

Show up 15 minutes early (at least)

Know the rules of competition, currently located here:

[http://www.thecrains.net/referee/ROC/Rules\\_of\\_Competition.php?y=2010&s=3&div=7](http://www.thecrains.net/referee/ROC/Rules_of_Competition.php?y=2010&s=3&div=7)

Bring

- Piece of paper
- Pen
- Whistle, preferably on a wrist lanyard
- Digital Wristwatch
- Water
- Sunscreen

Roughly 10 minutes before gametime, check administrator cards  
(assuming they exist at these age brackets)

Make sure fans are on opposite sides of the field – no one behind the goal lines or too close to the goals along the sideline – 1 yard back from the touchline – at least

Check Equipment –

- 5 S's
  - Shoes (with no toe cleat) – Tennis shoes are fine – Laces are tied!
  - Shinguards, completely covered by –
  - Stockings
  - Shirt
  - Shorts (no pants)
- Check for bracelets, watches, “Livestrong”-type bands, earrings, barettes...ALL MUST BE REMOVED
- NO CASTS – Hard or Soft, Covered or Bare.

Get Game Ball from Home Team.

- Should be firm but not rock hard.
- Should be marked “SIZE 3” somewhere on it.
- Can be any color regardless of team colors

Coin Toss –

- Visiting team call the toss
- Winning team chooses which goal they would like to defend
- Losing team kicks off
- Note which team kicks off and in which direction

4v4 – 4 Players per team, no goaltenders. Defenders can have no more than one foot in the penalty arc unless an attacker is there.

Prior to starting the game, count the kids on each team. Look at their shoes to make sure they are tied.

- Have the coaches tie shoes for players. Sub out players with untied shoes, tie, and then allow them back in the game.

To start the game -

Kick off – Ball must go forward. If not, do it again. Each team is on their half of the field, defending team must be outside the center circle.

A Kickoff from the center circle is done to start the game and after each goal. The team that is scored upon kicks off after a goal.

Play 10 minute quarters. Ideally coaches only substitute at the quarter breaks other than injuries, but you may permit them at any time the ball is out of play

2 minute quarter breaks.

5 minute halftime.

It will take lots of time to get the kids back out, don't let the breaks linger too long.

2<sup>nd</sup> quarter, the team that didn't kick off the first quarter kicks off.

3<sup>rd</sup> quarter, teams switch sides, the team that kicked off in the 1<sup>st</sup> half kicks off again

4<sup>th</sup> quarter, the team that didn't kick off the first quarter kicks off, same sides as 3<sup>rd</sup> quarters

General Positioning

- Try to stay behind the ball
- Try to stay within 10 yards of the ball where you can watch the lines

Ball goes over the sidelines (Entire ball must go over the entire line) – Throw in

Proper Throw in –

- Arms over head
- Both hands on the ball
- Both feet planted on the ground at the time the ball is released
- If not done correctly – let them do it over.

- After 2X, encourage the kids to cross their legs and throw it, nearly foolproof

Attacking team kicks the ball over the end line (again, entire ball must go over the entire line) – Goal Kick

- Ball put down on goal area line
- Defending team moves at least 6 yards away, generally at the edge of the center circle.

Defending team kicks the ball over the goal line (again, entire ball must go over the entire line) – Corner Kick

- Ball put down in corner nearest to where the ball went out
- Attackers may go into the goal area
- Defenders may only be in the goal area if there are attackers there

Fouls –

- Watch for extended arms
- Flying elbows
- No sliding tackles – But don't confuse a kid falling to the ground as a sliding tackle. Some kids are just on the ground a lot.
- Pushing with anything other than the shoulder (but even then, not too much leeway)
- Kicking other kids in the shin guards trying to steal the ball (or anywhere else)
- Intentionally touching the ball with their hand/arm (up to the shoulder)
  - If the ball is kicked to their hand, let it go unless the hand is far from the body, over the head, UNLESS they then move their arm to steer the ball.
- Spitting?
- If a player is out of control, encourage the coach to give him/her a rest
- No cards are to be issued

Any foul, or stoppage other than the ones described above, such as injury, results in a dropped ball

Dropped Ball

- Move away from the goal if its in the goal area
- Hold ball waist to chest high
- Call over one player from each team and line them up on opposite sides of you
- Instruct the players that they are not to touch the ball until it hits the ground
- Put one hand on top of the ball, one underneath
- Move your underneath hand toward the ground, dropping the ball. Do not push with your top hand, let the ball fall
- Move away quickly so you don't get hit!!!
- If its touched before it hits the ground, do it again.

Whistle

- Whistle any fouls
- Whistle the start and end of a quarter, half, or the game
- Whistle when you think play should stop and it hasn't – ball out of play and then back
- The whistle should be an extension of your voice. Don't be afraid to blow it loudly if you have to, but watch where the kids are

#### Offside

- No offside
- Cherry Pick only – if a player is hanging around his/her goal waiting for the ball, making no attempt to be where the ball was, gets it, and scores, disallow the goal and give the opposing team a goal kick.
- Encourage the cherry picking players to join in the action.
- If a player who has already scored a few goals is constantly offside and continuing to score, extend the cherry pick call and make it prior to any goals being scored.