

AYSO National Referee Program

READY, SET, REF!

Companion to the
Ready, Set, Ref! Video



Developed by the
American Youth Soccer Organization

READY, SET, REF!

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Welcome!

To the Volunteer

Thank you for volunteering to serve as a referee in the American Youth Soccer Organization (AYSO). You are an important member of the AYSO Team. With your help, we can provide the highest-quality youth sports program available. By using this workbook in conjunction with your classroom training and our *Ready, Set, Ref!* video, you will be well on your way to a successful, rewarding experience. Good luck and happy refereeing!

The American Youth Soccer Organization

AYSO is a nonprofit organization that stresses youth development. In AYSO, the kids come first—before the volunteers, the parents or the game. We use soccer as a tool to enable the players to become better persons and to learn the value of a winning attitude and outlook on life.

AYSO Philosophy

We emphasize five principles for participation in our soccer programs.

Everyone Plays—Our program's goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.

Balanced Teams—Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play.

Open Registration—Our program is open to all children between 4½ and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

Positive Coaching—Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.

Good Sportsmanship—We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

The National Referee Program

The AYSO National Referee Program (NRP) is a comprehensive training program for volunteers. It is developmentally based. It trains volunteers based on their increasing experience and the abilities acquired through accumulated games and continuing education. Referees are trained for each level of play they will face as they advance through the program.

The initial referee training, which is provided at the regional level, prepares the new referee to officiate the younger players who are playing in the short-sided matches recommended by the AYSO Coaching Program. Experience in U-6 and U-8 is helpful before attempting U-10 and U-12 matches. As you gain additional experience, you will likewise need additional training to gain the necessary knowledge and confidence to do higher-level games. Contact your regional referee administrator for information on further training offered by your region, area and section referee staffs.

How to Use This Field Workbook

This workbook contains useful information that supports what you learn in the AYSO entry-level referee courses, and many things covered both in the courses and in this workbook are illustrated in the *Ready, Set, Ref!* video. A quick reference is at the front of the book. It helps you locate main topics quickly.

The workbook portion allows you to reinforce your knowledge of important ideas and to self-correct any bad information you may have gotten. The answers to all the quizzes are in the back of the book, and some extra hints and explanations can be found there, too.

All information is cross-indexed to FIFA's *Laws of the Game*, the international rule book for soccer. The current AYSO edition of *Laws of the Game* and the current AYSO *National Rules and Regulations* are the official texts for AYSO referees.

This workbook allows you to learn at your own pace and to repeat any section as often as you wish. Everything here is meant to give you what you must know to be a good beginning referee—there are no tricks, no double meanings, no deceptions to fool you. Make this *Ready, Set, Ref!* Workbook a part of your referee's kit.

Chapter 1—Learning About the Field and the Ball

Purpose of the Field

The main function of the field is to confine play to a reasonably sized and safe area. It is defined by lines and areas that help promote fairness in the game, and its size is related to the reasonable amount of space that supports fun.

Safety

The boundaries of the field should enclose a safe playing environment. Inspect the field to be certain that no dangers exist. Here are some things to look for.

- broken bottles
- golf balls, golf tees, baseballs, etc.
- sticks, metal, rocks, stones, other debris
- obstructions like pipes, sprinklers, concrete, etc.
- holes, trenches or gopher mounds
- broken or damaged corner flags, goals or nets—be sure goals are securely anchored.

Be certain to remedy all dangerous situations before play begins, even if the match is delayed a few minutes. A short delay is preferable to a needless injury.

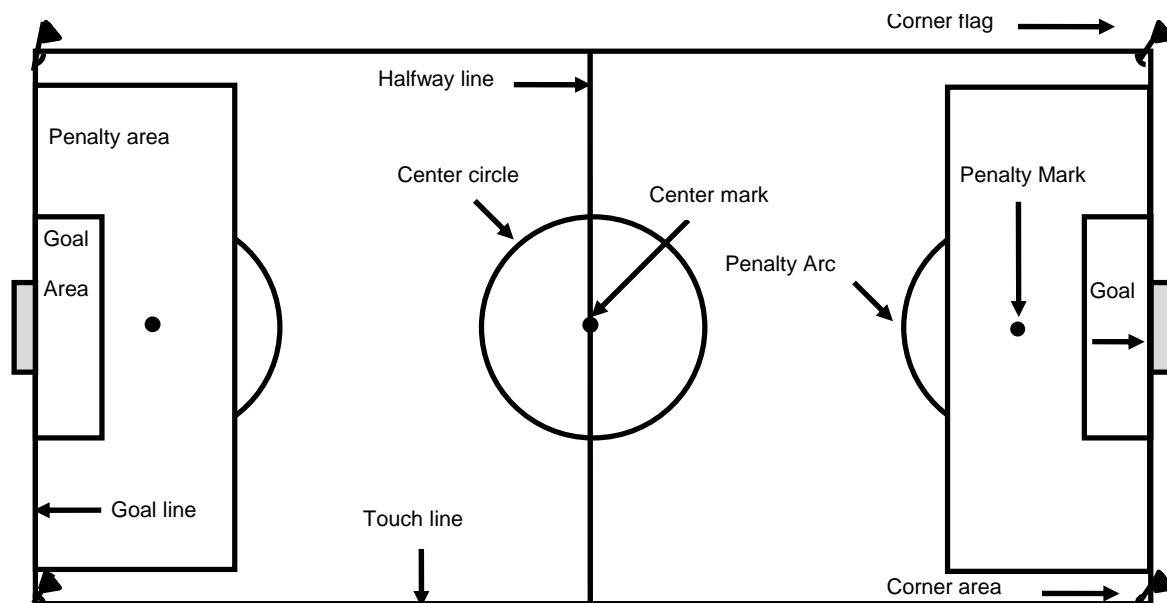
Size and Shape

The fields in AYSO come in all sizes but only one shape: rectangular. This is in accordance with FIFA's *Laws of the Game*, the international rule book for soccer. The FIFA *Laws* allow for different-sized fields in youth soccer games, but fields must always be longer than they are wide.

Field Areas and Markings

For new referees, the names of the parts of the field are very important, but knowing the exact measurements is something that you can work on later. Locate the following field features by using the diagram:

- goal
- goal line
- goal area
- penalty area
- penalty arc
- center circle
- center mark
- corner area
- corner flag
- touchline
- halfway line flags



IMPORTANT: The lines are part of the areas they describe. For example, the line that marks the boundary of the penalty area is considered part of the penalty area. So if the ball is on or above any part of that line, it is still in the penalty area. Likewise, the goal lines and touchlines are considered part of the field of play and not out of play.

To find out more about parts of the field and to learn the correct measurements, read “LAW 1—The Field of Play” in the AYSO edition of FIFA’s *Laws of the Game*.

You will encounter fields that are poorly or incorrectly marked. The general rule of thumb is if you cannot have it corrected but it’s safe, go ahead and play. Don’t use missing or incorrect lines as an excuse to cancel a game. Report the condition of the markings to the regional commissioner or director of fields.

Equipment

A field should have two goals and four corner flags to be minimally equipped. The goals need to be the same size and, if possible, should have nets. The nets must be secured tightly to the uprights and crossbar and be firmly staked into the ground. Be certain that portable or movable goals are securely anchored in the ground. If the goal itself is cracked or wobbly, or has splinters, nails, screws or burrs sticking out, don't use it (unless you can fix it). It's dangerous!

The corner flags should be located at the outside edges of each corner. They need to be at least 5 feet high and pose no great danger to the players. For example, metal pipes set in concrete must not be allowed.

Flags or cones may be placed at the halfway line as optional equipment, but they must be at least one yard off the field of play. Do not allow them to be placed on the touchline.

Picking the Ball

The ball must be spherical and of the proper size and weight. Look for a ball that says "FIFA Approved" on it, and you usually can be sure that the ball is the proper weight and materials for a given size. As referee, *you* decide which ball to use for each match, not the coaches.

To find out more about ball size and weight, read "LAW 2—The Ball" in the AYSO edition of FIFA's *Laws of the Game*.

Correct Size

U-6 and U-8 players normally play with a size-3 ball. U-10 and U-12 players play with a size-4 ball, and older players use a size 5. This information is on the back of the official AYSO lineup card.

Safe Condition

A safe ball is smooth, with no panels flapping loose or panel edges broken off. The inflation hole is not sticking up, and the ball is not overinflated. Finally, the panels are not scratched or worn thin with biting edges, and they have not become brittle or stiff with age and exposure.

Proper Inflation

Regardless of size, a properly inflated ball is firm yet resilient. A good test is to hold the ball and press on one panel with both thumbs. The panel should deflect about 1/4 inch. If it doesn't, the ball is too hard. If it compresses much more, the ball needs some air. Either condition is dangerous.

Quiz—Chapter 1

True or False

- | | | |
|---|---|---|
| 1. The lines on the field are mainly to promote fairness in the game. | T | F |
| 2. Soccer may not be played without a properly marked field. | T | F |
| 3. Corner flags should be one yard off the field. | T | F |
| 4. The proper size ball for all youth games is size 5. | T | F |
| 5. A regulation soccer ball will say "FIFA Approved." | T | F |
| 6. A ball with loose panels is okay if it's soft. | T | F |
| 7. The penalty arc is a part of the penalty area. | T | F |

Multiple Choice

8. The area directly in front of the goal is called the
a. goalkeeper area b. goal box c. goal area d. offside box
9. The line that divides the field in half is the
a. midfield line b. halfway line c. fifty-yard line d. center line
10. The penalty box is
a. the larger rectangle in front of the goal
b. the smaller rectangle in front of the goal
c. a punishment area off the field
d. located at a hockey rink, never on a soccer field
11. The lines marking the long sides of the field are called
a. touchlines b. sidelines c. throw lines d. out-of-play lines
12. To have a safe playing environment, you must
a. have proper lines
b. have properly installed nets
c. inform the players of dangers and start on time
d. inspect the field and remedy all dangers, even if it means a short delay
13. In AYSO, the ball used is
a. size 5 in upper-age groups
b. size 3 in U-6 and U-8
c. size 4 in U-10 and U-12
d. all of the above
e. none of the above
14. If you find a field that has improper or missing markings,
a. delay the game until all markings are correct
b. play the game if the field is safe, then report the conditions to the regional commissioner
c. cancel the game and report the conditions to the regional commissioner
d. delay the game until a better field becomes available

15. As a ball begins to show the effects of aging, it
- a. becomes lighter and easier to control
 - b. gets softer and develops more “feel”
 - c. can become brittle and stiff with exposure
 - d. develops a “broken-in” feeling that all players enjoy
16. A proper soccer ball
- a. is firm yet resilient
 - b. has no loose or missing panels
 - c. has an inflation hole that does not protrude
 - d. all of the above

Fill in the Blanks

17. Corner flags must be a minimum of _____ feet high.
18. If a coach and a referee disagree about which ball to use in a match, the _____ will decide which ball will be used.
19. To determine the inflation of a ball, hold the ball and press both thumbs into the same panel. A properly inflated ball will deflect ____ inch(es).
20. If nets are used, they must be firmly attached to the goals and securely _____ to the ground.

