

The following are Instructions to Referees for the U-8 and U-10 Divisions of the TPSL as taken from our Fall 2004 Referees-In-Training Curriculum

RULES AND PROCEDURES

CYSA Safety Rules

- * No casts, splints, jewelry, earrings (not even covered), watches: NO exceptions
- * Uniforms: 5 S's
 - Shirt (tucked in), Shorts, Shoes, Shinguards (underneath) Socks
 - Headgear IS allowed if ITOOTR** it is safe
- * Players must give goalkeepers 1-yard space, no charging the keeper

Special Rules for TPSL U-8 and U-10 Rec Divisions

U-8

- * 4 vs. 4; usually two games simultaneously; one 1st grade; one 2nd grade
 - If there is only one referee assigned, the referee should do the 2nd grade game
- * Two 20-minute halves; short pause midway for substitution. Five minutes at half.
- * All kicks are indirect
- * No goalies
- * No penalty kicks
- * No cards
- * Instruct players how to do throw-ins, free kicks, spread out.
- * Allow many repeat throw-ins; eventually you can be flexible if it's close(r)
- * On free kicks, six yard space (instead of the 10 yards for older divisions)
- * Substitutions can be made on any stoppage

U-10

- * Eight vs. eight
- * Two twenty-five minute halves; five minute half time.
- * Offside loosely called
- * Free kicks conform to FIFA Laws of the Game.
- * No penalty kicks
- * ~~No cards~~
- * One warning for foul throw-ins
- * On free kicks, six yard space
- * Substitutions on own throw-in; at non-foul free kicks

The Field of Play

U-8s

Field is divided in half. There will be a goal box but no penalty area.

U-10s

There should be both a penalty area and goal box.

Both

There may or may not be corner flags. Areas include the lines that enclose those areas. For example, the penalty area includes the lines of the penalty area. Corner flags, goal posts, crossbar and referees are in the field of play. Balls bouncing off any of these are still in play. Balls bouncing off the referee (even into the goal) are in play.

Spectators and coaches should stand at least 3 feet back from the touchlines. Assistant referees should ask the coaches to move people back so that they have a clear line of sight along the touchlines.

Scores and Scoring

- * Score is not kept in the U-8 division.
- * Scores and standings are kept in the U-10 division.

Before the Game:

- * Make sure you have any equipment you may need:
 1. Black shorts
 2. Black soccer socks
 3. A clean referee shirt, tucked in
 4. Whistle
 5. Watch
 6. Coin for the coin-flip
 7. Pencil/pen and Game Form
- * Show up at least 15 minutes early. Check the condition of the nets.
- * Introduce yourself to both coaches; get a game ball from the home team. Check its pressure.
- * Tell coaches about rules for substitutions. Remind them of rules regarding offside and deliberately handling the ball. For U-8's remind them that they may not position a player as "goalkeeper." If the game is running late, shorten halves equally to keep schedule on time.
- * Ten minutes before the game, call over teams one at a time to check equipment. Have them line up and introduce yourself.
 - Shinguards
 - No casts, splints, watches, earrings, jewelry
 - No metal cleats
 - Shirts tucked in
 - (If you have time, you can use this as a teaching moment and demonstrate throw-ins or handballs or talk about free kicks.)
- * Three minutes before kick-off, call for captains and perform the coin toss
 - Winner chooses side of field to defend
 - Loser kicks off the first half
 - Winner kicks off the second half
- * Start the game ON TIME!

The Kickoff

Referee: Count players on field

Ask keepers to raise their hands to indicate 'ready'

Indicate to kicking team to start; **start your watch**; whistle

Ball must move forward; otherwise it's a rekick

Kicker cannot touch it twice, otherwise it's an indirect kick to the other team

This is a Direct Free Kick. Therefore, a ball kicked into the goal is a goal.

Goals

All of the Ball must legally travel across all of the goal line and between the posts and under the crossbar.

Referee: Point to center spot. Blow whistle, IF necessary.

Assistant Referee: Run up the touchline 10 yards to indicate goal has been scored.

Throw-ins

When: ball goes completely over the touchline. Throw-in to opposing team of player that last touched the ball.

Both feet on the ground and on or behind the touchline

Ball must be held in both hands equally; ball must move from behind the head and over the head.

If ball does not enter playing field: Re-throw

Foul throw: One extra chance at this age, then other team gets throw-in

Defenders: Can stand in front of thrower, but cannot distract or try to interfere

There is no offside on a throw-in

Keeper cannot handle ball thrown directly to them from their own player

Referee: Point at 45 degree angle in direction of throw; you do not have to blow your whistle, only to get players attention if necessary

Goal kicks

When: ball is last touched by attacking team and travels completely over the goal line

How: ball may be placed anywhere in goalie box or roughly 6 yds out from goal line

Opposing players must be outside the penalty area

Ball becomes live when it completely crosses out of the penalty area. If touched beforehand, rekick.

There is no offside on a goal kick.

