

MHSA Soccer Study Club Topics 2020 Season

Thirteen soccer study clubs are provided. Except for Topic #1, they do not have to be used in the order in which they appear in this handout. Pools should select the topics that are most relevant to their area at any given time.

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Topic 1: Current Information

Background

This year's NFHS Soccer Rules Book several changes as listed below. Also, concussion management and other safety issues continue to be points of emphasis.

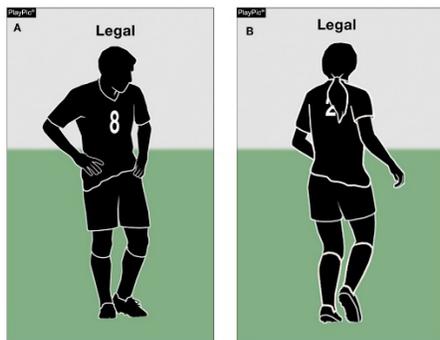
Activity – Part A

2020 Soccer Rules Changes from the NFHS:

2-2-4: If the ball becomes deflated during play, it is declared dead ~~where it was last played~~ and the game is resumed by a drop ball ~~between any two opposing players~~ at the spot where it was last played. If the ball becomes deflated within the goal area, then the ball is dropped ~~between two opposing players~~ subject to the provisions of Rule 9-2-2 and 9-2-3. Ball deflated during a penalty kick results in retaken kick.

Rationale: The provisions for a drop ball have changed, refer to 9-2.

4-1-1a: The visiting team shall wear solid white jerseys and solid white socks, and the home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white). ~~Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside.~~



Rationale: Manufacturing practices have changed.

4-2-7e-f: A tooth and mouth protector (intraoral), if worn, shall:
~~e. not to be completely white; and~~
~~f. not to be completely clear.~~

Rationale: SMAC no longer recommends the mouth protector meet these two criteria; dropping these two requirements brings soccer in line with the other sports that allow mouth guards.

9-1-1b: The ball is out of play when:
a. it has completely crossed the goal line or touch line, whether on the ground or in the air.
b. the ball touches an official and remains on the field; and
 1. a team starts a promising attack.
 2. goes directly into the goal.
 3. possession changes.

Rationale: This is to address situations where the ball touches a referee and a team gains an advantage.

9-2-1: The game is restarted with a drop ball:
a. when the ball is caused to go out-of-bounds by two opponents simultaneously.
b. when the ball becomes deflated; ~~(2-2-4)~~
c. following a temporary suspension of play for an injury or unusual situation; (except as noted in 14-1-7) and the goalkeeper is not in possession of the ball.
d. when simultaneous fouls of the same degree occur by opponents; or
e. when the ball touches an official as per 9-1-1b.

Rationale: This rule prevents an opponent from gaining an advantage.

- 9-2-2** The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line to one player of the team in possession of the ball prior to the simultaneous touch, unless this is the goal area. ~~(See 9-3)~~ (See 9-2-3).

Rationale: This simplifies the drop ball procedure.

- 9-2-3:** The ball is dropped by an official from waist level to the ground. The referee drops the ball to one player of the team that last possessed the ball at the position where it was last touched by a player(s), an outside agent or match official. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper with all opposing players outside the penalty area. In all cases, all other players must remain at least 4 yards from the ball until it is in play. Any number of players may contest a dropped ball (including the goalkeeper); a referee cannot decide who may contest a drop ball or its outcome.

Rationale: This addition helps to provide clarity in the application of this rule.

- 13-3-1** Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area at least 10 yards from the ball and shall must remain there until the ball is in play ~~clears the penalty area~~. Where 3 or more defending team players form a wall, all attacking team players must remain at least 1 yard from the wall until the ball is in play.

Rationale: This will allow the ball to be put back into play quicker and will lead to a decrease in confrontational moments during free kicks.

- 13-3-2:** The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. ~~If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play.~~ Failure to kick the ball as specified shall result in a re-kick.

Rationale: This change allows the ball to be put back into play quicker.

