from the calendar year
 - State Referee Associations may establish additional assessment requirements



Fitness Test Administration and Standards

Hosting Requirements

- **EMS and/or a medical trainer must be available on site**
- Available from 7:00 a.m.-7:00 p.m. to allow for weather delays
- Should have a minimum of 6 lanes (400 meters or 200 meters if it is an indoor facility)
- Surface should be rubber type coating to help prevent injuries
- Sound system at the track with the ability to play a DVD or audio file on a computer
- Restrooms and drinking water must be available to the participants
- Timers, monitors, scribes must be recruited from local volunteers
- Equipment needed includes colored pennies with numbers on both sides (or pins with numbers), cones, flags, whistles, clipboards and timing watches

State Fitness Test

The state fitness test for 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 150m interspersed with 50m walking intervals. Referees must pass the State 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.

Test 1: Repeated Sprint Ability

- Referees run six 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.



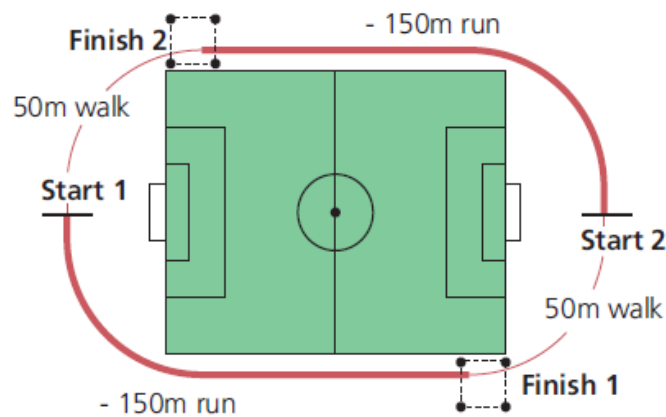
Test 2: Interval Test

- Referees must complete 20 x 150m run / 50m walk intervals. This equates to 10 laps of a 400m



athletics track. A lap consists of two 150 meter runs with two 50 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 150m 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.



Standards for Grade 6 Certification

<u>Test Type</u>	<u>Sprint Standard</u>	<u>Interval Standard (run)</u>	<u>Interval Standard (walk)</u>
Referee	9.00 secs	45 seconds per 150m	45 seconds per 50m



State Referee Association Standards

Where provided, U.S. Soccer expects State Referees Associations to establish requirements that best support the needs of the local competitions and the referees servicing them. This means that State Referee Associations are expected to work collaboratively with State Association(s) leaders and local competition authorities.

Specific to requirements associated with grade, this includes:

- Minimum age
- Previous game and grade experience

State Referee Associations are also empowered by U.S. Soccer to establish fitness, assessment and training standards outside the parameters of grade. Although independent of grade, these standards should be advanced when compared to the existing U.S. Soccer grade requirements. These advanced standards should be specific to the needs of local competitions or specific to participation in state level development programs.

If fitness standards are required for specific state level competitions, they should be conducted in accordance with the FIFA Sprint and Interval Tests. U.S. Soccer recommends that State Referee Associations use the established State Referee standards but the required time intervals can be adjusted if needed. It is required that a set of speed gates be used to administer the sprint tests.

If assessment standards are required, they should be conducted in accordance with the current guidelines specific to formal assessments. State Referee Associations are also able and encouraged to utilize the following:

- Development and guidance evaluations
- Scouting and identification
- Mentoring

Additional training standards can include, but are not limited to attending:

- Clinics
- Workshops
- Tournaments or other competitions

For national competitions looking to establish requirements specific to assignment, U.S. Soccer can assist in the formation and communication of these standards.

These additional standards can be instituted by State Referee Associations outside the scope of grade requirements and are intended to promote the development of referees and support the needs of local, regional and national competitions.



Grade 5 – State Referee

The purpose of the Grade 5 State Referee level is to prepare officials for national certification. U.S. Soccer recommends that these officials be assigned to the most competitive regional events and leagues available. This may include lower level professional matches as appropriate.

