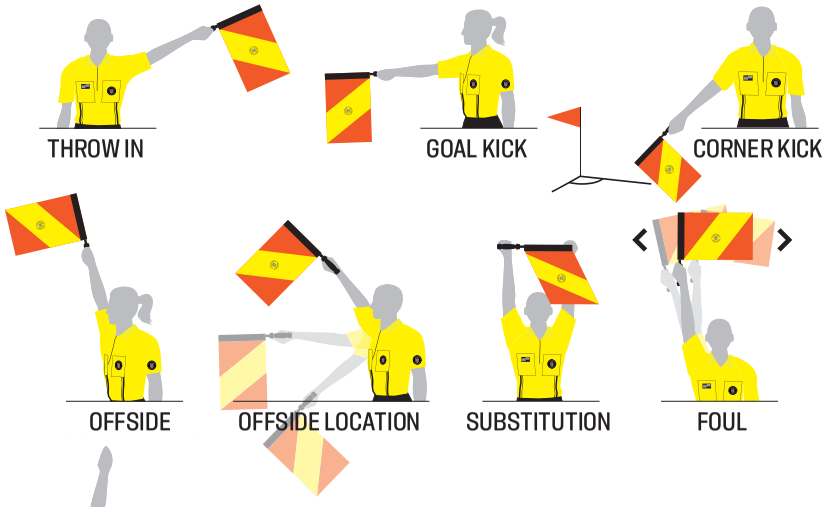
POCKET GUIDE

U.S. SOCCER FEDERATION
REFEREE PROGRAM

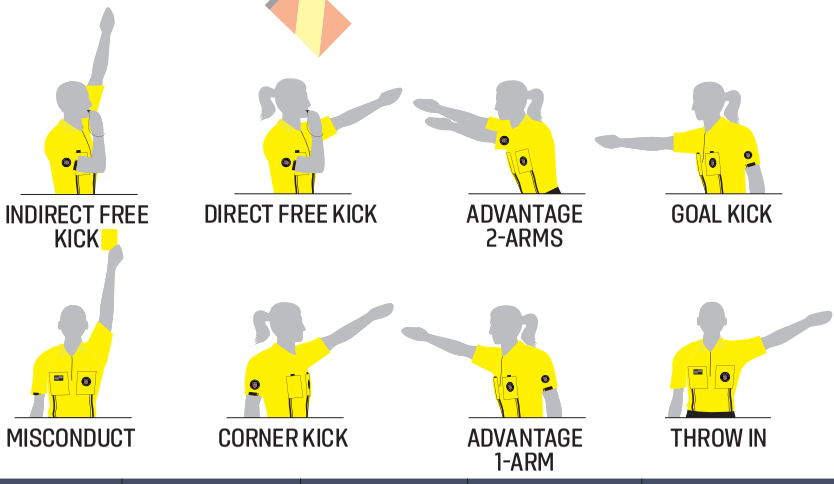
USSOCCER.COM

1801 S. PRAIRIE AVE. CHICAGO, IL 60616

ASSISTANT REFEREE SIGNALS



REFEREE SIGNALS



STANDARDS CHART	U-6 to U-8	U-9 to U-10	U-11 to U-12	U-13 and older
# of Players	4v4	7v7	9v9	11v11
Ball Size	3	4	4	5
Length of Game	4x10 min	2x25 min	2x30 min	Check Local Rules
Field Size (Length x Width)	25-35x15-25	55-65x35-45	70-80x45-55	Check Local Rules
Goal Size (Feet)	4x6	6.5x18.5	7x21	Check Local Rules
Goal Keeper	No	Yes	Yes	Yes
Offside	No	Yes	Yes	Yes

BEFORE THE GAME

Items for your referee bag

- Uniform(s) - All Colors
- Shorts
- Socks
- Shoes
- Whistle (bring extra)
- Yellow Card & Red Card (bring extra)
- Watch (bring extra)
- Referee notebook and pen/pencil
- Coin
- Water
- Snack
- Towel
- Sunscreen

Remember to place your bag in a safe and visible location (usually at midfield between the team benches)

PRE-GAME

- Arrive at least 30 minutes before scheduled kick-off
- Look and act professional
- Show confidence when meeting the coach/team
- Inspect the field
- Look for unsafe objects (broken glass, bottles, cans, tree branches)
- Look for unsafe field conditions (holes, divots, rocks)
- Ensure goals are anchored and secured to the ground
- Acquire game roster and player passes from coach or team manager
- Check-in and inspect players for unsafe equipment like jewelry
- Inspect players equipment (jersey/shorts/socks/shin guards/footwear)
- Inspect the game ball(s)

DURING THE GAME

Enforce the Laws of the Game

- Modify for age (see local rules of competition)
- Show confidence in your decisions
- Use crisp and clear hand signals
- Player safety first, STOP the game when a player is seriously injured
- Have medical personnel assess injured players
- Do not touch injured players
- Do your best to keep other players from touching the injured players

U.S. Soccer Concussion Initiative

- No heading for players under the age of 11
- Restart is an Indirect Free Kick to the opposing team from the spot of the header
- If restart is in goal area, the restart is on the goal area line parallel to the goal line from spot of header

AFTER THE GAME

- Monitor the teams while leaving the field
- Retrieve and return the game ball
- Return player passes to each team
- Have team manager/coach sign game report (see local rules of competition)
- Verify all game data (score, misconduct, substitutions)
- Complete game report in a timely manner (see local rules of competition)
- Complete incident report if needed (see local rules of competition)
- Take notes on your game and do a self-assessment