- 13-3-4: (New)** For indirect kicks, the referee shall signal an indirect kick (using Official NFHS Soccer Signals Rule 5-3-1b) by raising an arm above the head; this signal shall be maintained until the kick is taken and the ball touches another player or goes out of play. If the referee fails to signal the kick is indirect and the ball goes directly into the opponent's goal, the kick shall be retaken.

Rationale: This clarifies the need to make the signal and prevents punishing the team taking the kick when the referee fails to give the proper signal.

- 14-1-3:** The opposing goalkeeper shall stand with at least one foot on or in-line with the goal line, facing the kicker, between the goal posts, and shall not be touching the goal posts, crossbar, or nets, until the ball is kicked. Lateral or forward movement is allowed, but the goalkeeper is not permitted to come off the line with both feet ~~by stepping or lunging forward~~ until the ball is in play.

Rationale: This clarifies the goalkeeper's position during the taking of a penalty kick.

- 16-1-2:** Players opposing the kicker shall remain outside the penalty area until the ball is in play ~~has cleared the penalty area~~.

Rationale: Clarifies when the ball is in play.

16-1-3: Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves. ~~A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.~~

Rationale: Clarifies when the ball is in play.

16-1-4: After the goal kick is properly taken ~~leaves the penalty area~~, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.

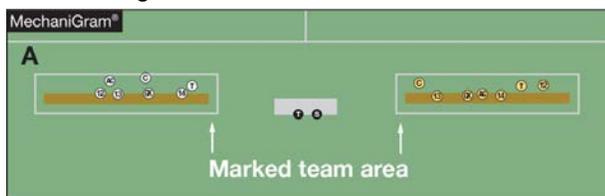
Rationale: Clarifies how the kick is taken and when it is in play.

Activity- Part B

Listed below are the NFHS points of emphasis for the 2020 soccer season:

1. Correct Field Markings and Appropriate Uniform.

It is important that games are played on fields marked in a consistent manner, and players wear uniforms according to NFHS rules. If a field is improperly marked and/or if a team wears an illegal uniform the referee shall contact the state association, who will work with school administrators to make appropriate changes. In addition, during pregame communication with school administration, game officials are also encouraged to communicate these corrective actions directly to administrators.



- Fields must be marked in a consistent manner (MechaniGram A), and players must wear uniforms according to NFHS rules (PlayPic B).



- Referees should report to the school and the state office designee noncompliance on the part of field markings and inappropriate uniforms.

2. Understanding the Difference Between Fair, Hard Play and a Foul

Soccer is a contact sport and understanding the differences between fair and hard play and a foul that is either reckless or serious is important to ensuring fair play and the safety of the players. When a player acts with disregard of the danger to, or consequences for, the opponent, he/she should be cautioned for

reckless play. When a player uses disproportionate and unnecessary force against an opponent, he/she could be disqualified for serious foul play. It is critical coaches teach players about their own safety and the safety of their opponents, and officials recognize the differences between reckless and serious and the corresponding penalties. Safety, fair play and sportsmanship should be emphasized in the pregame meeting. Communication between officials, coaches and captains should continue throughout a match, especially as the intensity increases. And when reckless or serious foul play occurs, officials should deal with the situation immediately – this kind of play should not be tolerated.

3. Education-Based Soccer

High school athletics is education-based, and some mechanics of our game are intentionally different from other levels of soccer. The pregame meeting, for example, is a time for officials to communicate expectations to both coaches and captains. This REQUIRED meeting for both head coaches and captains should cover pertinent rules, sportsmanship, the coin toss, and properly and legally equipped players. This meeting is a purposeful start to an education-based interscholastic match.

Topic 2: Concussion Management

In April 2013, the Montana Legislature passed the Dylan Steigers Protection of Youth Athletes Act. Review the current MHSA Rules and Regulations regarding concussion/serious injury:

Section (4) CONCUSSIONS/SERIOUS INJURY REQUIREMENTS AND RETURN TO PLAY

A. Return to Play:

In accordance with the Dylan Steigers Protection of Youth Athletes Act, an athletic trainer, coach, or official shall remove a youth athlete from participation in any organized youth athletic activity at the time the youth exhibits signs, symptoms, or behaviors consistent with a concussion. The youth cannot return to play until he/she is evaluated by a licensed health care professional and receives written clearance to return to play from the licensed health care professional.

