





2023 House League Referee Training



Agenda

- Responsibilities of a Referee
- Laws of the Game and how to apply them
- Managing a game
- Signals
- Handling conflict on the field
- Field work
- Quiz



Responsibilities of the Referee

- 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



Responsibilities of the Referee

- Ensure a safe environment for the game
 - Arrive 30 minutes prior to the start of the game
 - Walk the field checking for noticeable damage to the playing surface
 - Check to ensure the goals are secured to the ground
 - Ensure corner flags are secured and tall enough to not cause a danger
 - Ensure benches are back far enough and spectators are not too close to the side lines
- It is NOT your job to fix the field, inform a coach/club house official
- It is your job to not start the game until the deficiency is fixed or an alternate field is found.



Responsibilities of the Referee

- After the game, you will:
 - Ensure the game ball is returned.
 - Have the home coach sign the game report.
 - Submit the game report (Must be done to get paid for the game)



Quick Guide to Common Rules

	Division 6	Division 1	Division 2	Division 3	Division 4	Division 5
# of Players	11 v 11	11 v 11	9 v 9	8 v 8	6 v 6	4v4
Ball Size	5	5	4	4	4	3
Periods	4	4	4	4	4	4
Duration	18	18	15	15	12 [^]	10
Heading	Yes	Yes	No	No	No	No
Punting	Yes	Yes	Yes	No	No	No
Offside	Yes	Yes	Yes	Yes*	No	No
Direct Free Kick	Yes	Yes	Yes	Yes	No	No
Penalty Kicks	Yes	Yes	Yes	Yes	No	No

* Offside is called between the Retreat Line and the Goal Line in Division 3.

[^] On weekday 10 minutes for Division 4



Uniform and Equipment

- House League Uniform: Referee Jersey, Black Shorts, Black Socks, Cleats AND Shin Guards
- Five Items you need at every game
 - A Whistle
 - A Timer/Watch
 - Pen/Pencil
 - Coin
 - Cards and Match Report Kit



STANDARDS OF DRESS AND APPEARANCE OFFICIAL U.S. SOCCER FEDERATION UNIFORM

UNIFORM: Always make sure your uniform is clean, neat, and professional in appearance.

CLASSIC UNIFORM

- SHIRT**
- Long or short sleeve
 - Yellow with black pinstripes
 - Men's or women's
- BADGE**
- U.S. Soccer Federation with current year (securely fastened to shirt over left chest).
 - The badge should be for the highest grade for which the referee is currently qualified

- SHORTS**
- Black shorts
 - Bottom edge of shorts not less than 3 or more than 7 inches above the top of the knee cap

- SOCKS**
- Black socks
 - U.S. Soccer Federation Referee Program 2-stripe socks

- SHOES**
- Black shoes
 - Black laces (may have white manufacturer's design)



ALTERNATIVE UNIFORMS

The following shirts have been approved by the Federation as alternatives that can be worn in case of color conflict. There is no order of preference among the alternate jerseys. The other parts of the referee uniform (shorts, socks, shoes) do not change if the referee wears an alternate shirt.



