

ADDITIONAL SCENARIOS

1. One team arrives for a match with 18 team members.

According to the Laws, what should the referee expect to be told about the substitutes in this situation?

To be informed which are the 7 named substitutes.

How many of these 7 will the referee permit to be substituted?

3

If this had been an AYSO U-16 or U-19 match, what is the maximum number of substitutes the referee could allow?

7

2. During a match a player wants to change places with the goalkeeper.

Is this allowed?

Yes.

Under what conditions is this change allowed?

Referee informed, stoppage in play.

3. Which players may change places with the goalkeeper?

Any other player who is on the field.

4. A player is about to be replaced by a substitute. The referee is informed, he signals for the substitute, who enters at the halfway line, and "tags" the player he is replacing. The player then leaves the field of play.

Is this the correct procedure for a substitution?

No.

If not, name (in order) the four steps involved in a substitution.

(1) Inform referee; (2) player leaves the field; (3) substitute waits for referee's signal; (4) substitute enters at the halfway line.

When is the substitution complete?

When the substitute enters the field (according to the procedure outlined in Law 3) and becomes a player.

5. During a match a substitute taunts an opponent.

What should the referee do and what part of the Laws supports her authority to do so?

Caution the substitute for unsporting behavior and show the yellow card. All substitutes are subject to the authority of the referee whether called upon to play or not. Law 3, Substitution Procedure, bullet 7.

6. In the 50th minute the assistant referee informs the referee that an unauthorized substitution has occurred.

What is the appropriate punishment?

Immediately stop play, caution the substitute and show the yellow card; require the substitute to leave the field of play.

7. What is the restart in the previous scenario if play was stopped to punish the improper substitute?

Play is restarted with an indirect free kick.

8. A player calls an opponent an insulting name just before the game begins and is sent off.

May he be replaced?

Yes.

Who may replace him?

A named substitute.

9. A player is substituted due to injury. As he is being treated off the field, he sticks his foot onto the field and deliberately trips an opponent who is playing the ball.

What action should the referee take?

Stop play; caution (or send off) the guilty substitute, show the yellow (red) card;

restart by an indirect free where it was when the offense occurred.

10. Who commits fouls?

Players.

Can substitutes commit fouls?

No.

11. Which of the following are Outside Agents: Substitutes, coaches, spectators, players who have been sent off, the team mascot?

Spectators and players who have been sent off are outside agents. The team mascot may be considered a Team Official or an outside agent depending on its formal association

12. Referees, assistant referees and field equipment that interfere with play are called what?

Neutral objects.

13. An enthusiastic substitute in a U-14 match enters the field and attempts to kick the ball. His kick is poorly directed and dangerous to the opponent playing the ball.

What should the referee do?

Stop play; caution the substitute, for misconduct (entering the field without the referee's permission, and remove him from the field; restart by indirect free kick where it was when play was stopped.

14. Who commits misconduct and are shown a yellow or red card?

Players and substitutes, but only during the match. If misconduct is committed before or after the match, a match report must be written and submitted to the appropriate authority. (Law 5)

15. During the normal course of play, who may enter and re-enter the field?

Players, assistant referees, and the referee.

16. During play, the ball is rolling over the touchline. A coach reaches out his foot and stops the ball before the whole of the ball completely crosses the line.

What should the referee do?

Restart by dropping the ball.

Why?

The restart for interference by any Team Official is a dropped ball.

17. After a temporary suspension resulting from interference or action off the field, what is the restart?

A dropped ball.

If the ball was out of play before the temporary suspension, what is the restart?

Restart according to the circumstances by which it was out of play

ATTACHMENT

Objective of the Game Outdoor or Gymnasium Game:

Purpose: Demonstrate to the students and allow them to practice, in a simulated game, the objectives of soccer.

CONDUCT:

Create a small field of play, markings optional, with an area marked as a goal with cones or a mini-goal.

Divide the students into two teams.

Students (players) will be designated as Attackers (attacking third of the field), Midfielders (middle third of field), or Defenders, including a goalkeeper (defending third of field).

Players are instructed to throw a soccer ball to a teammate and attempt to score a goal by throwing the ball. Players may also run on the field. Upon receiving the thrown ball the receiving player must yell his/her objective before a defending player, who is marking the attacking player, yells his/her objective. Players running must yell their objective when they enter another portion of the field (attacking, middle or defending third) before a defender in that area yells.

