

Marple Newtown Soccer Association (MNSA)

# Intramural Soccer Referee Information

MNSA Director Officiating  
[referee@mnsaonline.org](mailto:referee@mnsaonline.org)  
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## MNSA Intramural Soccer

To those referees that are returning to officiate MNSA Intramural Soccer, welcome back. To those of you who are new, welcome.

### Scheduling:

- Monday morning the MNSA Director of Officiating will issue an email requesting availability to officiate games for the upcoming Saturday.
- If you are available, please respond with times you can referee (game times are 9:00 am, 10:30 am, 12:00 noon, 1:30 pm and possibly 3:00 pm and occasional weeknight games).
- If you have not received an email, please send an email to [referee@mnsaonline.org](mailto:referee@mnsaonline.org).
- If you are not available, you do not need to respond.
- You will be assigned a game on a rotation basis; some weeks none, some weeks more than one based on referee availability.
- All new referees will start at Pre-novice games.

### Pay:

MNSA will issue checks at the end of the fall season. Game amounts:

- Pre Novice \$9
- Novice and Juniors assistant referee \$11
- Junior middle \$13
- Seniors \$18

### Game Day Procedures:

- Must be at fields (Russell Elementary School) 15 minutes prior to start of your scheduled game.
  - If you cannot make your game you **MUST** email me before 12 noon on Friday or **TEXT** me ASAP after 12 noon on Friday
  - If you do not show up for a scheduled game and have not contacted me prior to the game, you will not be scheduled for another game
- Must have your whistle, watch (not your phone) or stopwatch and wearing your referee shirt or an all-black shirt (new referees will get a referee jersey after you officiate your first game). The referee shirt must be the outer most piece of clothing you have on; you can wear other layers underneath the referee jersey. Hats may be worn, but should be all black with no logos. Should also have a coin to flip, water and sunscreen.
- Introduce yourself to all coaches; Remind coaches:
  - Keep players 1 yard behind the sideline so that you can run the lines
  - Players who are to enter game must be in sub box
  - Coaches must request sub's prior to next stoppage—they do not sub on fly
  - Subs can only enter on throw-ins and goals kicks, not on corner kicks or free kicks
  - Confirm length of game and each half

- Five minutes prior to game request players to line up for equipment check.
- Make sure that the goals are secured/anchored to ground and nets are attached to posts.
- Request game ball from coaches and inspect the ball for air.
- One minute before game time start, blow your whistle to have players enter the field
- Count number of players on field (when there is a two player referee system, each referee is responsible for counting one team; three player refs, the assistant referees each count a team), if there are too many players on the field during the game; blow whistle, stop game and direct kick for the other team.
- Blow whistle to start play (remember who had the tap to start game).
- Give coaches two minute warning before end of quarter/half/game.
- Review score with each referee then with the coaches at half.
- End of game give game ball back to coach
- Confirm with coaches final game score
- Record score on blank score sheet (in referee box), complete the form.

#### Pre-Game Equipment Check

- All players must wear shin guards, socks must cover the shin guards
- No metal hairbands or bracelets
- IF bracelet is loose string, string must be taped or bracelet removed
- No jewelry can be worn. No earrings, rings, watches, etc. The player is not permitted to play with any jewelry. Earrings cannot be taped over.
- Goalies must be in a different color jersey/pinnie than both teams.

#### Rules of the Game - simple notes:

- Direct kick is a result of any physical foul — pushing, tripping, elbowing, too many players, etc. or a hand ball
- Indirect kick is a result of any technical foul — heading, offsides, etc.

#### Heading:

Is allowed in the Senior Division only; no heading is permitted in any other division. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

#### Scoring

For a goal to count, the ball must be completely over the goal line

#### Goalkeepers Punting

Punting is not allowed in any divisions; indirect kick results (from where ball lands)

## Build Out Line

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line

The build out line applies to the Pre-Novice and Novice divisions.

## Senior Division

- All regular rules apply
- Goalkeepers are not permitted to punt the ball
- Game size is 6 v 6 (five field players and a goalkeeper)
- Game time is two, 30 minute halves

## Junior Division

- All regular rules apply
- The build out line is not used, so punting is permitted
- Game size is 9 v 9 (eight field players and a goalkeeper)
- Game time – two, 30 minute halves
- Heading is not permitted

## Novice Division

- All regular rules apply
- Game size is 7 v 7 (six field players and a goalkeeper)
- Game time – two, 25 minute halves
- Build out line applies
- Heading is not permitted

## Pre-Novice Division

- This is first year for most players and coaches, so strict adherence to all rules will be new to many. We will work together to teach everyone!
- There are no direct kicks; all kicks are indirect
- If there is a handball in the box bring the ball outside the box and do the INDIRECT kick from there
- There is no offsides in pre-novice
- Games are four, 12 minute quarters

- Do not switch sides at end of quarters
- Game size is 5 v 5 (four field players and a goalkeeper)
- For the first several weeks, coaches are allowed to walk field with players
- Encourage the coaches to help set up teams for goal kicks, corner kicks, etc.
- For the first five weeks, when there is a bad throw-in, bring the ball back to the original spot, tell the player what they did wrong and let the same player throw it in again. If the second throw-in is bad, allow play to continue.
- Build out line applies
- Heading is not permitted
- Have fun!

### Injuries to Players

- If a player is injured during the game, blow the whistle until play is stopped
- If player can get up without coach entering play, the player can stay in game
- If coach needs to come onto field and assist player, the player must be substituted
- Player returning to field is up to discretion of the coach, not you unless you see blood on shirt
- If there was no foul called, then to restart the game after player injury, the referee is to drop ball where player was injured to the team that had possession of the ball when the whistle blew. All other players (of both teams) must remain at least 4.5 yds from the ball until it is in play.
- The ball is in play when it touches the ground.
- The ball is dropped again if it:
  - touches a player before it touches the ground
  - leaves the field of play after it touches the ground, without touching a player
- If a dropped ball enters the goal without touching at least two players, play is restarted with:
  - a goal kick if it enters the opponents' goal
  - a corner kick if it enters the team's goal

### Player Conduct Towards Referee

- Players are not to argue calls or verbally argue with referees. If they do so, referees are to inform coach and request player be taken out of game. This must be noted on the end of game report.
- Any player heard cursing on the field, stop play and substitute the player. The players coach will determine if they can return to the game.

### Coaching Conduct Towards Referee

- Coaches are not to argue calls with referee, any issues are to be noted on game report
- Coaches are not permitted to go onto field to speak with referees
- If referee has an issue with a coach, spectator or player, inform an MNSA Board member

### Handballs

- Call hand balls (if you do not, the players will not learn)
- If a player's arms/hands are away from their body and the ball touches it, call hand ball
- If a player is protecting themselves, hands/palms against face, hands inside frame of body, do not call a hand ball
- If a goalkeeper picks up the ball outside the box you must call this. The result is a direct kick.

- If goalkeeper picks up a pass from their teammate, this is an indirect kick.

### Miscellaneous

- The number one job of referees is player safety. You control this by eliminating the rough play; you eliminate the rough play by calling fouls.
- A game can get out of control quickly, even at intramural (and especially during the playoffs) if you do not call fouls for rough play.
- Referee closest to coaches controls game clock; other referee must keep time as a back up.
- In two referee system, field is split in half; referee must stay on their half of field and stay with the second to last defender (in order to call off-sides correctly)
- In three referee system, center referee controls game clock; is the lead referee and makes all calls. If the sideline referees see a foul, they must wave their flag and shout referees name to call attention to the foul
- If a team is winning by more than five (5) goals the losing team is permitted to add a player to the field (winning team can always take a player off as well; however, to congest the field and slow down the game, we do want to add a player always)
- If both teams do not have at least two (2) subs; instead of halves, play quarters
- You are not permitted to move a corner flag to assist players with taking corner kicks
- Goalkeepers must be in a different color jersey than other players on their team and the other team (jersey or pinnie)

### Off-Sides

Offensive player cannot be ahead of the second to last defender (the goalkeepers is usually the last player) and ahead of the ball.

### Foul restarts

Either direct or indirect kick, the ball is not to be kicked/play restarted until referee blows whistle. Referees are not to allow quick restarts. Teams must be given time to understand situation, set up wall, etc.

### New Rules (from 2020)

- Offensive players cannot be part of the defensive wall on free kicks, must be 1 yard away
- On penalty kicks, the goalkeeper needs to only have part of one foot on line when kick is taken
- If goal is scored on free kick prior to referee blowing whistle to signal kick, the goal does not count
- Any coach can be issued yellow/red cards (in addition to the players)

### Fouls resulting in DIRECT Kicks (physical fouls)

- Kicking or attempting to kick an opponent; Trips or attempts to trip an opponent
- Jumps at (or into) an opponent; Charges (running at) and opponent
- Strikes (hits) or attempts to hit an opponent
- Pushes an opponent; holds and opponent
- Slide Tackles an opponent; other dangerous play (warn player, 2<sup>nd</sup> is a yellow card)
- Handles the ball deliberately



- Obstruction; Impedes the progress of an opponent

Fouls resulting in INDIRECT kicks (aka technical fouls)

- Offside
- Violation of Build Out Line – attacking teams enters area before ball put in play
- Heading of ball (does not include Senior division)
- Unsportsmanlike conduct; Examples would be prevents the goalkeeper from releasing the ball from their hands, kicking dead ball out of bounds to prevent restart, etc.
- An indirect kick can be a goal if it has been touched by an opposing player (including/especially the goalie) before it enters the goal

Yellow cards are awarded/issued to a player (or coach) for the following offenses:

- Persistent infringement –repeated fouling--(more than three)
- Obstruction – pulling of jersey, getting in way of player without the ball
- Unsporting behavior (example cursing at another player or ref)
- Slide tackling (2nd offense; 3rd is a red card)
- Dissent by word or action (arguing call)
- Delaying restart of play (kicking a “dead” ball away from opponent)
- Failure to respect the required distance when play is restarted with a corner kick, free kick or throw in (if you have to warn more than once to give 10 yards card them!)
- Entering or re-entering the field of play without the referee’s permission (2<sup>nd</sup> offense)

Red cards are awarded/issued to a player (or coach) for the following offenses

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (besides the goalkeeper) in the box –JR division or above
- Denying an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offense punishable by a free kick or penalty kick – JR division or above
- Using offensive or abusive language and/or gestures
- Receiving a second caution (yellow card) in the same match

## Laws of the Game Summary

### About the Laws of the Game

The International Football Association Board (IFAB) is the governing body.

Referees should apply the Laws within the 'spirit' of the game to help produce fair and safe matches.

Everyone must respect the match officials and their decisions, remembering and respecting that referees are human and will make mistakes.

## Law 1 – the Field of Play

### 1. Field Markings

The field of play must be rectangular and marked with continuous lines which must not be dangerous. These lines belong to the areas of which they are boundaries.

The two longer boundary lines are touchlines. The two shorter lines are goal lines.

The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touchlines.

The center mark is at the midpoint of the halfway line. A circle with a radius 10yds is marked around it.

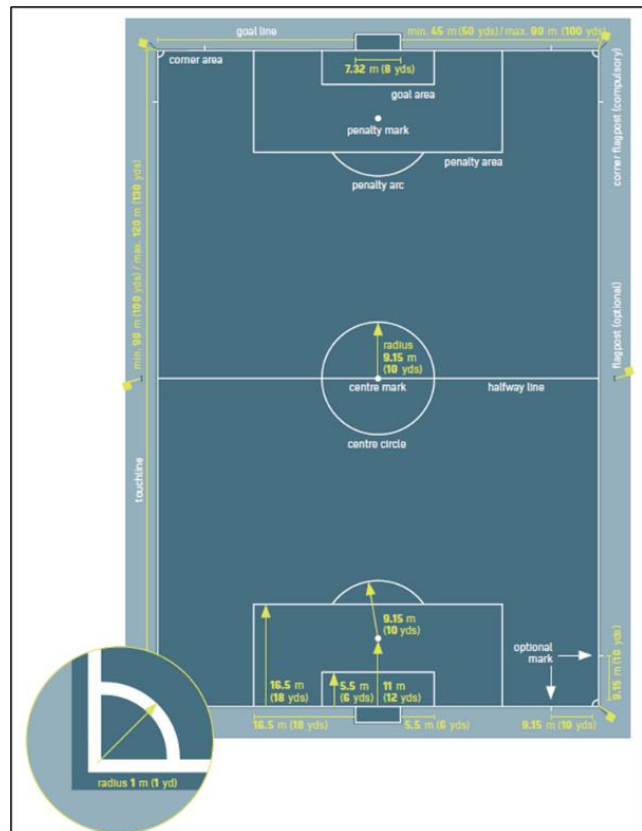
A player who makes unauthorized marks on the field of play must be cautioned for unsporting behavior.

### 2. Flag posts

A flag post, 5 ft high, with a non-pointed top and a flag must be placed at each corner.

### 3. Goals

Goals (including portable goals) must be firmly secured to the ground.



## Law 2 - the Ball

### 1. Qualities and Measurements

Pressure = 8.5 psi to 15.6 psi

### 2. Replacement of a Defective Ball

If the ball becomes defective:

- play is stopped and
- restarted with a dropped ball

If the ball becomes defective at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in, the restart is retaken.

If the ball becomes defective during a penalty kick or kicks from the penalty mark as it moves forward and before it touches a player, crossbar or goalposts the penalty kick is retaken.

The ball may not be changed during the match without the referee's permission.

### Law 3 – the Players

#### 1. Number of Players

A match is played by two teams, each with a maximum of eleven players; one must be the goalkeeper. A match may not start or continue if either team has fewer than seven players.

#### 2. Substitution Procedure

To replace a player with a substitute, the following must be observed:

- the referee must be informed before any substitution is made
- the player being substituted:
  - receives the referee's permission to leave the field of play, unless already off the field, and must leave by the nearest point on the boundary line unless the referee indicates that the player may leave directly and immediately at the halfway line or another point (e.g. for safety/security or injury)

The substitute only enters:

- during a stoppage in play
- at the halfway line
- after the player being replaced has left
- after receiving a signal from the referee

#### 3. Changing the Goalkeeper

Any of the players may change places with the goalkeeper if:

- the referee is informed before the change is made
- the change is made during a stoppage in play

#### 4. Goal scored with an extra person on the field of play

If, after a goal is scored, the referee realizes, before play restarts, that an extra person was on the field of play when the goal was scored:

- the referee must disallow the goal if the extra person was:
  - a player, substitute, substituted player, sent-off player or team official of the team that scored the goal; play is restarted with a direct free kick from the position of the extra person
  - an outside agent who interfered with play unless a goal results as outlined above in 'Extra persons on the field of play'; play is restarted with a dropped ball
- the referee must allow the goal if the extra person was:
  - a player, substitute, substituted player, sent-off player or team official of the team that conceded the goal
  - an outside agent who did not interfere with play

In all cases, the referee must have the extra person removed from the field of play.

If, after a goal is scored and play has restarted, the referee realizes an extra person was on the field of play when the goal was scored, the goal cannot be disallowed. If the extra person is still on the field the referee must:

- stop play
- have the extra person removed
- restart with a dropped ball or free kick as appropriate

## Law 4 – the Players Equipment

### 1. Safety

A player must not use equipment or wear anything that is dangerous.

All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.

The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorized/ dangerous equipment or jewelry, the referee must order the player to:

- remove the item
- leave the field of play at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again must be cautioned.

### 2. Compulsory Equipment

The compulsory equipment of a player comprises the following separate items:

- a shirt with sleeves
- shorts
- socks – tape or any material applied or worn externally must be the same color as that part of the sock it is applied to or covers
- shin guards – these must be made of a suitable material to provide reasonable protection and covered by the socks
- footwear

A player whose footwear or shin guard is lost accidentally must replace it as soon as possible and no later than when the ball next goes out of play; if before doing so the player plays the ball and/or scores a goal, the goal is awarded.

## Law 5 – the Referee

### 1. The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match.

### 2. Decisions of the Referee

Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game' and will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the Laws of the Game.

The referee may not change a restart decision on realizing that it is incorrect or on the advice of another match official if play has restarted or the referee has signaled the end of the first or second half (including extra time) and left the field of play or abandoned the match.

### 3. Disciplinary Action

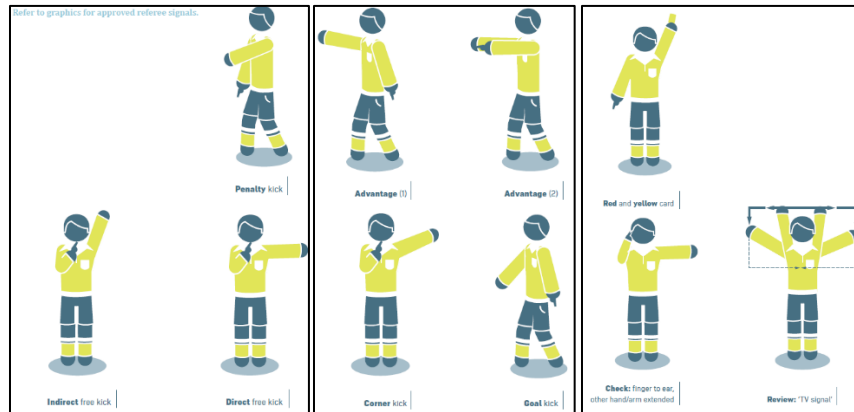
- punishes the more serious offence, in terms of sanction, restart, physical severity and tactical impact, when more than one offence occurs at the same time
- has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark).
- takes action against team officials who fail to act in a responsible manner and warns or shows a yellow card for a caution or a red card for a sending-off from the field of play and its immediate surrounds, including the technical area; if the offender cannot be identified, the senior coach present in the technical area will receive the sanction.