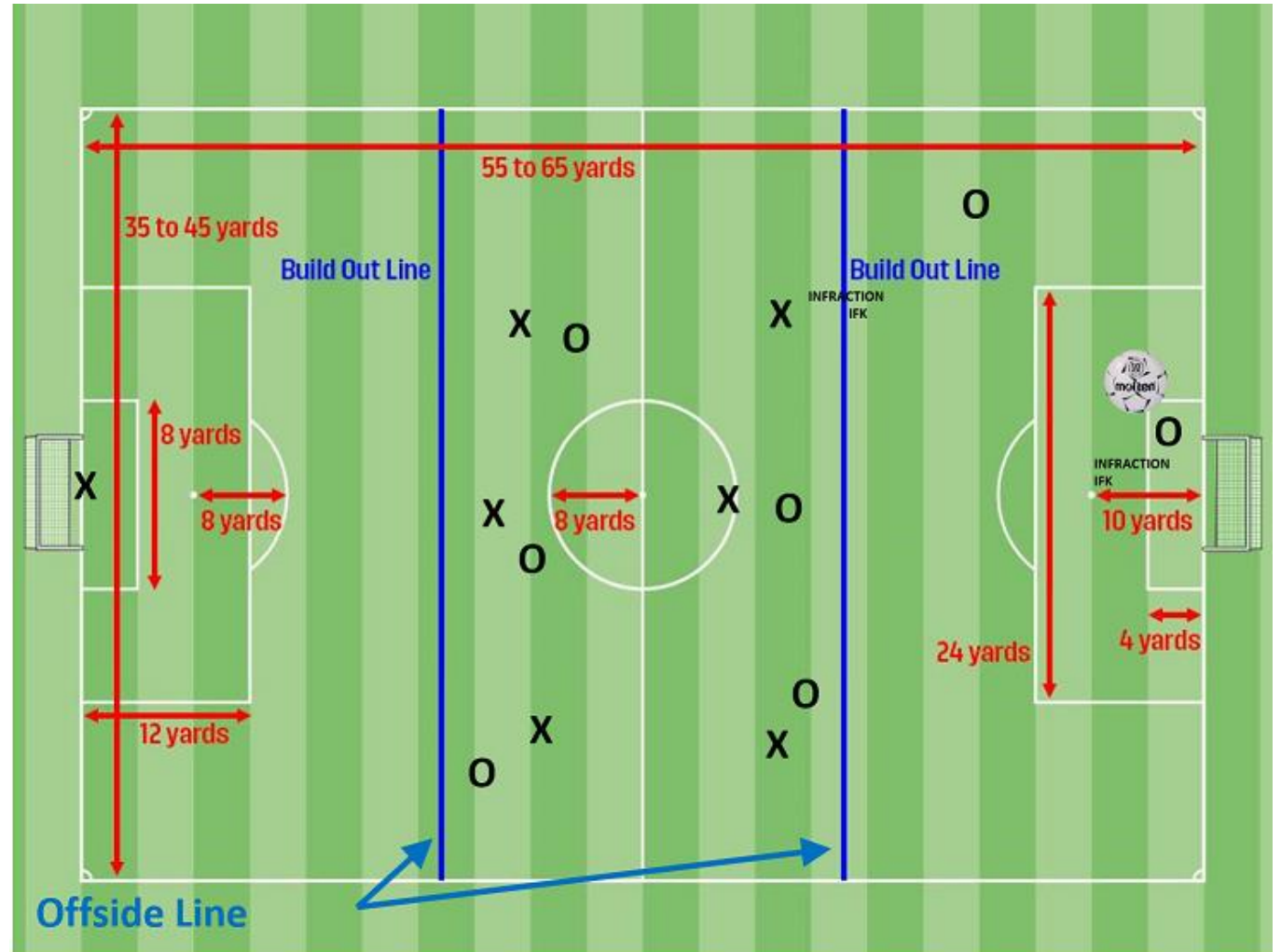
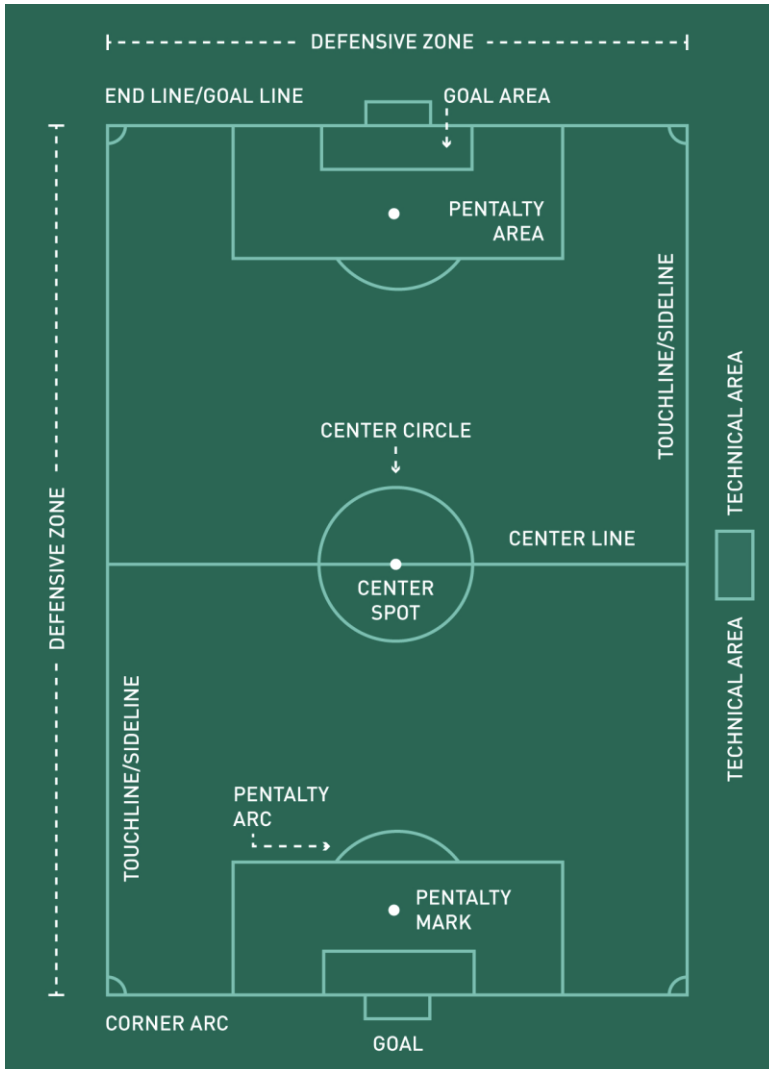
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Official Sports International is the official supplier of referee uniforms to U.S. Soccer.

Only manufacturer's logos and U.S. Soccer approved badges and/or emblems may be visible on the referee uniform.