It is important to note that beginning with the 2017 certification year, Grade 5 officials are not associated as National Candidates, but are State Referees and are selected by their State Referee Association, not by U.S. Soccer. Those registered as Grade 5 officials will be considered for national certification for the following certification year by U.S. Soccer, but selection is not guaranteed.

Certification Requirements	
Previous Game Experience	Determined by the State Referee Association
Previous Grade Experience	Minimum 1 Year as a Grade 6 or Above
Training	Pass the Grade 5 State Referee Course
Laws of the Game Test	Pass the National Test
Fitness Test	Pass the Grade 5 Sprint and Interval Tests
Practical Evaluation	Minimum of 3 Passing Assessments
Annual Recertification Requirements	
Training	Determined by the State Referee Association
Laws of the Game Test	Pass the National Test
Fitness Test	Pass the Grade 5 Sprint and Interval Tests
Practical Evaluation	Minimum of 3 Passing Assessments

Notes

- All State Referee Association requirements must be made public
- Minimum of 3 passing assessments, 2 on adult matches, and one on a youth game 18 years or older from July 1, 2016 – June 30, 2017
 - Must be from affiliated games with a minimum of 40 minute halves
 - Must be completed by 3 different National Assessors



Fitness Test Administration and Standards

Hosting Requirements

- **EMS and/or a medical trainer must be available on site**
- Available from 7:00 a.m.-7:00 p.m. to allow for weather delays
- Should have a minimum of 6 lanes (400 meters or 200 meters if it is an indoor facility)
- Surface should be rubber type coating to help prevent injuries
- Sound system at the track with the ability to play a DVD or audio file on a computer
- Restrooms and drinking water must be available to the participants
- Timers, monitors, scribes must be recruited from local volunteers
- Equipment needed includes colored pennies with numbers on both sides (or pins with numbers), cones, flags, whistles, clipboards and timing watches

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 consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the startline)
- 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.

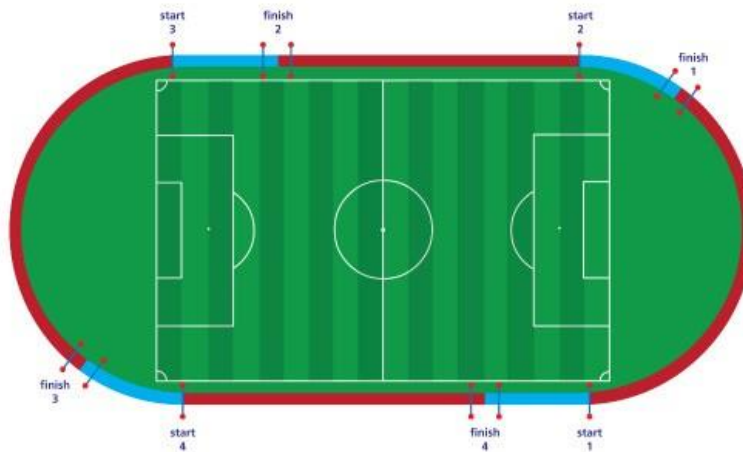


Referee Test 2: Interval Test

- 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.



Standards for Grade 5 Referee Certification

<i>Test Type</i>	<i>Sprint Standard</i>	<i>Interval Standard (run)</i>	<i>Interval Standard (walk)</i>
Referee	6.40 secs	17 seconds per 75m	20 seconds per 25m