In addition, the MHSA also requires that an athletic trainer, coach, or official shall remove a student-athlete from participation in any MHSA activity at the time the student exhibits signs, symptoms, or behaviors consistent with a serious injury. The student cannot return to play until he/she is evaluated by a licensed health care professional and is cleared by a licensed health care professional, although written clearance is not required for serious injury other than concussion unless mandated by the local school district.

B. MHSA Policy in Accordance with State Legislation:

Each (high) school district in this state offering organized youth athletic activities shall adopt policies and procedures to inform athletic trainers, coaches, officials, youth athletes and parents or guardians of the nature and risk of brain injuries, including the effects of continuing to play after a concussion.

(Sections C and D pertain to schools)

E. Officials Education and Awareness:

Each MOA or non-MOA official who works MHSA contests must take the NFHS Concussion in Sports course each year. That course must be taken after June 1st for the subsequent school year and must be completed before officiating scrimmages or contests. Schools using non-MOA officials for sub varsity games must verify those officials have completed training.

Review the language in **Substitutions, Rule 3, Section 3.**

It is the officials' responsibility to monitor play and to observe players and situations for safety and fair competition.

It is not the officials' responsibility to diagnose concussions. Officials who observe possible injuries or health-related concerns should stop play and tell the coach to evaluate the player.

Review the information presented in the rules clinic:

Officials, coaches and administrators are being asked to make all efforts to ensure the safety of athletes who participate in MHSA activities. In regard to players experiencing possible concussions or other serious injuries during MHSA contests or practices, the following procedures will be implemented:

Officials' Responsibilities:

- Officials must complete the online *Concussion in Sport* course.
- Officials are asked to use their best judgment in observing the signs, symptoms and behaviors of a concussion and other possible serious injuries. If there is a player that exhibits signs and symptoms of an injury/serious illness, officials will make coaches aware of the injured player and call an injury time out.
- The official should notify the coach by making the following statement:
 - *“Coach, you need to take a look at this player; he/she is exhibiting signs and symptoms of an injury.”*
- Once the official notifies the coach, it is now the coach's responsibility.
- The official does not need to view written permission for an athlete to return to play nor does the

official need to verify the credentials of the appropriate health-care professional. These responsibilities belong to the coach.

- Ultimately, the decision to return an athlete to competition rests with the coach, after the affected player is evaluated by an appropriate health-care professional.

Concussion Resource Information

Various information and resources are available on the MHSA website. Visit www.mhsa.org and proceed to the Sports Medicine page from the link on the home page.

Topic 3: Officials' Exit Strategy

Background

NFHS Soccer Rule 5-1-2 outline the officials' jurisdiction.

Activity

Review the sample plan below. Establish a specific timeline for your local pool, then follow-up by having your pool coordinator communicate the plan to the local administrators. Variations might occur for weather, levels of play (varsity, jv, freshman), emergencies etc.

Minute	Activity
>60	Field prepped, goals/flags in place, lines drawn clearly, benches out
-60 to -50	Teams and officials arrive and begin warming up
-50 to -40	Officials inspect field & meet with school administrator to discuss crowd control, emergency plans, game exit plan, sign for checks etc.
-40 to -25	Officials conduct pre-game instruction/review
-25	Officials greet visiting coach, exchange rosters
-20	Officials greet home coach, get game balls, exchange roster & meet/instruct ball handlers
-10	Captains and coaches meet with officials to review rules, inquire about equipment, conduct coin toss & conduct sportsmanship talk
-5	National Anthem or pledge of allegiance (optional)
-3	Introductions of visitors and home
-1	Officials and players take the field
Kick Off	AR even with 2 nd to last defender, bench personnel seated or pinnies, balls in bags
Halftime	Officials meet at center circle, leave field as a team. Discuss game issues
Kick Off	AR even with 2 nd to last defender, bench personnel seated or pinnies, balls in bags
Game Ends	Officials meet at center circle, leave field as a team. Go to neutral spot and do not engage in a postgame handshake with teams. Confirm scores, cautions issued. Leave field complex as a team (when possible)
W/in 24 hrs	Referee send report to MHSA of cards or issues (cc to home/away school administrator)

Exiting the Field

- Discuss as a pool what things should be considered when developing an exit plan for each field.
- Examine each field where varsity and sub varsity games will be held in your area. Look for natural exit paths that would avoid contact with bench or fans.
- Develop routes and plans for each area and suggest to pool members that they follow the agreed upon route and procedure.
- Have referee bags located in a "neutral area" perhaps in cars parked away from the fan parking area.