### 4. Injuries

- allows play to continue until the ball is out of play if a player is only slightly injured
- stops play if a player is seriously injured and ensures that the player is removed from the field of play.
- ensures that any player bleeding leaves the field of play. The player may
- only re-enter after the bleeding has stopped and there is no blood on the equipment



## 5. Referee Signals:



## Law 6 – the Other Match Officials

### 1. Assistant referees

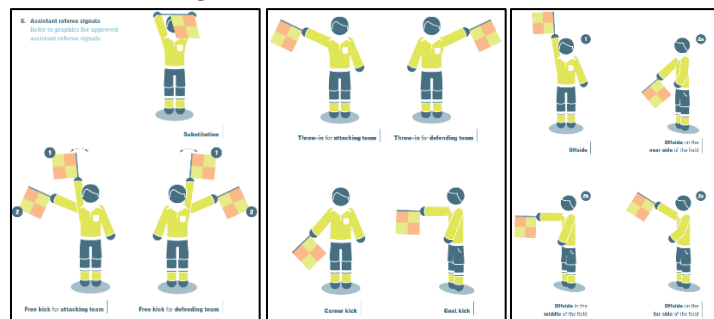
They indicate when:

- the whole of the ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in
- a player in an offside position may be penalized
- a substitution is requested
- at penalty kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line; if additional assistant referees have been appointed, the assistant referee takes a position in line with the penalty mark

The assistant referee's assistance also includes monitoring the substitution procedure.

The assistant referee may enter the field of play to help control the 10 yards distance.

### 2. Assistant Referee Signals:



## Law 7 – the Duration of the Match

### 1. Periods of Play

A match lasts for two equal halves of 45 minutes, which may only be reduced if agreed between the referee and the two teams before the start of the match and if in accordance with competition rules.

### 2. Half-time Interval

Players are entitled to an interval at half-time, not exceeding 15 minutes; a short drinks break (which should not exceed one minute) is permitted at the interval of half-time in extra time. Competition rules must state the duration of the half-time interval and it may be altered only with the referee's permission.

## Law 8 – the Start and Restart of Play

A kick-off starts both halves of a match, both halves of extra time and restarts play after a goal has been scored. Free kicks (direct or indirect), penalty kicks, throw-ins, goal kicks and corner kicks are other restarts. A dropped ball is the restart when the referee stops play and the Law does not require one of the above restarts.

### 1. Kick-off

- the referee tosses a coin and the team that wins the toss decides which goal to attack in the first half or to take the kick-off

For every kick-off:

- all players, except the player taking the kick-off, must be in their own half of the field of play
- the opponents of the team taking the kick-off must be at least 10 yds from the ball until it is in play
- the ball must be stationary on the center mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves
- a goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents

If the player taking the kick-off touches the ball again before it has touched another player, an indirect free kick, or for a handball offence, a direct free kick, is awarded.

In the event of any other kick-off procedure offence, the kick-off is retaken.

### 2. Dropped Ball

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
  - the ball was in the penalty area or
  - the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9.1, a match official
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play

The ball is in play when it touches the ground.

The ball is dropped again if it:

- touches a player before it touches the ground
- leaves the field of play after it touches the ground, without touching a player

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's goal

## Law 9 – the Ball in and out of Play

### 1. Ball out of Play

The ball is out of play when:

- it has wholly passed over the goal line or touchline on the ground or in the air
- play has been stopped by the referee
- it touches a match official, remains on the field of play and:
  - a team starts a promising attack or
  - the ball goes directly into the goal or
  - the team in possession of the ball changes

In all these cases, play is restarted with a dropped ball.

### 2. Ball in Play

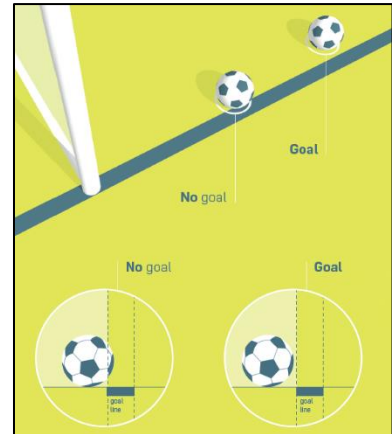
The ball is in play at all other times when it touches a match official and when it rebounds off a goalpost, crossbar or corner flag post and remains on the field of play.

## Law 10 – Determining the Outcome of a Match

### 1. Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence has been committed by the team scoring the goal.

If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded.



### 2. Kicks from the penalty mark

A player who has been sent off during the match is not permitted to take part; warnings and cautions issued during the match are not carried forward into kicks from the penalty mark.

- The referee tosses a coin to decide the goal at which the kicks will be taken
- The referee tosses a coin again, and the team that wins the toss decides whether to take the first or second kick
- With the exception of a substitute for a goalkeeper who is unable to continue, only players who are on the field of play or are temporarily off the field of play (injury, adjusting equipment etc.) at the end of the match are eligible to take kicks
- Each team is responsible for selecting from the eligible players the order in which they will take the kicks. The referee is not informed of the order
- If at the end of the match and before or during the kicks one team has a greater number of players than its opponents, it must reduce its numbers to the same number as its opponents and the referee must be informed of the name and number of each player excluded. Any excluded player is not eligible to take part in the kicks
- A goalkeeper who is unable to continue before or during the kicks may be replaced by a player excluded to equalize the number of players or, if their team has not used its maximum permitted number of substitutes, a named substitute, but the replaced goalkeeper takes no further part and may not take a kick
- If the goalkeeper has already taken a kick, the replacement may not take a kick until the next round of kicks
- Only eligible players and match officials are permitted to remain on the field of play
- All eligible players, except the player taking the kick and the two goalkeepers, must remain within the center circle
- The goalkeeper of the kicker must remain on the field of play, outside the penalty area, on the goal line where it meets the penalty area boundary line
- An eligible player may change places with the goalkeeper

- The kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence; the kicker may not play the ball a second time
- The referee keeps a record of the kicks If the goalkeeper commits an offence and, as a result, the kick is retaken, the goalkeeper is warned for the first offence and cautioned for any subsequent offence(s)
- If the kicker is penalized for an offence committed after the referee has signaled for the kick to be taken, that kick is recorded as missed and the kicker is cautioned
- If both the goalkeeper and the kicker commit an offence at the same time, the kick is recorded as missed and the kicker is cautioned
- Subject to the conditions explained below, both teams take five kicks
- The kicks are taken alternately by the teams
- Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick
- If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
- If, after both teams have taken five kicks, the scores are level, kicks continue until one team has scored a goal more than the other from the same number of kicks



## Law 11 – Offside

### 1. Offside Position

It is not an offence to be in an offside position.

A player is in an offside position if:

- any part of the head, body or feet is in the opponents' half (excluding the halfway line) and
- any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent

The hands and arms of all players, including the goalkeepers, are not considered. For the purposes of determining offside, the upper boundary of the arm is in line with the bottom of the armpit.

A player is not in an offside position if level with the:

- second-last opponent or
- last two opponents

### 2. Offside Offence

A player in an offside position at the moment the ball is played or touched (The first point of contact of the 'play' or 'touch' of the ball should be used) by a team-mate is only penalized on becoming involved in active play by:

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an opponent by:
  - preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
  - challenging an opponent for the ball or
  - clearly attempting to play a ball which is close when this action impacts on an opponent or
  - making an obvious action which clearly impacts on the ability of an opponent to play the ball

Or

- gaining an advantage by playing the ball or interfering with an opponent when it has:
  - rebounded or been deflected off the goalpost, crossbar, match official or an opponent
  - been deliberately saved by any opponent

A player in an offside position receiving the ball from an opponent who deliberately plays the ball, including by deliberate handball, is not considered to have gained an advantage, unless it was a deliberate save by any opponent.

A 'save' is when a player stops, or attempts to stop, a ball which is going into or very close to the goal with any part of the body except the hands/arms (unless the goalkeeper within the penalty area).

In situations where:

- a player moving from, or standing in, an offside position is in the way of an opponent and interferes with the movement of the opponent towards the ball, this is an offside offence if it impacts on the ability of the opponent to play or challenge for the ball; if the player moves into the way of an opponent and impedes the opponent's progress (e.g. blocks the opponent), the offence should be penalized under Law 12
- a player in an offside position is moving towards the ball with the intention of playing the ball and is fouled before playing or attempting to play the ball, or challenging an opponent for the ball, the foul is penalized as it has occurred before the offside offence
- an offence is committed against a player in an offside position who is already playing or attempting to play the ball, or challenging an opponent for the ball, the offside offence is penalized as it has occurred before the foul challenge

### 3. No Offence

There is no offside offence if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

### 4. Offences and Sanctions

If an offside offence occurs, the referee awards an indirect free kick where the offence occurred, including if it is in the player's own half of the field of play.

A defending player who leaves the field of play without the referee's permission shall be considered to be on the goal line or touchline for the purposes of offside until the next stoppage in play or until the defending team has played the ball towards the halfway line and it is outside its penalty area. If the player left the field of play deliberately, the player must be cautioned when the ball is next out of play.

An attacking player may step or stay off the field of play not to be involved in active play. If the player re-enters from the goal line and becomes involved in play before the next stoppage in play or the defending team has played the ball towards the halfway line and it is outside its penalty area, the player shall be considered to be positioned on the goal line for the purposes of offside. A player who deliberately leaves the field of play and re-enters without the referee's permission and is not penalized for offside and gains an advantage must be cautioned.

If an attacking player remains stationary between the goalposts and inside the goal as the ball enters the goal, a goal must be awarded unless the player commits an offside offence or a Law 12 offence, in which case play is restarted with an indirect or direct free kick.

## Law 12 – Fouls and Misconduct

Direct and indirect free kicks and penalty kicks can only be awarded for offences committed when the ball is in play.

### 1. Direct Free Kick

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

- charges
- jumps at
- kicks or attempts to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges
- trips or attempts to trip

If an offence involves contact, it is penalized by a direct free kick.

- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned
- Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off

A direct free kick is awarded if a player commits any of the following offences:

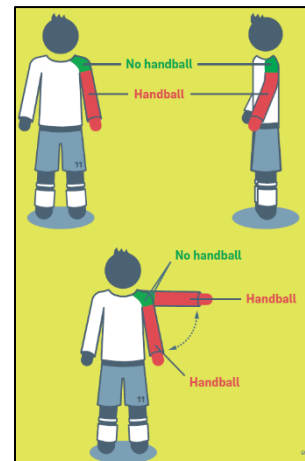
- a handball offence (except for the goalkeeper within their penalty area)
- holds an opponent
- impedes an opponent with contact
- bites or spits at someone on the team lists or a match official
- throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object

### Handling the Ball

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball



- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized
- scores in the opponents' goal:
  - directly from their hand/arm, even if accidental, including by the goalkeeper
  - immediately after the ball has touched their hand/arm, even if accidental

The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

## 2. Indirect Free Kick

An indirect free kick is awarded if a player:

- plays in a dangerous manner
- impedes the progress of an opponent without any contact being made
- is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offences
- prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalized if responsible for initiating the deliberate trick
- commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player

An indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offences:

- controls the ball with the hand/arm for more than six seconds before releasing it
- touches the ball with the hand/arm after releasing it and before it has touched another player
- touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after:
  - it has been deliberately kicked to the goalkeeper by a team-mate

- receiving it directly from a throw-in taken by a team-mate

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- the ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- holding the ball in the outstretched open hand
- bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

#### Playing in a Dangerous Manner

Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury to someone (including the player themselves) and includes preventing a nearby opponent from playing the ball for fear of injury.

A scissors or bicycle kick is permissible provided that it is not dangerous to an opponent.

#### Impeding the Progress of an Opponent without Contact

Impeding the progress of an opponent means moving into the opponent's path to obstruct, block, slow down or force a change of direction when the ball is not within playing distance of either player.

All players have a right to their position on the field of play; being in the way of an opponent is not the same as moving into the way of an opponent.

A player may shield the ball by taking a position between an opponent and the ball if the ball is within playing distance and the opponent is not held off with the arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.

### 3. Disciplinary Action

The referee has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark).

The yellow card communicates a caution and the red card communicates a sending-off.

Only a player, substitute, substituted player or team official may be shown the red or yellow card.

### Advantage

If the referee plays the advantage for an offence for which a caution/sending-off would have been issued had play been stopped, this caution/sending-off must be issued when the ball is next out of play. However, if the offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned for unsporting behavior; if the offence was interfering with or stopping a promising attack, the player is not cautioned.

Advantage should not be applied in situations involving serious foul play, violent conduct or a second cautioned offence unless there is a clear opportunity to score a goal. The referee must send off the player when the ball is next out of play, but if the player plays the ball or challenges/interferes with an opponent, the referee will stop play, send off the player and restart with an indirect free kick, unless the player committed a more serious offence.

If a defender starts holding an attacker outside the penalty area and continues holding inside the penalty area, the referee must award a penalty kick.

### Cautionable Offences

A player is cautioned if guilty of:

- delaying the restart of play
- dissent by word or action
- entering, re-entering or deliberately leaving the field of play without the referee's permission
- failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick or throw-in
- persistent offences (no specific number or pattern of offences constitutes 'persistent')
- unsporting behavior
- entering the referee review area (RRA)
- excessively using the 'review' (TV screen) signal

Where two separate caution offences are committed (even in close proximity), they should result in two cautions, for example if a player enters the field of play without the required permission and commits a reckless tackle or stops a promising attack with a foul/handball, etc.

### Denying a Goal or an Obvious Goal Scoring Opportunity (DOGSO)

Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball etc.) the offending player must be sent off.

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a handball offence, the player is sent off wherever the offence occurs (except a goalkeeper within their penalty area).

A player, sent-off player, substitute or substituted player who enters the field of play without the required referee's permission and interferes with play or an opponent and denies the opposing team a goal or an obvious goal-scoring opportunity is guilty of a sending-off offence.

The following must be considered:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

#### Serious Foul Play

A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.

#### Violent conduct

Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator or any other person, regardless of whether contact is made.

In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.



## Law 13 – Free Kicks

### 1. Types of free kick:

Direct and indirect free kicks are awarded to the opposing team of a player, substitute, substituted or sent-off player, or team official guilty of an offence.

#### Indirect free kick signal

The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player, goes out of play or it is clear that a goal cannot be scored directly.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal.

#### Ball enters the goal

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded

### 2. Procedure

All free kicks are taken from the place where the offence occurred, except:

- indirect free kicks to the attacking team for an offence inside the opponents' goal area are taken from the nearest point on the goal area line which runs parallel to the goal line
- free kicks to the defending team in their goal area may be taken from anywhere in that area
- free kicks for offences involving a player entering, re-entering or leaving the field of play without permission are taken from the position of the ball when play was stopped. However, if a player commits an offence off the field of play, play is restarted with a free kick taken on the boundary line nearest to where the offence occurred; for direct free kick offences, a penalty kick is awarded if this is within the offender's penalty area

#### The ball:

- must be stationary and the kicker must not touch the ball again until it has touched another player
- is in play when it is kicked and clearly moves

Until the ball is in play, all opponents must remain:

- at least 9.15 m (10 yds) from the ball, unless they are on their own goal line between the goalposts
- outside the penalty area for free kicks inside the opponents' penalty area

Where three or more defending team players form a 'wall', all attacking team players must remain at least 1 m (1 yd) from the 'wall' until the ball is in play.

A free kick can be taken by lifting the ball with a foot or both feet simultaneously.

Feinting to take a free kick to confuse opponents is permitted as part of football.

If a player, while correctly taking a free kick, deliberately kicks the ball at an opponent in order to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

### 3. Offences and sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless the advantage can be applied; but if a player takes a free kick quickly and an opponent who is less than 9.15 m (10 yds) from the ball intercepts it, the referee allows play to continue. However, an opponent who deliberately prevents a free kick being taken quickly must be cautioned for delaying the restart of play.

If, when a free kick is taken, an attacking team player is less than 1 m (1 yd) from a 'wall' formed by three or more defending team players, an indirect free kick is awarded.

If, when a free kick is taken by the defending team inside its penalty area, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the free kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the free kick is retaken.