Listing

Name six items to look for during field inspection.

21. _____
22. _____
23. _____
24. _____
25. _____
26. _____

Chapter 2—Players and Their Equipment

Players and Substitutes

In soccer, a team usually consists of 14–18 members, 11 of whom are on the field at a time. These 11 are called “players,” while the others are considered “substitutes.” One of the 11 players must be designated as the goalkeeper, and this player must be easily distinguished from the other players and the referee by wearing a jersey of a different color. When a substitute replaces a player, that substitute becomes a player as soon as the substitution procedure has been completed.

Substitution Procedure

Because of the AYSO requirement that everyone plays at least one half of the game, substitutions will occur once during the first half and once during the second half, thus dividing each game into four quarters. The referee manages this by stopping play midway into each half and calling for substitutes.

To avoid interrupting play at inappropriate times, substitutions should occur at a normal stoppage such as a throw-in, goal kick, corner kick, etc. These stoppages seldom occur at exactly the midpoint of the half, so the referee should begin looking for a suitable stoppage during the period from one minute before to one minute after the midpoint of the half. If no such stoppage occurs during this two-minute period, the referee may stop play for substitutions and then restart with a dropped ball at the location of the ball when play was stopped. In this case, try to stop play when the ball is near midfield.

These substitution stoppages are intended only to be a time for the quick substitution of a few players and are not intended as minihalf-time periods. The only players entitled to leave the field are those being substituted for, and the only individuals entitled to enter the field are the new players. This entire process should take only about a minute. Some latitude should be afforded the very young players and their coaches as they attempt this process.

The substitutes are supposed to enter the field at the halfway line when the referee or assistant referee has acknowledged they may do so. Upon entering the field, the substitute now becomes a player and the exiting player becomes a substitute. During these substitution breaks and at half-time, be sure to have the substitutes report to you. Substitutes are not to come on the field without your permission. Younger players often don't know this, so be flexible in working with them.

AYSO Modifications

AYSO allows modifications for both the number of players and the substitution procedure. The number of players in U-6, U-8, U-10 and U-12 should be reduced to allow short-sided or small-sided games. Teams should play with three per side in U-6, five per side in U-8, seven per side in U-10 and nine per side in U-12 with a correspondingly lower number of substitutes.

Injuries

Whenever a young player appears to be injured—whether you think it’s serious or not—stop play to check it out. If the injury warrants, ask that the player be taken off the field. Credit the playing time for that ‘quarter’ to the injured player only. The coach now has two choices available. The injured player may be substituted, in which case the injured player may not return during that ‘quarter,’ or the injured player may leave the field to recover and the team will play short until the injured player has recovered well enough to return to play with the referee’s permission.

Lineup Cards

Coaches should supply you with completed lineup cards before each game. These cards will indicate who the goalkeepers are, the names of the captains and the names of the substitutes. Each player’s jersey number is also listed on the card, along with other information. (See the sample below.)

No.	PRINT PLAYER’S NAME	Goals Scored		‘Qtrs’ Not Played			
				1	2	3	4
1	Penny Stuart - GK				X		
2	Jennifer Blake					X	
3	Alicia Stevens			X			X
4	Amanda Blake				X		
5	Nicole Richardson - Captain					X	
6	Angela Perez			X			
7	Fontan Dimas - Asst. Captain				X		X
8	Nikki Klopas					X	
9	Antonette Leflor - ABS/FLU			-	-	-	-
10	Dorette Concini			X			
11	Lori Fisher					X	
12	Andi Stone				X		X
13	Jan Bock - ABS/VACATION			-	-	-	-
14	Laura Smith - Asst. Captain			X			
15	Tamara Wong				X		X

Prior to each quarter, mark those players who are not playing; that way you have only a few Xs to make. If any player already has two Xs, before the next quarter starts, bring this to the attention of the coach. It is the coach’s decision to play or not play the player; simply make note in your game report if the player does not play at least two ‘quarters’ and the reason the coach gives. It is the responsibility of the region to review the game reports and to determine appropriate action when necessary.

Goalkeepers

In younger divisions, any player on the field may change places with the goalkeeper, provided the referee is informed before the change is made and the change takes place during a stoppage in play. When a substitute comes on the field, that player may also change places with the goalkeeper, but the referee must be informed first.

Younger players may need a little time to exchange the goalkeeper shirt. Do not restart play while the new keeper is putting the shirt on.

Possible Infringements

1) If a player changes places with the goalkeeper without notifying you, you are supposed to caution both players next time the ball goes out of play. For younger players, a reminder and a warning are sufficient. The restart is not affected.

2) If a substitute comes on the field illegally, stop play. You are supposed to caution the substitute, require him or her to leave the field and restart play with An indirect free kick at the place where the ball was when play was stopped (see “Indirect Free Kick” later in this workbook). For younger players, especially if they seem confused, an explanation of the offense and a warning are sufficient.

3) In the case of too many players on the field, you are supposed to caution the player(s) concerned and, if play was stopped to administer the caution, restart by awarding an indirect free kick at the place where the ball was when play was stopped. For younger players, an explanation and a warning are usually sufficient. At this level of play, confusion on the part of the coach is the normal cause for these infringements. *Do not* caution a coach in these cases.

Mandatory Equipment

Players must wear a jersey or shirt, shorts, stockings, shinguards and footwear. All the players on a team should have jerseys or shirts of the same color, except for the goalkeeper, who shall wear colors that distinguish him or her from the other players and from the referee.

Stockings refer specifically to long soccer socks, which can be pulled completely over the shinguards. Footwear refers to shoes or boots specifically designed for athletic activity. Studs or cleats are allowed but should be inspected to ensure there are no sharp edges; flat-soled athletic shoes are fine.

Safety

Player safety is a primary issue where equipment is concerned. Players may not wear anything that, in the opinion of the referee, is dangerous to themselves or to another player.

Allowed Equipment

Players generally are allowed to wear glasses as long as they stay in place. Glasses that continually fall off during play need to be restrained with a retainer.

Goalkeeper gloves are permitted.

Sweatpants and shirts are often allowed in colder climates during frigid weather, but the players' jerseys must be on the outside and visible at all times. Players who exploit the protection offered by these additional layers of clothing must be prevented from playing violently or dangerously out of a sense of false security. Additionally, players must be prohibited from employing skills and tactics that take advantage of this extra barrier. Players who abuse this cold-weather protection shall be required to play without it or leave the field of play as circumstances warrant. Generally, younger players are permitted to protect themselves from the cold with greater flexibility than older players, although in no case should players be allowed to wear hats with hard bills or crowns.

Medical Alert Bracelets

Children may participate in games and practices while wearing medical alert bracelets. The bracelet must be covered with a cloth wristband or something equivalent that does not involve taping the bracelet directly to the child's skin, as this can be very painful to the child when it is removed.

Knee Braces

In AYSO, knee braces are allowed. The referee's duty is to be certain that the brace does not pose a danger to other players. Sharp edges, protruding bolts or screws and other dangerous conditions must be covered and padded. If a player attempts to use a brace in a dangerous manner, the player should be cautioned and shown a yellow card.

Do not allow a player to remove the brace in order to play and thus avoid the requirement to wrap or pad the brace as instructed by the referee.

Unsafe Equipment

Any type of cast and splint is not permitted, even if they are small, soft and well padded.

Hats or caps with brims are not allowed. Soft hats or caps without brims are permitted in inclement weather provided they are approved by the referee in advance.

Any dangerous items such as jewelry, watches, earrings, friendship bracelets, etc., must be removed before a player may participate. Any player who refuses to do so shall not be allowed to play.

Possible Infringements

Any player on the field who infringes these requirements shall be asked to leave the field to correct any equipment faults. This player may not return to the field without the referee's permission and must satisfy the referee that all equipment is in order. The player shall re-enter the game only at a stoppage in play.

Likewise, a substitute who infringes these rules shall not be allowed to participate until all deficiencies have been remedied.

See "LAW 3—The Number of Players" and "LAW 4—The Players' Equipment" in the AYSO edition of FIFA's *Laws of the Game* for more information.

Quiz—Chapter 2

True or False

- | | | |
|---|---|---|
| 1. In AYSO, substitution may take place only at specified times. | T | F |
| 2. In AYSO, playing with fewer than 11 players is not allowed. | T | F |
| 3. In 11-a-side soccer, one player must be designated as goalkeeper. | T | F |
| 4. A substitute may replace an injured player or the team can play short. | T | F |
| 5. In younger divisions, coaches have 30 seconds to make substitutions. | T | F |
| 6. An injured player must play out the 'quarter' before substituting. | T | F |
| 7. Players on the field may not ever change places with the goalkeeper. | T | F |
| 8. Short socks are okay if the front of the shinguards is soft. | T | F |
| 9. Soccer shoes with cleats or studs without sharp edges are permitted. | T | F |

Fill in the Blanks

10. Coaches should provide you with completed _____ before the game.
11. _____ is the primary issue where player equipment is concerned.
12. In AYSO, knee braces are _____.
13. On a 15-member roster, four of the members are classified as _____.
14. In substitution by 'quarters,' substitution takes place when _____
_____.
15. Young substitutes (U-10) who mistakenly come on the field should be _____
_____.
16. Older substitutes (U-16) who sneak onto the field should be _____.

