

REFEREE'S SINGLE SHEET SUMMARY

PRE-GAME ACTIVITIES

- Check field goals, flags and markings for safety and correctness
- Check players' uniforms and equipment for safety
- Check ball for proper inflation, size, and safety (no cuts)
- Meet with assistant referees and discuss responsibilities

COIN TOSS

- A captain of one team calls the toss
- Winner chooses direction to attack; teams switch for second half
- Loser kicks off first; winner kicks off the second half

KICK-OFF

- Players must be in their own half of the field
- Opponents of the kicker must not enter center circle until ball is kicked
- The ball is stationary on the center mark
- The referee whistles for the start of play
- The ball is in play when it is kicked and moves forward (any distance)
- Don't forget to start your game timer
- If the kick-off is not taken as above it must be retaken
- If kicker touches the ball again before anyone else, IFK to opponents

RESTART	WHEN AWARDED	BALL PLACEMENT	OPPONENTS	SCORE DIRECTLY?	WHEN IN PLAY
Kick-off (KO)	Start of each half; after each goal	Center of field	10 yards from ball; in own half	Yes	Kicked and moves forward
Throw-in (TI)	Ball out over touch line	Where it went out	2 yards from point of throw-in	No	Breaks plane of touch line
Goal kick (GK)	Ball out over goal line, not goal, last touch by an attacker	Anywhere in goal area	Outside penalty area	Yes (only against opponent)	Directly leaves penalty area into the field of play
Corner kick (CK)	Ball out over goal line, not goal, last touch by a defender	Anywhere in corner arc	10 yards from corner arc	Yes (only against opponent)	Kicked and moves
Dropped ball (DB)	Referee stops play	Location when stopped *	No restriction	No	Touches ground
Free kick (FK)	Foul or other infringement	Place of infringement **	10 yards (Note: for IFK in goal area against defenders, attackers may be on goal line between goalposts)	DFK: Yes (only against opponent); IFK: No	Kicked and moves (Note: free kicks taken by defenders in their own PA must leave the PA into the field of play)
Penalty kick (PK)	DFK foul by a defender in own PA	Penalty mark	10 yards, outside PA, behind ball	Yes	Kicked and moves forward

* If in goal area, place ball on goal area "six yard line"

** If in goal area, place ball on "six yard line" if against defenders; place ball anywhere in goal area if against attackers

FOULS

DIRECT FREE KICKS

- Generally given for unfair/unsafe contact between opponents
- Careless kick, strike, trip, push, charge, jump, tackle
- Careless attempt to kick, strike, or trip
- Spits, holds, or handles the ball **deliberately**

PENALTY KICK ENCROACHMENT

- By a defender, ball goes in goal: GOAL
- By a defender, ball does not go in goal: RETAKE
- By an attacker, ball goes in goal: RETAKE
- By an attacker, ball stays in play: IFK for defending team
- By both teams: RETAKE

INDIRECT FREE KICKS

- Generally given for a non-contact infringement between opponents
- Referee must give the indirect free kick signal (raised arm)
- By anyone:
 - Dangerous play, impeding opponent, preventing keeper from releasing ball
- By goalkeeper:
 - Takes more than six seconds to release the ball into play from hands
 - Touches ball a second time with hands after releasing without it touching other player
 - Deliberately handles ball after receiving it directly from a teammate's throw-in
 - Deliberately handles ball after a deliberate kick to the goalkeeper from a teammate

MISCONDUCT

CAUTIONABLE (YELLOW CARD) OFFENSES

- Persistent infringement of the Laws
- Unsporting behavior
- Delaying the restart of play
- Dissent by word or action
- Leaving field without referee's permission
- Entering/reentering field without referee's permission
- Fails to respect the required distance on a TI, FK, or CK

SEND OFF (RED CARD) OFFENSES

- Serious foul play
- Abusive, insulting, or offensive language or gestures
- Violent conduct
- Spitting at an opponent or anyone
- Receiving a second caution in the same match
- Denying an obvious goal-scoring opportunity by deliberately handling the ball (except goalkeeper in own penalty area)
- Denying an obvious goal-scoring opportunity by an infringement punishable by FK or PK

MISCONDUCT RESTARTS (Simplified Version)

- DFK if play stopped for misconduct including a DFK foul
- IFK if play stopped for any other misconduct on the field
- DB if misconduct occurred off the field (IFK if referee thinks player left field to commit it)
- If misconduct occurs while ball is out of play, restart per original reason for stoppage

REFEREE'S SINGLE SHEET SUMMARY

OFFSIDE

OFFSIDE POSITION

- Player is in opponent's half of the field, AND
- Player is closer to opponent's goal line than the ball, AND
- Player is closer to opponent's goal line than either of the last two opponents

Offside position is determined at the moment the ball is played or touched by a teammate.

OFFSIDE INFRINGEMENT

- Is in offside position when ball is played or touched by teammate, and then:
 - Interferes with play (plays the ball); OR
 - Interferes with an opponent (keeps them from playing the ball); OR
 - Gains advantage from the offside position (ball rebounds to them)

Cannot be offside if a player receives the ball directly from a GK, TI, or CK.

REFEREE TEAM MECHANICS AND SIGNALS

REFEREE POSITIONING

- Left (standard) diagonal: run toward left corner flag; try to stay to the left of ball
- Right diagonal: run toward right corner flag; try to stay to the right of ball
- During dynamic play try to be approximately 10-15 yards from play
- Try to keep play between the referee and the leading assistant referee

ASSISTANT REFEREE POSITIONING

- Default position: stay even with second-to-last defender to watch for offside (the last defender is usually, but not always, the goalkeeper)
- If the second-to-last defender moves into the opponent's half of the field, stay at the halfway line
- If the ball moves closer to the defenders' goal line than the second-to-last defender, stay even with the ball – all the way to the goal line if necessary

REFEREES SHOULD...

- Look at the lead assistant when the ball is played forward
- Look at the lead assistant when a goal is scored
- Occasionally look back at the trail assistant
- Look at both assistants when the ball is out of play
- Look at both assistants when there's nothing better to look at
- Give them a smile or a subtle "thumbs up"

ASSISTANT REFEREES SHOULD...

- Not "pop" the flag when they signal
- Make eye contact with the referee whenever they signal
- Watch players who are behind the referee's back
- Mirror the foul/misconduct signals of the other assistant referee that the referee can't see
- Always be prepared to signal if the ball goes out of play and the referee looks to you for help

WORDS OF WISDOM FROM AN OLD REFEREE

- "Refereeing is Thinking" – Law 18 is "Common Sense"
- Keep it safe, fair, and fun – in that order
- If it looks unsafe, blow the whistle even if you're not sure what foul to call – player safety is your most important job
- If you're not sure about a foul or offside, don't blow the whistle
- Don't let the sidelines get out of hand... you may have a thick skin, but their next referee could be 12 years old
- Want to be better? Get a mentor to help you
- Want to be better still? Study the Laws of the Game, USSF Advice to Referees, USSF Guide to Procedures.