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence

- a direct free kick is awarded
- a penalty kick is awarded if the offence occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded

## Law 14 – The Penalty Kick

A penalty kick is awarded if a player commits a direct free kick offence inside their penalty area. A goal may be scored directly from a penalty kick.

### 1. Procedure

The ball must be stationary on the penalty mark and the goalposts, crossbar and goal net must not be moving.

The player taking the penalty kick must be clearly identified.

The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked.

The players other than the kicker and goalkeeper must be:

- at least 10 yds from the penalty mark
- behind the penalty mark
- inside the field of play
- outside the penalty area

After the players have taken positions, the referee signals for the penalty kick to be taken.

The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.

When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, in line with, or behind, the goal line.

The ball is in play when it is kicked and clearly moves.

The kicker must not play the ball again until it has touched another player.

The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time. When additional time is allowed, the penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, or the referee stops play for an offence by the kicker or the kicker's team. If a defending team player (including the goalkeeper) commits an offence and the penalty is missed/saved, the penalty is retaken.

## 2. Offences and sanctions

Once the referee has signaled for a penalty kick to be taken, the kick must be taken; if it is not taken, the referee may take disciplinary action before signaling again for the kick to be taken.

If, before the ball is in play, one of the following occurs:

- the player taking the penalty kick or a team-mate offends:
  - if the ball enters the goal, the kick is retaken
  - if the ball does not enter the goal, the referee stops play and restarts with an indirect free kick

except for the following when play will be stopped and restarted with an indirect free kick, regardless of whether or not a goal is scored:

- a penalty kick is kicked backwards
  - a team-mate of the identified kicker takes the kick; the referee cautions the player who took the kick
  - feinting to kick the ball once the kicker has completed the run-up (feinting in the run-up is permitted); the referee cautions the kicker
- the goalkeeper offends:
    - if the ball enters the goal, a goal is awarded
    - if the ball misses the goal or rebounds from the crossbar or goalpost(s), the kick is only retaken if the goalkeeper's offence clearly impacted on the kicker
    - if the ball is prevented from entering the goal by the goalkeeper, the kick is retaken

If the goalkeeper's offence results in the kick being retaken, the goalkeeper is warned for the first offence in the game and cautioned for any subsequent offence(s) in the game

- a team-mate of the goalkeeper offends:
  - if the ball enters the goal, a goal is awarded
  - if the ball does not enter the goal, the kick is retaken
- a player of both teams offends, the kick is retaken unless a player commits a more serious offence (e.g. 'illegal' feinting)
- both the goalkeeper and the kicker commit an offence at the same time, the kicker is cautioned and play restarts with an indirect free kick to the defending team

If, after the penalty kick has been taken:

- the kicker touches the ball again before it has touched another player:
  - an indirect free kick (or direct free kick for a handball offence) is awarded
- the ball is touched by an outside agent as it moves forward:
  - the kick is retaken unless the ball is going into the goal and the interference does not prevent the goalkeeper or a defending player playing the ball, in which case the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team
- the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent:
  - the referee stops play
  - play is restarted with a dropped ball at the position where it touched the outside agent

### 3. Summary table

	Outcome of the penalty kick	
	Goal	No Goal
<b>Encroachment by attacking player</b>	Penalty is retaken	Indirect free kick
<b>Encroachment by defending player</b>	Goal	Penalty is retaken
<b>Encroachment by defending player and attacking player</b>	Penalty is retaken	Penalty is retaken
<b>Offence by goalkeeper</b>	Goal	Not saved: penalty is not retaken (unless kicker is clearly impacted) Saved: penalty is retaken and warning for goalkeeper; caution for any further offence(s)
<b>Goalkeeper and kicker offend at the same time</b>	Indirect free kick and caution for kicker	Indirect free kick and caution for kicker
<b>Ball kicked backwards</b>	Indirect free kick	Indirect free kick
<b>Illegal feinting</b>	Indirect free kick and caution for kicker	Indirect free kick and caution for kicker
<b>Wrong kicker</b>	Indirect free kick and caution for wrong kicker	Indirect free kick and caution for wrong kicker



## Law 15 – The Throw-in

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air.

A goal cannot be scored directly from a throw-in:

- if the ball enters the opponents' goal – a goal kick is awarded
- if the ball enters the thrower's goal – a corner kick is awarded

### 1. Procedure

At the moment of delivering the ball, the thrower must:

- stand facing the field of play
- have part of each foot on the touchline or on the ground outside the touchline
- throw the ball with both hands from behind and over the head from the point where it left the field of play

All opponents must stand at least 2 m (2 yds) from the point on the touchline where the throw-in is to be taken.

The ball is in play when it enters the field of play. If the ball touches the ground before entering, the throw-in is retaken by the same team from the same position. If the throw-in is not taken correctly, it is retaken by the opposing team.

If a player, while correctly taking a throw-in, deliberately throws the ball at an opponent in order to play the ball again but not in a careless or a reckless manner or using excessive force, the referee allows play to continue.

The thrower must not touch the ball again until it has touched another player.

### 2. Offences and sanctions

If, after the ball is in play, the thrower touches the ball again before it has touched another player, an indirect free kick is awarded; if the thrower commits a handball offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence occurred inside the thrower's penalty area unless the ball was handled by the defending team's goalkeeper, in which case an indirect free kick is awarded

An opponent who unfairly distracts or impedes the thrower (including moving closer than 2m (2yds) to the place where the throw-in is to be taken) is cautioned for unsporting behavior, and if the throw-in has been taken, an indirect free kick is awarded.

For any other offence, the throw-in is taken by a player of the opposing team.



## Law 16 – The Goal Kick

A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.

A goal may be scored directly from a goal kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

### 1. Procedure

- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team
- The ball is in play when it is kicked and clearly moves
- Opponents must be outside the penalty area until the ball is in play

### 2. Offences and sanctions

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded

If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the goal kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the goal kick is retaken.

If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offence.

For any other offence, the kick is retaken.

## Law 17 – The Corner Kick

A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.

A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

### 1. Procedure

- The ball must be placed in the corner area nearest to the point where the ball passed over the goal line
- The ball must be stationary and is kicked by a player of the attacking team
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area
- The corner flag post must not be moved
- Opponents must remain at least 10 yds from the corner arc until the ball is in play

### 2. Offences and sanctions

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded

If a player, while correctly taking a corner kick, deliberately kicks the ball at an opponent in order to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

For any other offence, the kick is retaken.

## Soccer terms

### **Abandon**

To end/terminate a match before the scheduled finish

### **Additional time**

Time allowed at the end of each half for time 'lost' because of substitutions, injuries, disciplinary action, goal celebrations etc.

### **Advantage**

The referee allows play to continue when an offence has occurred if this benefits the non-offending team

### **Assessment of injured player**

Quick examination of an injury, usually by a medical person, to see if the player requires treatment

### **Away goals rule**

Method of deciding a match/tie when both teams have scored the same number of goals; goals scored away from home count double

Football terms

### **Brutality**

An act which is savage, ruthless or deliberately violent

### **Caution**

Disciplinary sanction which results in a report to a disciplinary authority; indicated by showing a yellow card; two cautions in a match result in a player or team official being sent off

### **Challenge**

An action when a player competes/contests with an opponent for the ball

### **Charge (an opponent)**

Physical challenge against an opponent, usually using the shoulder and upper arm (which is kept close to the body)

### **'Cooling' break**

In the interests of player welfare and safety, competition rules may allow, in certain weather conditions (high humidity and temperatures), 'cooling' breaks (usually ninety seconds to three minutes) to allow the body's temperature to fall; these are different from 'drinks' breaks

**Deceive**

Act to mislead/trick the referee into giving an incorrect decision/disciplinary sanction which benefits the deceiver and/or their team

**Deliberate**

An action which the player intended/meant to make; it is not a 'reflex' or unintended reaction

**Direct free kick**

A free kick from which a goal can be scored by kicking the ball directly into the opponents' goal without having to touch another player

**Discretion**

Judgment used by a referee or other match official when making a decision

**Dissent**

Public protest or disagreement (verbal and/or physical) with a match official's decision; punishable by a caution (yellow card)

**Distract**

Disturb, confuse or draw attention (usually unfairly)

**'Drinks' break**

Competition rules may allow 'drinks' breaks (of no more than one minute) for players to rehydrate; these are different from 'cooling' breaks

**Dropped ball**

A method of restarting play – the referee drops the ball for one player of the team that last touched the ball (except in the penalty area where the ball is dropped for the goalkeeper); the ball is in play when it touches the ground

**Electronic performance and tracking system (EPTS)**

System which records and analyses data about the physical and physiological performance of a player

**Endanger the safety of an opponent**

Put an opponent at danger or risk (of injury)

**Excessive force**

Using more force/energy than is necessary

**Extra time**

A method of trying to decide the outcome of a match involving two equal additional periods of play not exceeding 15 minutes each

**Feinting**

An action which attempts to confuse an opponent. The Laws define permitted and 'illegal' feinting

**Field of play (pitch)**

The playing area confined by the touchlines and goal lines and goal nets where used

**Goal line technology (GLT)**

Electronic system which immediately informs the referee when a goal has been scored i.e. the ball has wholly passed over the goal line in the goal

**Holding offence**

A holding offence occurs only when a player's contact with an opponent's body or equipment impedes the opponent's movement

**Hybrid system**

A combination of artificial and natural materials to create a playing surface which requires sunlight, water, air circulation and mowing

**Impede**

To delay, block or prevent an opponent's action or movement

**Indirect free kick**

A free kick from which a goal can only be scored if another player (of any team) touches the ball after it has been kicked

**Intercept**

To prevent a ball reaching its intended destination

**Kick**

The ball is kicked when a player makes contact with it with the foot and/or the ankle

**Kicks from the penalty mark**

Method of deciding the result of a match by each team alternately taking kicks until one team has scored one more goal and both teams have taken the same number of kicks (unless during the first 5 kicks for each team, one team could not equal the other team's score even if they scored from all their remaining kicks)

**Negligible**

Insignificant, minimal

**Offence**

An action which breaks/violates the Laws of the Game

**Offensive, insulting or abusive language/action(s)**

Verbal or physical behavior, which is rude, hurtful, disrespectful; punishable by a sending-off (red card)

**Outside agent**

Any animal, object or structure, etc., as well as any person who is not a match official or on the team list (players, substitutes and team officials)

**Penalize**

To punish, usually by stopping play and awarding a free kick or penalty kick to the opposing team (see also Advantage)

**Play**

Action by a player which makes contact with the ball

**Playing distance**

Distance to the ball which allows a player to touch the ball by extending the foot/leg or jumping or, for goalkeepers, jumping with arms extended. Distance depends on the physical size of the player

**Quick free kick**

A free kick taken (with the referee's permission) very quickly after play was stopped

**Reckless**

Any action (usually a tackle or challenge) by a player which disregards (ignores) the danger to, or consequences for, the opponent

**Restart**

Any method of resuming play after it has been stopped

**Restart position**

A player's position at a restart is determined by the position of their feet or any part of their body which is touching the ground, except as outlined in Law 11 – Offside

**Sanction**

Disciplinary action taken by the referee

**Save**

An action by a player to stop or attempt to stop the ball when it is going into or very close to the goal using any part of the body except the hands/arms (unless a goalkeeper within their own penalty area)

**Sending-off**

Disciplinary action when a player is required to leave the field for the remainder of the match having committed a sending-off offence (indicated by a red card); if the match has started the player cannot be replaced. A team official may also be sent off.

**Serious foul play**

A tackle or challenge for the ball that endangers the safety of an opponent or uses excessive force or brutality; punishable by a sending-off (red card)

**Signal**

Physical indication from the referee or any match official; usually involves movement of the hand or arm or flag, or use of the whistle (referee only)

**Simulation**

An action which creates a wrong/false impression that something has occurred when it has not (see also Deceive); committed by a player to gain an unfair advantage

**Spirit of the game**

The main/essential principles/ethos of football as a sport but also within a particular match (see Law 5)

**Suspend**

To stop a match for a period of time with the intention of eventually restarting play e.g. due to fog, heavy rain, thunderstorm, serious injury

**Tackle**

A challenge for the ball with the foot (on the ground or in the air)

**Team list**

Official team document usually listing the players, substitutes and team officials

**Team official**

Any non-player listed on the official team list e.g. coach, physiotherapist, doctor (see Technical staff)

**Technical area**

Defined area (in stadiums) for the team officials which includes seating

**Technical staff**

Official non-playing team members listed on the official team list e.g. coach, physiotherapist, doctor (see Team official)

**Temporary dismissal**

A temporary suspension from the next part of the match for a player guilty of some/all cautionable offences (depending on competition rules)

**Undue interference**

Action/influence which is unnecessary

**Unsporting behavior**

Unfair action/behavior; punishable by a caution

**Violent conduct**

An action, which is not a challenge for the ball, which uses or attempts to use excessive force or brutality against an opponent or when a player deliberately strikes someone on the head or face unless the force used is negligible



## Referee terms

### **Match official(s)**

General term for person or persons responsible for controlling a football match on behalf of a football association and/or competition under whose jurisdiction the match is played

### **Referee**

The main match official for a match who operates on the field of play. Other match officials operate under the referee's control and direction. The referee is the final/ultimate decision-maker

### **Other match officials**

#### **'On-field' match officials**

Competitions may appoint other match officials to assist the referee:

1. Assistant referee  
A match official with a flag positioned on one half of each touchline to assist the referee particularly with offside situations and goal kick/corner kick/throw-in decisions
2. Fourth official  
A match official with responsibility for assisting the referee with both on-field and off-field matters, including overseeing the technical area, controlling substitutes etc.
3. Additional assistant referee (AAR)  
A match official positioned on the goal line to assist the referee particularly with situations in/around the penalty area and goal/no-goal decisions
4. Reserve assistant referee  
Assistant referee who will replace an assistant (and, if competition rules permit, a fourth official and/or AAR) who is unable to continue

#### **'Video' match officials (VMOs)**

These are the VAR and AVAR who assist the referee in accordance with the Laws of the Game and the VAR protocol

5. Video assistant referee (VAR)  
A current or former referee appointed to assist the referee by communicating information from replay footage only in relation to a 'clear and obvious error' or 'serious missed incident' in one of the reviewable categories
6. Assistant video assistant referee (AVAR)  
A current or former referee/assistant referee appointed to assist the video assistant referee (VAR)

## Practical guidelines for match officials

### Introduction

These guidelines contain practical advice for match officials which supplements the information in the Laws of the Game section.

Reference is made in Law 5 to referees operating within the framework of the Laws of the Game and the 'spirit of the game'. Referees are expected to use common sense and to apply the 'spirit of the game' when applying the Laws of the Game, especially when making decisions relating to whether a match takes place and/or continues.

This is especially true for the lower levels of football where it may not always be possible for the Law to be strictly applied. For example, unless there are safety issues, the referee should allow a game to start/continue if:

- one or more corner flags are missing
- there is a minor inaccuracy with the markings on the field of play such as the corner area, centre circle etc.
- the goalposts/crossbar are not white

In such cases, the referee should, with the agreement of the teams, play/continue the match and must submit a report to the appropriate authorities.