Assistant Referee FIFA Fitness Test

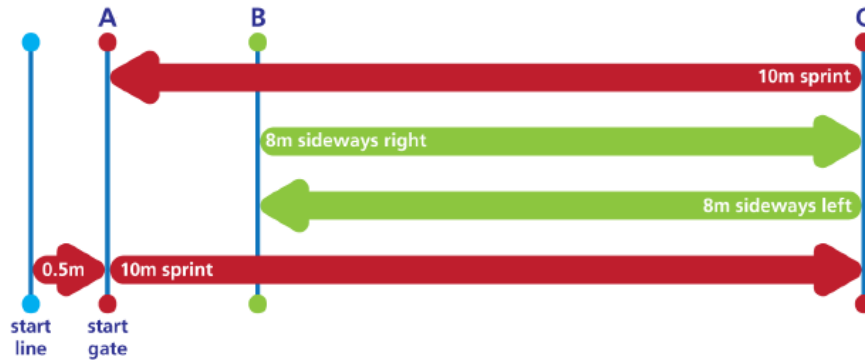
The official fitness test for assistant referees consists of three tests. Test 1, CODA, assesses the assistant referee’s ability to change direction. Test 2, Repeated Sprint Ability (RSA), measures the assistant referee’s ability to perform repeated sprints over 30m. Test 3, Interval Test, evaluates 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.



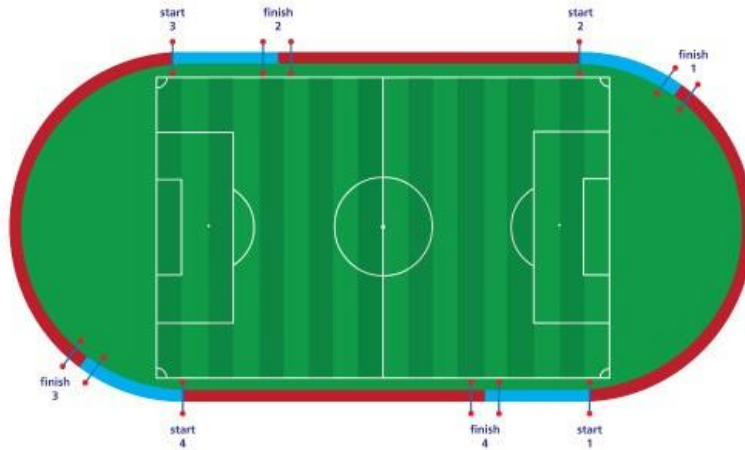
Assistant Referee Test 3: Interval Test

- 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.

U.S. Soccer Federation Referee Program
Referee Certification Requirements Grade 5
July 2016



- 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 Grade 5 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>
Assistant Referee	11.00 secs	5.10 secs	17 seconds per 75m	22 seconds per 25m



Grade Related Performance Observations

This handout should be used as a reference for assessor observations when filling out written feedback.

Entry Levels

- Has an elementary knowledge of the game.
- Recognizes obvious fouls and misconduct but may not recognize subtle fouls, such as persistent infringement and tactical fouls.
- Keeps assistant referees in view while running the diagonal system of control but often has a diagonal that is rigid. Rarely does the referee go wide or deep into the corners or enter the penalty area when the game demands it.
- Does not recognize the need for a flexible diagonal.
- Has basic fitness but often runs at a constant pace or walks and doesn't demonstrate sprinting to recover from deep positions, when required.
- Gives a basic pre-game briefing which usually focuses on mechanics and signals for proper communication.
- Main focus is on fouls and lacks the personality to manage players when the game demands it.
- The referee is in proper uniform and gives a good first impression upon arriving at the pitch.
- Applies the Laws of the Game as written with little or no understanding of the spirit of the game.
- Deals with violent conduct and serious foul play for game control but lacks the experience to always recognize when they occur.
- Generally ignores coaches and doesn't have the courage or understanding to ensure they behave and are not abusive.
- Demonstrates fitness to run a flexible diagonal for the entire game and always keep the assistant referee in view.
- Has a work rate that varies from a jog, to a light sprint, to a full out sprint when the game demands it.
- Has a firm grasp of the Laws of the Game and understands when to invoke the spirit of the game versus the law while managing the game and the players.
- Demonstrates some personality in managing players and uses some preventative mechanics to avoid problems during the match.
- Demonstrates self confidence in decisions and is willing to be approached by players who have questions.
- Demonstrates a strong presence with the use of the whistle, appearance, and body language.
- Demonstrates the proper use of advantage.
- Demonstrates foul recognition and foul discrimination.
- Makes good use of cards for game control and demonstrates good card mechanics.
- Makes effective use of assistance given by assistant referees on offside and misconduct.
- Often ignores dissent rather than deal with it.



