

Registration Requirements

Registration Year 2025



First-Time <u>Referee</u> Certification Requirements		
Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	13 years of age or older
Previous Game Experience	N/A	N/A
Previous Certification Experience	N/A	N/A
Safety and Compliance	U.S. Soccer Standard	Background Check* SafeSport Training* Safe & Healthy Playing Environments
Training	U.S. Soccer Standard	Online Referee Course In-Person Field Session
Fitness Test	N/A	N/A
Practical Evaluation	N/A	N/A
Existing Referee Recertification Requirements		
Previous Certification	U.S. Soccer Standard	Must have held at least one (1) Referee license during the previous three (3) registration years; or Held a Regional Referee license in the previous registration year
Safety and Compliance	U.S. Soccer Standard	Background Check* SafeSport Training* Safe & Healthy Playing Environments
Training	U.S. Soccer Standard	Online Modules (Learning Center)
Fitness Test	N/A	N/A
Practical Evaluation	N/A	N/A

* Only required for officials 18 years of age and older.

First-Time <u>Regional Referee</u> Requirements		
Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	18 Years of Age and Older
Previous Game Experience	U.S. Soccer Standard	25 Games as a Referee and 15 games as an Assistant Referee at the adult amateur level
Previous Certification Experience	U.S. Soccer Standard	Must have held a Referee license for each of the two (2) previous registration years
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	Regional Referee Online Course 5 hours of Continuing Education instruction provided by CNRA*	Regional Referee Online Course In-person Field Training
Fitness Test	U.S. Soccer Standard	Sprint / Interval Tests (FIFA Women's Referee Test) Male – Category 1 Female – Category 3
Practical Assignments	U.S. Soccer Standard	Minimum of three (3) passing evaluations within the past 12 months: Two (2) at the adult amateur level, one (1) at the highest youth level (U18, U19, 2 x 45-minute half)

* 5 hours of Continuing Education instruction can be satisfied by attending the following:

- Monthly Regional Referee Continuing Education webinars presented by CNRA (1 hour per webinar)
- Monthly Advanced Referee Program webinars presented by CNRA (1 hour per webinar)
- Monthly Elite Referee Program webinars presented by CNRA, invitation only (1 hour per webinar)
- Attendance at in-person Advanced Referee Program seminars or events (3 hours per event)
- Attendance at in-person Elite Referee Program seminars or events, invitation only (3 hours per event)
- Other in-person seminars presented by CNRA, to be evaluated individually as needed

Existing <u>Regional Referee Recertification Requirements</u>		
Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	18 Years of Age and Older
Previous Certification	U.S. Soccer Standard	Must have held at least one (1) Regional license in the previous three (3) registration years; or Must have held a National Referee or National Assistant Referee license during their referee career
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	Regional Referee Recertifying Online Course 5 hours of Continuing Education instruction provided by CNRA*	Regional Referee Recertifying Online Course
Fitness Test	U.S. Soccer Standard	Sprint / Interval Tests (FIFA Women’s Referee Test) Male – Category 1 Female – Category 3
Practical Assignments	U.S. Soccer Standard	Minimum of two (2) passing evaluations within the past 12 months: One (1) at the adult amateur level, one (1) at the highest youth level (U18, U19, 2 x 45-minute half)

* 5 hours of Continuing Education instruction can be satisfied by attending the following:

- Monthly Regional Referee Continuing Education webinars presented by CNRA (1 hour per webinar)
- Monthly Advanced Referee Program webinars presented by CNRA (1 hour per webinar)
- Monthly Elite Referee Program webinars presented by CNRA, invitation only (1 hour per webinar)
- Attendance at in-person Advanced Referee Program seminars or events (3 hours per event)
- Attendance at in-person Elite Referee Program seminars or events, invitation only (3 hours per event)
- Other in-person seminars presented by CNRA, to be evaluated individually as needed

Regional Referee Fitness Test Requirements

Sprint Test

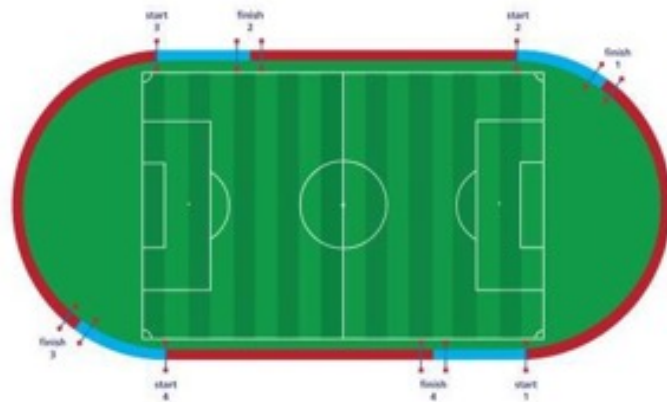
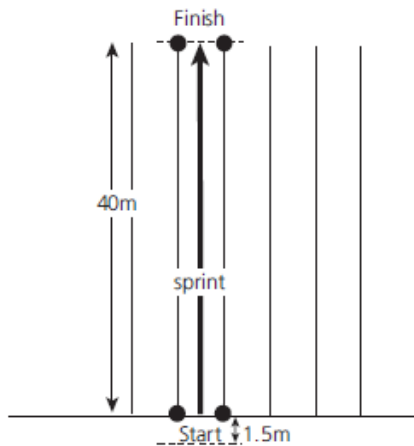
- Participants run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position
- If a participant falls or trips, they are allowed another attempt at that specific sprint
- If a participant fails one sprint out of the six, they are given one more attempt immediately after the sixth sprint
- If a participant fails two sprints, they fail the test

Interval Test

- Participants run a total of ten consecutive laps
- A lap consists of four 75 meter runs with four 25-meter recovery walks.
 - Starts with running 75 meters in the prescribed time.
 - Followed by walking 25 meters in the prescribed time.
 - This process is repeated to complete one lap.
- Walking area is marked by cones 3 meters on each side of the 75-meter marks.
- If a participant fails to reach the walking area in the prescribed time, they are issued a warning.
- If a participant fails to reach the walking area for a second time, they fail the test.