Key:

- AR = assistant referee
- AAR = additional assistant referee

### Positioning, movement and teamwork

#### 1. General positioning and movement

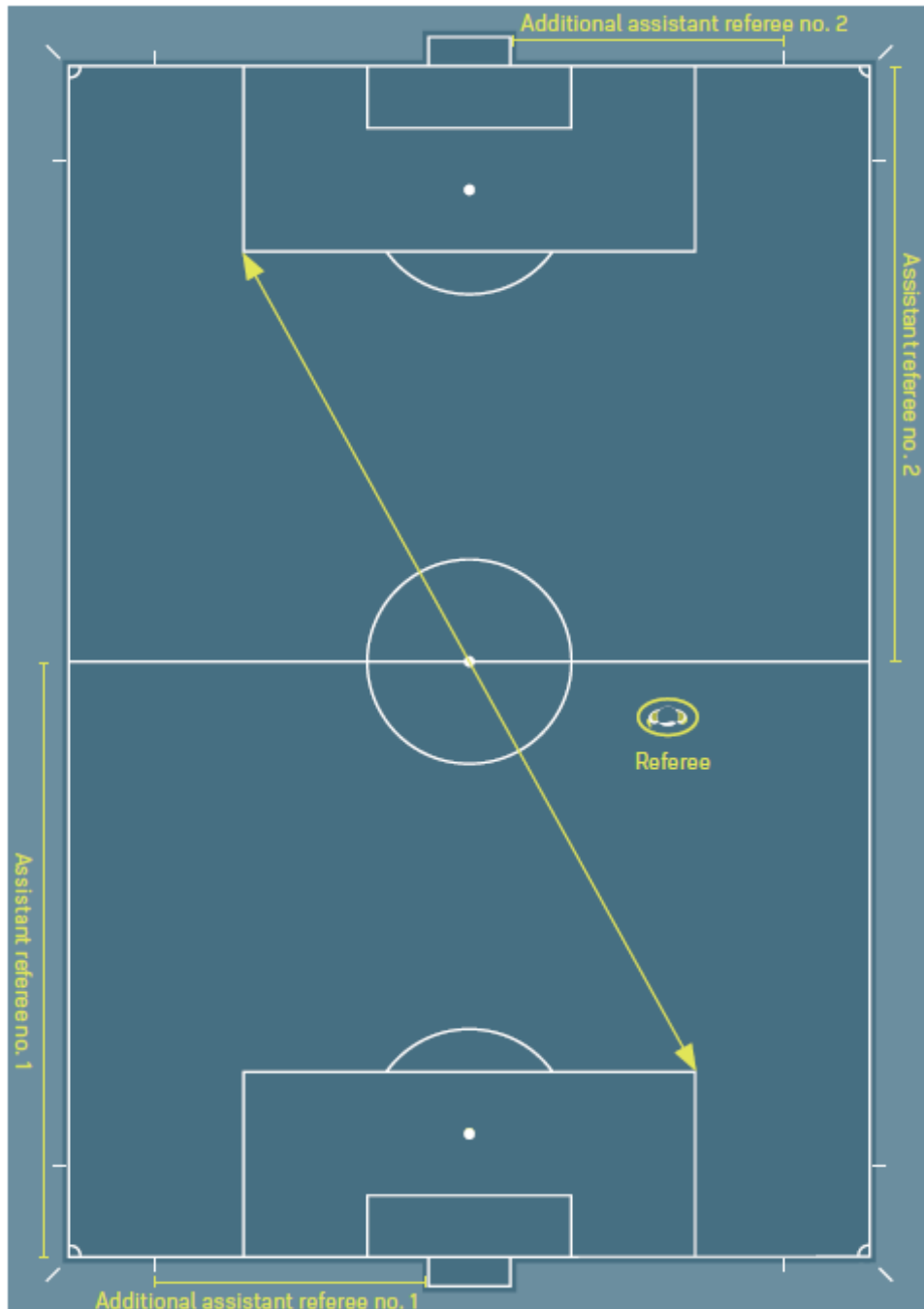
The best position is one from which the referee can make the correct decision. All recommendations about positioning must be adjusted using specific information about the teams, the players and events in the match.

The positions recommended in the graphics are basic guidelines. The recommended positions are areas within which the referee is likely to be most effective. These areas may be larger, smaller or differently shaped depending on the exact match circumstances.

Recommendations:

- The play should be between the referee and the lead AR
- The lead AR should be in the referee's field of vision so the referee should usually use a wide diagonal system

- Staying towards the outside of the play makes it easier to keep play and the lead AR in the referee's field of vision
- The referee should be close enough to see play without interfering with play
- 'What needs to be seen' is not always in the vicinity of the ball. The referee should also pay attention to:
  - player confrontations off the ball
  - possible offences in the area towards which play is moving
  - offences occurring after the ball is played away



### Positioning of assistant referees and additional assistant referees

The AR must be in line with the second-last defender or the ball if it is nearer to the goal line than the second-last defender. The AR must always face the field of play, even when running. Side-to-side movement should be used for short distances. This is especially important when judging offside as it gives the AR a better line of vision.

The AAR position is behind the goal line except where it is necessary to move onto the goal line to judge a goal/no goal situation. The AAR is not allowed to enter the field of play unless there are exceptional circumstances.

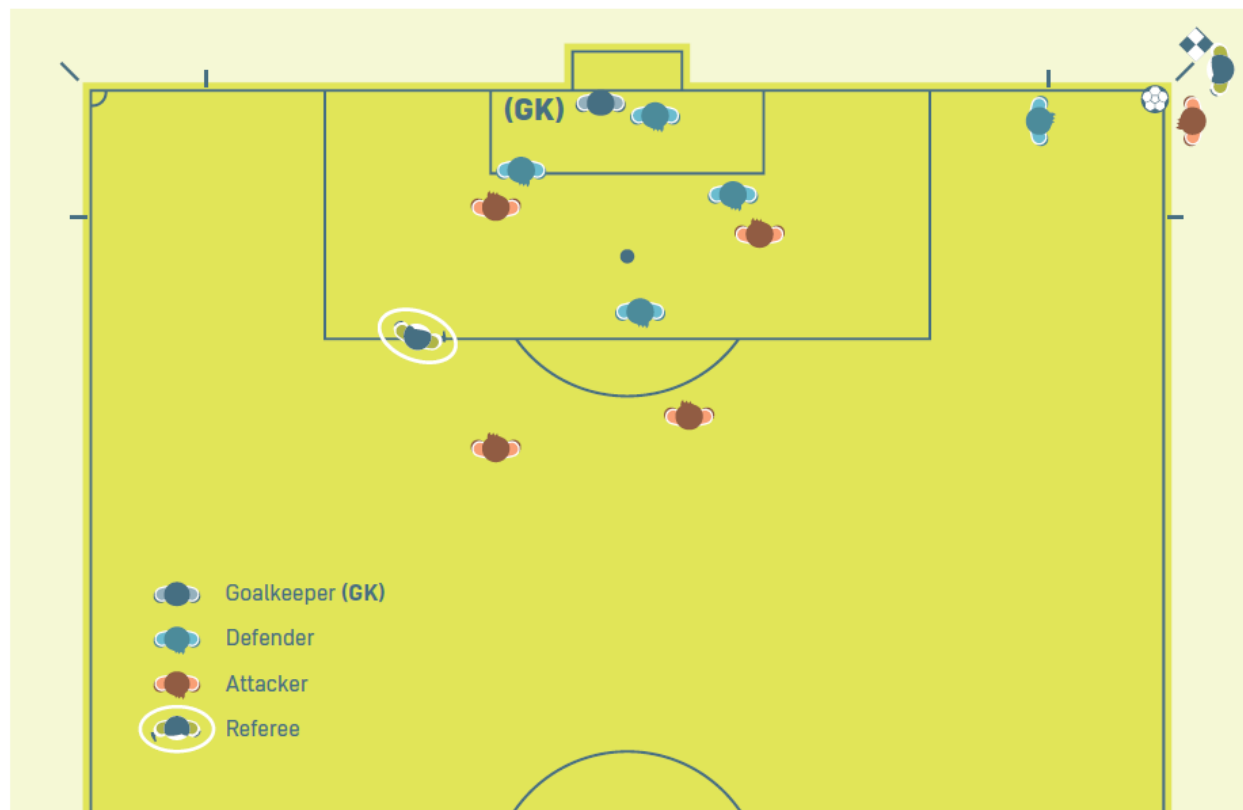
## 2. Positioning and team work

### Consultation

When dealing with disciplinary issues, eye contact and a basic discreet hand signal from the AR to the referee may be sufficient. When direct consultation is required, the AR may advance 2–3 meters onto the field of play if necessary. When talking, the referee and AR should both face the field of play to avoid being heard by others and to observe the players and field of play.

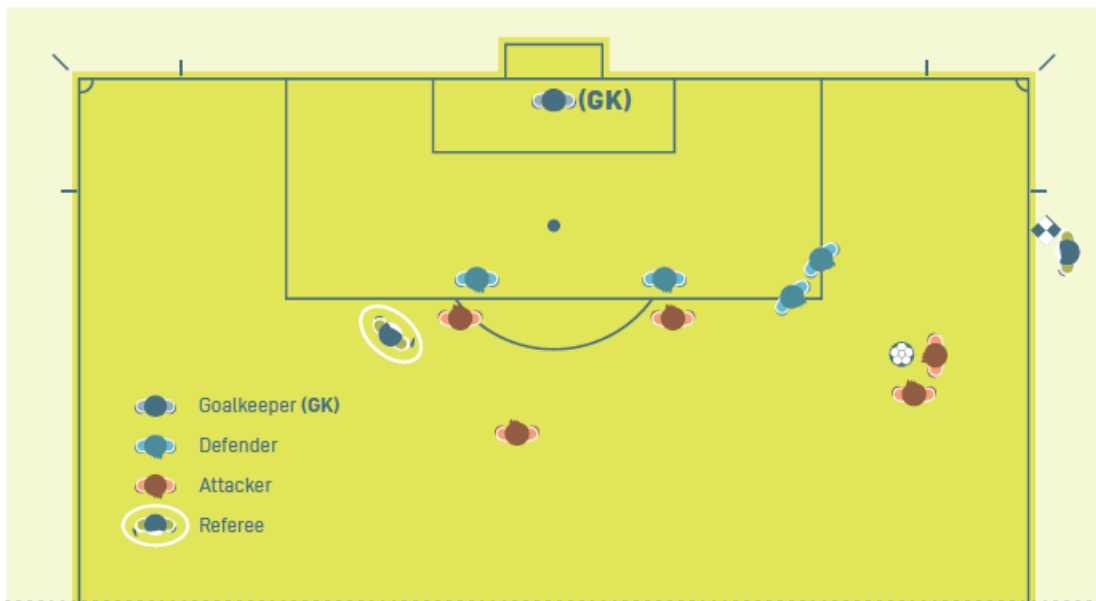
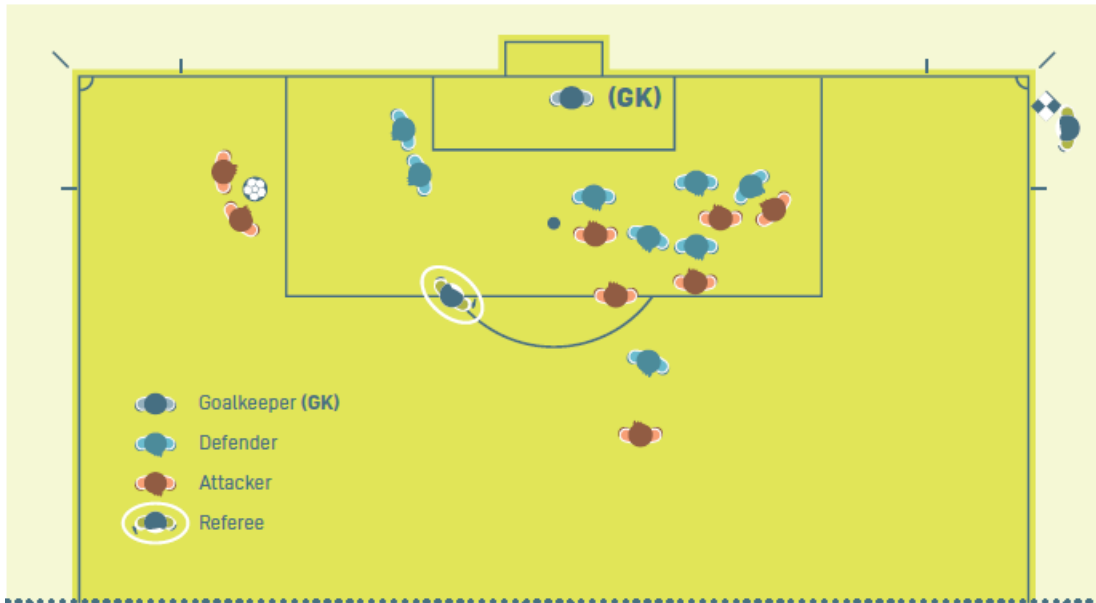
### Corner kick

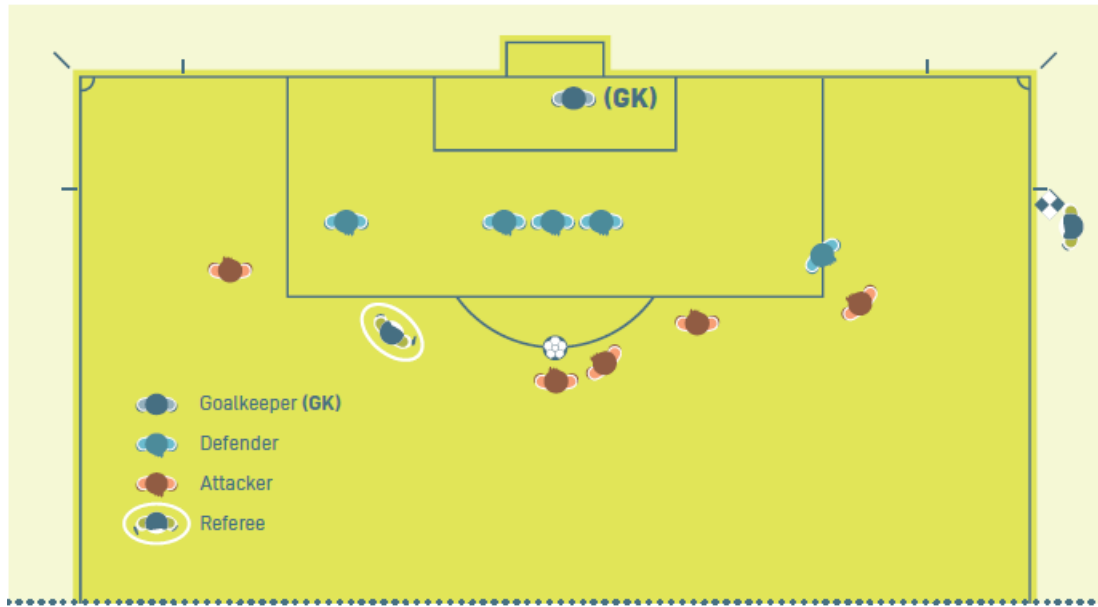
The AR's position for a corner kick is behind the corner flag in line with the goal line but the AR must not interfere with the player taking the corner kick and must check that the ball is properly placed in the corner area.



### Free kick

The AR's position for a free kick must be in line with the second-last defender to check the offside line. However, the AR must be ready to follow the ball by moving down the touchline towards the corner flag if there is a direct shot on goal.



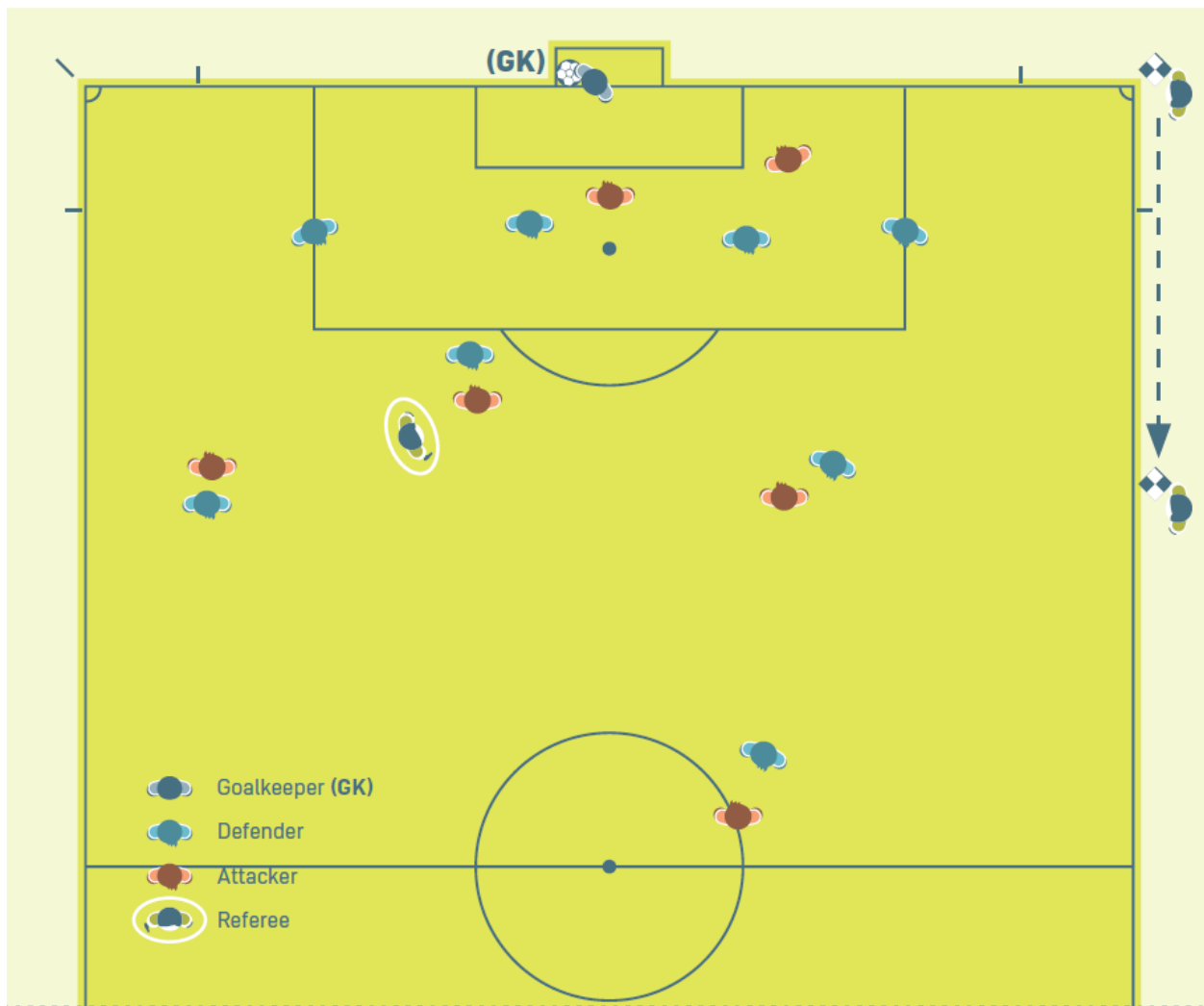


### Goal/no goal

When a goal has been scored and there is no doubt about the decision, the referee and assistant referee must make eye contact and the assistant referee must then move quickly 25–30 meters along the touchline towards the halfway line without raising the flag.