State and National Levels

- Demonstrates an understanding of subtle and tactical fouls.
- Demonstrates a high level of fitness and dynamic positioning to ensure a proper view of challenges.
- Demonstrates proper mechanics and positioning for static restarts.
- Uses personality to help defuse flash points and to manage players.
- Demonstrated consistency in foul recognition, foul discrimination and use of cards.
- Demonstrates the ability to read play and anticipate rather than react to game situations.
- Demonstrates good eye contact with assistant referees on all dead ball situations and makes good use of their assistance on offside decisions and fouls as appropriate.
- Demonstrates knowledge of the Laws of the Game, proper mechanics and procedures, knowledge of recent memoranda, and proper restarts for all situations. Is beginning to develop a solid and thorough understanding of the most recent teachings and directives from U.S. Soccer.
- Demonstrates some preventive refereeing skills.
- Capable of refereeing the highest level amateur games within the state and in regional and national tournaments. Assistant referee on higher level games including some professional games.
- Demonstrates pre-game planning and game preparation skills.
- Recognizes tactical play, player roles, and the tactics the teams are employing to achieve their goals.
- Demonstrates good fitness and a flexible diagonal to stay close to critical play without interfering with players' options and always has the assistant referee in view.
- Exhibits regular good physical presence, strength of whistle, body language and presence when making decisions.
- Makes use of personality to manage the game with calculated risk taking, 100% enforcement of misconduct and good game control.
- Demonstrates the ability to distinguish between trifling fouls and fouls that need to be called based upon the skill level of the players.
- Recognizes fouls that are reckless and meant to injure players and issues the appropriate cards in response to those actions.
- Demonstrates the use of advantage when appropriate and allows teams to take the quick free kick when they wish to do so.
- When cards are given, always sees player behavior modification.
- Demonstrates management of game techniques in recognizing gamesmanship tactics, simulations, delaying tactics, etc., which results in maximum playing time for both teams.
- Demonstrates a thorough verbal and relatively consistent application of U.S. Soccer teachings and directives on the field and during off-field discussions.



Critical Match Incident Guidelines

This policy is applicable as a guideline for all levels of officials.

In evaluating a match official, the assessor must consider the overall performance as well as the accuracy and credibility of critical match decisions. If a key error is detected, the assessor must consider whether the critical match decision should have reasonably been expected to be seen by at least one (but maybe more than one) match official.

If the critical match incident is missed due to a serious and/or obvious error of judgment and/or lack of control and the assessor decides that the error should have been reasonably expected to be seen or dealt with correctly by an official working that level of game, then he or she should take that into consideration in grading the official. Games evaluated by U.S. Soccer assessors require multiple contributory detractors to warrant a not acceptable rating.

When determining if a critical match incident should have been reasonably expected to be seen or dealt with correctly by an official working that level of game, an assessor must make a fair judgment. In other words, should any match official assigned to that particular game be reasonably expected to see or deal with the critical situation? The assessor must consider the situation and the scenario surrounding the judgment. The assessor should ask, should a referee at this level be reasonably expected to see or deal with the situation correctly?

A significant detractor could be one of the following:

- A critical match incident that occurs outside the view of any of the match officials but is missed due to poor positioning, failure to anticipate or read the game, improper attention, poor mechanics, poor fitness or some other match official-controlled situation.
- A serious and/or obvious misapplication of the Laws of the Game.
- The missing of a serious and/or obvious decision that impacts the outcome of the game that a match official working that level of game should reasonably be expected to get correct.