Referee: point to goal box line; watch to see that ball leaves penalty area

Assistant Referee: point to goal area

Corner kick

When: Ball is last touched by defending team and travels completely over the goal line

How: Ball is placed inside corner flag within 1 yard of corner; flag cannot be moved.

Defending team must give 6 yard distance.

There is no offside on a corner kick.

Referee: point to corner flag

Assistant Referee: signals only if referee makes eye contact to ask for assistance. If so, points to corner flag.

Offside

U-8's: No offside

U-10's: Offside loosely called; the main idea is to prevent "poaching"
(The center ref may wave it off; but it's important that you recognize it)

What is offside?

An attacking player is offside only if the player is at the moment the ball is last touched by a teammate:

1. in the opponents half of the field
2. in front of the ball
3. closer to the goal than the second to last defender
4. in the opinion of the referee, involved in active play by
 - a. playing the ball
 - b. interfering with an opponent
 - c. gaining an advantage by being in an offside position
5. There is NO offside on 1/ throw-ins, 2/ goal kicks and 3/ corner kicks

Assistant Referee:

1. Note player in an offside position; judge by the player's torso, not their feet.
2. Raise flag when player becomes involved in active play
 - a. Stand with flag up until defense gains possession or referee indicates to you to put flag down
 - b. If offside is called by referee; point to location (close, mid, far)

Referee:

1. Whistle, calls offside, indicates spot for IFK
2. Raises hand to indicate IFK
3. Moves to likely location of where kick will land

The Ten Major Fouls (Careless, reckless or using excessive force)

(Note: players at different age levels have differing levels of skill)

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Charges at an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent
7. Holds an opponent
8. Spits at an opponent (mandatory red card)
9. *Deliberately* handles the ball
10. Makes contact with an opponent before touching the ball while tackling an opponent for possession of the ball

The punishment for a major foul is a Direct Free Kick from the point of the infraction (IFK in U-8)

Penalty Kicks (no penalty kicks in U-8 and U-10s)

Penalty kicks are awarded for Major Fouls committed in a player's own penalty area.

The Minor Fouls

1. Dangerous Play
2. Obstruction
3. Prevents the goalkeeper from releasing the ball

4. Any other infraction not covered elsewhere
5. Goalkeeper taking more than six seconds to release ball
6. Touches the ball a second time after releasing it
7. Handling the ball if kicked back by teammate
8. Wasting time

The punishment for a minor foul is an Indirect Free Kick from the point of the infraction

Infractions in a player's own goal area

Indirect free kick from the nearest point on the goal box; defending players can line up on the goal line

Cards (Not given out in U-8 and ~~U-10~~ Rec divisions)

Yellow Cards (cautions)

Persistent infringement of laws

Unsporting behavior

Dissent

Delay

Leaving the field without the referee's permission

Entering the field without the referee's permission

Distance

Red Cards

Violent Conduct

Serious Foul Play

Abusive Language

Spits at any person

Denies an obvious goal-scoring opportunity by handling the ball

Denies an obvious goal-scoring opportunity by committing a foul

Receives a second caution in a match

Handball

There is no such thing as a "hand ball"

The foul is for deliberately handling the ball

A player may cover their face or body to protect themselves. It's only handling the ball if they then move their hands.

Remember: if the ball hits the hand, no foul; if the hand hits the ball, then it's a foul.

The Advantage Rule

If the team that has been fouled has an advantage, make the advantage signal (both hands swept out from the waist) and call out "advantage" or "play on." If the advantage doesn't materialize, you can stop play within 3 seconds.

If you make a Mistake

You can correct a mistake as long as play has not restarted.

Free Kicks (only IFKs in U-8)

Ball must not be moving when free kicked. The ball is in play when it is touched and moved. Kicks other than kickoffs or penalty kicks can be in any direction

Direct Free Kicks: can be kicked directly into goal (not in U-8)

Indirect Free Kicks: must touch another player before going into goal

If kicked into opposing goal: becomes goal kick

If kicked into own goal: becomes corner kick

A defending team does not have the “right” to form a wall. If the attacking team chooses to quick kick a ball, that is okay. If a defender who is within 6 yards interferes with the ball, rekick. If an attacking player asks for the referee’s help in getting the defenders to move 6 yards away, only then stop the game. Tell the attacking player to “wait for the whistle” before restarting. Point to your whistle. Then move the defenders back 6 yards and restart.

Referee: To signify an IFK raise one hand over head; keep up until ball touches another player.

Dropped Balls

If play is stopped for any reason that doesn’t call for another type of restart, you will restart play with a dropped ball. Examples of these situations include:

- a. an injured player
- b. you stop play by mistake
- c. an outside agent touches the ball (a spectator touches the ball on the field)

Referee: As for one player from each team. (Note, you don’t have to have a player from each team.) The ball must touch the ground before being touched by a player. A player may touch it twice. If a player touches the ball before it hits the ground or if the ball goes out of play before being touched, redrop the ball.