When a goal has been scored but the ball appears still to be in play, the assistant referee must first raise the flag to attract the referee's attention then continue with the normal goal procedure of running quickly 25–30 meters along the touchline towards the halfway line.

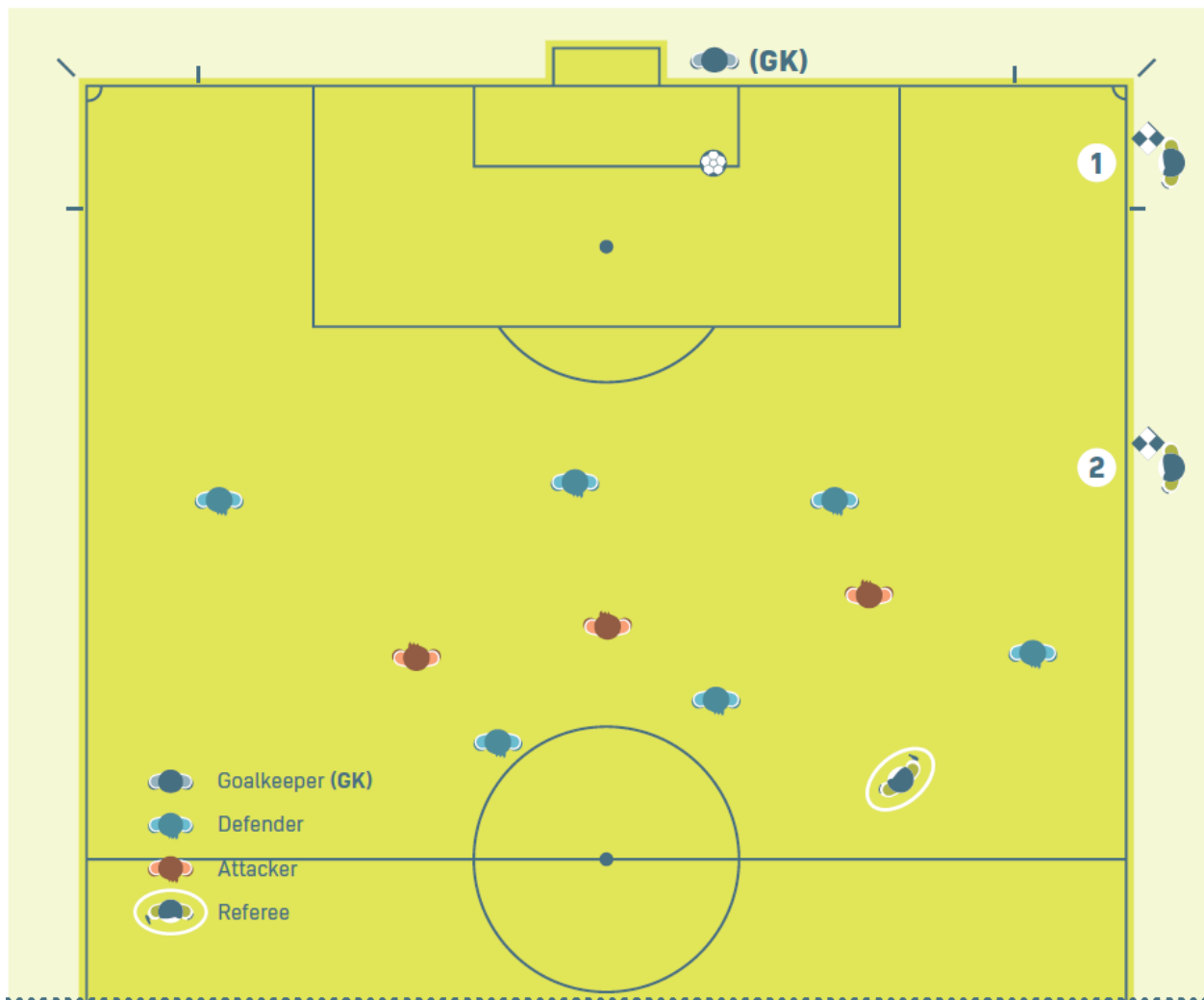
On occasions when the whole of the ball does not cross the goal line and play continues as normal because a goal has not been scored, the referee must make eye contact with the assistant referee and if necessary give a discreet hand signal.



### Goal kick

The AR must first check if the ball is inside the goal area. If the ball is not placed correctly, the AR must not move from the position and must make eye contact with the referee and raise the flag. Once the ball is placed correctly inside the goal area, the AR must take a position to check the offside line.

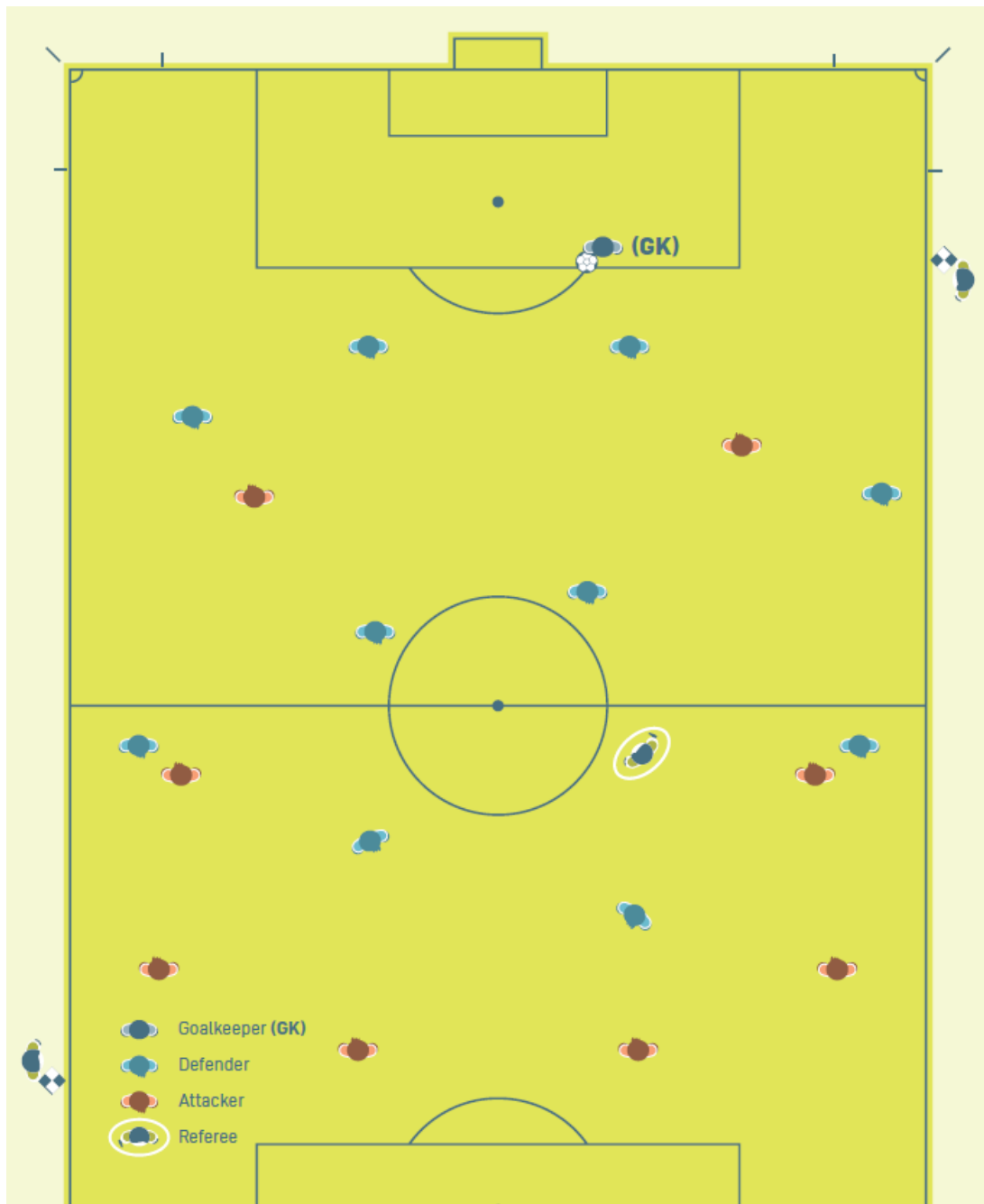
However, if there is an AAR, the AR should take up a position in line with the offside line and the AAR must be positioned at the intersection of the goal line and the goal area, and check if the ball is placed inside the goal area. If the ball is not placed correctly, the AAR must communicate this to the referee.





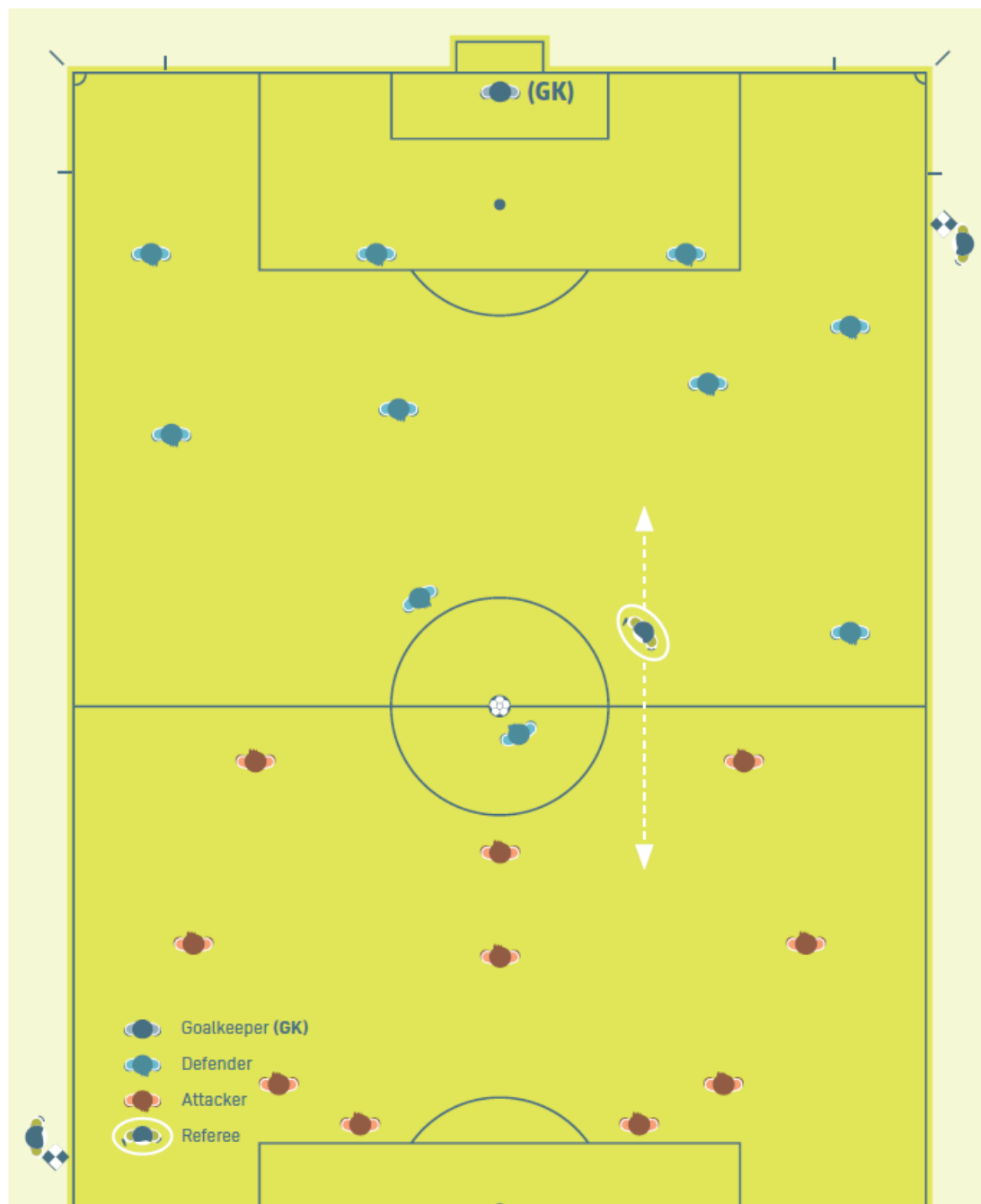
### Goalkeeper releasing the ball

The AR must take a position in line with the edge of the penalty area and check that the goalkeeper does not handle the ball outside the penalty area. Once the goalkeeper has released the ball, the AR must take a position to check the offside line.



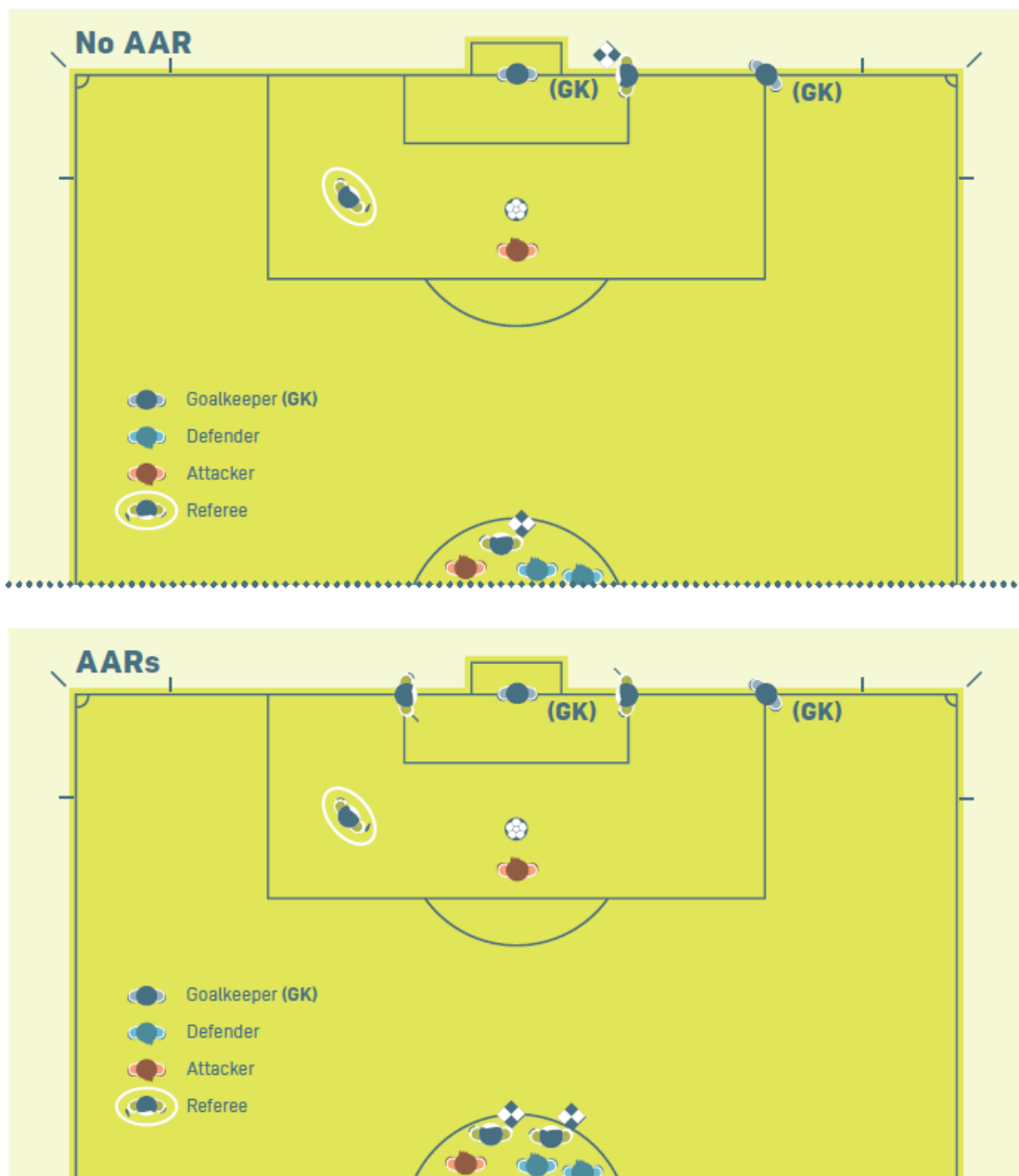
### Kick-off

The ARs must be in line with the second-last defender.