Multiple Choice

17. If a player is wearing a friendship bracelet and won't take it off, you should
- compliment her on her loyalty to her friend
 - pull out your knife and cut it off
 - tell her to be careful
 - not allow her to play until the situation is resolved
18. When a U-8 player changes with the goalkeeper at the coach's instruction but doesn't inform you, you should
- immediately caution the player
 - caution the player when the ball is next out of play

- c. remind the player to tell you and give a warning
 - d. caution the coach
19. If a coach of a U-8 team forgets to count and puts too many players on the field, you should
- a. caution the players for not counting too
 - b. send off the last player onto the field
 - c. award a penalty kick to the other team
 - d. tell the coach of the problem and have him remove one of the players (preferably after an explanation to the player of what's happening)
 - e. caution the coach and send off one of the players
 - f. award a goal to the other team
20. A player is wearing a knee brace. As the referee, your responsibility is to
- a. Not allow the player to play.
 - b. Have the player remove the knee brace.
 - c. Inspect the brace to insure sharp edges, protruding bolts or screws and other dangerous conditions are covered and padded.
21. A coach supplies you with a completed lineup card that has several changes on it. Some names are crossed out and marked absent. Some jersey numbers have been changed. He explains that three players ruined their shirts and they are using the absent players' uniforms. This is U-8. You
- a. smile and start the game
 - b. hold up the game for a new, cleanly filled-in lineup card
 - c. cancel the game and award the win to the other team
 - d. warn the coach that this type of behavior is unacceptable and threaten to report him
22. A player is allowed to wear
- a. jewelry
 - b. a watch
 - c. glasses
 - d. a baseball cap

Chapter 3—The Officials

The Referee

Historically, the referee is the sole authority for the game. The traditions of soccer have embraced the idea that a single, neutral person is better able to manage the match, make quick decisions and keep the game flowing than would be a committee of officials. In this traditional view, coaches have less influence during the match than in other common American sports. In AYSO, referees are trained to work cooperatively with the coaches whenever possible to have the greatest positive impact on players.

The Spirit of the Game

The referee has an obligation to revere the Spirit of the Game. In simple terms, this means you will be concerned that the game be conducted in a **safe, fair and fun** manner. The players, substitutes and coaches must display good sportsmanship and show positive respect for the rules and for your authority (this is what's called "sporting behavior"). The FIFA *Laws of the Game* is written to help you enforce the safe, fair and fun principles, but the Laws are not greater than the game's spirit. To ensure fair play is achieved within the Laws, referees should apply the spirit of the Laws and recognize the letter of the Law is not always appropriate.

Laws of the Game

The rules of soccer are contained in FIFA's *Laws of the Game*. Each year, AYSO publishes its own edition of the *Laws*, which contains notes about the various rule modifications that AYSO practices in accordance with FIFA guidelines.

The Referee's Duties

The referee is charged with many responsibilities. There are five duties you need to know now. The referee shall

- enforce the Laws (rules)
- keep score and time
- control substitutions
- stop play for injury
- suspend or terminate the match for cause.

To enforce the rules, you first have to read and study them. Proper enforcement also requires consistent application—that is, equal justice for both sides. You need to balance the spirit against the letter of the Laws to avoid constant, irritating whistling for trivial offenses that don't affect the game.

You will learn about keeping score and time in Chapter 4, "Playing the Game."

You learned how to control substitutions and what to do in case of injury in Chapter 2, "Players and Their Equipment."

There are many reasons to suspend or terminate play. These may include

- overly disruptive spectators
- abusive coaches
- absence or loss of a registered, responsible volunteer to oversee a team
- dangerous playing conditions
- severe weather
- fear for the players' health (too hot, no water, etc.).

While most of these reasons do not occur in younger children's games, safety conditions are a factor you will encounter from time to time. It is therefore strongly recommended that practices and games be terminated immediately upon hearing thunder or seeing lightning. If the temperature is too high and the teams do not have a sufficient supply of liquids or if the players are in danger of heat exhaustion, consult with the coaches about an early termination for the health of the kids. The usual cause for termination of a match is a safety issue.

In AYSO, referees should work with and through the coaches to keep the playing environment positive. Coaches can exert a strong influence on unruly or uninformed parents, and coaches are your allies off the field. Approach coaches with a sense of cooperation; avoid ordering them around.

Assistant Referees

You should work with qualified assistant referees whenever possible. If you're lucky enough to have trained assistant referees (volunteers who completed the Assistant Referee Training Course or other trained referees), they will be able to assist you in determining ball in and out of play and appropriate restart, offside, substitution, misconduct, infractions you do not see; help administer penalty kicks; and assist with pre- and postgame duties. Use them to their maximum abilities. Be sure to have a pre-game talk with your assistant referees so they know what to expect from you and what is expected of them.

In all cases, the referee is the decision maker. Overrule an assistant referee if you have good cause, but keep in mind that a few reversals of an assistant referee go a long way toward making him or her reluctant to provide any help. People will refuse to assist you if they feel you don't trust their judgment. As much as possible, make them a part of your team.

Club Linesmen

You may not be fortunate enough to have qualified, trained assistant referees and may have to recruit help from the spectators. These helpers are called 'club linesmen' (so called because they come from the fans of the 'club' or team), and their duties should be restricted to signaling when the ball has completely crossed either the touchline or goal line. It is still your responsibility to decide what the appropriate restart is and which team is entitled to it. You will need to train them prior to the beginning of the match on specifically what "completely over the line" means and how to raise the flag.

To find out more about the referees and assistant referees duties, read “LAW 5—The Referee” and “LAW 6—The Assistant Referees” in the AYSO edition of FIFA’s *Laws of the Game*.

Quiz—Chapter 3

True or False

- | | | |
|--|---|---|
| 1. Strict enforcement of the rules is always the most important thing. | T | F |
| 2. Referees are the final authority in a game. | T | F |
| 3. In AYSO, coaches should be ordered around whenever possible. | T | F |
| 4. In AYSO, coaches share the responsibility for a positive environment. | T | F |
| 5. Two assistant referees can overrule the referee if they’re really sure. | T | F |
| 6. Club linesmen assist the referee by signaling offside infractions. | T | F |

Anagrams: unscramble the correct words.

7. Soccer must be _____. F-E-A-S
8. Proper enforcement of the Laws keeps the game _____. R-A-I-F
9. The players’ primary interest is _____. U-F-N
10. Make your assistant referees part of your _____. E-M-T-A
11. If rain is accompanied by a rumble of thunder, _____ the game for a few minutes to see if the threat will pass. P-S-D-U-E-S-N
12. If severe weather threatens, _____ the match. E-M-I-N-T-R-E-A-T

Multiple Choice

13. Assistant referees assist the referee with
 - a. substitution
 - b. penalty kicks
 - c. pre- and postgame duties
 - d. all three
14. A reason to terminate a match is
 - a. lopsided score
 - b. no available substitute for an injured player on a team with only 10 players
 - c. the goal nets have numerous large holes
 - d. it is too hot to play
15. When making a decision regarding enforcement of the Laws, the referee should
 - a. make the decision, applying both the spirit and letter of the Laws
 - b. consult with both coaches before deciding
 - c. take a vote of the parents
 - d. ask the opposing team to decide

Chapter 4—Playing the Game

Referee's Equipment

While it is possible to referee without a standard referee's *kit*, you'll find the job a lot easier if you have one. As with a policeman or nurse out of uniform, it's harder to achieve the respect you deserve if no one can tell who you are. Your region should provide you with the tools; some regions give you everything, others give less.

THE REFEREE'S KIT		
referee's shirt	shorts	referee's socks
AYSO badge	coin	whistle(s)
pencils	red & yellow cards	watch
flags	<i>Laws of the Game</i>	<i>Rules & Regs</i>

Throughout the soccer community, referees and assistant referees (ARs) are identified by their uniforms. The AYSO National Referee Program strongly encourages referees and ARs to follow the uniform standards for match officials established by the United States Soccer Federation. These standards periodically change, and it is therefore necessary to consult with your Regional Referee Administrator to determine the currently approved dress code.

Uniformity on the part of officials establishes initial credibility for them as a team. The referee and ARs should wear shirts of similar color and style. If the referee wears an alternate jersey of a color that the ARs do not have, the ARs' jerseys, whenever possible, should match each other.

Once you have checked your equipment (you should already be dressed when you arrive at the field), get ready to start.

Pregame Conference with Assistant Referees

Whether you have trained assistant referees (volunteers who have passed the Assistant Referee Training Course or other referees) or you have to recruit two club linesmen from the sidelines, you need to locate them and talk to them before the match starts. Tell them exactly how they can help you. Refer to Chapter 3 for assistant referee and club linesmen duties.

Inspecting the Field

With your assistant referees' assistance, check the field, looking for the kinds of things listed in Chapter 1. Have the assistant referees enlist the coaches in making major repairs. No one plays until the field is safe, so the coaches have a real interest in seeing that the job gets done quickly.

Getting the Ball

Depending on your region's policies, there may be a number of ways to secure the ball. These may include the following:

- receiving from the region your own game ball to carry to each match
- receiving the game ball from the "home" team
- choosing from among the better balls brought by both teams
- retrieving the ball from a storage shed or equipment can at the field
- having a field coordinator deliver the ball prior to the match.

If possible, have an assistant referee procure the ball while you attend to other matters. Be certain that the ball is properly inflated and safe well before kick-off time. One or two additional balls should also be identified, inspected and ready if needed to replace the game ball. Without this advance attention to balls, sooner or later you will be standing on the field ready to start play when you suddenly realize there is no ball on the field. This is very embarrassing, plus it wastes the players' time.

Inspecting the Players

Prior to the coin toss, take time to inspect each player and his or her equipment. Your assistant referees can be valuable helpers. See Chapter 2 for what's allowed and what's not.

Pregame Talk to Players

In your pregame comments to players and coaches, concentrate on short talks that emphasize fair play, safety, fun and individual responsibility. Avoid listing the things you will not allow and generally trying to demonstrate your importance. Convey your anticipation of an enjoyable event and your respect for all involved. Keep your comments **brief** and avoid long-winded speeches on the Laws. Generally speaking, if you've been talking for more than a minute, you've gone on too long. Nobody's listening but you.

Coin Toss

Have the team captains come into the center circle for the coin toss. In younger divisions, coaches may want to tag along, too, just to help the kids make the choice of end. Be sure you know in advance any local procedures or customs for who calls the toss. Generally the visiting team captain calls the toss if teams have "home" and "visitor" designations. Show your coin to both teams and identify which side is "heads" and which side is "tails." Ask the calling player if he or she is ready, then say, "OK, call 'heads' or 'tails' when I flip the coin." If all goes well, the player calls it while the coin is in the air. Let the coin hit the ground, then determine which side is up. The winning team must choose which end of the field to attack. The other team *must* kick off.

Position the players on the appropriate sides of the halfway line, point in the direction of the kick-off, and tell them to relay the information to their coaches so the teams can get set up.

