

How to Upgrade to an 07, 06, or 05

Upgrading to 07 – Deadline to apply for Upgrade Clinic: October 1

1. Complete the Upgrade Application on the OSA website using the following link: [Upgrade Clinic Application](#). You must be 17 years of age as of the date of the January upgrade clinic and have been an 08 referee for one year.
2. Submit a game log (available at the first of this website) of all matches you have officiated. Make certain you include at least 75 centers and 25 lines. Any age or level of game qualifies at this point. List the games and include date, team names, gender, age of teams, and whether you were the center or assistant referee. (Use your game records to help recall the dates and times and age groups. Scores are not required.) Use the Game Log from the OSA website: [Game Log](#). **Must be submitted to OSA by December 31.** Email to oksoccer@oksoccer.com.
3. Obtain an Assessment Request Form from the following link: [Assessment Request Form](#) or by calling the OSA office at 1-800-347-3590 and requesting the form be mailed to you. The form is also available in a Word document: [Assessment Form in Word](#). Complete the form and have an assessment completed before December 31 of the year you wish to upgrade. Fees for assessments are \$45 payable to the Assessor at the field. ***Note: Assessments for upgrading to 07 must be on a U19 boys competitive match.** If you are planning to upgrade, please prepare for your assessment by contacting upper level referees in your club or community to assist and mentor you through the process.
4. Plan on attending the fitness exam held the first Saturday of August at OSU's track facility.

Physical Fitness Test Requirements

If you are between the ages of 17 and 37 you must run 5 ½ laps (2200 meters) in 12 minutes; run a 50 meter dash in under 9.0 seconds; and run a 200 meter dash in under 40.0 seconds.

If you are between the ages of 38 and 45 you must run 5 laps (2000 meters) in 12 minutes; run a 50 meter dash in under 9.0 seconds; and run a 200 meter dash in under 40.0 seconds.

If you are 46 and older you must run 4 ½ laps (1800 meters) in 12 minutes; run a 50-meter dash in under 9.5 seconds; and run a 200-meter dash in under 40.0 seconds.

5. Mail or email the game log to OSA no later than December 31 of the year you wish to upgrade.

The Referee Committee will be in touch with you during the course of the year (after you have mailed a request to upgrade) informing you of your status in the upgrade process.

Upgrade Course: The 07 class begins with registration at 8 am at Wes Watkins Center on the campus of OSU in Stillwater. The first class begins at 8:30 so please be prompt.

Fee: Cost for upgrade is \$25 payable to OSA. You must pay in advance (send check to OSA office in Tulsa • PO Box 35174, Tulsa, OK 74153) or by phoning the Tulsa office and using a credit card. Complete your USSF Registration Form either online at <http://www.ussoccer.info/> or by mailing it to the Tulsa office. The information will be updated after the Upgrade Course is completed.

Materials: Bring writing materials (pen, paper) and your Law Book, Administrative Handbook, and Procedures book. Come to the class with law knowledge; the course is not a course in the law. You are expected to know the laws when you arrive! We will teach you how to apply those laws.

Dress: Please wear slacks and a shirt with either a USSF logo or an OSA logo. This is a professional training situation and we expect our first impressions to be good ones.

Upgrading to 06 – Deadline to apply for Upgrade Clinic: October 1

1. Complete the Upgrade Application on the OSA website using the following link: [Upgrade Clinic Application](#). You must be 18 years of age as of the date of the January upgrade clinic and have been an 07 referee for one year.
2. Submit a game log (available at the first of this website) of all matches you have officiated. Make certain you include at least 100 centers and 25 lines. **All matches must have been at the U19 Competitive leagues or higher.** List the games and include date, team names, gender, age of teams, and whether you were the center or assistant referee. (Use your game records to help recall the dates and times and age groups. Scores are not required.) Any competitive U19 match you have done can be included in the game log, even those from the upgrade to 07. Use the Game Log from the OSA website: [Game Log](#). **Must be submitted to OSA by December 31.** Email to oksoccer@oksoccer.com.
3. Obtain an Assessment Request Form from the following link: [Assessment Request Form](#) or by calling the OSA office at 1-800-347-3590 and requesting the form be mailed to you. The form is also available in a Word document: [Assessment Form in Word](#). Complete the form and pass two field assessments as a referee and one as an assistant referee in U19 competitive leagues or higher before December 31 of the year you wish to upgrade. Fees for assessments are \$45 payable to the Assessor at the field. ***Note: Assessments for upgrading to 06 must be on a U19 competitive match or higher.** If you are planning to upgrade, please prepare for your assessment by contacting upper level referees in your club or community to assist and mentor you through the process.
4. Plan on attending the fitness exam held the first Saturday of August at OSU's track facility.

Physical Fitness Test Requirements

If you are between the ages of 18 and 37 you must run 6 laps (2400 meters) in 12 minutes; run a 50 meter dash in under 9.0 seconds; and run a 200 meter dash in under 40.0 seconds.

