

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"

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

REFEREE WARM UP

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

- Generally done through the middle of the field

TEAM CHECK

- ◇ Check the team list and the players' equipment
- ◇ Game ball is supplied by the home team

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

- Winner of toss can choose side or ball

KICK OFF

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

- 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 issue 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.