- If 4th officials are used, delegate responsibility to the 4th to gather referee gear and meet up with the team at the predetermined location.
- Discuss how you will handle exceptions to the plan (like 2 games back to back where some members of the officiating team need to remain to work the next game and others need to leave.)
- Inform the site administrators of your plan and get input from them. Your plan should have the officials meeting at mid field and leaving directly from there, avoiding the request for a postgame handshake with the players. Ask the site administrator to inform both benches that you will not be available after the match.

Topic 4: Game Reports

Background

The Soccer Behavior Improvement Plan adopted by the MHSА Executive Board is in effect. This study club is designated as a rules review and discussion of reporting relevant items to MHSА/MOА.

Activity

1. Review NFHS Rule 12, Section 8 – Misconduct found on pages 61-65 of the NFHS rules book. Officials are asked to discuss best practices and strategies for applying the rules of the game consistently, particularly those rules involving good sporting behavior.
2. As a group, discuss the requirements for game reports to be submitted to the MHSА/MOА.
 - a. Using the most current form (Scott Wilson is the MHSА contact listed on the bottom of the form)
 - b. **Sending the report to Scott Wilson and the home and away school administrator. Current list of administrators is on the MHSА website and the MOА website.**

All cards and unusual situations must be reported to the MHSА office, including but not limited to:

- **All yellow cards** (please include the specific rule reference of the misconduct)
- **All red cards** (please include the specific rule reference of the misconduct). Red Cards need to be reported to the MHSА office as soon as possible.
- Any improper or illegal uniform situations (refer to study club #4)
- Any game situation in which a field barrier was not apparent
- Any unusual situation about which the MHSА/MOА should be aware

MHSА Soccer Behavior Improvement Plan

Last Revised: April 2016

The MHSА Executive Board has implemented the following additional administrative penalties for soccer. These penalties are **in addition to** the ejection penalties as outlined in the MHSА By-Laws, Article VIII, Section (2) General Penalties and do not contradict the published NFHS Soccer Rules.

Component 1: Cards per Individual	<p>Any student or coach who receives three yellow cards in three separate games for any reason (except for a coach who receives a card for an illegally equipped player) will serve a one-game suspension.</p> <p><u>Interpretations:</u> <i>If an individual who already has two yellow cards receives two <u>more</u> yellow cards in a single game, he/she will serve a one-game suspension, which will clear only three of the four cards. The fourth yellow remains as part of the active card count for that individual.</i></p> <p><i>Following the first suspension, <u>two</u> yellow cards in <u>two</u> separate games for any reason (except for a coach who receives a card for an illegally equipped player) will serve a one-game suspension for that individual.</i></p> <p><i>Individual yellow cards during the regular season will not carry into the post season. However, if a penalty is incurred during the last regular season game, that penalty must be served in the post season.</i></p> <p><i>In post season play, any student or coach who receives three yellow cards in three separate games for any reason (except for a coach who receives a card for an illegally equipped player) will serve a one-game suspension.</i></p>
Rationale:	This provides a means of addressing persistent reckless or unsporting behaviors by individual students or coaches.
Definition of a one-game suspension:	A student (coach) who plays (coaches) only sub-varsity soccer will serve a one-game suspension at the sub-varsity level.