The Kick-Off

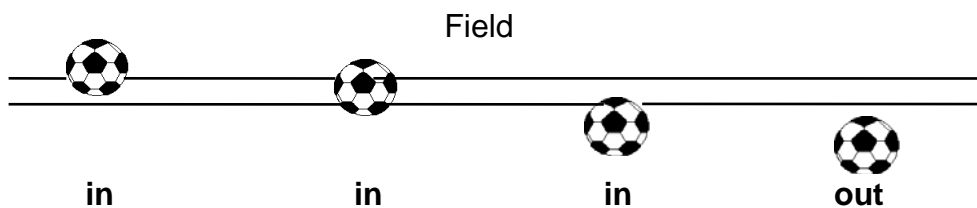
The kick-off is one of the free kicks to start or restart play. To conduct a kick-off, make sure each team is in its own half of the field and that the players on the team not kicking off are also outside the center circle. Counting silently to yourself, make certain that each team has the correct number of players. Once you are satisfied that all is in order, if you have ARs, check to see that they are ready, then blow your whistle to indicate that the ball may be kicked. The kicking team may have any number of players in the center circle. When one of them kicks the ball forward, it's in play and you should start your watch and you're off and running!

If the kicker plays the ball a second time before anyone else has touched it, stop play and award an indirect free kick to the opposing team. The ball may not be played twice in succession by the player kicking off.

See “LAW 8—The Start and Restart of Play” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

Ball out of Play

From this point on, the ball is always in play unless you stop play or the ball leaves the field. To leave the field, the whole ball must completely cross the touchline or goal line, either on the ground or in the air. If any portion of the ball is on or above either of these lines, it is still considered on the field and in play.



On a soccer field, the lines are considered part of the areas they define, so in this case, the field doesn't end until the very outside edges of the touchlines and goal lines. A player who steps on the line or even off the field while playing the ball is not considered out of play because the position of the ball determines whether play continues—**not** the position of the player.

See “LAW 9—The Ball In and Out of Play” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

Throw-In

If the ball goes out of play over a touchline, it is put back in play using a restart called a throw-in. You decide who restarts (with assistance from ARs if present) by observing who played or touched the ball last. Award the throw-in to the opposing team. Even if the last touch by a player was accidental, the other team is awarded the throw-in.

The throw-in is taken at the place where it left the field. Usually, this means within about a yard of the actual spot. The player taking the throw-in must face the field and, at the moment of delivery, have part of both feet either on or behind the touchline. The throw must be made using both hands, and the ball must be delivered from behind and over the head in one motion. As soon as the player releases the ball and any portion of it is on or over the touchline, it is in play. A goal may not be scored directly from a throw-in.

Some make a big deal about “spin on the ball” and incorrectly believe that this is somehow illegal. Do not be influenced by this thinking; all thrown balls spin to a greater or lesser degree, and the ball may spin at any speed in any rotation and still be properly thrown, as long as the conditions for a proper throw are met.

If the player fails to perform this action correctly or throws from the wrong place, award the throw-in to the other team, notwithstanding the consideration given to the very young players as they attempt to learn. Since you may be the only person at the field who knows the correct procedure, you may be needed to assist a small child in acquiring the correct technique.

If the thrower runs onto the field and plays a correctly thrown ball before anyone else has touched it, stop play and award an indirect free kick to the opposing team. The thrower may not play the ball twice in succession from a throw-in.

**See “LAW 15—Throw-In” in the AYSO edition of FIFA’s
Laws of the Game for more information.**

Goal Kick

When the ball leaves the field over a goal line and was last played or touched by an attacker (a player trying to score at that end), the restart is a goal kick given to the defenders. The attackers must move outside the penalty area and remain outside until the ball is in play.

The defenders may place the ball anywhere in the goal area. The kicker must put the ball directly into play by kicking it out of the penalty area into the field without any other player touching it. If the ball fails to clear the area or another player touches it before it does, the kick must be retaken. A goal may be scored directly from a goal kick, but only against the opposing team.

With small players, there is often a problem with the ball not leaving the penalty area. Either they cannot kick the ball out, or the opponents stand right on the penalty area line and touch the ball before it crosses the line. You must have patience and use the spirit of the Law to guide you.

Don’t humiliate players by saying, “Come on, let’s get someone in here who can kick it.” Give them a couple of chances, and if they don’t succeed, ask, “Do you want someone else to do it?” They usually say, “Yes.”

Tell players waiting outside the penalty area to take a step back if they continue to contact the ball before it crosses the line. This helps them focus on the line better, and it increases the likelihood that the ball will clear the penalty area.

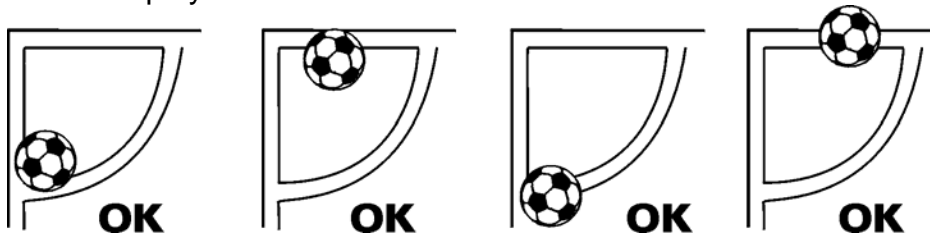
Be prepared for players who kick the ball out of the penalty area to either side. The ball can leave the penalty area this way and still go into play.

See “LAW 16—The Goal Kick” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

Corner Kick

When the ball leaves the field over the goal line and was last played or touched by a defender (a player trying to prevent a score at that end), the restart is a corner kick given to the attackers. The ball is placed in the corner area nearest to the point where the ball went out, and the defenders must be ten yards away from the ball until it is kicked into play. A goal may be scored directly from a corner kick.

The ball is placed on or within the corner arc at the nearest corner. The corner flag cannot be moved and the kicker may not play the ball again until another player has touched it. If he or she does, award an indirect free kick to the opponents (see Chapter 5). The ball is in play as soon as it is kicked and moves.



See “LAW 17—The Corner Kick” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

The Dropped Ball

Occasionally, you will stop the game for an unusual reason, such as an injury, a stray dog on the field, a loose ball from a nearby game, etc. You restart play in these instances with a dropped ball. Do this at the place the ball was when you stopped the game, unless it’s in a goal area. In that case, drop it at the nearest point on the goal area line that runs parallel to the goal line. Do not restart with a dropped ball when the ball goes out of play and you are not sure which team touched it last. In these cases you are required by the Laws to make a decision for one team or the other.

Usually young players need a bit of direction with dropped balls, though you should avoid telling them where to stand and which direction to kick the ball. Although it is not a requirement, try to get a player from each team to come near, tell them to be sure the ball hits the ground before they kick it, and drop it from about waist high (their waists) as

quickly as you can. If the ball doesn't hit the ground first, do it again. The ball is in play as soon as it hits the ground, and this is the only restart where the ball can be played twice in succession.

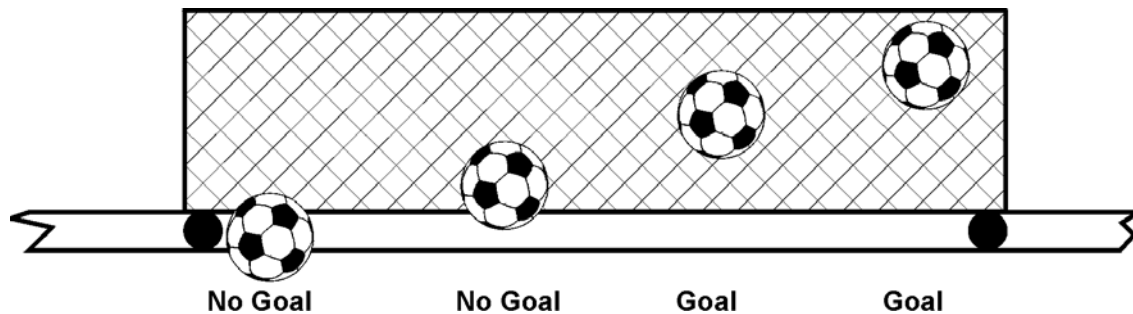
Don't stand with your face right over the ball. If it bounces back up, it may strike you.

See "LAW 8—The Start and Restart of Play" in the AYSO edition of FIFA's *Laws of the Game* for more information.

Scoring

When the whole ball crosses the goal line between the uprights and underneath the crossbar of the goal, a goal is usually scored, provided

- no infringement of the Laws was committed by the attacking team immediately prior
- the ball was not deliberately propelled by an attacker's hand or arm
- the ball was not kicked directly into the goal from an indirect free kick
- the ball was not kicked directly into the team's own goal from a direct free kick
- the ball was not kicked directly into the team's own goal from a goal kick
- the ball was not thrown directly into the goal from a throw-in (by either team).



The team scoring the greater number of goals is the winner.

See "LAW 10—The Method of Scoring" in the AYSO edition of FIFA's *Laws of the Game* for more information.

Keeping Time

Referees have sole responsibility for maintaining an accurate accounting of playing time. If the playing schedule allows it, additional time should be added by the referee to make up for any time lost due to injury, substitution, unusual delay or time-wasting tactics. It is the referee's responsibility to determine when these particular events have occurred and to add the amount of time lost. The custom in most other popular sports is to stop the clock rather than adding on time, but the result is essentially the same.

Time should not be added (or the clock stopped) following a goal or to administer a caution or a send-off, or other such stoppages unless the delay is, in the opinion of the

referee, unusually long. The time needed to attend to an injured player on the field as well as the time needed to make substitutions at the ‘quarters’ is easily determined and should be added. However, determining what constitutes an unusual delay or time-wasting tactic requires more careful consideration by the referee. An unusual delay would involve such things as retrieving a lost ball, removing an outside agent (dog, spectator, elephant, etc.) from the field or rain delay.

In general, the referee will not add on time at the end of the match for an event for which he would not have added time had it occurred at the beginning of the game. The ball does not have to be in play for the game to end.

Wasting Time Versus Consuming Time

Referees must also distinguish between time-wasting and time-consuming tactics, the former being illegal and the latter legal. Time wasting would involve techniques used by one team to waste time that the opposing team cannot prevent. A goalkeeper refusing to release the ball into play within six seconds or a team taking an unusually long time to put the ball into play on a given restart are examples of time wasting. In such situations, the opposing team is powerless to prevent the situation and must rely on the referee to intervene. On the other hand, a team may legally consume time by simply skillfully controlling the ball. Kicking the ball out of play can be interpreted as legal time consumption or illegal time wasting depending on the circumstances. Kicking the ball out of play is often a good defensive decision and should not be penalized. However, if in the opinion of the referee, the player kicking the ball out of play is intentionally using excessive force in the kick that causes an unusual delay in retrieving the ball, this could be considered an illegal time-wasting tactic.