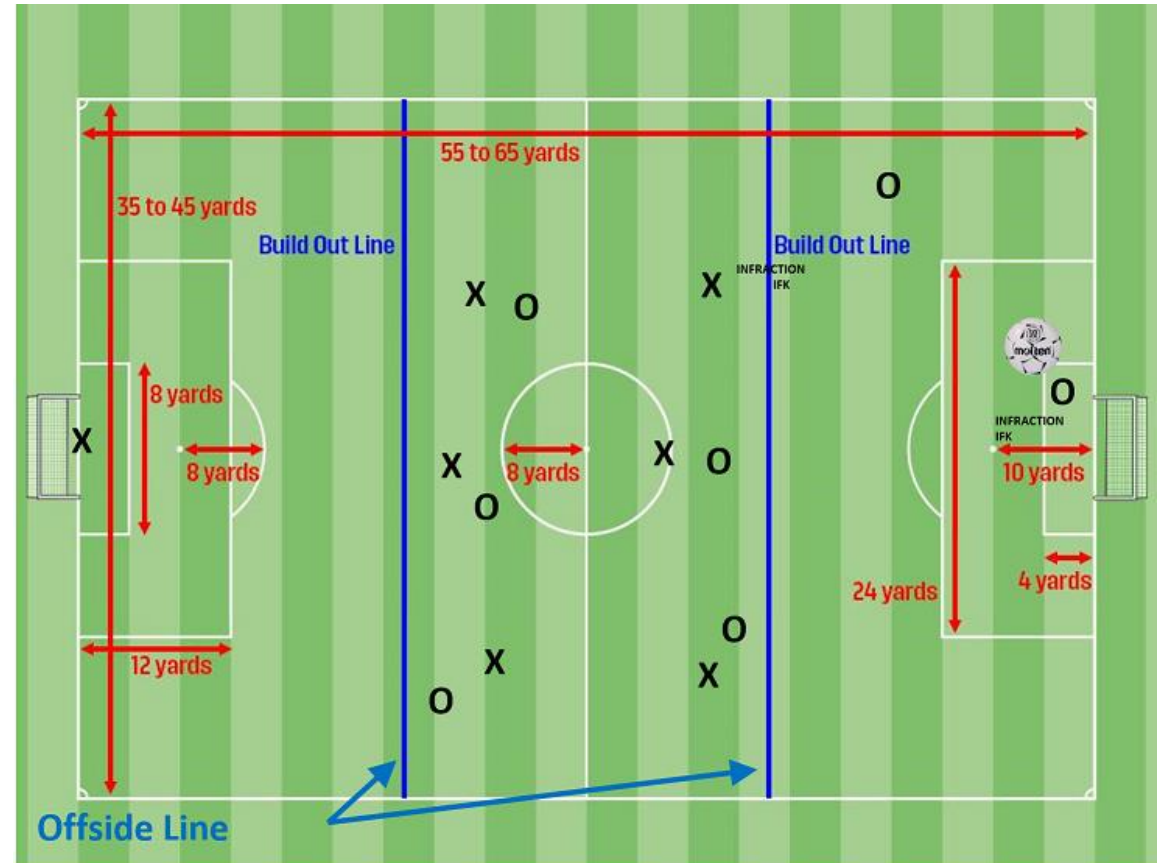
Law 1: The field of play





Law 1: The Retreat Line/Build Out Line

- When the goalie has the ball, the opposing players must fall back behind the retreat line.
 - The goalie does not have to wait for this, but if they do not wait and the other team gets the ball no foul.
 - Once the goalie releases the ball, the opposing team can move to the ball even if it has not crossed the retreat line.
- Goal Kick: All opposing players must be behind the retreat line. Once the ball is kicked, they can go to the ball even if it has not crossed the retreat line.
- Offsides in Division 3 is called between the retreat line and goal line.





Law 2: The Ball

- Game ball is to be supplied by the home team
- Check the ball for correct pressure (0.6-1.1 Atmospheres)
 - Firm with slight give. Not a rock, not a sponge
- Ensure the ball is the correct size for the division
- Return the ball to the home team coach at the end of the game.
- If the ball becomes defective, replace it with a different ball. If it can't be replaced during a stoppage, restart the game via a Drop Ball restart.

Table 2: Game Ball Size

	Division 6	Division 1	Division 2	Division 3	Division 4	Division 5
Ball Size	5	5	4	4	4	3



Law 3: Players

	Division 6	Division 1	Division 2	Division 3	Division 4	Division 5
Players	11v11	11v11	9 v 9	8 v 8	6 v 6	4 v 4
Min # of Players	Referee discretion	7	6	5	4	Coach discretion

■ Substitutions

- Both teams are permitted to substitute during any stoppage of play with the permission of the referee.
- Any player may change places with the goalkeeper during a stoppage in play with the referee's permission.
- Unlimited substitutions are permitted but Coaches are expected to play all players equal time (as much as possible).

■ Call Ups

- Coaches are provided with teams they can call players up from based on jersey colors.
- Call ups can only be players who are registered with house league. A call up can only play in two games in a single day. Their own game and one additional, or two games if their own team is not playing that day.
- Coaches can only call up players one division down and cannot call up players from within their division or older divisions.



Law 4: Player Equipment

Soccer cleats are the only permissible cleat allowed. If a player does not have cleats they can wear regular sneakers.

1. Players shall not wear equipment that is dangerous to another player.
 - a. No metal cleats/spikes allowed.
 - b. No Jewelry or watches allowed.
 - c. No casts (fiberglass or plaster) allowed.
2. Each player is to have a unique number. EXCEPT in the case of a call up who may wear the same number as a teammate.
3. Players will not be allowed to play until equipment issues have been corrected
4. If a player needs to make minor adjustments to equipment during the game, they do not have to leave the field of play to make correction. Example: shoe fall off.