	<p>A student (coach) who plays (coaches) sub-varsity and varsity soccer will serve a one-game suspension at both the sub-varsity and varsity level, regardless of the level of play at which the yellow cards were issued.</p> <p>A student (coach) who plays (coaches) only varsity soccer will serve a one-game suspension at the varsity level and may not participate in a sub-varsity contest in any way until the varsity suspension is served.</p>
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<p>Component 2: <u>Cards per Program by Gender</u></p>	<p>If any program (gender) accumulates ten cards for any of the following violations the head coach will serve a one-game suspension at the varsity level. The specific violations include any of the following under NFHS Soccer Rules, 12-8 Misconduct:</p> <p>Dissent [12-8-1c (yellow)] Inappropriate or offensive language/gestures [12-8-1d (yellow) and 12-8-2f (red)] Attention seeking/taunting [12-8-1f-12 (yellow) and 12-8-2b (red)] Violent conduct [12-8-2a (red)] Spitting [12-8-2e (red)] Fighting [12-8-2g (red)]</p>
<p>Rationale:</p>	<p>This penalty provides a means of addressing systemic issues within an entire program. This penalty makes the head coach accountable for behavior, regardless of the individuals who are receiving cards. In addition, it ensures that the administration is informed of violations that are largely preventable and often times have little to do with playing rules.</p>
<p>Definition of a one-game suspension:</p>	<p>The head coach will serve a one-game suspension at the varsity level and may not assist in a sub-varsity contest in any way until the varsity suspension is served.</p>

<p>Component 3: <u>Cards per Game</u></p>	<p>If in any single game four or more yellow and/or red cards are issued to the students and/or coaches of one team for any reason (except for a coach who receives a card for an illegally equipped player), the school will be required to respond in writing to the game report submitted by the official. The reports will be reviewed by the Executive Director and the school(s) will be subject to penalty at the Executive Director's discretion.</p>
<p>Rationale:</p>	<p>This component provides a means of addressing those game situations in which regard for behavior becomes secondary to regard for winning. While unusual, there have been games in which one team has accumulated four or more cards that are issued because of behavior or playing rule violations.</p>

<p>Component 4: <u>Sideline Barriers</u></p>	<p>Rules and Regulations, Section (34) Crowd Control, item L requires that schools erect sideline barriers for soccer fields during all contests. Unless soccer contests are conducted in stadiums, soccer field barriers must be placed at least fifteen (15) feet from the touchline on the spectator side. If the facility layout or structure does not allow for the minimum fifteen feet, the maximum possible distance will be used. A painted line on the grass is not an acceptable barrier for this purpose.</p>
<p>Rationale:</p>	<p>In consideration of spectator behavior as well as safety of the assistant referee, a standard minimum distance between the field and the spectators should be consistent for all high school contests (whenever feasible).</p>

<p>Component 5: <u>MOA Commissioner Action</u></p>	<p>The MOA Commissioner will develop mandates for officials in enforcing the NFHS soccer rules and adhering to the tenets of high school participation. This includes emphasis on the published rules, as well as focusing on participation and sportsmanship as essential components of school-sponsored competition. Certain behaviors that are considered inappropriate in high school activities will be prohibited, i.e. officials, coaches and/or students addressing one another by first name while on the field of play.</p>
<p>Rationale:</p>	<p>Reinforcement of the education-based message is key to the success of the previous components.</p>

Topic 5: Procedures for Addressing Player Equipment

Background

Equipment and uniform issues are ongoing, as evidenced by the number of major editorial changes that refer to uniforms. This was a study club in previous years, but a review is certainly in order, especially if your pool has new officials.

Activity

Review the applicable rules for player equipment, coaches' responsibilities, and the role of the official.

Rule 4-1-1 Required Equipment (page 22 of the NFHS rules book)

ART. 1 . . . The required player equipment includes a jersey, shorts, socks, suitable shoes and shinguards. The shinguards shall provide adequate and reasonable protection, be professionally manufactured, age- and size-appropriate, not altered to decrease protection, worn under the socks, and are worn with the bottom edge no higher than 2 inches above the ankle. (see illustrations regarding shinguards). Shinguards must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications. The NOCSAE seal and height range shall be permanently marked on the front of the shinguard. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. It is also recommended that male players wear a supporter and protective cup.

Rule 4-3 Coaches' Responsibilities (pages 29-30 of the NFHS rules book)

Each head coach shall be responsible for ensuring that each of his/her players is **properly** and **legally** equipped.