If you are between the ages of 38 and 45 you must run 5 ½ laps (2200 meters) in 12 minutes; run a 50 meter dash in under 9.0 seconds; and run a 200 meter dash in under 40.0 seconds.

If you are 46 and older you must run 5 laps (2000 meters) in 12 minutes; run a 50-meter dash in under 9.0 seconds; and run a 200-meter dash in under 40.0 seconds.

5. Mail or email the game log to OSA no later than December 31 of the year you wish to upgrade.

The Referee Committee will be in touch with you during the course of the year (after you have mailed a request to upgrade) informing you of your status in the upgrade process.

Agenda: If you are upgrading to 06 you will need to arrive at OSU on Friday evening. The classes will be held in the Wes Watkins Center and begin promptly at 7 pm.

Fee: Cost for upgrade is \$25 payable to OSA. You must pay in advance (send check to OSA office in Tulsa • PO Box 35174, Tulsa, OK 74153) or by phoning the Tulsa office and using a credit card. Complete your USSF Registration Form either online at <http://www.ussoccer.info/> or by mailing it to the Tulsa office. The information will be updated after the Upgrade Course is completed.

Materials: Bring writing materials (pen, paper) and your Law Book, Administrative Handbook, and Procedures book. Come to the class with law knowledge; the course is not a course in the law. You are expected to know the laws when you arrive! We will teach you how to apply those laws.

Dress: Please wear slacks and a shirt with either a USSF logo or an OSA logo. This is a professional training situation and we expect our first impressions to be good ones.

Upgrading to 05 – Deadline to apply for Upgrade Clinic: October 1

1. Complete the Upgrade Application on the OSA website using the following link: [Upgrade Clinic Application](#). You must be 19 years of age as of the date of the January upgrade clinic and have been an 06 referee for one year.
2. Submit a game log ((available at the first of this website) of all matches you have officiated. Make certain you include at least 150 centers and 50 lines. **Of the 150 games a minimum of 50 must be on adult Division I league games.** List the games and include date, team names, gender, age of teams, and whether you were the center or assistant referee. (Use your game records to help recall the dates and times and age groups. Scores are not required.) Use the Game Log from the OSA website: [Game Log](#). **Must be submitted to OSA by December 31.** Email to oksoccer@oksoccer.com.
3. Any adult Division I match you have done can be included in the game log, even those from the upgrade to 07.
4. Obtain an Assessment Request Form from the following link: [Assessment Request Form](#) or by calling the OSA office at 1-800-347-3590 and requesting the form be mailed to you. The form is also available in a Word document: [Assessment Form in Word](#). Complete the form and pass two field assessments as a referee and one as an assistant referee in top adult Division 1 leagues or higher before December 31 of the year you wish to upgrade. Fees for assessments are \$45 payable to the Assessor at the field. ***Note: Assessments for upgrading to 05 must be on a adult Division 1 leagues or higher.** If you are planning to upgrade, please prepare for your assessment by contacting upper level referees in your club or community to assist and mentor you through the process.
5. Plan on attending the fitness exam held the first Saturday of August at OSU's track facility.

Physical Fitness Test Requirements

If you are between the ages of 18 and 37 you must run 6 laps (2400 meters) in 12 minutes; run a 50 meter dash in under 9.0 seconds; and run a 200 meter dash in under 40.0 seconds.

If you are between the ages of 38 and 45 you must run 5 ½ laps (2200 meters) in 12 minutes; run a 50 meter dash in under 9.0 seconds; and run a 200 meter dash in under 40.0 seconds.

If you are 46 and older you must run 5 laps (2000 meters) in 12 minutes; run a 50-meter dash in under 9.0 seconds; and run a 200-meter dash in under 40.0 seconds.

6. Mail or email the game log to OSA no later than December 31 of the year you wish to upgrade.

The Referee Committee will be in touch with you during the course of the year (after you have mailed a request to upgrade) informing you of your status in the upgrade process.

Agenda: If you are upgrading to 05 you will need to arrive at OSU on Saturday morning. The classes will be held in Wes Watkins Center and begin promptly with registration a 8 am and the first class at 8:30 am.

Fee: Cost for upgrade is \$25 payable to OSA. You must pay in advance (send check to OSA office in Tulsa • PO Box 35174, Tulsa, OK 74153) or by phoning the Tulsa office and using a credit card. Complete your USSF Registration Form either online at <http://www.ussoccer.info/> or by mailing it to the Tulsa office. The information will be updated after the Upgrade Course is completed.

Materials: Bring writing materials (pen, paper) and your Law Book, Administrative Handbook, and Procedures book. Come to the class with law knowledge; the course is not a course in the law. You are expected to know the laws when you arrive! We will teach you how to apply those laws.

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