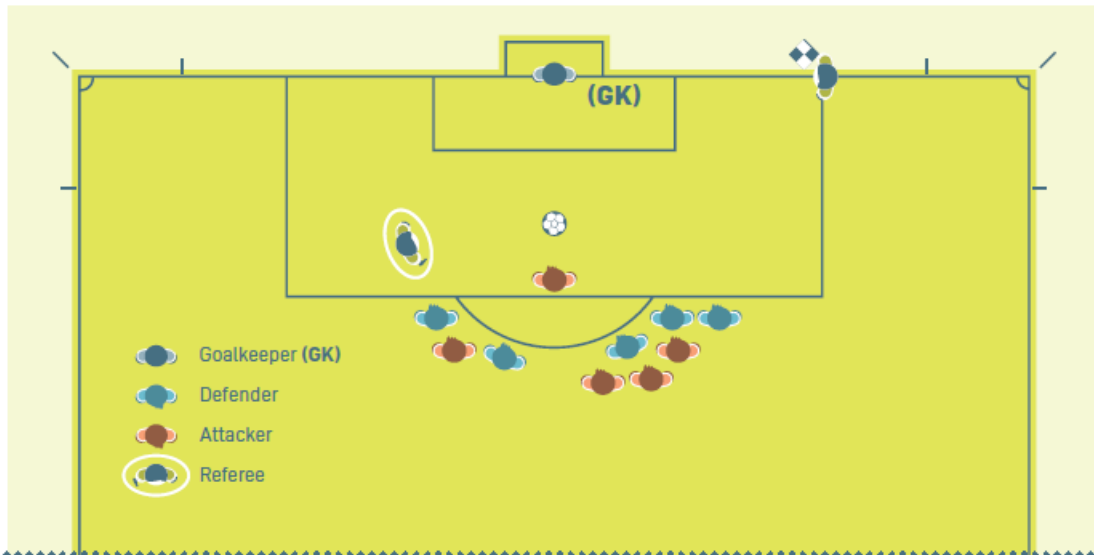
### Kicks from the penalty mark

One AR must be positioned at the intersection of the goal line and the goal area. The other AR must be situated in the center circle to control the players. If there are AARs, they must be positioned at each intersection of the goal line and the goal area, to the right and left of the goal respectively, except where GLT is in use when only one AAR is required. In this case, AAR2 and AR1 should monitor the players in the center circle and AR2 and the fourth official should monitor the technical areas.



### Penalty kick

The AR must be positioned at the intersection of the goal line and the penalty area.



Where there are AARs, the AAR must be positioned at the intersection of the goal line and the goal area and the AR is positioned in line with the penalty mark (which is the offside line).



### Mass confrontation

In situations of mass confrontation, the nearest AR may enter the field of play to assist the referee. The other AR must observe and record details of the incident. The fourth official should remain in the vicinity of the technical areas.

### Required distance

When a free kick is awarded very close to the AR, the AR may enter the field of play (usually at the request of the referee) to help ensure that the players are positioned 9.15 m (10 yds) from the ball. In this case, the referee must wait until the AR is back in position before restarting play.

### Substitution

If there is no fourth official, the AR moves to the halfway line to assist with the substitution procedure; the referee must wait until the AR is back in position before restarting play.

If there is a fourth official, the AR does not need to move to the halfway line as the fourth official carries out the substitution procedure unless there are several substitutions at the same time, in which case the AR moves to the halfway line to assist the fourth official.

## Body language, communication and whistle

### 1. Referees

#### Body language

Body language is a tool that the referee uses to:

- help control the match
- show authority and self-control

Body language is not an explanation of a decision.

#### Signals

See Law 5 for diagrams of signals

#### Whistle

The whistle is needed to:

- start play (first and second half of normal play and extra time), after a goal
- stop play:
  - for a free kick or penalty kick
  - if the match is suspended or abandoned
  - at the end of each half
- restart play for:
  - free kicks when the appropriate distance is required
  - penalty kicks
- restart play after it has been stopped for a:
  - caution or sending-off
  - injury
  - substitution

The whistle is NOT needed to:

- stop play for a clear:
  - goal kick, corner kick, throw-in or goal
- restart play from:
  - most free kicks, and a goal kick, corner kick, throw-in or dropped ball

A whistle which is used too frequently/unnecessarily will have less impact when it is needed.

If the referee wants the player(s) to wait for the whistle before restarting play (e.g. when ensuring that defending players are 9.15m (10 yd) from the ball at a free kick) the referee must clearly inform the attacking player(s) to wait for the whistle.

If the referee blows the whistle in error and play stops, play is restarted with a dropped ball.

## 2. Assistant Referees

### Beep Signal

The beep signal system is an additional signal which is only used to gain the referee's attention. Situations when the signal beep may be useful include:

- offside
- offences (outside the view of the referee)
- throw-in, corner kick, goal kick or goal (tight decisions)

### Electronic communication system

Where an electronic communication system is used, the referee will advise the ARs as to when it may be appropriate to use the communication system with, or instead of, a physical signal.

### Flag technique

The AR's flag must always be unfurled and visible to the referee. This usually means the flag is carried in the hand closest to the referee. When making a signal, the AR stops running, faces the field of play, makes eye contact with the referee and raises the flag with a deliberate (not hasty or exaggerated) motion. The flag should be like an extension of the arm. The ARs must raise the flag using the hand that will be used for the next signal. If circumstances change and the other hand must be used, the AR should move the flag to the opposite hand below the waist. If the AR signals that the ball is out of play, the signal must be maintained until the referee acknowledges it.

If the AR signals for a sending-off offence and the signal is not seen immediately:

- if play has been stopped, the restart may be changed in accordance with the Laws (free kick, penalty kick, etc.)
- if play has restarted, the referee may still take disciplinary action but not penalize the offence with a free kick or penalty kick

### Gestures

As a general rule, the AR should not use obvious hand signals. However, in some instances, a discreet hand signal may assist the referee. The hand signal should have a clear meaning which should have been agreed in the pre-match discussion.

### Signals

See Law 6 for diagrams of signals

### Corner kick/goal kick

When the ball wholly passes over the goal line, the AR raises the flag with the right hand (better line of vision) to inform the referee that the ball is out of play and then if it is:

- near to the AR – indicate whether it is a goal kick or a corner kick
- far from the AR – make eye contact and follow the referee's decision

When the ball clearly passes over the goal line, the AR does not need to raise the flag to indicate that the ball has left the field of play. If the goal kick or corner kick decision is obvious, it is not necessary to give a signal, especially when the referee gives a signal.

#### Fouls

The AR must raise the flag when a foul or misconduct is committed in the immediate vicinity or out of the referee's vision. In all other situations, the AR must wait and offer an opinion if it is required and then inform the referee of what was seen and heard, and which players were involved.

Before signaling for an offence, the AR must determine that:

- the offence was out of the referee's view or the referee's view was obstructed
- the referee would not have applied the advantage

When an offence occurs which requires a signal from the AR, the AR must:

- raise the flag with the same hand that will also be used for the remainder of the signal – this gives the referee a clear indication as to who will be awarded the free kick
- make eye contact with the referee
- give the flag a slight wave back and forth (avoiding any excessive or aggressive movement)

The AR must use the 'wait and see technique' to allow play to continue and not raise the flag when the team against which an offence has been committed will benefit from the advantage; it is therefore very important for the AR to make eye contact with the referee.

#### Fouls inside the penalty area

When a foul is committed by a defender inside the penalty area out of the vision of the referee, especially if near to the AR's position, the AR must first make eye contact with the referee to see where the referee is positioned and what action has been taken. If the referee has not taken any action, the AR must signal with the flag, use the electronic beep signal and then visibly move down the touchline towards the corner flag.

#### Fouls outside the penalty area

When a foul is committed by a defender outside the penalty area (near the boundary of the penalty area), the AR should make eye contact with the referee, to see the referee's position and what action has been taken, and signal with the flag if necessary. In counter-attack situations, the AR should be able to give information such as whether or not a foul has been committed and whether a foul was committed inside or outside the penalty area, and what disciplinary action should be taken. The AR should make a clear movement along the touchline towards the halfway line to indicate when the offence took place outside the penalty area.

#### Goal – no goal



When it is clear that the ball has wholly passed over the goal line in the goal, the AR must make eye contact with the referee without giving any additional signal.

When a goal has been scored but it is not clear whether the ball has passed over the line, the AR must first raise the flag to attract the referee's attention and then confirm the goal.

#### Offside

The first action of the AR for an offside decision is to raise the flag (using the right hand, giving the AR a better line of vision) and then, if the referee stops play, use the flag to indicate the area of the field of play in which the offence occurred. If the flag is not immediately seen by the referee, the AR must maintain the signal until it has been acknowledged or the ball is clearly in the control of the defending team.

#### Penalty kick

If the goalkeeper blatantly moves off the goal line before the ball is kicked and prevents a goal from being scored, the AR should indicate the encroachment according to the pre-match instructions from the referee.

#### Substitution

Once the AR has been informed (by the fourth official or team official) that a substitution is requested, the AR must signal this to the referee at the next stoppage.

#### Throw-in

When the ball wholly passes over the touchline:

- near to the AR – a direct signal should be made to indicate the direction of the throw-in
- far from the AR and the throw-in decision is an obvious one – the AR must make a direct signal to indicate the direction of the throw-in
- far from the AR and the AR is in doubt about the direction of the throw-in – the AR must raise the flag to inform the referee that the ball is out of play, make eye contact with the referee and follow the referee's signal

### 3. Additional assistant referees

The AARs use a radio communication system (not flags) to communicate with the referee. If the radio communication system fails to work, the AARs will use an electronic signal beep flagstick. AARs do not usually use obvious hand signals but, in some instances, a discreet hand signal may give valuable support to the referee. The hand signal should have a clear meaning and such signals should be agreed in the pre-match discussion.

The AAR, having assessed that the ball has wholly passed over the goal line within the goal, must:

- immediately inform the referee via the communication system that a goal should be awarded

- make a clear signal with the left arm perpendicular to the goal line pointing towards the center of the field (flagstick in the left hand is also required). This signal is not required when the ball has very clearly passed over the goal line

The referee will make the final decision.

#### Other advice

##### 1. Advantage

The referee may play advantage whenever an offence occurs but should consider the following in deciding whether to apply the advantage or stop play:

- the severity of the offence – if the offence warrants a sending-off, the referee must stop play and send off the player unless there is a clear opportunity to score a goal
- the position where the offence was committed – the closer to the opponent's goal, the more effective the advantage can be
- the chances of an immediate, promising attack
- the atmosphere of the match

##### 2. Allowance for time lost

Many stoppages in play are entirely natural (e.g. throw-ins, goal kicks).

An allowance is made only when delays are excessive.

##### 3. Holding an opponent

Referees are reminded to make an early intervention and to deal firmly with holding offences, especially inside the penalty area at corner kicks and free kicks. To deal with these situations:

- the referee must warn any player holding an opponent before the ball is in play
- caution the player if the holding continues before the ball is in play
- award a direct free kick or penalty kick and caution the player if it happens once the ball is in play

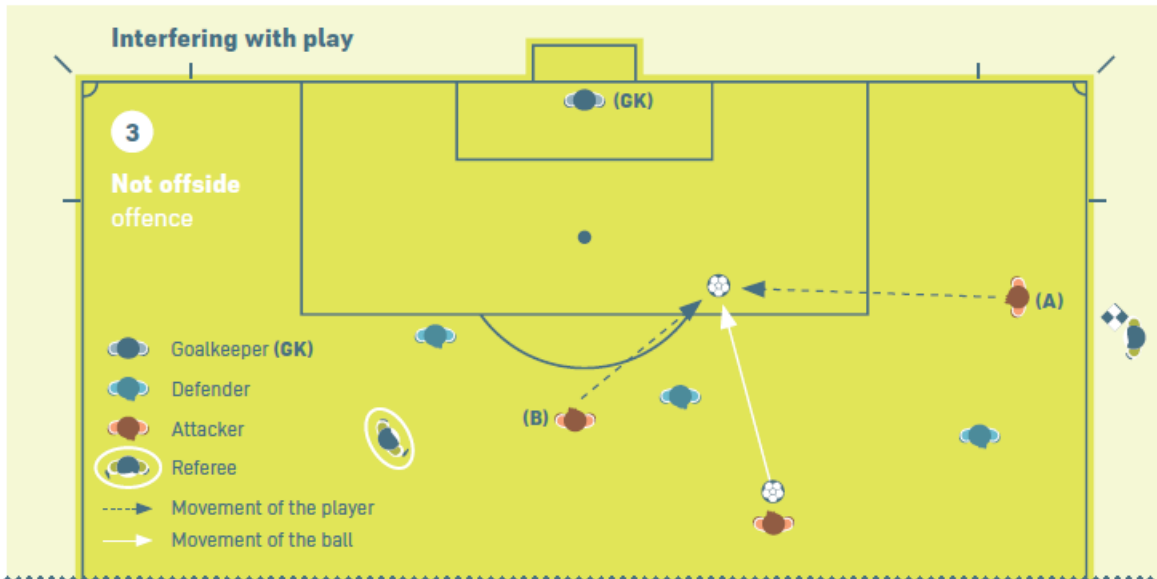
## 4. Offsides



An attacker in an offside position (A), not interfering with an opponent, **touches the ball**. The assistant referee must raise the flag when the player **touches the ball**.



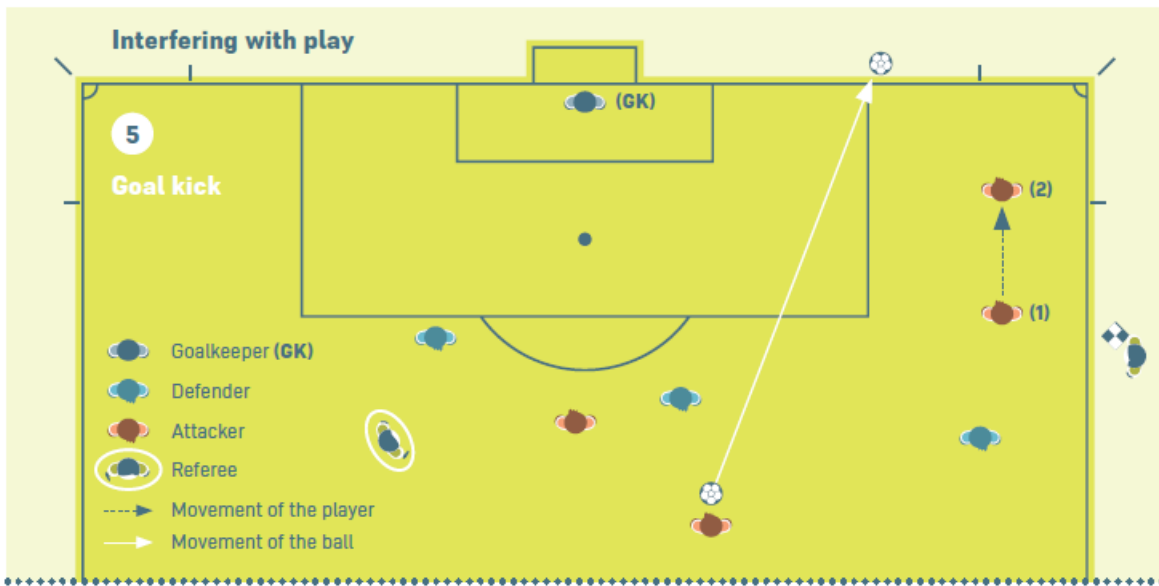
An attacker in an offside position (A), not interfering with an opponent, **does not touch the ball**. The player did not touch the ball, so cannot be penalized.



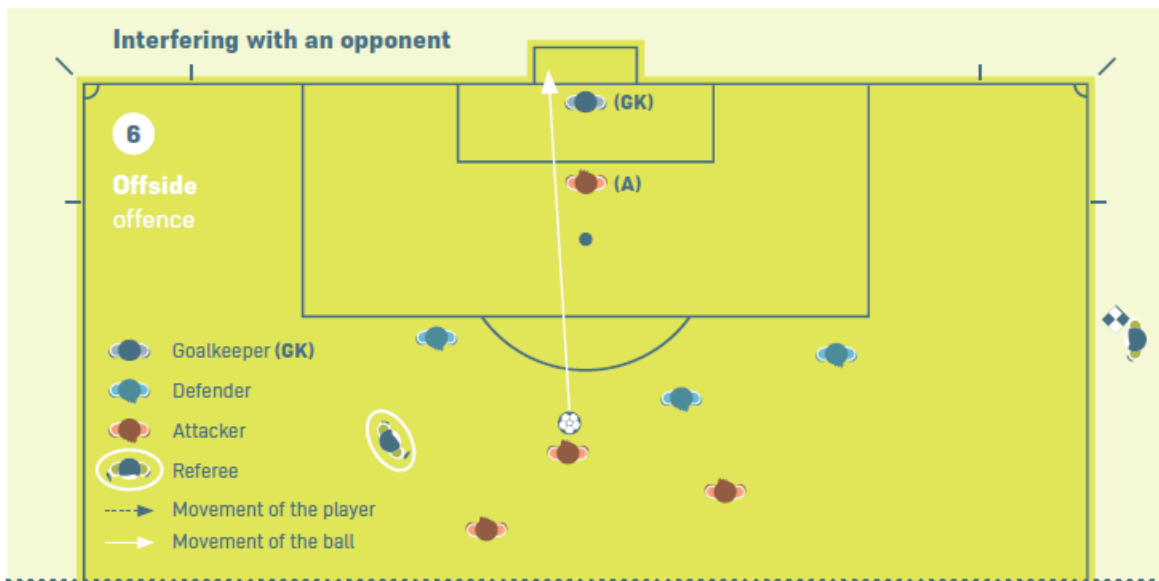
An attacker **in an offside position** (A) runs towards the ball and a team-mate **in an onside position** (B) also runs towards the ball and plays it. (A) did not touch the ball, so cannot be penalized.