The recommended playing times for each age group are listed on the back of the AYSO official lineup card.

<ul style="list-style-type: none"> • U-19 – 45-min halves • U-16 – 40-min halves • U-14 – 35-min halves 	<ul style="list-style-type: none"> • U-12 – 30-min halves • U-10 – 25-min halves • U-8 – 20-min halves
--	---

Obviously, a complete game is twice these amounts (i.e., 2x25=50 minutes or 2x20=40 minutes) plus a minimum of 5- and maximum of 10-minute half-time period. The U-6 matches have two 10-minute halves. Some regions and tournaments have shorter playing times because of restraints on field space or access. Check to see the playing times that will apply to your games.

See “LAW 7—The Duration of the Match” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

Ending the Match

When the allotted time has expired and any time you have added is gone, blow your whistle and end the game. It is not necessary that the ball be in play to end the game.

Retrieving the Ball

Keep an eye on the ball right after the match. Collect it—or have an assistant referee do it—and return it to the person or place it came from.

Record Keeping

Take a few moments to complete your game cards (also called “lineup cards” and “official lineup cards” and sometimes “roster cards”) while the game is fresh and the assistant referees are nearby. Turn the cards over to the field coordinator, your regional referee administrator or your statistician as your regional rules dictate. Be sure to include an accurate record of any misconduct committed by players, coaches or spectators.

Supervising the Postgame Ceremony

If your region has a tradition of handshakes, high fives or hand slaps after the game, watch it carefully. Most players participate enthusiastically, but some use this opportunity to display poor sportsmanship. Alert the coaches, if possible, to any postgame misconduct and include this in your game report for review by the region and possible further disciplinary action.

Postgame Conference

Take the time to confer briefly with your assistant referees after the game. Congratulate them on a fine effort, offer insight into decisions you made that they do not understand and seek information from them on aspects of the game you might have missed. This is a time for team building and learning; do it every chance you get.

Quiz—Chapter 4

True or False

- | | | |
|--|---|---|
| 1. A referee should have a standard referee's kit. | T | F |
| 2. You should give club linesmen limited duties. | T | F |
| 3. Referees must purchase several top-quality balls for games. | T | F |
| 4. Referee pregame instructions to the team should be extremely brief. | T | F |
| 5. The longer your pregame talk, the better the players will be. | T | F |
| 6. The pregame talk can get you into trouble if it's too detailed. | T | F |
| 7. The winner of the coin toss must choose end of the field to attack. | T | F |
| 8. Only three players may be in the center circle at kick-off. | T | F |
| 9. At the kick-off, the kicker may play the ball twice. | T | F |
| 10. Players may not step on or over the touchlines during play. | T | F |
| 11. During play, if the ball is on or above the touchline, play continues. | T | F |
| 12. A goal results when the ball's edge breaks the plane of the goal line. | T | F |
| 13. Stop your watch for substitution. | T | F |
| 14. It's the referee's job to retrieve the ball at the end of the game. | T | F |

Matching

Match items in column A with those in column B. Not all items in column B will be used.

A

- 15. half-time duration
- 16. attacker plays ball over goal line (no score)
- 17. stop for injury while ball is in play
- 18. defender plays ball over own goal line (no score)
- 19. defender plays ball over own goal line (score)
- 20. U-6 first-half length
- 21. ball is put out of play over touchline

B

- restart: direct free kick
minimum 5 minutes
- restart: corner kick
- restart: goal kick
- restart: kick-off
- restart: throw-in
- restart: dropped ball
10 minutes
two to three minutes
- restart: indirect free kick

Listing

Fill in the following list.

Standard Referee's Kit

- | | |
|-----------|-----------|
| 22. _____ | 28. _____ |
| 23. _____ | 29. _____ |
| 24. _____ | 30. _____ |
| 25. _____ | 31. _____ |
| 26. _____ | 32. _____ |
| 27. _____ | 33. _____ |

Multiple Choice

- 34. To procure the game ball you may
 - a. receive the game ball from the home team
 - b. find the ball in an equipment can at the field
 - c. have to select it from among the better balls at the field
 - d. a, b or c
 - e. have to spend \$50 of your own money

- 35. At the coin toss
 - a. invite both teams into the center circle
 - b. invite the captains into the center circle
 - c. invite only the coaches into the center circle
 - d. conduct it by yourself and let the teams know the result

- 36. The ball is in play at the kick-off
 - a. after you blow the whistle
 - b. when it is kicked out of the center circle
 - c. when it has been kicked into the opponents' half
 - d. when it is played by a second player

37. The kicking team may have _____ players in the center circle at kick-off.
- three
 - five
 - two
 - all
38. A ball is in play until it
- completely crosses a touchline
 - completely crosses a goal line
 - is signaled out of play by the referee
 - any of the above
39. A throw-in is taken by
- the first player to touch the ball
 - the nearest player of the team that did not touch it last
 - any player of the team that did not touch it last
 - the player who caused the ball to go out
40. In U-6 play, if a player appears uncertain about proper throw-in technique, you serve her best by
- standing critically by, waiting to blow your whistle at the first mistake
 - warning her to give the ball to someone else
 - giving positive encouragement and helpful assistance
 - yelling to the coach that he is not teaching important skills
41. On a goal kick, the kicking team may place the ball
- only in that half of the goal area on the side it went out
 - anywhere in the goal area
 - only in the corner of the goal area
 - only on the goal area line parallel to the goal line
42. For a corner kick, the ball is properly placed if it is
- partly in the corner area arc and partly over the goal line
 - partly in the corner area arc and partly over the touchline
 - completely within the corner area arc
 - any of the above
43. A dropped ball is used to restart the game when play is stopped
- because the referee does not know who kicked the ball across the touchline
 - for substitution during a corner kick
 - because the ball is thrown in with a lot of spin
 - because a dog runs on the field and interferes with play
44. From any restart except a dropped ball, once the ball is in play, if the kicker plays the ball a second time before another player has touched it,
- applaud his speed and quickness
 - stop play and award the opponents an indirect free kick
 - retake the restart with a different kicker
 - send him off the field for a 10-minute penalty

45. If a goal is scored, it counts as
a. two points b. three points c. one point d. one goal
46. A goal may not be scored if
a. the defense kicks the ball straight into its own goal from a direct free kick
b. the defense kicks the ball straight into its own goal during regular play
c. the goalkeeper, from her own penalty area, throws the ball into the opponent's goal
47. Activities not permitted during the postgame ceremonies include
a. shaking hands
b. giving high fives
c. spitting on hands before contact with opponents
d. slapping hands and saying "Good game!"
48. Time may be added to the game to make up for time lost because of
a. substitution
b. injury
c. time wasting
d. all of the above
49. On a goal kick, the ball is not in play until it has
a. traveled 10 yards
b. left the penalty area
c. been touched by an opponent
d. a and b
50. At the end of each half, you should add on time
a. if the score is tied
b. if a team is losing badly but is about to score
c. if the players have lost playing time because of substitution, injury or time wasting
d. when the players look like they want to keep playing

Chapter 5—Fouls and Other Mischief

Penal Fouls

There are 10 penal fouls, and they're divided into two groups.

A player who commits any of the following six offenses in a manner considered by the referee to be ***careless, reckless or using excessive force***:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent

or who commits any of the following offenses:

- when tackling an opponent for possession of the ball, makes contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his or her own penalty area)

is guilty of committing a penal foul.

Fortunately with younger players, few penal fouls are committed. Of the penal fouls, the ones you'll see more often are holding, pushing, tripping and handling the ball deliberately. Holding, pushing and tripping are obvious; handling the ball deliberately is less obvious.

Handling the Ball

Handling the ball is easy to understand but often misunderstood. If the player deliberately strikes, holds, moves, catches or deflects the ball with the hands or arms (up to the shoulder), it is a penal foul. If the ball strikes the player's hands or arms, as is often the case, the player has not handled the ball. The ball has hit him, and he has committed no offense.

With very young players, the instinctive reaction to cover the face when a ball approaches is more for protection than for handling the ball to make a play.

Charging

You also need to look for the reckless or dangerous charge. A charge can be loosely defined as body contact. Brief, shoulder-to-shoulder contact (bumping) is allowed while two players are vying for the ball (a fair charge), but hard bodily impacts, spearing, slamming, ramming and cross-blocking are not permitted. Sometimes young players attempt to run through opponents to get to the ball; don't allow this.

**See “LAW 12—Fouls and Misconduct” in the AYSO
edition of FIFA’s *Laws of the Game* for more information.**

Direct Free Kicks

If a player is guilty of a penal foul outside her penalty area, she is penalized by the awarding of a direct free kick to the opposing team at the place where the foul occurred with the following exception: If the offense is by the attackers in the defenders’ goal area, the defenders may take the free kick from anywhere within their goal area. If a penal foul is committed by a defender in her own penalty area, a penalty kick is awarded to the attackers.

A direct free kick is a kick from which a goal may be scored directly against the opponents. Thus, a player may not score against his or her own side from a direct free kick. Additionally, these conditions define the taking of the direct free kick.

- The kick is taken at the spot of the offense.
- When taken by the defenders in their goal area, the ball may be placed anywhere in the goal area.
- The ball must be stationary when kicked.
- Opponents must be 10 yards away from the ball until it is in play.
- The ball is in play as soon as it has been kicked and moves.
- The kicker may not play the ball again until another player has played or touched it.
- For a direct free kick taken from within the kicker’s penalty area, the opponents must be both outside the penalty area and 10 yards away from the ball. Additionally, the ball must be kicked directly beyond the penalty area before it is in play.

If any infringement occurs before the ball is returned to play by a direct free kick, the kick must still be taken (or retaken, as the case may be). If the kicker plays the ball a second time after it has gone into play but before it is touched by another player, award an indirect free kick to the opposing team at the spot of the offense.

Do not allow opposing players to delay the taking of a free kick by standing in front of the ball. This must be dealt with quickly and firmly. Order them to move back immediately.

