

NOCRA Reimbursement plan for grade 8 to grade 7 upgrade

USSF California South Requirements

|                                                                                           |                                                                                                                                              |       |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1. Minimum Age                                                                            | Age 17                                                                                                                                       | _____ |
| 2. Experience<br>(Minimum cumulative career affiliated outdoor games at designated level) | Referee: 75<br>Assistant Referee: 25                                                                                                         | _____ |
| A. Game level to be counted for advancement                                               | U.S. Soccer Federation Games                                                                                                                 | _____ |
| B. Time in present grade                                                                  | 12 Months as Referee Class 2                                                                                                                 | _____ |
| 3. Training course requirements                                                           | 5 hours of USSF Intermediate Level Training<br><i>Covered by attending monthly NOCRA meetings</i>                                            | _____ |
| 4. Written Examination                                                                    | 85% minimum score on USSF Referee Exam                                                                                                       | _____ |
| 5. Field Evaluation by currently registered USSF Assessor                                 | Pass one evaluation as referee in an affiliated Under 17 or higher level game employing the DSC<br><i>Fee of \$50 re-imbursable by NOCRA</i> | _____ |
| 6. Physical Fitness Test                                                                  | Required with passing score                                                                                                                  | _____ |

|                | Age     | Grade 7      |
|----------------|---------|--------------|
| 12 minute run  | < 38    | 2,200 meters |
|                | 38 - 45 | 2,000 meters |
|                | > 45    | 1,800 meters |
| 50 meter dash  | < 46    | 9.0 seconds  |
|                | > 45    | 9.5 seconds  |
| 200 meter dash | All     | 40.0 seconds |

**NOCRA Reimbursement:**

Submit this sheet along with all of the supporting documents and NOCRA will reimburse you for your assessment fee.

Required documents (copies sufficient):

1. Written examination with passing score
2. Physical Fitness Test with passing score
3. Field Evaluation - Assessment - with passing score from Assessor.