GETTING READY TO REFEREE

You will need:

UNIFORM

- ♦ Jersey (tucked in)
- ♦ Black shorts (with pockets)
- ♦ Black Soccer socks (pulled up)
- ♦ Soccer Shoes (black preferred)
- ♦ Badge (on left pocket)
- Watch

- Attach badge with velcro or double-sided tape
- Remove all your jewelry (except watch)
- Pull back long hair

KIT BAG

- Whistle
- ♦ Coin
- Notebook to record goals& sanctions
- ♦ Yellow/Red Cards
- ♦ Flags
- Pump
- ♦ Additional Jersey(s)
- ♦ Water

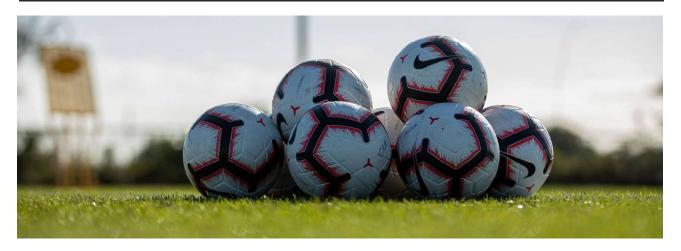
- Do not have the whistle around your neck
- Good to have a garbage bag to put over your soccer bag on rainy days
- A white and black t'shirt could work if you have a colour conflict
- Prepare yourself for the weather or time of year
 i.e.: sunscreen, bug spray, etc.

FIELD CHECK

- ♦ Nets
- ♦ Corner Flags
- ♦ Field Markings
- ♦ Field Condition

- Home team fixes any field issues
- Cones can be used for corner flags
- Must have boundary lines, a halfway line and a penalty area
- If field isn't safe, don't play the game
- Lightning (30min after last rumble) see weather policy and don't play in thunder or lightning.

STARTING THE GAME



TECHNICAL AREA

- ♦ Benches on same side
- ♦ Set up a Technical Area
- ♦ Make sure TA is "clean"

REFEREE WARM UP

 A combination of jogging, dynamic movement and accelerations to prepare for the game

- **TEAM CHECK**
- Check the team list and the players' equipment
- Game ball is supplied by the home team

- Extra balls put away
- Substitutes wearing pinnies (likely in tournaments only)
- Only coaches & players, no parents permitted
- Can use cones to mark technical area
- Generally done through the middle of the field

Game Sheet

- Name and number of all players required for game sheets (adult league only)
- Send game sheets to Jackie or Matt within 20 minutes following your game.

Equipment

- Footwear
- Shinpads
- Socks covering shinpads
- Shirt with sleeves
- No jewelry (NO TAPING)
- GK in different colour than players

STARTING THE GAME (CONTINUED)



COIN TOSS

- ♦ Call captains to center of field
- ♦ Introduce yourself

KICK OFF

- Count the players on both teams to ensure correct numbers
- Strong single whistle to start the game

• Winner of toss can choose side or ball

- Start your watch before you blow the whistle
- Make a note in your book for which team kicks off 1st and 2nd half.

GAME RESPONSIBILITIES



SUBSTITUTIONS

 Player(s) being replaced must leave the field before the substitute enters the field

INJURIES

- Stop play immediately for head injuries
- If coach enters the field, the injured player must leave

RECORDKEEPING

Take clear and accurate notes of goal scorers, sanctions, and times

POSITIONING & MOVEMENT

- Proximity to play helps your credibility
- Work to be 10-15m from the ball whenever possible

- Wait for player to get into position before restarting play
- Ensure you know the competition rules with regards to substitutions
 - Subbing will be during a stoppage of play at the halfway line. Referee should signal for the substitution.
- Players cannot play with blood on their uniforms
- Make sure you know the exceptions (e.g. GK injury)
 - House league rules the player must leave to be examined and re-enter through normal substitution procedure.
- Double check the team list before you leave the field to ensure you have all players listed
- Having a good work rate is important you are being paid to do a job, and the players deserve your best effort

AFTER THE GAME

FINAL WHISTLE

- Ensure that you add an appropriate amount of time for injuries, subs, etc.
- The final whistle should be 3 long clear whistles
- Be smart about when you end the game (ie. is the losing team on a breakaway?)
- Be sure to end as close to on time as possible.

HANDSHAKES

- ♦ Teams should shake hands after the completion of the game. Don't insist on this if teams are resistant (make a note in your game report if one team refuses)
- Players are not required to shake the hand of the referee, but may choose to
- Be close enough to observe if anything happens between the teams during the handshake.

DEALING WITH PLAYERS & COACHES

You still have the authority to issues yellow and red cards after the final whistle.

Be sensitive to how people are feeling and move away from hot zones to avoid being accessible to frustrated players or coaches.

GAME REPORT

- Make sure you include all relevant information (goal scorers, sanctions, etc.)
- Head referees will provide information as to where to go to fill out your report

GAME REPORT

- Must report all yellow and red cards
- Only include facts about what happened, never personal opinions
- Reach out to head referees for help with writing reports
- Game-sheets to be sent prior to leaving the pitch after each game, at maximum within 20 minutes of the finished gametime.

HANDBOOK FOR REFEREES

| NOTES |
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