



To: Chair, State Referee Committee
State Referee Administrators/State Youth Referee Administrators
State Directors of Instruction and Assessment
National Referees, National Instructors and National Assessors

From: Paul Tamberino
Director of Referee Development

Alfred Kleinaitis
Manager of Referee Development and Education

Re: 2010 U.S. Soccer Referee Training Seminars

Date: November 4, 2009

U.S. Soccer has scheduled ten (10) two-day Referee Training Seminars. A list of those clinics is attached at the end of this document.

Participation is limited to National Referees, National Referee Candidates and referees working in USL, PDL, WPS, W-2 and Development Academy games. State and National Instructors, State and National Assessors, Assignors and others (when requested by U.S. Soccer) should also be invited to attend.

Notes for the Referee Training Seminar Administrators:

- U.S. Soccer will be responsible for the instructor's air and/or ground transportation to the hosting city, as well as the hotel, meals and per diem for the instructor.
- The state will be responsible for meeting room facilities, audio/visual equipment and securing the running track.
- Site Coordinators will be responsible for organizing transportation to and from the site for the instructional staff.
- Referees from neighboring areas who wish to attend a clinic in another state should notify their State Referee Administrator.
- Priority registration is given to National Referees and National Referee Candidates.
- Referees participating will be responsible for their own transportation to and from the clinic.
- The National Referee Physical Fitness Test will be administered at these clinics. A copy of the approved fitness standards is attached.



Physical Fitness Test

A physical fitness test is required for registration, annual renewal and upgrading for the referee classes shown. The test can be administered by designated U.S. Soccer Federation Instructors. A document signed by the individual conducting the test is required. Fitness tests must be taken within a six-month period preceding the start of a new season or the date of registration.

National Referee Physical Fitness Test Requirements

Includes referees eligible for: Division 1 Women, Division 2 Men and Division 3 Men. *All Assistant Referees working Division 1 Women, Division 2 Men and Division 3 Men must pass the National Referee Physical Fitness Test. National Referee Candidates must also pass the National Referee Physical Fitness Test requirements.*

Interval Testing Time to run 150 meters 12 laps	Interval Testing Time to walk 50 meters 12 laps	Sprint Test 40 meters – 6 times
35 seconds	40 seconds	6.6 seconds

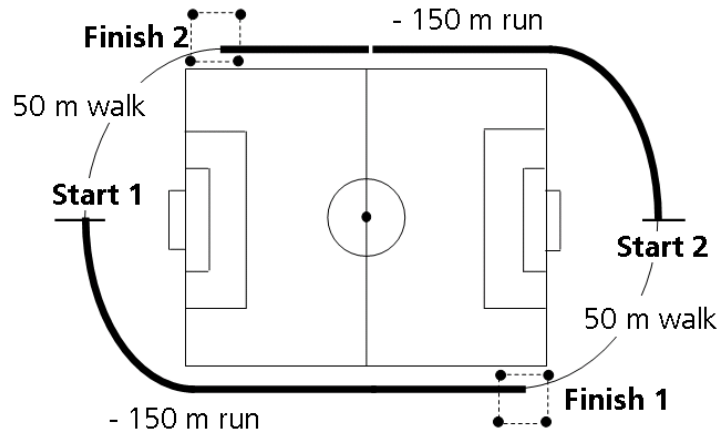
- The referee must pass all of the events that are part of the test at the same testing session.
- A reasonable rest period should be allowed between events.
- The first test to be administered is the Sprint Test, followed by the Interval test.
- The minimum number of laps to be met is 12.
- The sprint test will be administered with electronic timing devices.
- The National Referee Physical Fitness Test is a pass or fail test.
- Referees failing the test will be given **one** opportunity to retake the test at a time and location determined by U.S. Soccer.
- Requirements for referees who are unable to take the test due to illness or injury will be specified annually by U.S. Soccer.
- Referees who must retake the test will be responsible for all costs incurred.



National Referees, Professional Referees, FIFA Referees and Assistant Referees

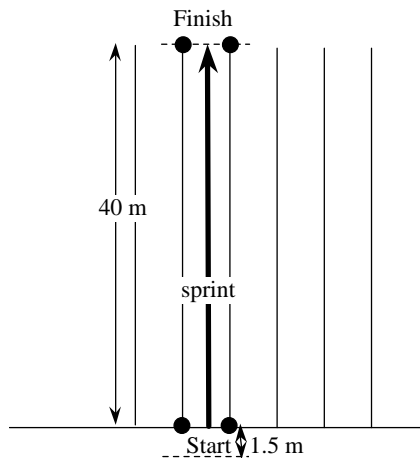
U.S. Soccer Interval Test Administration

1. The referee must be at the next station before time is expired or the referee fails the fitness test.
2. A lap is two (2) 150 meter runs and two (2) 50 meter recovery walks as follows: The test starts with the referee covering 150 meters in the prescribed time. This is then followed by walking 50 meters in the prescribed time. This is then repeated for one (1) lap.



Sprint Test Administration

1. **6 x 40 meter** sprint followed by **maximum one and a half minute (1:30)** recovery period after each sprint (while walking back to the start).
2. **Dynamic start** with the front foot on a line that is **1.5 meters** away from the electronic timing gates at the starting position.
3. If a referee **falls or trips**, he is given **another trial** (one trial = 1 x 40 meters).
4. If a referee or assistant referee **fails** one (1) trial out of the six (6), then he is **given one (1) more trial** (and one only) immediately after the sixth trial. If he **fails two (2) trials**, the match official **has failed** the test.
5. If it is not possible to record the times electronically, one observer signals the moment the referee runs through the first gate using an accurate flag signal. The second observer is positioned in line with the second gate and stops the chronometer when the referee runs through it.
6. The Sprint Test will be the first test administered, followed by the Interval Test.



2010 U.S. Soccer Referee Training Seminars

Start Date	End Date	Location	Contact	Phone	E-mail
Saturday, February 20, 2010	Sunday, February 21, 2010	Florida	Jozsef Michna	561-818-3699	sra_syra@bellsouth.net
Saturday, March 6, 2010	Sunday, March 7, 2010	MD/DCV	Terry Miller	410-381-4535	maryland.sdi@gmail.com
Saturday, March 13, 2010	Sunday, March 14, 2010	California South	George Noujaim	951-505-8348	gnoujaim@calsouth.com
Saturday, March 20, 2010	Sunday, March 21, 2010	Washington	Chris Barnes	206-713-0665	crbarnes@gmail.com
Friday, March 26, 2010	Saturday, March 27, 2010	Texas North	Art Keeton	972-625-1011	artkeeton@ntxreferees.org
Saturday, April 10, 2010	Sunday, April 11, 2010	Ohio South	Ken Baldeosingh	937-667-8906	kenb8969@aol.com
Saturday, April 17, 2010	Sunday, April 18, 2010	New York/New Jersey	Alan Brown	732-607-1374	ajmwbrown@aol.com
Saturday, April 24, 2010	Sunday, April 25, 2010	Illinois	Tom Landi	847-690-9881	t.landi@ameritech.net
Saturday, May 1, 2010	Sunday, May 2, 2010	TBD	TBD		
Saturday, May 22, 2010	Sunday, May 23, 2010	Connecticut	Jesus Zornoza	203-431-8305	zornoza@snet.net