Illegally Equipped Players (18-1-1-t)

The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach. Illegally equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation. The player(s) must be removed and may be replaced at the time of the caution to the coach or player(s). The removed player(s) may re-enter at the next legal substitution opportunity only after reporting to an official who shall be satisfied the player's equipment and uniform are in order.

Improperly Equipped Players (18-1-1-u)

Cautions will not be issued for improperly equipped player(s).

If not immediately correctable, improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. The player(s) may be replaced. The removed player(s), if not replaced, may re-enter at the next dead ball only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.

Rule 3-1-3 Players and Substitutions (page 15 of the NFHS rules book)

Each team shall submit a team roster, containing the names and numbers of all players, and substitutes, all bench personnel and coaches to the officials at least five minutes prior to the start of the contest. The game shall not begin until this is complete. Players, substitutes, numbers, bench personnel and coaches may be added to the roster after the start of play. Goalkeepers may have two numbers listed on the roster, a goalkeeper's number and a field player's number.

Topic 6: Dual Referee Mechanic

Background

The two referee (DUAL) mechanic continues to be used throughout the country at the high school and collegiate level.

Although Montana has adopted the diagonal system of soccer officiating, MOA Rules and Regulations allow for the use of the dual mechanic, provided the following conditions are met:

1. The dual mechanic is used **ONLY** for sub-varsity contests.
2. The dual mechanic is used **ONLY** after every attempt has been made to assign three officials or in the event that an official does not show up for a particular contest.
3. There is no gender-bias in assignment of the dual mechanic. Dual mechanic usage must be comparable between boys and girls contests.
4. If one of the three assigned officials have not arrived or is injured at varsity game time, MHSA may provide a variance for varsity games, provided permission is obtained **PRIOR** to the contest. The event manager/AD must contact Mark Beckman or Scott Wilson to obtain permission.

Mark Beckman [406-431-7245] or Scott Wilson [406-249-8674].

No varsity game may use fewer than three officials without prior authorization.

Activity

It is imperative that each official not only familiarize himself or herself with the Dual Mechanic (pages 84-90 of the rule book) but also practice this mechanic in a scrimmage setting. This approach will help insure proper use of the system if circumstances require its use.

Each referee functions as a “lead” or “trail” referee, depending on the situation. In addition to calling fouls/misconduct, the 2 referees must also cover all boundaries normally handled by Assistant Referees and be positioned to observe and penalize offside violations.

Have the pool discuss placement and responsibilities of Lead and Trail at various situations including:

1. Start of match
2. Goal Kick
3. Corner Kick
4. Penalty Kick
5. Offside
6. Substitutions
7. Goals
8. Throw-ins
9. End of period

Following this study club, work with local high schools to schedule some practice scrimmages (only one school can be involved in scrimmage situations). Have the entire pool attend the scrimmages and take turns functioning in the dual mechanic. Critique each other.

Topic 7: Fourth Officials

Background

In Montana, not all officials' pools are large enough to have the opportunity to use fourth officials (or perhaps not on a regular basis). As a result, when the opportunity to use a fourth does arise, not everyone has had enough experience to execute the fourth official's duties.

Activity

A sample list of fourth officials' duties has been added to the NFHS Soccer Rules Book. Review the duties as a pool. Even if you rarely use fourth officials, those duties are part of many post season contests, so this study club presents an occasion for discussion of that role.

Refer to pages 102-104 of the current rules book.

Topic 8: Fitness

Background

Soccer is arguably the most physically demanding of all high school sports and proper proximity to play (within 15-20 yards) demands a high level of fitness on the part of the center referee as well as the assistant referees. At some point it may be a requirement to pass a fitness test, as it is for NISOA (National Intercollegiate Soccer Officials Association) and upper levels of USSF. Start now by getting in the habit of having the entire pool take the fitness test and record the results. The test was updated in March of 2017.

Activity

Have the entire pool take the NISOA fitness test and record the results. Use results for assigning and discuss ideas to improve. A copy of a description of this test sequence is attached. Simply administer the tests so your referees know how they stack up against their local peers. Later you will be able to show them how they rank against collegiate officials.