Most new players, coaches and spectators cannot remember all the ins and outs of direct free kicks. They will depend on you to give them the right information. Therefore, it is important for you to be accurate and correct. If you teach them incorrectly, this leads to confusion and bad feelings. Other referees will have to fight to correct the misconception in the future.

See “LAW 13—Free Kicks” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

Penalty Kick

For a direct free kick foul (penal foul) committed by the defending team within their own penalty area, a penalty kick is awarded to the attacking team. All players except the goalkeeper and kicker must be outside the penalty area, outside the penalty arc, on the field of play and behind the penalty mark (i.e., more than 12 yards from the goal line). A penalty kick provides an excellent goal-scoring opportunity, and this is precisely the intent of the Law. Penal fouls, when committed by the defense close to their goal (inside the penalty area), seriously hinder the attacking team’s chances of scoring a goal. Thus the Penalty Kick Law was devised to provide an additional measure of deterrence for committing penal fouls near one’s own goal. In the younger age divisions, penal fouls are rare and the use of penalty kicks should likewise be rare at this level of play.

The penalty kick is one of the few times players must wait for the referee’s signal (whistle) before restarting play so that the referee can ensure that all the players are first legally positioned. Once the referee has given the signal for the penalty kick to be taken, the kick will not be interrupted by the referee for an infraction until the outcome of the kick is determined.

Penalty Kick—Goalkeeper Movement

At the taking of a penalty kick, or kicks from the penalty mark, goalkeepers must remain on the goal line, facing the kicker, but may move laterally along the goal line, between the goalposts, until the ball is kicked. If the goalkeeper moves off the goal line before the ball is kicked and the shot does not score, the penalty kick must be retaken.

See “LAW 14—The Penalty Kick” in the AYSO edition of FIFA’s *Laws of the Game* for more information.

Nonpenal Fouls

Nonpenal fouls are divided into two categories. In the first category, an indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following three offenses:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands.

In the second category, an indirect free kick is also awarded to the opposing team if a goalkeeper, within his own penalty area, commits any of the following four offenses:

- takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- touches the ball again with his hands after it has been released from his possession and has not touched any other player

- touches the ball with his hands after it has been deliberately kicked to him by a teammate
- touches the ball with his hands after he has received it directly from a throw-in taken by a teammate

The two nonpenal fouls you will see most often are dangerous play and the goalkeeper taking more than six seconds to release the ball into play.

Dangerous Play

Dangerous play is the call you'll make most often with younger players. While they usually have no intent to do harm, they often misjudge their speed or fail to identify situations that may lead to danger. Since player safety is one of your chief concerns, whenever you see something that looks dangerous, stop play, express your concern to the players and, if opposing players were involved, award an indirect free kick to the opposing team. If you stop play for a dangerous situation involving only teammates, restart play with a dropped ball.

Goalkeeper Taking More Than Six Seconds to Release the Ball into Play

New coaches tend to work less with goalkeepers than with their field players, so most keepers can benefit from some positive instructions from the referee at well chosen moments. Anticipate potential problems due to the young keeper's lack of knowledge, and with some well-timed words and assistance you may help the young keeper avoid costly mistakes.

See "LAW 12—Fouls and Misconduct" in the AYSO edition of FIFA's *Laws of the Game* for more information.

Indirect Free Kick

Nonpenal fouls result in an indirect free kick for the opposing team. In fact, all offenses except for the ten penal fouls result in an indirect free kick for the opponents if play is stopped. An indirect free kick must be played by or touched by another player after it has been kicked before a goal can be scored. If an indirect free kick goes directly into the opponents' goal, the goal should be disallowed and play restarted with a goal kick. If an indirect free kick taken from outside the kicker's penalty area goes directly into the kicker's own goal, the goal should be disallowed and play restarted with a corner kick. (A free kick taken by a player from within his own penalty area that goes directly into the kicker's goal without ever having left the penalty area must be retaken.)

Most of the things that apply to direct free kicks also apply to indirect free kicks.

- The kick is taken at the spot of the offense.
- When taken by the defenders in their goal area, the ball may be placed anywhere in the goal area.
- The ball must be stationary when kicked.
- Opponents must be 10 yards away from the ball until it is in play.
- The ball is in play as soon as it has been kicked and moves.

- The kicker may not play the ball again until another player has played or touched it.
- For an indirect free kick taken from within the kicker's penalty area, the opponents must be both outside the penalty area and 10 yards away from the ball. Additionally, the ball must be kicked directly beyond the penalty area before it is in play.

Additionally, one new situation is introduced with indirect free kicks:

- When awarded to the attackers in the opponents' goal area, the ball is moved out and the kick is taken from the nearest point on the goal area line that runs parallel to the goal line. The opposing team must be at least 10 yards away from the ball or standing on the goal line between the goal posts until the ball is kicked.

If any infringement occurs before the ball is returned to play by an indirect free kick, the kick must still be taken (or retaken, as the case may be). If the kicker plays the ball a second time after it has gone into play, award an indirect free kick to the opposing team at the spot of the offense.

As with direct free kicks, new players and coaches may be confused by the various elements of indirect free kicks. Your job is to lessen their confusion and teach them through correct application and explanation of the Laws. The Laws require that the referee **raise his arm when an indirect free kick is awarded** and keep it raised until the ball has touched a second player, or until it is out of play if a second player never touches it. This raised arm means "indirect: no goal may be scored while my arm is raised."

Younger players might not understand why your arm is raised. Some think it means they must delay taking the kick ("hold up, wait") until you drop your arm. Explain to them that it signifies an indirect free kick and that they may kick at any time.

See "LAW 13—Free Kicks" in the AYSO edition of FIFA's *Laws of the Game* for more information.

Misconduct

The Laws identify seven types of misconduct that require a formal caution accompanied by the display of a yellow card and seven types that require a player “send-off” and the display of a red card.

Caution/Yellow Card

Is guilty of unsporting behavior
Shows dissent by word or action
Persistently infringes the Laws
Delays the restart of play
Fails to respect the required
distance when play is restarted with a corner kick or free kick
Enters/reenters field without the referee’s permission
Deliberately leaves the field without the referee’s permission

Sending-Off/Red Card

Is guilty of serious foul play
Is guilty of violent conduct
Spits at an opponent or any other person
Denies the opposing team a goal or an obvious goal-scoring
opportunity by deliberately handling the ball (this does not apply to
a goalkeeper within his own penalty area)
Denies an obvious goal-scoring opportunity to an opponent by an
offense punishable by a free kick or a penalty kick
Uses offensive, insulting or abusive language and/or gestures
Receives a second caution in the same match

If you stop play to caution or send off, the restart is an indirect free kick for the opponents unless a penal foul was involved, in which case the restart is a direct free kick or penalty kick depending upon where the foul occurred. If you wait until the ball is out of play, the restart is based on the way the ball went out of play.

With players under 10, avoid both the need to punish misconduct and the display of cards. By anticipating problems and working with coaches, you can prevent players from getting into most situations that would cause them to be sanctioned.

Time Wasting

There are many ways that experienced players may attempt to waste time to their team's advantage; however, most young children do not intentionally waste time. Referees should use discretion when dealing with time wasting in the younger divisions and encourage children, using well-timed words and assistance.

**See “LAW 12—Fouls and Misconduct” in the AYSO
edition of FIFA’s *Laws of the Game* for more information.**

Quiz—Chapter 5

True or False

- | | | |
|---|---|---|
| 1. Of the 10 penal fouls, nine are committed against opponents. | T | F |
| 2. Penal fouls don't always require excessive force. | T | F |
| 3. When a hand and the ball touch, it is automatically handling the ball. | T | F |
| 4. Free kicks require opponents to be ten yards from the ball. | T | F |
| 5. New players and coaches instinctively understand all about free kicks. | T | F |
| 6. Direct free kicks are used for the penal fouls. | T | F |
| 7. A free kick at midfield is in play when the ball is kicked and moves. | T | F |
| 8. Raising your arm for a free kick means "indirect free kick." | T | F |

Listing: Fill in the following lists.

Penal fouls:

More common for young players

9. _____
10. _____
11. _____
12. _____

Nonpenal Fouls:

More common for young players

13. _____
14. _____

Fill in the Blank

15. A charge can be loosely defined as _____.
16. If the ball bounces up and strikes a player's arm, he has committed _____.
17. Any free kick taken by the defenders in their own penalty area needs to _____ to be in play.
18. Any free kick taken by the defenders in their own goal area may be placed _____.
19. For free kicks at midfield, the opponents must be _____ yards from the ball.
20. There are _____ types of misconduct resulting in a caution (yellow card) and _____ types of misconduct resulting in a send-off (red card).
21. With players under 10, the need to punish misconduct by the display of red and yellow cards should be avoided by anticipating problems and _____.
22. If you stop play for misconduct, the restart is _____.
23. New players and coaches may be _____ by all the elements of free kicks.
24. If a confused player delays taking an indirect free kick, he or she probably thinks your raised arm means to wait. You should _____.

Chapter 6—Offside

The Trickiest Law

Despite the fact that it is a short Law (rule), offside can cause a great deal of trouble and confusion. Here are some of the reasons:

- Coaches and referees who do not understand the Law either teach it incorrectly or avoid it.
- Players who do not understand the Law are easily confused by it.
- Consistency and uniformity of application are difficult.
- Many spectators do not understand the offside Law.

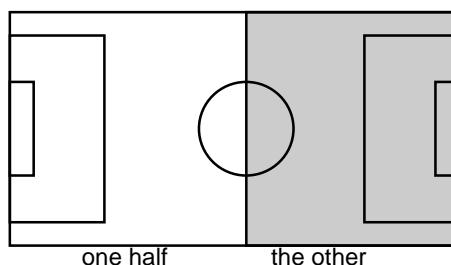
Before you panic, here's the good news: Offside is not usually enforced with very young players, and a basic understanding of offside should serve you well in the younger-age groups. Additionally, offside usually is not observed in short-sided play, so there are many circumstances in which you don't have to worry about offside at all. Check your regional policies to see where and when offside is applied in these situations.

Note: The correct spelling of offside does not include an "s" on the end. Offsides is an offense in American football but not in soccer. Offside in soccer means the player is figuratively taken off the side (off the team) and cannot legally participate while in the offside position. A player plays for only one side or team and therefore cannot be taken off both sides. Thus the player is offside and not offsides.