The instructor will blow a whistle and award the ball to the defender if he/she yells first and play will continue.

Objectives to be used by players

Field Position	Attacking	Defending
Attackers	Score	Regain
Midfield	Advance	Delay
Defender	Possess	Stop

Continue the game as long as time permits.

ASSISTANT REFEREE POSITIONING DRILL

Place students at approximately 10-yard intervals on the touchline, facing the field, beginning just inside the halfway line and continuing toward the goal line.

Place two assistant instructors on the field of play approximately 30 yards from the touchline where the students are standing. Identify one assistant instructor as a defending player and one as an attacking player. Place the attacking player slightly in an off side position relative to the defending player.

Beginning with the student farthest away from the players to indicate if the attacking player is in an offside position or not. Do not accept "I don't know."

Continue the questioning until all students have responded.

If needed repeat placing the attacking player level with the defender.

Students should make errors in their assessment of the offside position unless they are level with the defender.

Emphasize the importance of proper assistant referee positioning

Referee Warm Up and Physical Conditioning

Foundation Posture (to prepare for proper stretching)

- Place feet hip width apart.
- “Grab the ground with the toes.
- Slightly relax and soften the knees.
- Pinch in buttocks.
- Pull in abdomen.
- Place shoulders back, but don’t over tighten them.

This is the posture in which your body, especially your vertebrae, can absorb much of the shock of movement. If possible, this is the desirable posture for most people. If pain or discomfort occurs, stop and see a doctor.

Demonstrate the active and passive stretches. Invite students to participate, alternating legs for each exercise. It may be easier for participants to focus on the activities by holding onto a fence, wall, pole, or other stationary object.

Active Stretches (using muscles that oppose those we want to stretch – no pain)

- *General leg:* Lift straight leg about 45 degrees, hold, then lower leg.
- *Hamstring:* Lift straight leg about 45 degrees then point toes toward knee; relax lower leg.
- *Achilles tendon:* Lift straight leg about 45 degrees; point toes, then pull toes upward toward knees. Repeat several times. Relax, and then lower leg.
- *Quadriceps:* Place hands in the small of the back. Lift leg backward with knee bent. Using only leg muscles (not hands) pull knee back as far as possible while pointing toes toward knee. Relax, and then lower leg.
- *Upper body:* Stretch arms wide, and as far back as is comfortable. Slowly pull them forward and cross them until the elbows bend and the hands can grab the shoulders. Repeat, letting other arm cross on top.

Referee Warm Up and Physical Conditioning

Passive Stretches

- *Inner and outer leg:* Stand on one leg, lift opposite foot backward and drop hip. Hold position, and then raise hip and lower foot.
- *Hamstring:* Keeping lower back stable, slowly stick buttocks out until toes begin to come off the ground. Move forward to foundation posture by tightening hamstrings.
- *Arms and upper body:* Place hands low in front and lace fingers. Lift until over the head, then let go and bring hands and extended arms down and out until they reach the sides of the body.

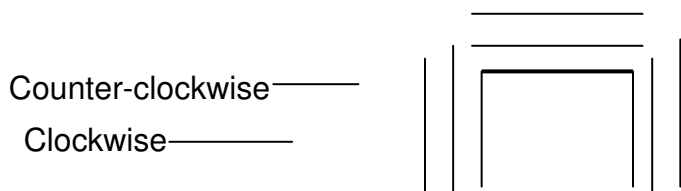
Jog to warm up (normally 2-5 minutes)

- Begin slow and easy, knees coming up slightly.
- While slightly increasing pace, bring knees higher.
- Lift knees toward chest and kick up heels.
- Slow down and stop.

Jog for speed

- From goal line, run (do this using at least 60% speed) to goal area line (the 6 yard line), and then jog back.
- From goal line, run to penalty area line (the 18 yard line), and then jog back.
- From goal line, run to the halfway line, and jog back.
- From goal line, run to the far penalty area line, and jog back.
- From goal line, run to the far goal area line, and jog back.
- From goal line, run to opposite goal line, and then continue around the field varying speed and direction. Run backward and sideways (without crossing legs) both left and right.

Jog for flexibility (use three sides of a 10 yard square)



- Run the course counter-clockwise at 60% speed, and then turn and run clockwise.

Run the course counter-clockwise at 80% speed, and then turn and run clockwise.