Suggest taking the test prior to the first games or shortly thereafter and when testing, take the distance run first.

NISOA PROPOSED PHYSICAL PERFORMANCE TEST

This is the procedure for testing the soccer referee to evaluate his/her fitness level at the elite national or international level soccer referee based upon the findings of the leading researchers in the field of Soccer Referee Physiology.

Physical Performance Test for Renewing/New NISOA Members

The physical performance test for NISOA Renewing/New members is identical to the current test for US Soccer Grade 6 referees. In fact, NISOAs strongly recommends chapters accept test results from members who have taken and passed the US Soccer Grade 6 test for the current registration period and exempt them from chapter testing.

Event 1: Repeated Sprint Test

- Participants run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line).
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position.

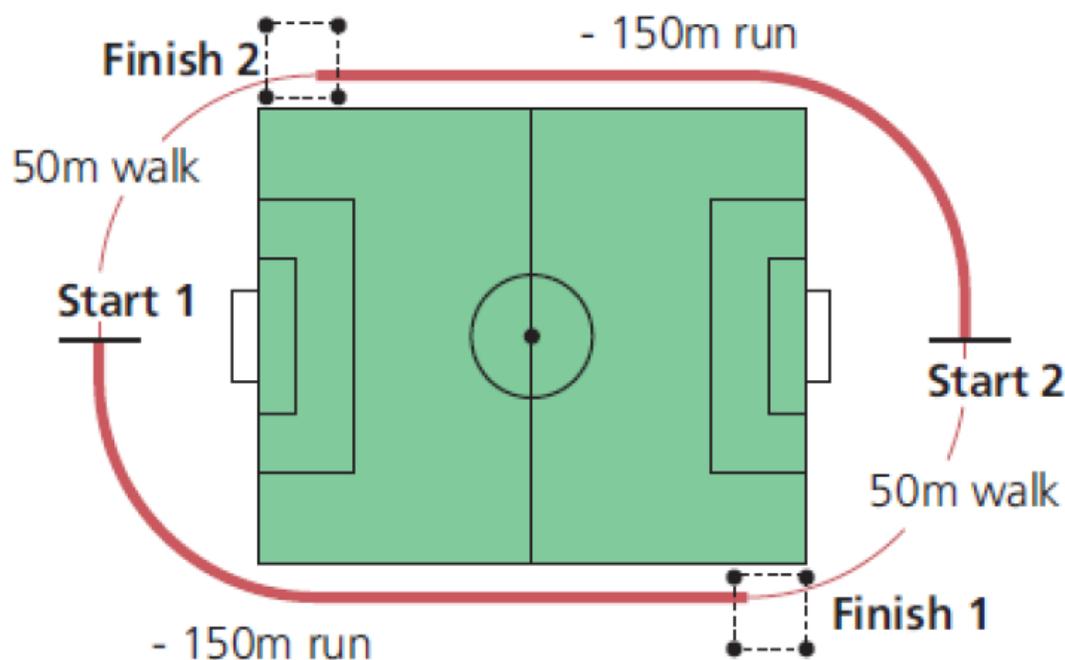


- The 'start' gate is placed at 0m and the 'finish' gate at 40m. The 'start line' is marked out 1.5m before the 'start' gate.
- Referees line up at the start with their front foot touching the 'start line'. Once the test leader signals that ready, the referee is free to start.
- Referees receive a maximum of 60 seconds recovery between each of the 6 x 40m sprints. During recovery, referees must walk back to the start.
- If a referee falls or trips, they should be given an additional trial (one trial = 1 x 40 m).
- If a referee fails one trial out of the six, they should be given a seventh trial immediately after the sixth trial. If they fail two trials out of seven, the match official has failed the test.

The maximum allowed time for each sprint is 9.0 seconds.