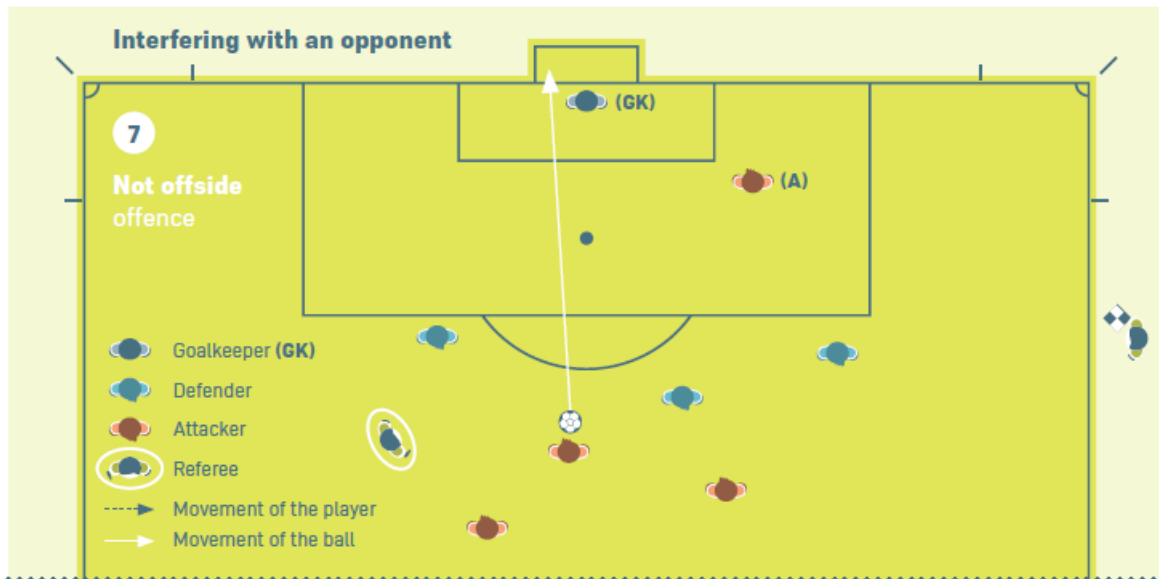
A player **in an offside position** (A) may be penalized before playing or touching the ball, if, in the opinion of the referee, no other team-mate in an onside position has the opportunity to play the ball.



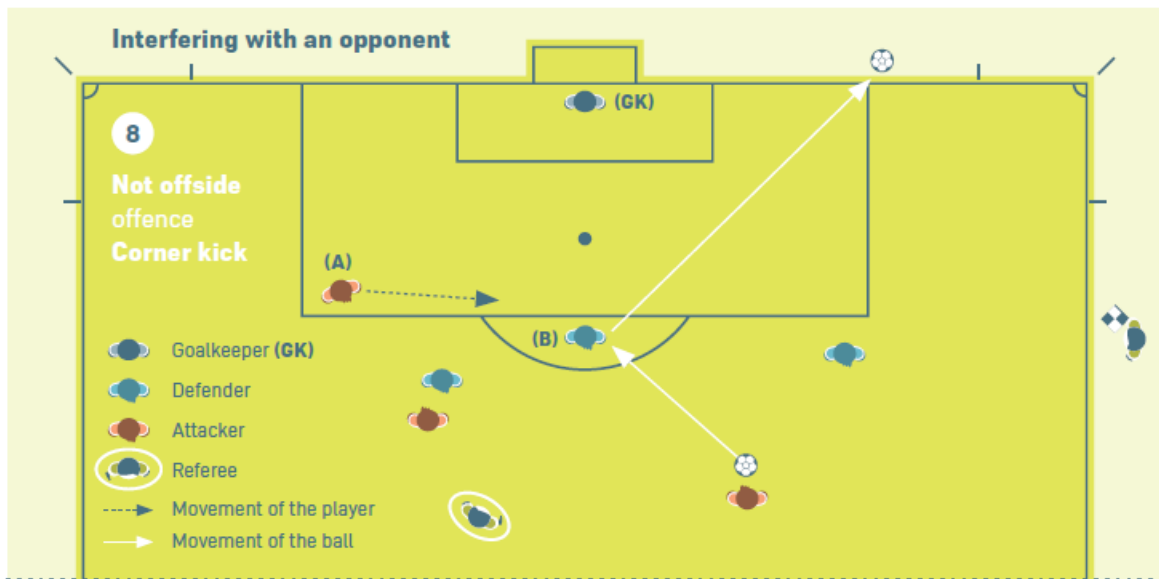
An attacker **in an offside position** (1) runs towards the ball and **does not touch the ball**. The assistant referee must signal 'goal kick'.



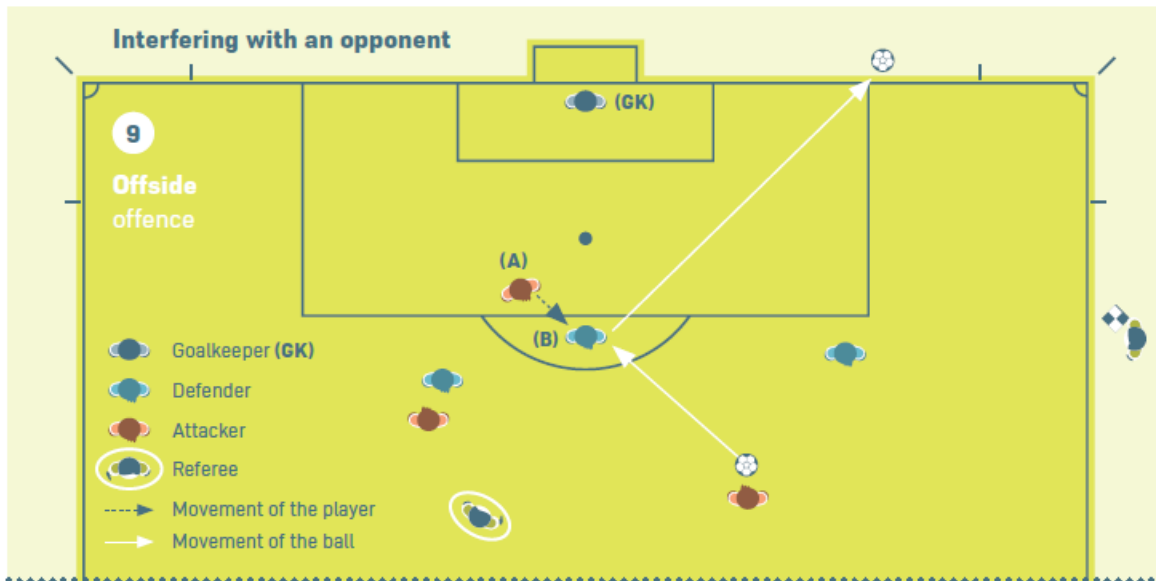
An attacker **in an offside position** (A) is clearly obstructing the goalkeeper's line of vision. The player must be penalized for preventing an opponent from playing or being able to play the ball.



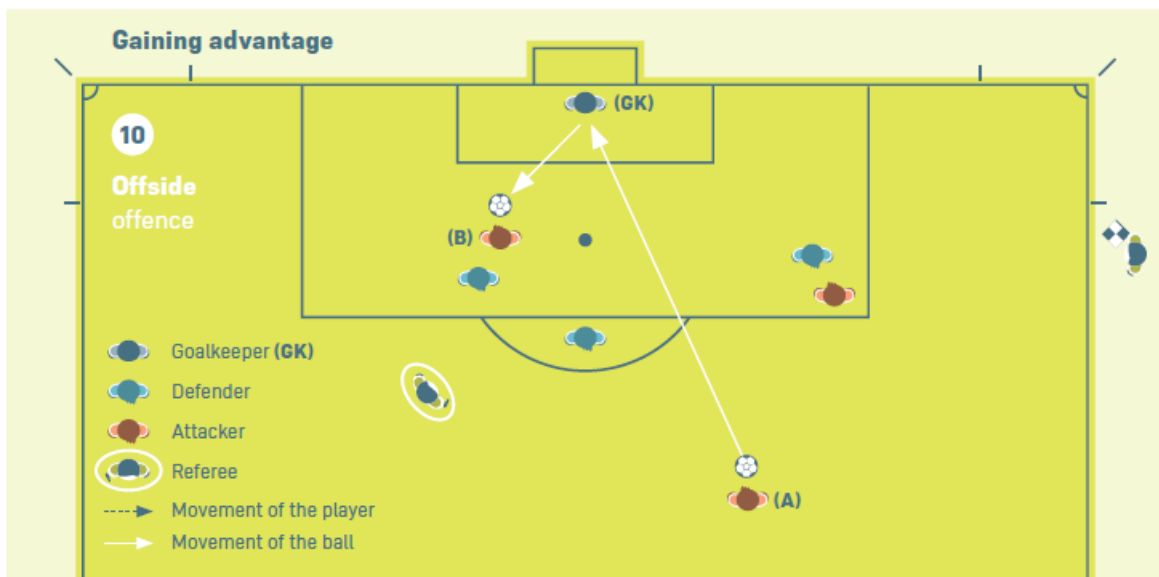
An attacker in an offside position (A) is **not** clearly obstructing the goalkeeper's line of vision or challenging an opponent for the ball.



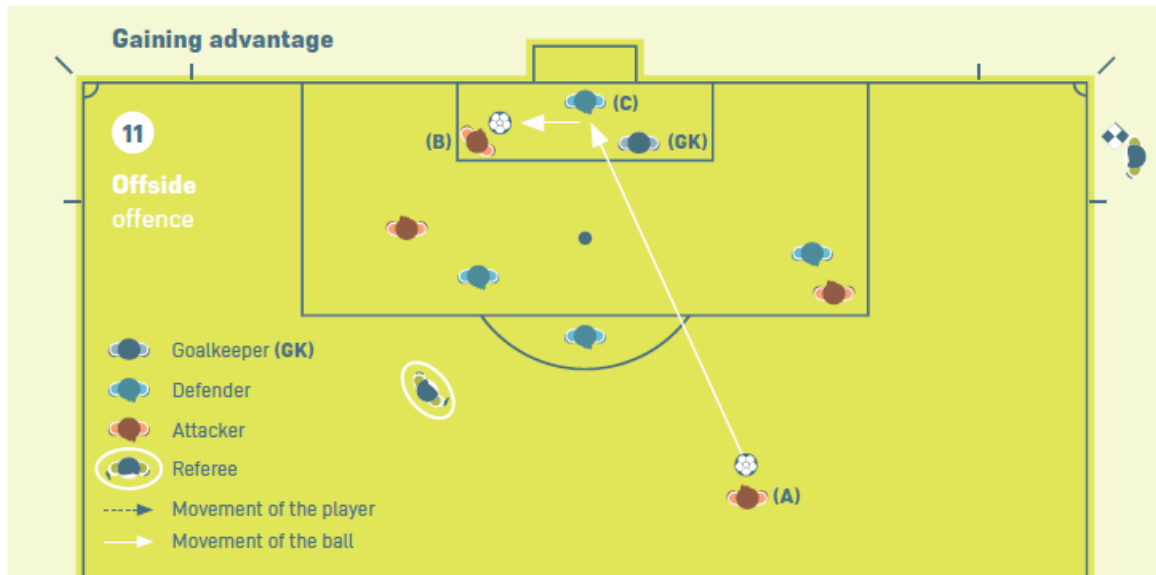
An attacker in an offside position (A) runs towards the ball but does not prevent the opponent from playing or being able to play the ball.  
(A) is **not** challenging an opponent (B) for the ball.



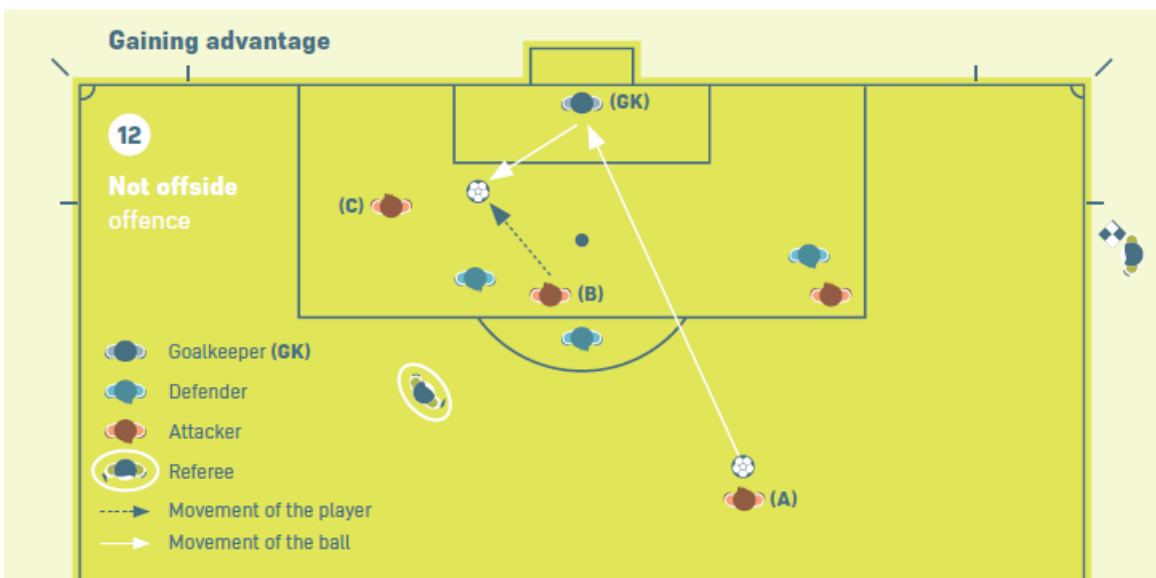
An attacker **in an offside position** (A) runs towards the ball, preventing the opponent (B) from playing or being able to play the ball by challenging the opponent for the ball. (A) is challenging an opponent (B) for the ball.



An attacker **in an offside position** (B) is penalized for **playing or touching the ball** that rebounds, is deflected or is played from a deliberate save by the goalkeeper, having been **in an offside position** when the ball was last touched or is played by a team-mate.

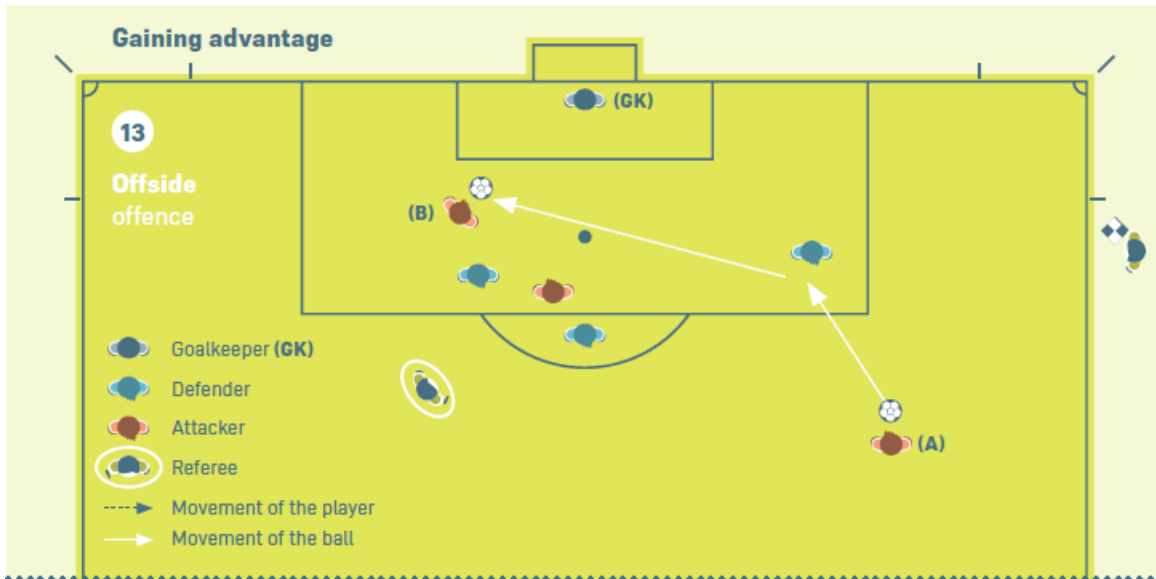


An attacker **in an offside position** (B) is penalized for **playing or touching the ball** that rebounds or is deflected from a deliberate save by a player from the defending team (C), having been **in an offside position** when the ball was last touched or is played by a team-mate.