EXCEPTION: If a player has a new piercing in the process of healing. They can keep the piercing in IF it is a stud AND they cover it with BandAids. This is only for piercings in the healing process and shall not be extended simply because the wearer has "sensitive ears".



Law 5: The Referee

- 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.
- The referee:
 - enforces the Laws of the Game
 - controls the match in cooperation with the other match officials
 - acts as timekeeper, keeps a record of the match and provides the appropriate authorities with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match
 - supervises and/or indicates the restart of play
- Law 6: Assistant Referee
 - New this year, request from the home coach to provide one linesman, this can be their assistant or a willing parent



Law 5: The Referee

- 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
- takes disciplinary action against players guilty of cautionable and sending-off offences
- 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). If, before entering the field of play at the start of the match, a player commits a sending-off offence, the referee has the authority to prevent the player taking part in the match (see Law 3.6); the referee will report any other misconduct
- has the power to show yellow or red cards and, where competition rules permit, temporarily dismiss a player, from entering the field of play at the start of the match until after the match has ended, including during the half-time interval, extra time and 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. A medical team official who commits a sending-off offence may remain if the team has no other medical person available, and act if a player needs medical attention
- acts on the advice of other match officials regarding incidents that the referee has not seen but makes the final decision.



Conflict Avoidance

- Do not show favoritism.
- Be clear and loud with your call. Know your signals and the direction of play
- Speak with Respectful Authority
- Be willing to listen, but make the call, don't let the "adults" make the call for you
- The answer to the following questions must be IMMEDIATELY known to you as soon as you blow the whistle to stop the game:
 - WHY did I stop the game?
 - WHAT action will I take?
 - HOW will I restart the game?
 - WHERE will I restart the game?



Knowing When/If to make the call

- What are the 4P's?
- **Possession of the ball.** Which means: control of the ball by the team and the player that was fouled.
- **Potential for an attack.** The ability to continue a credible and dangerous attack to goal .
- **Personnel.** The skill of the attackers as well as the team that is attacking, having a numerical advantage.
- **Proximity.** Proximity relates to the distance to the opponent's goal. The closer to goal the higher, the likelihood of applying advantage. So you can ask yourself as a referee, does the foul occur and the attacking third, middle third, or defensive third of the field?



Referee's are
not to be
abused by
players,
coaches or
parents.



What to do if you feel someone is out of control?

- If a player is being disrespectful to the referee:
 1. Warn the player
 2. Talk to the coach
 3. Card the player
 4. Eject the player
- If a parent is being disrespectful to the referee:
 1. Pause the match, tell the coaches to get the parents under control.
 2. If the coaches refuse to help, or the parent does not stop, end the match.
 3. Come directly to the clubhouse and report the incident.
- If a coach is being disrespectful to the referee:
 - If you are comfortable:
 1. Warn the Coach
 2. Card the Coach
 3. Eject the Coach
 - If you are not comfortable
 1. Pause the game, Request help from the opposing team coach
 2. If the other team's coach refuses to help, or the offending coach does not stop, end the match.
 3. Come directly to the clubhouse and report the incident.

At anytime, it is ok to leave the match to find either the House League Director or the House League Referee Manager. We will support you.



Referee Signals



Red and yellow card



Penalty kick



Advantage (1)



Advantage (2)



Indirect free kick



Direct free kick



Corner kick



Goal kick



Laws 7 – 17: Conduct
of the game



Law 7/8: Duration of the Game

■ Pre-Match Meeting

- Introduce yourself to the coaches
 - Let them know when you will inspect players
 - Get the ball from the head coach
 - Ask him to send over captains when you call for them for coin toss
- Introduce yourself to the captains
 - Conduct coin toss
 - Winner of toss gets to choose end they will defend
 - Other team gets the ball first.



Law 7 Duration

	Division 6	Division 1	Division 2	Division 3	Division 4	Division 5
# of Periods	4	4	4	4	4	4
Weekday (min)	18	18	15	15	10	10
Weekend (min)	18	18	15	15	12	10

Games will be terminated for the following:

1. Lightning and/or thunder. Play can resume 30 minutes after last sighting, if there is not enough time before the next game starts or the sun sets the game will be terminated.
2. Loss of visibility.
3. Inclement severe weather that is not thunder and lightning.

If a game is terminated in the first half, if possible, it will be rescheduled. If it is terminated in the second half the final score will stand.



Law 7/8: Duration of the Game

- Starting the Match
 - As a courtesy, ask if Goalies are ready. Not required.
 - Give signal to start the match
 - Kickoff team can kick ball in any direction
 - Opposing player can enter the center circle as soon as the ball is kicked
 - Infringement leads to kick retaken
 - If starting player kicks the ball twice, Opposing team is awarded an Indirect Free Kick
- Restart after goal will follow game start rules
- Restart at half – Teams will switch sides



Law 7/8: Duration of the Game

■ Drop 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.

