

Pre-Game Instructions:

1. **Check players:** no jewelry, no casts, must wear shin guards inside socks...
2. **Left (or right) diagonal:** Call in-touch on your half, flag up on my half. On my half, I'll look to you if I need direction, give direction if you know it. Check for my call on my half.
3. **Senior Assistant Referee** will take over if I can not continue.
4. **During substitutions and water breaks,** running clock.
5. **Back-Up Clock:** Which AR?
6. **Communications:** I will look at *both* ARs during practically every in-touch, and after every substitution and before every kick-off. Give me a thumbs-up when you are ready.
7. **Throw-Ins:** Watch foot foul unless I tell you to look for something else.
8. **Follow every ball** to the line. Stay with the 2nd to the last defender or the ball.
9. **Offside:** Signal and hold until (a) whistled, (b) waved off, or (c) play has turned around beyond where the Free kick would go. Free hand gesture on "breakaways", if not Offside.
10. **Fouls:** Signal fouls (wiggle flag) if you don't think I could've seen it. Give me 1-2 seconds to see if I call the foul or Advantage. Signal direction when whistled.
11. **Free kicks near goal line:** I'll be goal judge; you continue to be offside judge.
12. **Goal Kick:** Watch ball placement. Move to offside judge or watch 18-yard line. (Based on game level)
13. **Corner Kick:** You are still the offside judge.
14. **Goal scored:** Signal by running up toward halfway line. Stay put if no score. Flag up for goal if ball goes over goal line and then back out into play.
15. **Goal scored: "TLC"** Trailing AR marks book, then Lead AR, then CR, 2 refs always watch the field.
16. **Penalty kicks:** Stand at goal line / penalty area line intersection. Watch goalie and then ball. I'll watch everything else. Hold flag across waist if goalie moves forward before ball is kicked.
17. **2 coaches within 10 yards** of centerline. No one on touch lines or within 18 yards of goal line.
18. **Keep flags rolled up until ready:** (Pre-game, subs [U14 and below], half-time) Keep flag on my side.
19. **Mirror signals** from the other Assistant Referee if I do not see the flag.
20. **If I don't see you and you need to get my attention, call out my first name (not "referee").**
21. **I appreciate and encourage non-standard hand signals** for the touchline and off-side.
22. **We are a team:** Check with each other when ball's in-touch, enter/leave together at halfway line.

IFK

- ❶ Dangerous play; ❷ Impedes opponent; ❸ Prevents Goalkeeper from releasing ball;
❹ Goalkeeper touches ball a 2nd time; ❺ Goalkeeper touches ball with hands when kicked back by teammate; ❻ Goalkeeper touches ball with hands which was thrown in by teammate; ❼ To restart after play is stopped to Caution or Send-Off a player for any other offence not previously mentioned in Law 12 (Fouls & Misconduct).

CK

- ❶ Goalkeeper controls the ball with hands for longer than 8 seconds

DFK

- ❶ Kick or attempts to kick an opponent; ❷ Trips or attempts to trip an opponent; ❸ Jumps at an opponent; ❹ Charges an opponent; ❺ Strike or attempts to strike an opponent; ❻ Pushes an opponent; ❼ Tackles opponent before the ball; ❽ Holds on opponent; ❾ Spits at or bites; ❿ Deliberately handles ball.

Yellow Card (Caution)

- ❶ Persistently offenses (PO); ❷ Unsporting behavior (UB); ❸ Dissent by words or action (DT); ❹ Delays restart (wastes time, giving less than 10 yards on restart, etc.) (DR); ❺ Enters, Re-Enters or Leaves field without referee's permission (ERL); ❻ Fails to respect distance for CK/FK/ TI (FRD)

Red Card (Send-Off)

- ❶ Serious foul play (SFP); ❷ Violent conduct (VC); ❸ Spits at or bites (SB); ❹ DOGSO - Prevents goal by deliberately handling ball (DGH); ❺ DOGSO - Prevents goal by foul when not playing the ball (DGF); ❻ Offensive, abusive or insulting language or action (AL); ❼ 2nd Caution in the same match (2CT).