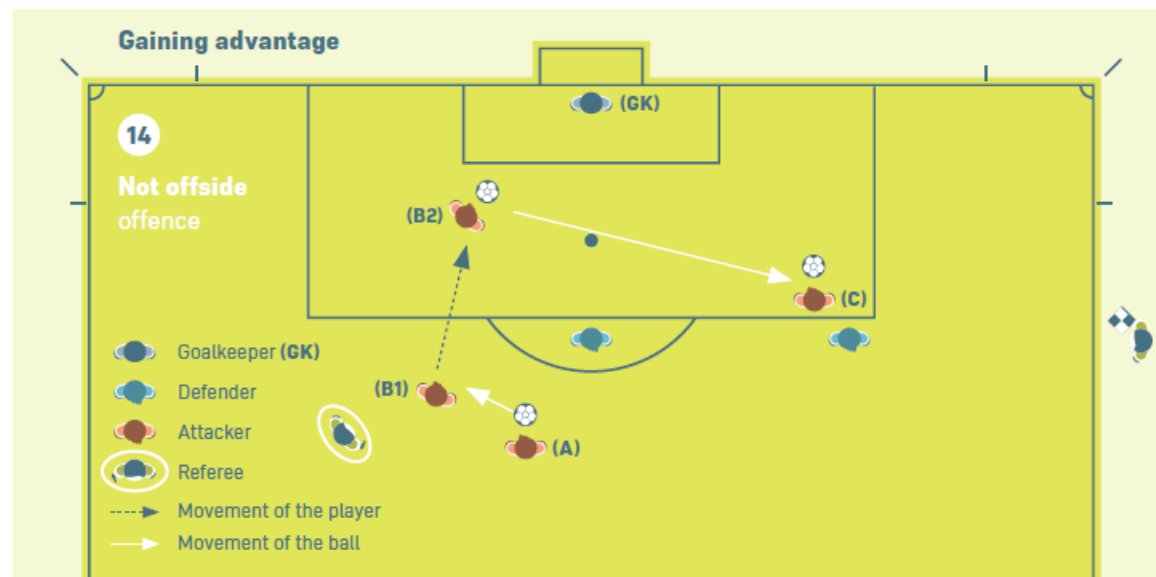


The shot by a team-mate (A) rebounds from the goalkeeper, (B) is in an onside position and plays the ball, (C) **in an offside position** is not penalized because the player did not gain an advantage from being in that position because the player did not touch the ball.





The shot by a team-mate (A) rebounds off or is deflected by an opponent to attacker (B), who is penalized for **playing or touching the ball** having previously been **in an offside position**.



An attacker (C) is **in an offside position**, not interfering with an opponent, when a team-mate (A) passes the ball to player (B1) in an onside position who runs towards the opponents' goal and passes the ball (B2) to team-mate (C). Attacker (C) was **in an onside position** when the ball was passed, so cannot be penalized.

## 5. Injuries

The safety of the players is of paramount importance and the referee should facilitate the work of the medical personnel, especially in the case of a serious injury and/or an assessment of a head injury. This will include respecting and assisting with agreed assessment/treatment protocols.

#### 6. Treatment/assessment after a caution/sending-off

Previously, an injured player who received medical attention on the field of play had to leave before the restart. This can be unfair if an opponent caused the injury as the offending team has a numerical advantage when play restarts.

However, this requirement was introduced because players often un-sportingly used an injury to delay the restart for tactical reasons.

As a balance between these two unfair situations, The IFAB has decided that only for a physical offence where the opponent is cautioned or sent off, an injured player can be quickly assessed/treated and then remain on the field of play.

In principle, the delay should not be any longer than currently occurs when a medical person(s) comes onto the field to assess an injury. The difference is that the point at which the referee used to require the medical person(s) and the player to leave is now the point at which the medical staff leave but the player can remain.

To ensure the injured player does not use/extend the delay unfairly, referees are advised to:

- be aware of the match situation and any potential tactical reason to delay the restart
- inform the injured player that if medical treatment is required it must be quick
- signal for the medical person(s) (not the stretchers) and, if possible, remind them to be quick

When the referee decides play should restart, either:

- the medical person(s) leaves and the player remains or
- the player leaves for further assessment/treatment (stretcher signal may be necessary)

As a general guide, the restart should not be delayed for more than about 20–25 seconds beyond the point when everyone was ready for play to restart, except in the case of a serious injury and/or an assessment of a head injury.

The referee must make full allowance for the stoppage.

## Advice for New Referees

1. How does a new referee get game assignments?
  - a. Assignments are completed by the MNSA Director of Officiating. New referees will be assigned the lower level games (Pre-Novice Division).
  - b. Make sure you provide an email address to the MNSA Director of Officiating.
  - c. Make sure you let the assignor know your availability each week.
  - d. Game fees: The game fees paid to referees will be paid at the end of the season.  
Pre-Novice = \$XX; Novice = \$XX; Juniors Referee = \$XX and Junior Assistant Referee = \$XX.
  
2. Making a Good First Impression
  - a. Know the Laws: Success begins by being prepared
    - i. Read and know the Laws of the Game and work to learn the correct interpretations.
    - ii. Know the local Rules of Competition.
      1. Length of halves
      2. Size of ball
      3. Number of players
      4. Substitutions
      5. Offside, no offside
      6. Game report
      7. Uniform requirements
    - iii. As an inexperienced referee, you will not make all the right decisions. You will learn from experience and from working with more experienced referees.
  - b. Dress and Act Professional:
    - i. If you expect to command respect (one element of game control) on the field, then you must look and act like a professional.
    - ii. Approach the game in a way that shows you are looking forward to being there and being a part of the game.
    - iii. Dress for success - wear the proper uniform with your referee jersey tucked in.
  - c. Take Charge:
    - i. Taking charge does not mean yelling and acting like a dictator (which is abuse of power).
    - ii. Greet each coach with a firm handshake, a smile and look each coach in the eyes.
    - iii. Issue firm, but simple instructions to the players so they know you are capable of managing the game.
    - iv. Start the game on time.
  - d. What You Need to Have
    - i. Your uniform.

- ii. Solid black shorts are preferred.
  - iii. Black socks are preferred.
  - iv. A referee bag that should contain the following:
    - 1. A watch with stopwatch functions.
    - 2. Pens/pencils
    - 3. Red and yellow cards (will be located in the Referee Box at each field)
    - 4. Tossing coins
    - 5. Whistles – always have an extra in your bag
    - 6. Flags for the Assistant Referees (will be located in the Referee Box at each field)
    - 7. Cold weather gear when the time of year makes it necessary
    - 8. Street shoes and dry socks
    - 9. A large plastic trash bag (to put your ref bag inside in case of rain)
    - 10. Sunscreen
    - 11. Snacks if you are going to be doing more than one game.
    - 12. Water
  - e. What You Need to Do
    - i. You should arrive at the field at least 30 minutes prior to the game.
    - ii. If you don't drive, make sure you have made arrangements for someone to pick you up.
- 3. Pre-Game Responsibilities
  - a. Inspect the Field
    - i. Look for holes or depressions that could cause twisted or broken ankles and see if holes can be filled. All rocks, twigs, debris on the field should be removed.
    - ii. Nets should be securely fastened to the goal posts and netting pulled back so as not to interfere with the goalkeeper.
    - iii. Goal posts must be securely anchored to the ground. Sandbags on the frame towards the rear are acceptable.
    - iv. Corner flags are in place and are not dangerous to players (at least 5 ft high).
    - v. Entire field is properly lined.
    - vi. If anything is needed, see an MNSA Board member or a coach.
  - vii. Check in the Players:
    - 1. Make sure that all jewelry, earrings, watches, etc. are removed. Medical ID must be taped to the player's chest or taped to the wrist with the info showing. (Earrings must be removed. Covering them with tape does not make them legal.)
    - 2. All players must wear shin guards and socks must be pulled over shin guards.
    - 3. Player's shirts are to be tucked in.

## 4. The Game

### i. Assistant Referee (AR)

1. Pay close attention to the referee during the pre-game conference. If you don't understand something the referee is saying, ask for clarification.
2. Make sure you understand what the referee wants you to do in managing substitutions, how long to hold the offside signal, etc.
3. Hold the flag in the proper hand. The flag should be held in the hand closest to the referee. Referees usually run a left diagonal, which means the flag will be in your left hand most of the time.
4. If you turn sideways to walk up or down the field, switch hands with the flag as necessary so the flag is field side and the referee can see the flag clearly. The flag should always be switched hand to hand in front of you, below your waist, and not above your head.
5. Make eye contact with the referee as often as possible throughout the game when you are not watching for offside or attending to other AR duties.
6. Stay even with the second-to-last defender (remember - the goalkeeper is usually the last defender, but not always); this positions you to make accurate offside decisions.
7. Follow the ball all the way to the goal line so you'll be in position to see if the ball completely (even just barely) crosses the goal line. Following the ball to the goal line each time is an excellent habit to get into.
8. When you're running a line, side-step so you stay square to the field as much as possible. This position allows you to continue to see the field and players. When you need to sprint to the goal line to follow play or the ball, then you will run in a normal sprint, while watching the field.
9. Run to the corner flag, or close to it, when signaling for a goal kick or corner kick. Raising your flag yards away from the corner flag or goal line not only calls attention to the fact that you are not in the correct position to make that decision, but also carries with it the idea that you are either lazy, or you don't care enough about the game to be in the proper position to make the call.
10. When signaling for a ball that is clearly off the field across the touchline, point your flag in the direction the throw-in will be taken (not straight up); this is very helpful for the referee in making a decision on which team last touched the ball and which team should be awarded the throw-in.
11. Assist the referee in making sure the throw-in is being taken from the correct spot by pointing with your free hand to where the player should be standing when taking the throw-in. Be proactive, don't wait for the player to make a mistake, help them get it right.

## ii. Referees

1. When you are assigned as a referee, remember to conduct a pre-game with your ARs. Tell them what you would like them to do in various situations, such as throw-ins, free kicks, goal kicks, etc. and make sure they understand what you are asking from them.
2. Review offsides.
3. Be aware of your position on the field. It's tough enough to properly call a soccer match when you are on top of the play. It's impossible to make correct decisions when you stay close to or within the center circle. Even when officiating at the small-sided game level, get in the habit of being in the proper position and working hard.
4. At first, you may have to remind yourself to lift the focus of your vision from the ball and the legs of the players, so learn to take in the whole area of active play. It is normal for new referees to have to make this conscious effort to lift their eyes. Once you are more experienced, it will be instinctive for you to see a large area of play if you condition yourself to do this from the beginning.
5. Always think about your positioning - you should know why you are where you are. What do you gain by being in this position?
6. Maintain good eye contact with your ARs throughout the game. A good habit to get into is to make eye contact with your ARs on every dead ball situation.
7. Make your hand signals clear; point the direction with a straight arm.
8. Blow clear and sharp whistles. Learn how to make your whistle "talk" for you.
  - a. Use the whistle to communicate control. Too many newly certified referees make a call with barely an audible "tweet" which tells everyone on the field that you are unsure of yourself. On your first call, give the whistle a firm blast and confidently point in the direction of the play. A firm whistle will eliminate 50 percent of the arguments. Vary the strength of your whistle depending on the infraction - for a serious foul, blow the whistle very loudly.
9. Be decisive in your calls; players and coaches may try to take advantage of the situation if you seem unsure.
10. Run the diagonal system of control when you have ARs assigned with you. The most accepted diagonal system is from the right corner to the left corner – referees refer to this as a "left diagonal".
11. At half time and after the game, review all the results (number of cards, scores for each team and any incident that occurred, as well as the information to be reported) so your game report is accurate.

## iii. Dealing with Problem Coaches

1. Set the ground rules – be proactive
    - a. Show them where the team and the coaches will be seated. Make sure they understand that they must stay in that area.
    - b. If there is more than one coach, ask which coach will be giving instruction to the players and who will be asking for subs.
  2. Don't let the coaches intimidate you.
  3. Be confident in your knowledge of the Laws of the Game and Rules of Competition.
  4. Remain calm. If someone is hollering at you, don't yell back at them. Speak respectfully and quietly, so the coach must quiet down to hear you.
  5. Do not take someone yelling at you personally. It happens to all referees, even the most experienced.
  6. However, once the coach steps over the boundaries of the game and begins to make his comments personal or abusive, you must deal with it. Slowly and calmly walk over to the coach. In a polite and respectful way, inform the coach that this type of conduct is unsporting and continuing with this type of conduct will result in their removal from the game. If the behavior continues – respectfully and professionally ask the coach to leave. If the coach refuses to leave, give the coach a warning that if they do not leave, you will end the game. If the coach does not leave in a reasonable amount of time (approximately 30 – 60 seconds), end the game. Be sure to file a very detailed report with MNSA so there is a good understanding of why the game was ended early.
- iv. Dealing with Problem Players:
1. Make your presence known from the moment you walk on the field - that way players know you are in charge. Stand tall, look people in the eye and smile confidently. Have your pre-game questions down - introduce yourself even if you have worked games with the same coaches before, get the game ball from the home team and check it out, check in players. (Do not tell players how you are going to call the game and what you are going to call and not call. This can cause you major problems in the game.) Doing these game management things confidently will carry over into the game.
  2. Remember to blow the whistle with confidence, even if you are not feeling so confident and use decisive signals with straight arms.
  3. If you have a difficult player dissenting or doing something else to disrupt the game, at a stoppage of play, issue a caution to them and let the player know that kind of behavior is unacceptable. If the player still insists on being difficult, use a well delivered warning to let them know that you have just about reached the limit of what you are going to take. It is often helpful to let the coach know this particular player

is wearing out their welcome and the team may soon be playing short. Give the coach a short period of time (approximately 30 – 60 seconds) to correct the situation. If the bad behavior continues, issue a second caution and then a send off (red card). Remember that the proper procedure for this is to display the second yellow card and then the red.

4. Remain calm when talking to players, but be firm in your voice and your decisions. Do not yell at players and never use foul or abusive language no matter what they are saying to you. Speak softly so the players must quiet down to hear you.
5. Listen to what players are saying. Allow them to vent for a few seconds before calling it dissent. You might find out about fouls you are missing, or there may be something else going on that can be easily corrected. This tactic also lets the players know you are willing to listen up to a certain point. This type of exchange should not go on often in a game and should not last for more than a few seconds. If it goes on longer, you must deal with it. The more experience you have as a referee, the easier it is to set boundaries and to know when and where to set them.

#### v. Dealing with Problem Parents

1. Remain calm.
2. Do not get into discussions or arguments with the sidelines.
3. Report any misbehavior on the part of the spectators to MNSA so that this type of behavior can be disciplined and stopped.
4. Enlist the support of the coach. Ask him to speak with the offending spectators, and let them know that if the behavior continues, the game will not. This will usually be enough to quiet most parents, but not all.
5. If you have asked the coach to deal with problem parents and the situation continues, ask the coach to have the spectator leave the area. If the spectator refuses, tell the coach that if the spectator is not removed, the game will end. Give the coach a reasonable amount of time (approximately 30 – 60 seconds) to deal with the situation.
6. If the parent does not leave, you should feel free to end the game. Be sure you report this to MNSA so that there is a clear understanding of why the game was terminated.

#### 5. How Do Referees Improve?

- a. To be a good referee, you must continue to learn and improve with every game.
- b. Experience is the best teacher and confidence builder.
- c. The more games you do the more comfortable and confident you'll be.



- d. If something occurs in a game and you aren't sure if you made the correct decision, go back to the Laws of the Game after the game and double check.
- e. Talk to more experienced referees about the decision you made and whether or not you should have done something differently, or email an experienced referee with the question.
- f. Watch experienced referees and notice how they deal with specific situations that cause you trouble in a game.
- g. Have experienced referees watch and critique you and then remember to try the suggestions they give you.
- h. Seek out experienced referees to work with. By running lines for experienced referees, you gain a better appreciation as to what the protocols of the game are as well as learning about ways in which you can improve your game. This is an excellent tool. Once you have done this for several games, ask to have experienced referees as your assistant referees when you work the center.
- i. Go slow in advancing to more difficult matches – don't rush it, but also challenge yourself to keep growing as a referee by taking more challenging assignments once you have reached a comfort level where you are currently being assigned.
- j. Watch games of every level whenever possible. This helps you to not only watch skilled referees work; it also helps you to learn more about the game.

#### 6. Resources

- a. IFAB Laws of the Game - <https://www.theifab.com/>
- b. Mobile App – search IFAB Laws of the Game