SOS: Simple Offside

To understand offside, you must have three basic skills. **If**

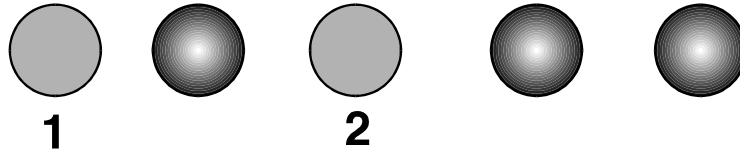
- You can tell one **half** of the field from the other:



- You can identify the **ball**:



You can count up to **two** using objects of the same color:



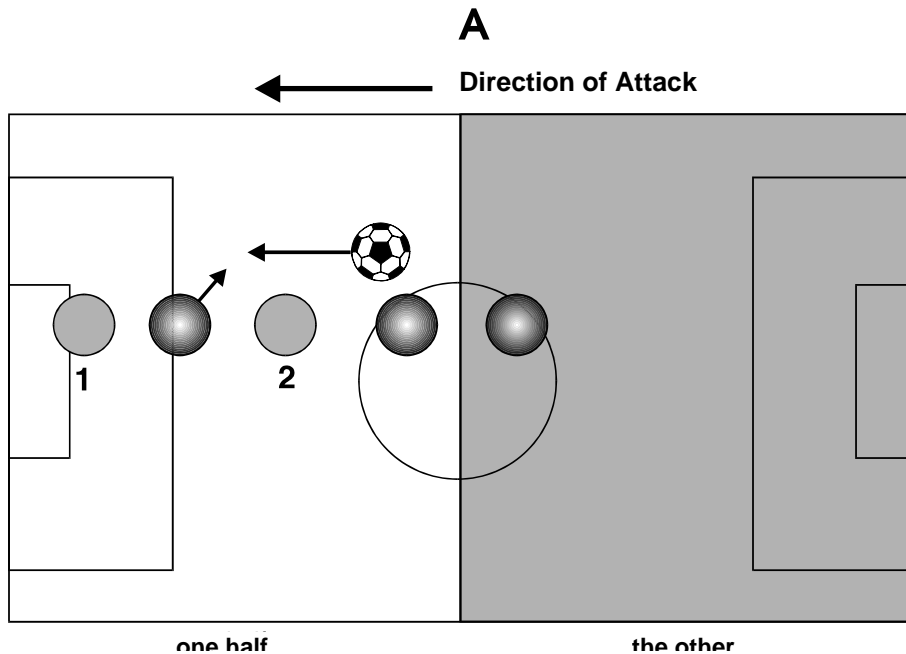
then you can figure out what is called “offside position” (**not** an offense), and from that it’s a short step to determining if an offside offense occurs.

Applying SOS

Offside position is judged at the moment the ball is touched or played by a teammate. To determine if a player is in offside position, you must be able to answer “Yes” to all three of these simple questions.

1. Is the player ahead of the **ball**?
2. Is the player in the opponents’ **half** of the field?
3. Is the player closer to the opponents’ goal line than either of the last **two** opponents?

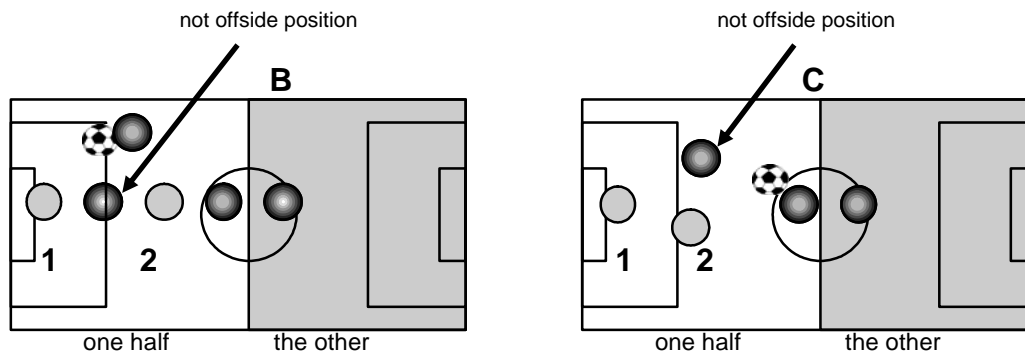
In the situation in diagram A, the leftmost dark player is in offside position:



The player in offside position is allowed to be there without being punished unless, in your opinion, the offside position player then becomes involved in active play by

- interfering with play
- interfering with an opponent
- gaining an advantage by being in that position.

Before you consider what this means, look at the next two diagrams.



In these cases, the leftmost dark player is not in offside position. In diagram B, the player is not ahead of the ball when his teammate played it (Question 1). In diagram C, the player is not closer to the opponents' goal line than either of the last two defenders (Question 3). In both cases, if the player was *even* with either the ball or with the next-to-last defender, he would not be in offside position.

In diagrams B and C, the player is allowed to gain an advantage because he is not in an offside position at the moment his teammate plays the ball. In diagram A, the player is not allowed to gain an advantage because he is in an offside position and involved in active play—in this case obstructing the view of the last defender.

Let's examine the key phrases you will use in determining if an offside position player is guilty of an offside offense.

“interfering with play or an opponent”

Interference with play or an opponent takes many forms. Some of these include

- touching or playing the ball after it has been touched or played by a teammate, even by accident
- preventing an opponent from playing the ball
- getting in the way of an opponent
- talking to, yelling at or distracting an opponent. This is also unsporting behavior, a cautionable offense.

“gaining an advantage”

In younger kids' play, we often see players who have no intention of seeking an advantage. They do not even know why they are where they are, unless they're chasing a ground squirrel or viewing a butterfly. Yet, if they gain an advantage, even if unintentional, they are guilty of offside.

In younger divisions, when offside is beginning to be enforced, use these general guidelines to help you determine if the player gains an advantage

- receiving the ball directly from a teammate
- receiving the ball indirectly from a teammate whose pass deflects off an opponent.

When you encounter an offside that is meaningful, if you apply the **Simple OffSide (SOS)** method, you'll recognize it immediately and you'll know it's time to blow your whistle.

Keep a Sensible Perspective

Offside can be much more complicated in higher levels of play, but in the younger divisions it is rarely a factor. In those younger divisions where it begins to be enforced, your role is much more instructional than punitive. Help the players, coaches and parents get a feel for offside, how to identify it and how to avoid it.

Punishment

If an offside offense occurs, stop play and award an indirect free kick to the opponents at the spot of the infringement, which is where the offside player was at the time. See Chapter 5 for restrictions regarding the taking of indirect free kicks.

See "Law 11—Offside" in the AYSO edition of FIFA's *Laws of the Game* for more information.

Quiz—Chapter 6

True or False

- | | | |
|---|---|---|
| 1. Offside is an unimportant offense in U-6 matches. | T | F |
| 2. Offside is often not called in small-sided soccer. | T | F |
| 3. Most spectators understand offside and can call it correctly. | T | F |
| 4. It is an offense to be in an offside position. | T | F |
| 5. The referee has a role in teaching offside to young players. | T | F |
| 6. Once they cross the halfway line, players are guilty of offside. | T | F |
| 7. Once they're ahead of the ball, players are offside. | T | F |
| 8. By passing either of the last two defenders, players might be offside. | T | F |
| 9. A player in offside position is not automatically guilty of offside. | T | F |

Listing

Name the three skills needed to identify offside.

- 10. _____
- 11. _____
- 12. _____

Identify four ways an offside position player could interfere with play or with an opponent.

- 13. _____
- 14. _____
- 15. _____
- 16. _____

List two guidelines for determining “gaining an advantage” in the lower divisions.

17. _____
18. _____

Anagrams: Unscramble the correct words.

19. _____ is an American football term that has no place in soccer.
S-I-F-E-D-O-F-S
20. One way to judge an offside offense is to look for _____.
T-I -N-C-E-N-F-R-E-E-R-E
21. A player can be offside only in the _____' half of the field.
P-E-N-N-O-S-T-O-P
22. Offside results in an indirect free kick at the spot of the _____.
R-I-N-G-T-I-N-M-E-F-E-N

Multiple Choice

23. Offside is judged
- a. at the moment the ball is touched or played by a teammate
 - b. when the ball is received
 - c. when the spectators call out
24. Part of your job is to
- a. harass younger players
 - b. ignore mistakes
 - c. teach offside
25. Coaches should
- a. be expected to devote most practices to offside
 - b. leave offside instruction to referees during games
 - c. be assisted in understanding offside when appropriate

Chapter 7—Before You Referee!

“Law 18”

When you read the international Law book FIFA’s *Laws of the Game*, you see that there are 17 Laws. But every referee must also be aware of ‘Law 18,’ the unwritten Law that must guide every referee in every decision that he or she makes. This is the Law of Common Sense.

Most sports rule books are jam-packed with rulings covering every real and imagined infraction possible. Yet the Laws of football (soccer) are only 17, and they leave **a lot** of room for the referee’s **judgment** and **opinion**. This is where common sense must prevail. You must understand both the spirit and the letter of the Laws to properly exercise your authority as referee.

Purpose of the Laws

As noted in Chapter 3 in the sections on “The Spirit of the Game” and “*Laws of the Game*,” the purpose of the Laws is to provide a framework that promotes the game’s spirit—that it be safe, fair and fun. This means that the Laws are supposed to be used to facilitate play, not to inhibit it.

This is why you, as referee, have been asked both to have opinions and to render judgments about things that happen on the field. When you consider actions by players or judge elements in the playing environment to be questionable, ask the following:

- Is it safe?
- Is it fair?
- Does it promote fun?

As referee, you have authority to stop any action or to refuse to permit any condition (of equipment, field, noise, interference, etc).

Just be sure to use common sense.

Enjoyment: The Purpose of Sport

When all is said and done, sport is not simply about conditioning, values, teamwork and discipline. It is about enjoyment. From a player’s perspective, this is central to the experience.

If kids don’t enjoy soccer, they will quit unless the parents make them stay. Parents may have any number of reasons for signing their children up, but the kids’ reason is straightforward: They want to have fun. If the fun is missing, even if the parents make them stick it out, the kids will learn to hate soccer because it brings no joy.

If they do enjoy the sport, they will pick up all the valuable lessons it can teach. But for most children, enjoyment must come first before anything else of meaning can take place.

Enjoyment: The Purpose of Refereeing

Take a page from the kids' book of values: Place enjoyment at the top of your list of priorities as a referee. If you truly enjoy the experience, it will show in your face and in your actions, and the players, coaches and spectators will respond accordingly. If you appear afraid and miserable, that is likely how you'll be treated.