■ Offences and sanctions

- 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 7/8: Duration of the Game

- Games shall be four periods
 - Provide a 2 minute break between periods 1 and 2, and between 3 and 4
 - Provide a 5 minute break at the half.
- Loss Time at end of each period
 - Maximum of 1 minute per period in order to keep the game on track
 - Reasons to add time:
 - Substitutions
 - Injured player
 - Wasting time
 - Medical stoppages
 - Delays to restarts
 - Penalty Kicks: Extend time to complete the penalty kick



Law 7/8: Duration of Game

- Signal the end of periods or game with three long blasts of the whistle
- Be mindful of time
- Abandoning match
 - If match is stopped prior to halftime it will be replayed (schedule permitting)
 - If a match is stopped after halftime, the final score will stand.



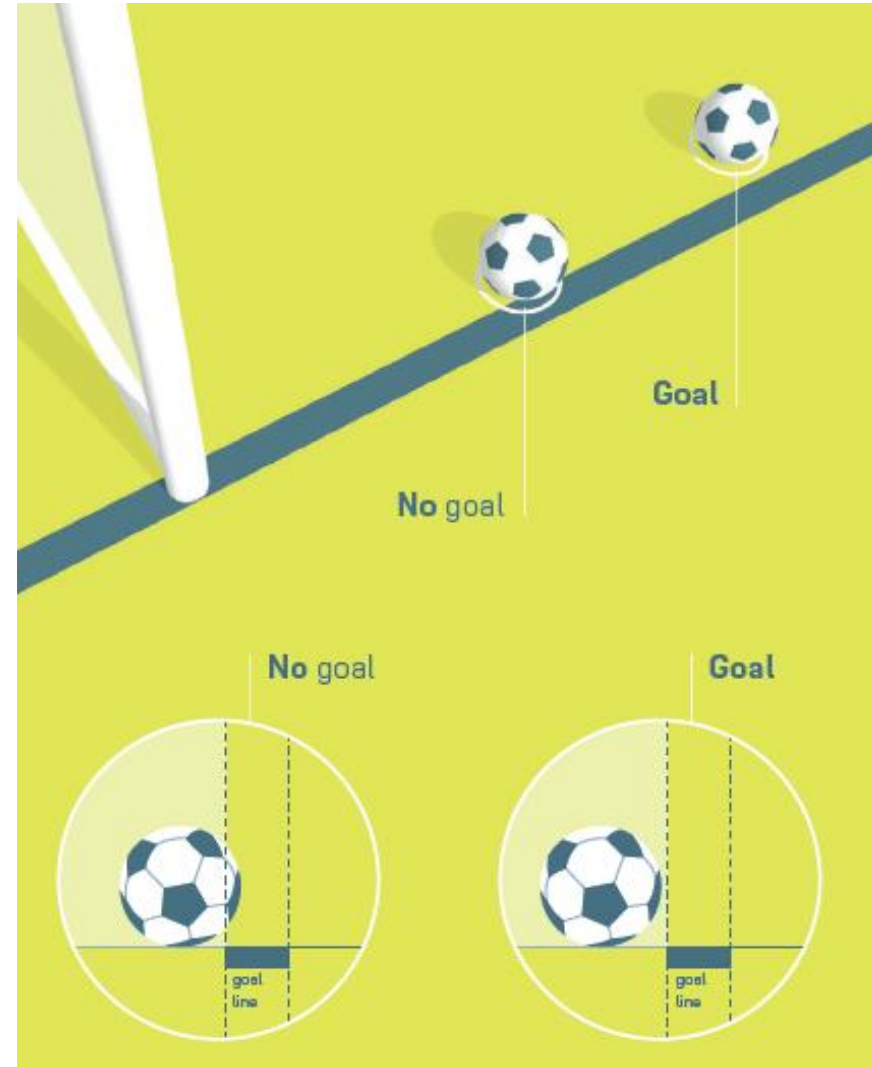
Law 9: Ball In and Out of Play

- Ball out of play
 - Ball Wholly passed over the goal line or touchline on the ground or air
 - Restart: Throw in, Goal kick, corner kick, or kickoff
 - Play stopped by referee
 - Restart: Kickoff, drop ball, Indirect or direct free kick, penalty kick
 - It touches a match official resulting in
 - A team starts a promising attack
 - The ball goes into a goal
 - Possession of ball changes
 - Restart: Drop ball
- 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 flagpost and remains on the field of play.



Law 10: Determining the outcome of a match

- What is a goal?
 - 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.
 - If a referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a dropped ball.





