



## 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