Event 2 Interval Test

- Referees must complete 20 x 150m run / 50m walk intervals. This equates to 10 laps of a 400m athletics track. A lap consists of two 150 meter runs with two 50 meter recovery walks. Each run must be accomplished within 45 seconds. The walk interval shall be 45 seconds.
- Referees must start from a standing position. They must not start before the whistle. On the whistle, referees are allowed to start running.
- At the end of each run, each referee must enter the 'walking area' before the whistle (45 seconds). The walking area is marked out with a line 1.5m before and 1.5m behind the 150m line.
- If a referee fails to place a foot inside the walking area on time, they should receive a clear warning from the test leader. If a referee fails to place a foot inside the walking area on time for a second occasion, they should be stopped by the test leader and informed that they have failed the test.



CONCLUSION

THESE TESTS:

1. Are recommended tests that should be given to the soccer referee.
2. Are based upon the different activity levels that a referee will encounter during the 90- minute soccer match.
3. Will evaluate the fitness levels in all aspects of the match, forward running at low, medium, high and maximal speeds.
4. Will evaluate the agility of the referee in backward and sideways movement as well as the agility/mobility movements in making the transitions that are required on the field.

Topic 9: Rules Comparison: NFHS/NCAA/FIFA

Background

Many officials work a variety of levels throughout the year. With so many teams to cover, it's not unforeseeable that mistakes can occur when moving from one level to another.

Activity

1. Refer to pages 75-82 of the NFHS Soccer Rules Book. Review the rules comparison of NFHS and NCAA Rules and FIFA Laws.

Topic 10: Evaluating Knowledge of the Game (Rules Exam)

Background

Most officials work in a variety of rules' venues: club, high school and college. Oftentimes officials are working all three venues in the same weekend! Use a study club opportunity to review the rules that are specific to high school.

Activity

Take the following NFHS Soccer Rules Exam Part I. Discuss the significant rules differences among club, high school and collegiate rules.

Place an emphasis on the use of signals. The use of signals is mandatory.

Topic 11: Safety

Background

Aside from winning and losing, the coaches, players and parents all hope for the same outcome: a safe and healthy game experience. The officials play a significant role in achieving that outcome.

Activity

1. Refer to page 32 for the Pregame Responsibilities of the Officials. Being familiar with the field of play and its surrounding areas is one of the most important ways to ensure safety.
2. Weather: you know the saying about Montana weather. The high school soccer season will begin with temperatures in the 90's and end in the 40's (hopefully no lower!). Officials need to be cognizant of weather factors that affect the field of play, the players, and the officials themselves. Discuss ways to minimize the impact of varying weather conditions on players and on the officials' crew.
3. Discuss ways to help minimize the risk of injury to officials. Experienced officials should mentor newer officials about physically preparing for the game situations.
4. The NFHS has provided a free online course titled, "Heat Illness Prevention." Although geared toward coaching, this course gives a 20-minute overview of minimizing risk for students when participating outside in the heat and might be of interest to officials. This course highlights the importance of hydration and understanding the best methods to acclimate students to warm temperatures. For more information, please visit nfhslearn.com or contact the MHSА office.

12. Procedures for Post Season

Background

Overtime procedures and other issues that do not apply to regular season games take effect during the post season.

Activity

Review the tie-breaking procedures outlined on pages 83-84 of the NFHS Soccer Rules Book.

Remember that by state association adoption, Montana uses two 10-minute overtime periods and then proceeds to kicks. Our state does not use the two 5-minute sudden victory periods.

RESOURCES

Need game reporting forms?

The game reporting forms for soccer have been updated. They are now available as a PDF or as a WORD template. Refer to the soccer page of the MHSA website: www.mhsa.org.

Need to refer to the MHSA or MOA handbooks?

A copy of the complete MHSA Handbook is available online. Go to the MHSA website: www.mhsa.org and click on Handbook. Some of the sections that might be of use are:

Rules and Regulations – includes Return to Play rules as well as the coaching rule, which might affect officials who also coach the sport.

Soccer – includes the general rules governing the administration of high school soccer in Montana.

MOA – includes the general rules for members of the Montana Officials Association.

Need national resources?

The website for the National Federation of State High school Associations contains a variety of information. Navigate to www.nfhs.org for more information. For concussion, heat and other soccer-related courses, visit www.nfhslearn.com.