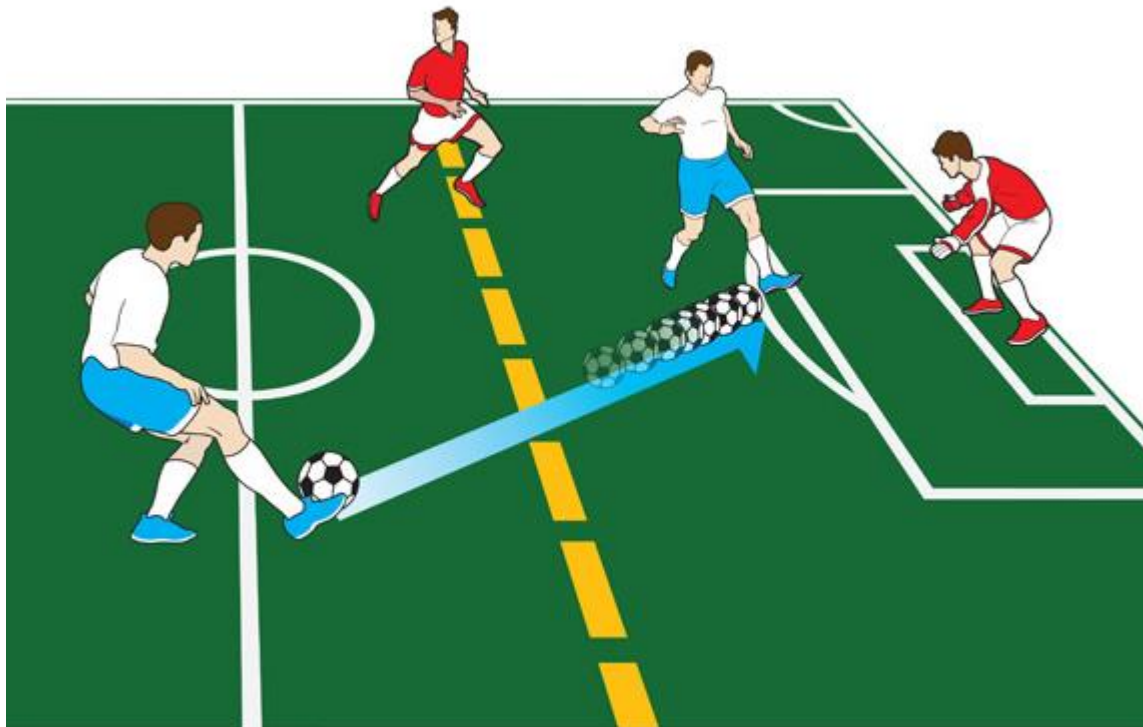
Law 10: Determining the outcome of a match

- Winning team
 - Team with the most goals.
 - Regular season Tie score ends the game in a draw
 - Playoff games:
 - Kicks from the penalty box determines the game
 - Goalie at end of the game stays in the goal
 - Five players from each team alternate kicking from the penalty marker
 - Most goals determines the winner



Law 11: Offside

- Only applies to Divisions 1, 2, 3 and 6. No Offside in Division 4.





Law 11: Offside

- 2 defending players (Goalie can be one) must be between the attacking player and the goal line for that player to not be in an Offside Position
 - It is not an offense to be in an Offside position
- An offside offense occurs when
 - The ball is passed to a player in an offside position
 - A player in an offside position inhibits the opposing team from defending against the attack
- If an offside offense occurs the defending team is awarded an indirect free kick

