



## **Upgrade requirements: Grade 8 to Grade 7**

**Minimum age: 17**

**Experience: Referee: 75 games - Assistant Referee: 25 games - PDL 4<sup>th</sup> Official: 2  
Represent Vt. at US Youth Soccer regional or OPD tournaments: 1  
Documentation of these matches must be provided to the SDA.**

**Game Level: Any outdoor United States Soccer Federation affiliated match.**

**Time in Grade: 12 months as a Grade 8 Referee**

**Training course requirements: 5 hours of U.S. Soccer training above annual certification, i.e. Vt. advanced course or regional pro clinic.**

**Written examination: 85% minimum score on U.S. Soccer referee exam.**

**Field Assessment: Pass one evaluation as referee in an affiliated U17 or higher level full 90 minute match employing the DSC. Pass one evaluation as an assistant referee in an affiliated U17 or higher level full 90 minute match employing the DSC.**

**Physical fitness: Passing score is required. 12 minute run: age under 38, 2200 m, 38-45, 2000 m, over 45, 1800 m. 50 m dash: under 46, 9.0 seconds, over 45, 9.5 seconds. 200 meter dash: 40.0 seconds for all ages.**

**Additional requirements: \*March 15 is the deadline to request an upgrade. All requests must be made to the State Director of Assessment.**

**All requirements except for Regional or ODP representation must be completed within one year of the upgrade request.**