Here are some motivations to avoid. **Don't** referee for

- Power
- Physical domination of others
- Mental domination of others
- Emotional control of others
- Teaching lessons to bad kids

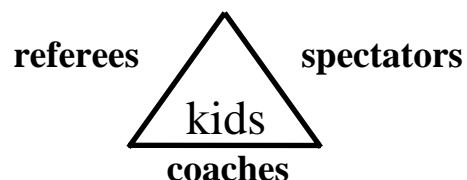
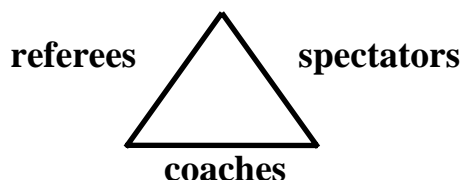
Here are some motivations to cultivate: **Do** referee for

- **Fun**
- **Recreation**
- **Conditioning**
- **Self-Discipline**
- **Personal Growth**
- **Child Development**
- **Interpersonal Relationships with Kids and Adults**
- **Self-Esteem**
- **Teaching Ethics, Values and Sportsmanship**

The AYSO Team

In many American sports, the officials are the outcasts. They are openly criticized, baited, insulted and mocked. In soccer, the referee is to be treated with the utmost respect. His or her decisions are to be followed immediately, without comment or dissent. This is a hard concept for many parents and, ultimately, their children. The concept of the AYSO Team addresses the need for all adults to be respectful and courteous toward each other as an example for the players.

The AYSO Team is composed of three elements (three types of team members): coaches, referees and spectators. It can be envisioned as a triangle.



If each member of the team has the same goal (doing it for the kids) and works with other members of the team, then the team has a great chance to win.

Our goal is to provide positive child development in a safe, fair and fun soccer environment. If all Team members remember this goal, then each knows what to do to assist the Team in reaching it.

Here are the Team rules.

Teammates

- work together
- help each other
- protect each other
- do their best

When coaches, referees and spectators achieve the Team goal, the Team wins.

When the AYSO Team wins, all the kids win.

Regardless of the score and the outcome of the soccer match, they can all be winners in the victory of the adults on the AYSO Team. The important lessons of discipline, courtesy and respect will have been demonstrated in an atmosphere of cooperation and enjoyment.

You will learn more about being an effective member of the AYSO Team at each authorized referee training course you attend. Plan to attend each training session as it's offered; you won't regret it.

A Final Word

This workbook is meant as a supplement to AYSO referee training. It supports the material presented and the training video *Ready, Set, Ref!* It offers some additional material that allows you to go deeper into refereeing at your own pace.

Please take the time to complete the quizzes and check your answers against those in the back of the book. If you miss some, review the material until you understand. If you still don't get it, ask an experienced referee or your referee administrator to help.

If they disagree with the answer, please contact a member of your section or national staff for clarification. Their names and phone numbers are available from your regional referee administrator or through the AYSO National Support & Training Center at 1-800-USA-AYSO.

Thank you for taking the time to volunteer as a referee, and good luck as you begin your refereeing career.

Have Fun!

Quiz—Chapter 7

True or False

- | | | | |
|--|---|---|---|
| 1. Law 18 is the Law of Common Sense. | T | F | |
| 2. The referee should exercise judgment and opinion. | | T | F |
| 3. The AYSO Team is composed of the 22 players on the field. | | T | F |
| 4. Children want to play sports to learn discipline. | | T | F |
| 5. A desire for fun is a good reason to be a referee. | | T | F |

Listing

Write the four rules for the AYSO Team.

6. _____
7. _____
8. _____
9. _____

Identify the members of the AYSO Team.

10. _____
11. _____
12. _____

In applying Law 18 (Common Sense) to player actions, what three questions will you need to ask yourself?

13. _____
14. _____
15. _____

Multiple Choice

16. A good reason to referee is
a. fun b. self-esteem c. a and b d. control
17. The purpose of the Laws is to
a. control behavior
b. grant total authority to the referee
c. facilitate play
d. limit the use of opinion and judgment
18. You are a member of the AYSO Team every time you
a. referee b. coach c. watch as a spectator d. a, b and c
19. For kids, the purpose of sport is
a. enjoyment b. hard work c. discipline d. teamwork
20. For AYSO referees, the purpose of sport is
a. authority b. control c. enjoyment d. domination

Answers to the Questions

(effective March 2003)

Quiz—Chapter 1

1. T
2. F (In some countries, they use no lines at all. They have jackets or tires or buckets, or even little brothers or sisters for goals!)
3. F
4. F
5. T
6. F
7. F
8. c (A **box** has a bottom, four sides and a lid; one would look funny on a soccer field.) Soccer fields have **goal areas**.)
9. b
10. d (Similar to answer 8 above, except at a hockey rink, there's no lid.) Soccer fields have **penalty areas**.
11. a
12. d
13. d
14. b
15. c
16. d (A soft ball can really hurt!)
17. five (5)
18. referee
19. one 'quarter' (1/4)
20. staked, attached or anchored
- 21 *through 26 in any order:*
21. broken bottles
22. golf balls, golf tees, baseballs, etc.
23. sticks, metal, rocks, stones, other debris
24. obstructions like pipes, sprinklers, concrete, etc.
25. holes, trenches or gopher mounds
26. broken or damaged corner flags, goals or nets

Quiz—Chapter 2

1. T
2. F (The AYSO Coaching Program recommends fewer than 11 a side in U-6, U-8, U-10 and U-12 matches.)
3. T
4. T
5. F (There is no time limit on substitution, although it should be done quickly.)
6. F
7. F

8. F (All shinguards must be under the socks and completely covered.)
9. T
10. lineup cards, game cards or roster cards
11. safety
12. allowed or permitted
13. substitutes
14. the ball is out of play, at a time as close as possible to midway through each half, or at half-time or for injury.
15. given an explanation of the offense and warned.
16. cautioned.
17. d
18. c (Later, remind the coach of the same thing.)
19. d
20. c
21. a
22. c (Of course, only if they're required for the player's vision. Sunglasses worn for adornment should not be allowed.)

Quiz—Chapter 3

1. F
2. T
3. F (Treat them as important members of the AYSO Team.)
4. T (In fact, they have a greater influence than you.)
5. F
6. F
7. S-A-F-E
8. F-A-I-R
9. F-U-N
10. T-E-A-M
11. S-U-S-P-E-N-D
12. T-E-R-M-I-N-A-T-E
13. d
14. d (Never assume this responsibility yourself.)
15. a

Quiz—Chapter 4

1. T
2. T
3. F (Some referees purchase their own, special game balls, but this is expensive and unnecessary. The region should provide quality balls.)
4. T
5. F
6. T
7. T
8. F
9. F (It must be played or touched by another player before he plays it again.)
10. F

- 11. T (The entire ball must cross completely over the outside edge of the line, either on the ground or in the air.)
- 12. F (The whole ball must completely cross the goal line, between the uprights and underneath the crossbar.)
- 13. T
- 14. T

Matching exercise:

A

B

- | | | |
|---|-------|-----------------------------|
| 15. half-time duration | _____ | restart: direct free kick |
| 16. attacker plays ball over goal line (no score) | _____ | minimum 5 minutes |
| 17. stop for injury | _____ | restart: corner kick |
| 18. defender plays ball over goal line (no score) | _____ | restart: goal kick |
| 19. defender plays ball over goal line (score) | _____ | restart: kick-off |
| 20. U-6 first-half length | _____ | restart: throw-in |
| 21. ball is put out of play over touchline | _____ | restart: drop the ball |
| | | 10 minutes |
| | | two to three minutes |
| | | restart: indirect free kick |

22 through 33 in any order

- | | |
|---------------------|--|
| 22. referee's shirt | 28. yellow and red cards |
| 23. shorts | 29. paper and pencils |
| 24. referee's socks | 30. watch |
| 25. AYSO badge | 31. flags |
| 26. coin | 32. <i>Laws of the Game</i> |
| 27. whistle(s) | 33. <i>AYSO National Rules and Regulations</i> |

- 34. d
- 35. b
- 36. c
- 37. d
- 38. d
- 39. c
- 40. c
- 41. b
- 42. d
- 43. d
- 44. b (When dropping the ball, *you* put the ball in play, so there is no second touch infringement possible.)
- 45. d (No points are awarded for goals in soccer.)
- 46. a
- 47. c
- 48. d
- 49. b
- 50. c

Quiz—Chapter 5

1. T
2. T
3. F
4. T
5. F
6. T
7. T (Free kicks by the defenders must also leave the penalty area.)
8. T

9 through 12 in any order

9. holds an opponent
10. pushes an opponent in a manner . . . careless, reckless, etc.
11. trips an opponent in a manner . . . careless, reckless, etc.
12. handling the ball deliberately

13 through 15 in any order

13. playing dangerously or dangerous play
14. goalkeeper takes more than six seconds to release ball into play
15. body-to-body contact
16. no offense or no foul or no infringement
17. leave the penalty area
18. anywhere within the goal area
19. 10
20. seven, seven
21. working with coaches
22. an indirect free kick unless a penal foul was involved
23. confused
24. explain that it's an indirect free kick

Quiz—Chapter 6

1. T
2. T
3. F
4. F
5. T (You may be the only person at the field who has a clue about offside.)
6. F
7. F
8. T
9. T

10 through 12 in any order

10. You can tell one half of the field from the other.
11. You can identify the ball.
12. You can count up to two, using objects of the same color.

13 through 16 in any order

13. preventing an opponent from playing the ball.
14. touching or playing the ball after it was last touched or played by a teammate, even by accident.
15. getting in the way of an opponent.
16. talking to, yelling at or distracting an opponent.

17 through 18 in any order

17. receiving the ball directly from a teammate
18. receiving the ball indirectly from a teammate whose pass deflects off an opponent

19. O-F-F-S-I-D-E-S (In soccer, the term is offside.)

20. I-N-T-E-R-F-E-R-E-N-C-E

21. O-P-P-O-N-E-N-T-S

22. I-N-F-R-I-N-G-E-M-E-N-T

23. a

24. c

25. c

Quiz—Chapter 7

1. T

2. T

3. F

4. F

5. T

6 through 9 in any order

6. teammates work together
7. teammates help each other
8. teammates protect each other
9. teammates do their best

10 through 12 in any order

10. coaches
11. referees
12. spectators

13 through 15 in any order

13. Is it safe?
14. Is it fair?
15. Does it promote fun?

16. c

18. d

17. c

19. a

20. c