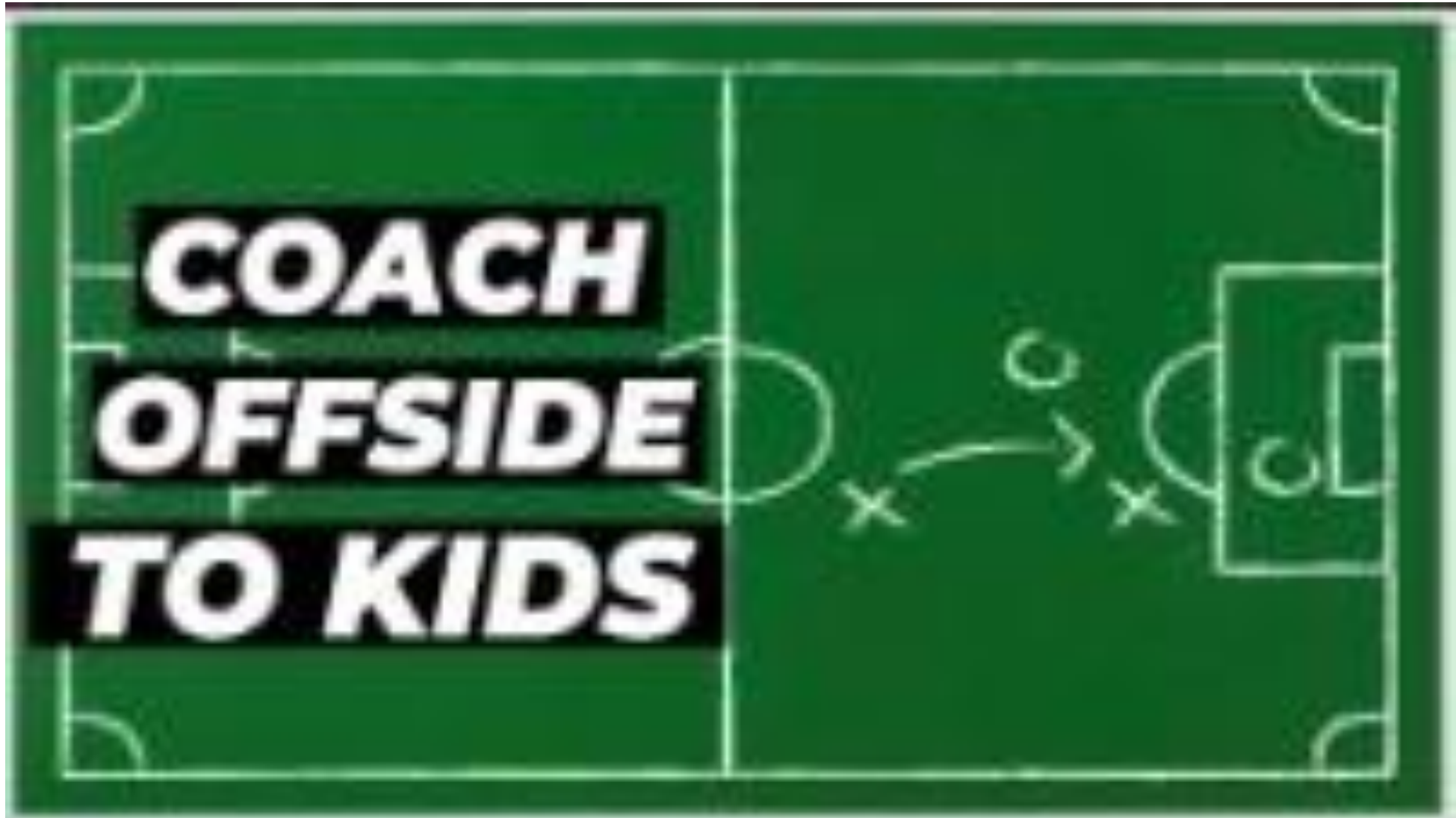


Law 11: Offside

- You cannot be in an offside position on your side of the field.
- There is no offside offense if a player in an offside position receives a ball from:
 - A goal kick
 - A throw in
 - A corner kick



Law 11: Offside





Law 12: Fouls and Misconduct

■ Direct Free Kick

- Offenses determined by the referee to be done in a manner that is 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



Law 12: Fouls and Misconduct

- Direct Free Kick
 - 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
 - throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object



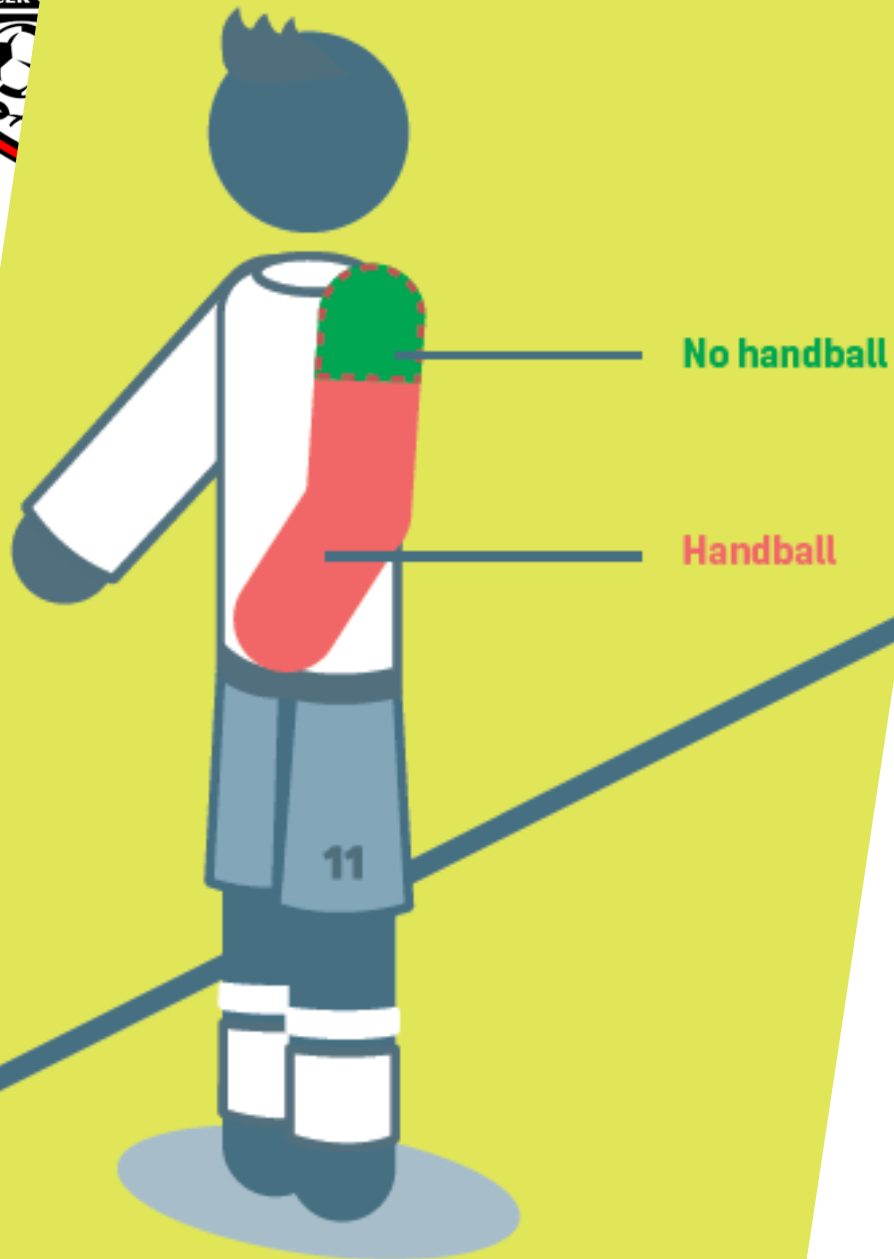
Law 12: Fouls and Misconduct

■ HANDBALL

- Deliberately touches a ball
- Causes the body to be unnaturally bigger

■ Not a handball

- Person does not have to remove their arm
- Non deliberate
- Does not result in a goal or advantage