Not a significant detractor:

- A critical match incident that occurs outside the view of the match officials and reasonable officials, working that level of game, would not be expected to see.
- A critical match incident that can only be seen via video replay.

If a match official fails to deal with any of the critical match incidents listed below and such failure results in the outcome of the game being affected, then the performance of the official(s) should be judged to be significantly impacted. Under most conditions, multiple errors rather than a single mistake would dictate a not acceptable rating.

U.S. Soccer Federation Referee Program
Critical Match Incident Guidelines
September 2015



A critical match incident could be one of the following:

- Incorrectly dealing with a denying an obvious goal scoring opportunity (DOGSO);
- Incorrectly handling a clear and obvious serious foul play/violent conduct sendoff;
- Not calling a penalty kick that is obvious or incorrectly awarding a penalty kick; Incorrectly allowing a goal that should be disallowed or not allowing a goal that should be given (including offside decisions for assistant referees);
- Not sending off a player after he/she has received a second yellow card;
- Incorrect application of the Laws of the Game;
- Any other incident that has a significant impact on the match that requires further examination from the assessor.

Impacting the outcome of the game often times depends upon the final result of the game and the timing of the critical match incident. For example, if an obvious and clear penalty kick is missed in a game which at the time has a score of 4-0, the impact on the game may be lessened. Although this may not be judged as a critical match incident, it does not minimize the impact of the missed call on the referee's overall match performance rating.

If the critical match incident is missed early in a close match, it may be considered to have impacted the outcome of the game regardless of the final score. If a match official, who has been of high standard throughout the game, misses an obvious penalty kick decision when the score is 4-0, could still have an acceptable mark but the failure to get the decision correct should be reflected in the written report. Conversely, a game may end as 3-0 but, early in the game with the score 0-0, the referee misses a critical match incident which then possibly impacts the outcome of the game for the losing team. In this case, the assessor must use reasonable discretion.

In some instances, the failure to correctly address one of the aforementioned factors when the outcome of the game is not affected, may also impact the referee's overall performance due to the significance of the error.

There may be occasions where there is a collective responsibility by match officials in missing a critical match incident. In such cases, two or more match officials could be responsible and their final marks should reflect this. In a case where a player is shown a second yellow card and is not dismissed from the field of play, all four officials are to be held responsible as this is a referee team event.



NEBRASKA REFEREE DEVELOPMENT PROGRAM
INSTRUCTION ▪ ASSESSMENT ▪ MENTORSHIP ▪ OFFICIATING

Upgrade Information Form

If you have questions, please contact Jim McVay, State Director of Assessment, at 402.630.7815 or jmconvay@nebref.org.

First Name:	Last Name:	Date of Birth:
Address:	City:	State:
Home Phone:	Cell Phone:	Zip:
Email:	Current Grade:	Upgrade Requested:

Game Experience

(Note - U-19 games include U-18 and U-17. Small sided games do not count.)

<u>Youth</u>	<u>Middle</u>	<u>Line</u>	<u>Amateur</u>	<u>Middle</u>	<u>Line</u>
Age 16 and below			Over 30		
Age 17 – 19			Division 2		
State/Regional Cup			Division 1		
Other			Other		

Clinics and Training

List the locations for any clinics attended in the past calendar year.

<u>Date</u>	<u>Location</u>	<u>Instructor</u>	<u>Duration</u>
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Fitness and Written Testing

List fitness and written test sessions attended in the past calendar year.

<u>Date</u>	<u>Type</u>	<u>Location</u>	<u>Instructor</u>	<u>Pass/Fail</u>
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Assessments

List all assessments received in the past calendar year (attach a separate sheet if necessary).

<u>Date</u>	<u>Competition</u>	<u>Assessor</u>	<u>Age</u>	<u>Ref/AR</u>
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Administrative Use Only

Date Received:

Comments:

Upgrade: Approved: Denied: By:

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