Rules for and about goalkeepers

* CYSA players cannot charge goalkeeper

* Keeper may dribble ball back into goal area and pick it up (as long as not originally passed by teammate)

* Keepers may dribble the ball (considered to be in the spirit of being in their possession)

* Location the ball is what’s important, not where the goalkeeper or player is.

* Goalkeepers may not pick up balls passed back to them from their own teammates or from throw-ins by their teammates. The punishment is an IFK.

Time Lost

There is no time added for injuries or stoppage in the U-8 and U-10 divisions.

Whistles

If there is anything we’ve learned about watching new referees, it’s that they don’t blow their whistles loud enough. What seems loud to the referee usually can’t be heard across the field. Blow your whistle loudly when you blow it.

1. One whistle to start and stop play.
2. Two whistles to get people’s attention.
3. Three whistles to signal the end of a half.

Referee positioning

Referee

1. Runs a diagonal
2. Maintains eye contact with assistant referees
3. On free kicks, goes to where ball will be after being kicked

Assistant Referee

1. *Stays with the second to last defender.* (This is one of the hardest things to remember, but during the course of play the AR must stay even with this player. Note: If the goalkeeper passes a defender, the keeper may become the second to last defender for a few seconds.)
2. Signals goal and corner kicks when ball crosses end line, even if across the field on the “referee’s” half of the field. Raises flag when ball crosses the end line to assist the referee in knowing when the ball crosses the line.
3. On goal kicks, stays with the goalkeeper long enough to see that the ball is correctly placed and that ball leaves penalty area before being touched
4. Repeats signals of other AR if not seen by referee
5. Signals direction of out of bounds on their half of the field; raises flag if ball crosses touchline on “referee’s half of the field.” To help referee, use hand of direction that they think ball should go.
6. Signals foul throws and fouls that are out of the view of the referee by raising their flag and giving it a brief wiggle.
7. Keep your flag down and keep it in the hand that the referee can see.

After the Game

Sign the Game Card and drop it off at Vicki’s house.

Report any problems/ask any questions to the Referee Coordinator.

Tips for Referees

1. Show up on time, so that the game starts on time.
2. You may need to forcefully remind the coaches that you need to start the game or half on time. Do shorten the half (or quarters) to end on time if necessary. Tell the coaches that you are going to do that.
3. Look neat and professional, tuck your shirt in.
4. Keep the play moving
 - a. Ignore the little fouls, call the significant ones
5. Explain your calls when appropriate. In these divisions, you are a coach as well as a referee and are helping to teach the Laws of the Game.
6. Use your whistle only when you have to get people’s attention
7. When you DO blow your whistle, blow it LOUD!!!
8. Wrap your whistle around your hand, rather than keep it around your neck.
9. Don’t be afraid to whistle loudly or talk loudly.
10. On free kicks, keep your eyes on where ball is going. This is where fouls may happen.
11. Coaches are allowed on the field during the U-8 first grade games. It is recommended that they stay off the field for the second grade games, but it is their choice to come on the field to coach if they wish.

12. Talk to the coach if a player or parent or coach gets out of hand. Their behavior is the coach's responsibility.
13. Watch for U-8 teams positioning a player as "goalkeeper."
14. Talk to the Referee Coordinator if you have a problem with any player, parent or coach.
15. Use common sense.
16. Avoid arguments. Ignore what you hear from the sidelines.
17. You WILL make mistakes. Learn from them, but focus on the present.
18. Use humor to keep things friendly.
19. In the U-10 division, coaches (and parents) may not coach from the goal lines. They need to stay along the touchlines. If you have a problem, talk to the coach and ask them to help.
20. ** ITOOTR= In the event of any question, all calls are "In the Opinion of the Referee."

Sample Pre-Game Introduction (for U-8)

"Hi Coach, my name is _____ and I will be ref'ing your 2nd grade game today. The coaches will ref the first grade game. This field will be the 2nd grade field. We'll be playing 4 ten minute quarters with a 2 minute break at the quarters and a 5 minute break at halftime. Because there is another game right after ours, we will need to start on time or we will have to shorten some of the quarters.

Please tell your parents and substitutes to stay at least one yard behind the sideline. When you want to substitute a player at a stoppage, please get my attention before subbing. Then call your player off the field and don't send your sub out until the player is off the field. That makes my job of keeping track of players easier. Please remember that we do not play goalies at this age group, so please have your defenders play outside the goal box unless the ball is in the area. I will call for captains for the coin toss just before kickoff. Thank you and have a great game."

To Sign Up for Games

1. You will receive a username and password for our league scheduling website
2. On your page, enter your information and/or make sure it is correct
3. Check the Tiburon schedule on <http://mysoccerleague.com>
4. Choose what games you wish to referee
 - a. You can either: email Ref@tiburonsoccer.org OR
 - b. You may be able to select your games on the website
5. When you receive an email telling you that you've been assigned to the game, REPLY to confirm that you have accepted the game.