Handball Flow Chart

Ball hits Hand

1. Deliberate?

No

2. Go into the goal directly?

No

3. Immediate goal scoring opportunity?

No

4. Player making themselves bigger?

No

5. From own head/body/foot

No

6. Breaking fall?

No Handball

Handball

Yes

Yes

Yes

Yes

Yes

Yes

No



Handball Examples





Law 12: Fouls and Misconduct

■ Indirect Free Kick

- 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 gestures 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
- commits any other offence, not mentioned in the Laws, for which play is stopped to caution or send off a player



Law 12: Fouls and Misconduct

- 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 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).



Law 12: Fouls and Misconduct

■ Yellow Cards:

- communicates a caution
 - Delay of game
 - Dissent
 - Entering or leaving field without permission
 - Failure to respect distance for drop ball or free kicks
 - Persistent offenses
 - Deception – feigning injury or pretending to be fouled
 - Any indirect or direct free kick offense
 - Lack of respect
 - Verbal distraction of opponent



Law 12: Fouls and Misconduct

■ Red Cards:

- Sends player off
 - denying the opposing team a goal or an obvious goal-scoring opportunity by a handball offence (except a goalkeeper within their penalty area)
 - denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick (unless as outlined below)
 - serious foul play
 - biting or spitting at someone
 - violent conduct
 - using offensive, insulting or abusive language and/or gestures
 - receiving a second caution in the same match



Law 13: Free Kicks

- Indirect Free Kick
 - Ball cannot enter goal before touching another player
 - If this happens award a goal kick
 - Ball must be stationary before kick
 - The kicker cannot touch the ball after it has been kicked until it has been touched by another player
 - Opponents must be 10 yards from kicker



Law 13: Free Kicks

- Direct Free Kick
 - Ball can enter goal before touching another player
 - Ball must be stationary before kick
 - The kicker cannot touch the ball after it has been kicked until it has been touched by another player
 - Opponents must be 10 yards from kicker



Law 14: Penalty Kicks

- A penalty kick is awarded when a direct free kick offense is committed by a defending player in the penalty area
 - Ball can enter goal before touching another player
 - Ball must be stationary before kick at the Penalty Marker
 - The kicker cannot touch the ball after it has been kicked
 - Opponents must be outside of the penalty box except the goalie
 - Goalie must remain on the goal line until the ball goes into play with at least part of one foot physically touching the goal line



Law 14: Penalty Kicks

	Outcome of Kick	
	Goal	No Goal
Goal keeper infraction impacts Kicker	Goal	Retake with warning
Goal Keeper infraction does not impact kicker	Goal	Play continues
Kicker infraction	Indirect Free Kick to defending team, caution kicker	



Law 15: Throw In

- Rewarded when ball leaves play over a touch line
- Goal cannot be scored directly from a throw in
 - Opponent's goal – Goal kick
 - Thrower's goal – corner kick
- Good Throw in
 - From the spot ball left the field
 - Feet down, on or behind the touchline
 - Two hand over head throw
- Offenses
 - Thrower touches the ball before another player does (Direct Free Kick or PK)
 - Opponent impedes thrower (closer than 2 yards) or unfairly distracts (Caution, IFK to throwing team if ball is thrown)



Law 16: Goal Kick

■ Goal Kick

- Ball goes out of bounds by attacking team over the goal line
- Ball must be stationary within the Goal area of defending team
- Opponents must remain outside the penalty area until the ball is in play
- NEW: Once the ball is kicked, players do not have to wait until the ball leaves the penalty box. They can move directly to the ball.
- Fields with a Retreat Line: At division 3 and 4, opponents fall back behind the retreat line during the goal kick. Once kicked, they can move to the ball, it does not have to cross the retreat line.

■ Offenses

- Kicker touches the ball after it is in play before another player touches it (IFK)
- Handball: DFK outside of penalty box, PK inside unless it was the goalie kicking then IFK



Law 17: Corner Kick

■ Corner Kick

- Ball goes out of bounds by defending team over the defending teams goal line
- Ball must be stationary withing the Corner kick area of attacking team team
- Flag pole cannot be removed
- Opponents must stay 10 yards from corner arc

■ Offenses

- Kicker touches the ball after it is in play before another player touches it (IFK)
- Handball: DFK outside of penalty box, PK inside unless it was the goalie kicking then IFK



What's next:

- You will receive a link to an exam via email.
 - You will have one week to complete the exam, you must complete the exam in one sitting.
 - You can use the IFAB Laws of the Game AND the CSC Laws of the Game.
 - You will have 2 chances to pass the test.
- Once you pass the exam you will receive an invite to join Arbiter
 - Use the invite to register for Arbiter.
 - You will need to click the box saying you are ready to accept games
- Attend the Field Practices.
- You will receive your uniform, whistle and match book at the first match you referee.