Pre-Game Warm up

Initial jogging should be done before stretching-**you should be warm before stretching**

Adequate stretching can be done from a standing position



Warm up should be completed not more than 10 minutes prior to the match

Additional individual stretching can be added to meet individual needs

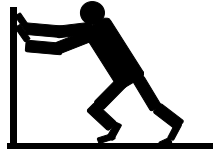
Initial Running Warm Up

Jog for approximately 5 minutes (May be done while checking field conditions or jogging with assistant referees while giving initial pre-game instructions)

You should feel warm before beginning stretching

After this warm up complete Stand-up stretching

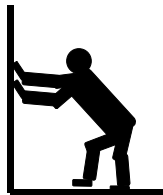
Leg Stretch



Stretch hamstring and Achilles

- Place hands on fence or wall at shoulder height
- Bend one knee and place knee slightly in front of shoulders
- Extend other leg behind until on tip-toes with arms extended
- While pushing on the fence or wall stretch back leg, lowering the heel to ground
- Hold for fifteen seconds
- Repeat with other leg
- Repeat at least twice

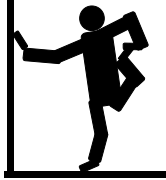
Calf & Thigh Press



Isometric pressure on calf and thigh muscles

- Place hands on fence or wall at shoulder height
- Bend one knee and place knee slightly in front of shoulders
- Place other leg under the body center of gravity with little or no weight on it
- While balancing on the fence or wall press the forward leg forward
- Hold for fifteen seconds
- Repeat with other leg
- Repeat at least twice

Standing Leg lift



Stretches front of calf muscles

- Place hands on fence or wall at shoulder height
- Place one leg under the body center of gravity
- Pull the other leg up behind the back with the opposite arm as high as possible
- Hold for twenty seconds
- Repeat with other leg

Arm Stretch



Stretch upper back muscles

- Place one arm overhead and grasp the elbow with the other hand
- Pull elbow down toward head
- Hold for twenty seconds
- Repeat with other arm

Running after Stretching

After stretching continue warm up with the following:

- 50 yard fast jog with sprints

- Back peddle 10 yards, run forward 10 yards- alternate for 50 yards

- Side step four steps leading with the right foot then turn and side step four steps leading with the left foot- repeat for 50 yards

- Sprint 50 yards changing direction quickly every five steps

Preparation for Assessment

Assessment requirements for Advanced Referee:

- One as Referee
- One as Assistant Referee
- U14 or higher match
- Scheduled by Regional Referee Administrator or Regional Director of Assessment
- Assessor assigned and assessment approved by Area Referee Administrator or Area Director of Assessment

Assessment Guidelines for the Advanced Referee Candidate

Before the Match

- Arrange the match and request the assessment at least two weeks prior to the match. Do not schedule activities immediately before or after the match.
- Arrange your referee team; coordinate primary and secondary colors for the uniform. Shirts must match so that the referee team looks like a team.
- The referee team should arrive at least 30 minutes prior to the start of the match, in uniform with shined shoes and all appropriate equipment (flags, watch, etc.).
- Meet the assessor and complete your paper work early so that you may then concentrate on the game.
- The referee team must inspect the field. If there is a game in progress, walk around the perimeter of the field looking for proper placement of the corner flags; correct positioning of the goal, and unusual field conditions.
- The pre-game instructions should be done off the field. The assessor needs to hear this discussion. Be sure to discuss level of play, game length, diagonal used (right or left), assistant referee positions and responsibilities for all restarts, other assistant referee duties (senior AR, regarding fouls, fights, etc.), signals that should be used to communicate with the assistant referees, any special rules (local, area, or tournament), and substitution policy.
- The referee team should inspect each team and the line-up cards.
- Get a suitable ball from the home team.
- The referee team enters the field together and moves to the center spot for the coin toss. If necessary, conduct the coin toss off the field while a previous match is finishing. It is important that your match begins on time.

During the Match

- Smile and relax. Forget about the assessor and try to conduct the match as you normally would.
- Referee with authority using sharp arm signals and whistle confidently. Be in control. Be professional.
- Use proper mechanics and work diligently to maintain proper positioning during active play and for restarts.
- Use proper procedures when cautioning or sending-off a player or coach.
- The referee team needs to work together and communicate frequently via eye contact or signals.
- Assistant referees need to keep the flag (unfurled) on the field side / referee side at all times while the ball is in play, signal smartly, and maintain eye contact with the referee.
- At the end of the first half, the start of the second half, and at the end of the match the referee team should exit or enter the field together.
- At half time the referee team should discuss changes to be made by the referee team in the second half, if any.