Notes

- The time between the sprint test and interval test should be approximately 10 minutes



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Region Referee Fitness Test Standards

Criteria	CNRA Policy	U.S. Soccer Policy
Sprint Test	U.S. Soccer Standard	Male – Category 1 <ul style="list-style-type: none"> • 6.4 seconds Female – Category 3 <ul style="list-style-type: none"> • 6.6 seconds
Interval Test	U.S. Soccer Standard	Male – Category 1 <ul style="list-style-type: none"> • 17 seconds per 75-meter run • 20 seconds per 25-meter walk Female – Category 3 <ul style="list-style-type: none"> • 17 seconds per 75-meter run • 24 seconds per 25-meter walk

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Regional Emeritus Referee Certification & Recertification

Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	45 years of age or older
Previous Certification Experience	U.S. Soccer Standard	Must have held at least three (3) Regional Referee or Regional Emeritus licenses in their career
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	U.S. Soccer Standard	Emeritus Online Course
Fitness Test	N/A	N/A
Practical Assignments	N/A	N/A

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National Emeritus Referee Certification & Recertification

Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	45 years of age or older
Previous Certification Experience	U.S. Soccer Standard	Must have held at least three (3) National Referee, National Assistant Referee, PRO, FIFA or National Emeritus licenses in their career
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	U.S. Soccer Standard	Emeritus Online Course
Fitness Test	N/A	N/A
Practical Assignments	N/A	N/A

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First-Time Referee Mentor Requirements		
Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	18 years of age or older
Previous Certification Experience	U.S. Soccer Standard	A cumulative of two (2) years of on-field experience as a certified referee
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	U.S. Soccer Standard	Referee Mentor online course In-person meeting
Practical Evaluation	N/A	N/A

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Existing Referee Mentor Recertification Requirements		
Age	U.S. Soccer Standard	18 years of age or older
Previous Certification Experience	U.S. Soccer Standard	Must have held at least one (1) Referee Mentor license within the three (3) previous registration years; or Must have held a Referee Coach license during the previous registration year
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	<p>Online Referee Mentor Recertification Course</p> <p>Attendance at the annual in-person Referee Coach/Mentor Seminar hosted by CNRA and participation in a minimum of 2 monthly Referee Coach/Mentor Continuing Education webinars hosted by CNRA</p> <p>-- OR --</p> <p>If no in-person session is attended, participation in a minimum of 4 monthly Referee Coach/Mentor Continuing Education webinars hosted by CNRA</p>	Online Referee Mentor Recertification Course
Practical Assignments	Two (2) leading a practical exercise (field session)	<p>One (1) leading a video analysis session</p> <p>One (1) leading a practical exercise</p> <p>One (1) observing the performance of match officials</p>

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First-Time Referee Coach Requirements

Criteria	CNRA Policy	U.S. Soccer Policy
Age	U.S. Soccer Standard	21 years of age or older
Previous Certification Experience	U.S. Soccer Standard	Must have held a Referee Mentor, Regional Assessor, or Regional Instructor license for each of the previous two (2) registration years; or Must have held at least one (1) FIFA, PRO or National Match Official license within the current or previous two (2) registration years
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	U.S. Soccer Standard	Online Course Pre-Work Referee Coach Course in-person session (hosted by U.S. Soccer)
Practical Assignments	U.S. Soccer Standard	Four (4) assignments in pre-meeting Three (3) assignments during in-person meeting One (1) assignment post in-person meeting

Existing Referee Coach Recertification Requirements

Age	U.S. Soccer Standard	21 years of age or older
Previous Certification Experience	U.S. Soccer Standard	Must have held at least one (1) Referee Coach license or at least one (1) National Referee Coach license in the previous three (3) registration years
Safety and Compliance	U.S. Soccer Standard	Background Check SafeSport Training Safe & Healthy Playing Environments
Training	<p>Referee Coach Course Recertification Course</p> <p>Attendance at the annual in-person Referee Coach/Mentor Seminar hosted by CNRA or the annual in-person Assessment Program Seminar hosted by CNRA and participation in a minimum of 3 monthly Referee Coach/Mentor Continuing Education webinars hosted by CNRA (3 webinar sessions required in addition to either in-person session)</p> <p>-- OR --</p> <p>If no in-person session is attended, participation in a minimum of 6 monthly Referee Coach/Mentor Continuing Education webinars hosted by CNRA</p>	Referee Coach Course Recertification Course
Practical Assignments	<p>Five (5) game evaluations including: Post-game reflection with the referee team (debrief) and written feedback for the referee team</p>	<p>One (1) leading a video analysis session One (1) leading a practical exercise Five (5) game evaluations including: Post-game reflection with the referee team (debrief) and written feedback for the referee team</p>