



FOR ALL

LEVEL 5 - 4 CRITERIA



LEVEL 5 - 4

For details on the fitness test, please refer to page 11.

Welcome to your Level 5-4 progression pathway information.

This is the final step on the Referee progression. As a 5–4 promotion candidate, you'll be part of either the seasonal or annual promotion process. [Annual 2025 criteria](#) - [Seasonal 2025/26 criteria](#)

Referee	AR	Observations	LMS Modules	LOTG	Fitness Test
15 - Adult (U21s+) games	15	4 observations Average 71.5	4 – Must be completed within the month	4 – Must be completed within the month	17/22 4 Sprints - 6.20s

CPD

Your CPD for the season will be delivered directly by The Football Association via the LMS platform. This will include four online CPD modules and four Laws of the Game (LOTG) exam. You must complete them by the end of the release month. Failure to meet these deadlines will result in removal from the promotion scheme. [Please click here for the LMS platform.](#)

MATCH RECORD SHEET

We recommend you keep track of the games you officiate throughout the course of the season so ensure you're meeting the criteria. [Please click here for your match record sheet.](#)

OBSERVATIONS

Throughout the course of the season you'll be required to receive a minimum of 4 observations. These observers will be appointed by your County FA. The average mark needed to be nominated to The FA for promotion is 71.5 (Seasonal 2025/26)

GAMES

- Feeder leagues or the highest level of County football available
- Tiers 4 and above Women's Football Pyramid
- County FA Cup Competitions
- U23 Competitions that operate with Assistant Referees
- BUCS Prem/Tier 1

FITNESS TEST

This page outlines the fitness test requirements for Level 5 to 4 Referee nominations. It includes full details of the interval run and sprint tests. You'll also find all necessary documentation. All fitness results must be submitted by your County FA as part of the nomination process.

FITNESS TEST REQUIREMENTS

To be considered for nomination, candidates must meet the following fitness standards:

Interval Run: Complete the 17/22 interval run.

Sprint Test:

Men's Game Pathway - Complete 4 x 40-meter sprints, each in 6.20 seconds or less.

SPRINT TIMING CRITERIA:

All sprints must be electronically timed.

A 1.5-meter preparation zone must be measured and used before each sprint.

A maximum of 5 sprint attempts is permitted, with at least 4 meeting the required time.

TEST ATTEMPTS AND RECORDING:

Each candidate is allowed a maximum of two attempts to pass the nomination fitness test with their County FA.

The County FA is responsible for accurately recording the interval and sprint times and submitting the results to The FA Refereeing Department as part of the candidate's nomination.

AUDIO AND DOCUMENTATION

All required fitness documents can be accessed [via this link](#). Referees must complete the medical form before taking the fitness test, ensuring their blood pressure is at or below 140/90 mmHg. The link also includes FAQs and the audio file for the fitness test.