- Start the second half on time and end it on time.
- At the end of the game, collect the ball and meet the assistant referees at the center circle. Leave the field together.

After the Match

- Get a drink, gather your equipment, and meet with the assessor at an agreed location near the field but away from others. Allow about 30 minutes for the assessor to discuss the match and your performance with you.
- The assessor will either tell you that you have passed the assessment or that you require another observation.
- Listen carefully to what the assessor says. Remember the assessor's objective is to help you become a more effective referee and make your games more positive, exciting and fun.
- Note the assessor's comments and incorporate the suggestions that will help your officiating.
- If you are told that another assessment is recommended, remember that it is NOT a failure. The assessor has your interest and welfare at heart. The assessor wants to be sure your officiating proficiency and enjoyment is improved.
- Congratulations! You did your best and hopefully have learned from the experience, regardless of the outcome of the assessment.

Referee Self Assessment

- Was I mentally and physically ready for this level of play?
- Did I call the game too tightly?
- Did I call the game too loosely?
- Was I too fussy about minor details?
- Was I too quick with the whistle?
- Was I too slow with the whistle?
- Was I too sensitive (thin-skinned)?
- Did I over-react?
- Did the coaches, parents or spectators influence my performance?
- Did I allow negative or abusive behavior to influence my decisions?
- Did I make any mistakes with important decisions?
- Did I maintain a professional manner in dealing with players and coaches?
- Did I work with my assistant referees as a team?
- Was the match safe, fair, and fun?
- What will I do differently next game?
- Did I have fun?

OBJECTIVES OF THE GAME

LOCATION OF BALL Team	TEAM POSSESSING BALL	
	Our Team	Opponents
Attacking Third	SCORE ADVANCE POSSESSION	REGAIN DELAY
Midfield	ADVANCE POSSESSION	DELAY REGAIN
Defending Third	POSSESSION ADVANCE	STOP SCORING REGAIN

ATTACKING OBJECTIVES:

SCORE –

The ultimate objective of the game is to score the most goals.

ADVANCE –

The ball must be advanced to be within scoring distance.

POSSESSION –

Possession of the ball must be maintained in order to advance within scoring distance.

DEFENDING OBJECTIVES:

STOP SCORING –

The ultimate objective can be restated as preventing the opposing team from scoring the most goals.

DELAY –

When the opposing team gains possession of the ball, their advance must be delayed to gain time to organize the defense.

REGAIN –

Regaining possession of the ball is the defensive objective once the defense is organized.

PRINCIPLES OF PLAY

The Principles of Play support the Objectives of the Game. Just as the Objectives change depending upon where you are on the field and which team has the ball, so do the Principles of Play vary depending upon the same circumstances. There are Attacking Principles and Defending Principles that counteract one another.

ATTACKING PRINCIPLES

Penetration	Countered by
Depth	Countered by
Mobility	Countered by
Width	Countered by
Creativity	Countered by

DEFENDING PRINCIPLES

Delay
Depth
Balance
Concentration
Composure

Attacking Principle Definitions:

- **Penetration** - Advancing the ball past opposing players by shooting, dribbling, running, passing or using 2 v 1 situations.
- **Depth** - Supporting teammates by reading the game, providing strong communication, creating safe options and opportunities for advancement, and creating numerical superiority.
- **Mobility** - Creating attacking opportunities through change in position, movement off the ball, and creating numerical advantage.
- **Width** - Attacking on a broad front stretching the defense and creating space, isolating defenders to 1 v 1 and creating opportunities for through-balls.
- **Creativity** – Individual flair achieved by takeovers, overlaps, diagonal runs, and blind side runs.

Defending Principle Definitions:

- **Delay** - Slowing down the attack by closing the gap and denying space to allow the defense to get organized.
- **Depth** - Assisting the defense by providing strong communication, reading the attack, and creating numerical superiority.
- **Balance** – Reading the attack and providing an equal or greater number of defenders than attackers at the point of attack while simultaneously covering the vital area near the goal.
- **Concentration** - Compressing or restricting (shepherding) the attack into a confined area making it more predictable and easily defended.
- **Composure** – Patience to delay and wait for support, discipline to play ball-side goal-side to take away shooting opportunities.