

# CVSA Referee Training

General:

Use your whistle

- Short loud blast for ball out of play
- Longer loud blast to signal a foul, goal, or end of playing period
- A short blast to start/restart play at kickoff and free kicks
- Do not use to restart play at throw-ins or corner kicks use hand signals to direct players

Arrival

- Arrive at the field at least 15 minutes before your scheduled game time. During this time check to make sure the lines are visible, goals are in position and, check the condition of the nets.
  - If there are any issues you notice during you walk-around please contact your area representative ASAP and let them know if the issue.
- Ensure games start at their scheduled time; call the teams in to the center of the field for pregame instructions 5 minutes prior to game time.
- All CVSA games use a running clock; the clock does not stop for any reason. No added time or stoppage for goals/injuries/delays during the game. This is to ensure that games are finished in time for the following game.

Pre-game instructions

- Introduce yourself to the coaches and have the away team coach sign your timecard. Let the coaches know how long before you call their players to the center circle.
- Short loud blast of your whistle to call the players to the center circle and Introduce yourself to the players
- Have players tap on shin guards, every player is required to wear shin guards
  - Shin guards must be worn under socks, unless they are the sock type
- Instruct the players to lift one foot so you can check their shoes
  - Cleats are not required but the following things not allowed
    - i. Metal cleats
    - ii. Shoes with a toe cleat (i.e. baseball, lacrosse or, football cleats)
    - iii. You have the final say whether the footwear is safe for play.
- Go over the basic rules and what you will be watching out for
  - No slide tackling
    - i. first offense is a foul and a verbal warning
    - ii. second offense is a foul and a yellow card

- iii. third offense is a foul and a red card
  - No dangerous plays
    - i. cleat raised above the waist while going for a ball in traffic
    - ii. playing the ball while lying on the ground
  - No pushing
  - No Tripping
  - No foul language
    - i. first offense is a foul and a verbal warning
    - ii. second offense is a foul and a yellow card
    - iii. third offense is a foul and a red card
  - No earrings, jewelry, barrettes or equipment that you deem hazardous to another player or themselves.
  - Shirts need to be tucked in and hoods must be tucked into the players shirts
  - Watch for proper throw-ins
  - Watching for offsides (only on Medium and Large fields)
  - Remind the players to use good sportsmanship
- Ask for captains
  - Choose number to select either ball or side of field to start

## Gameplay

- Coaches and parents are not allowed to stand behind the goal. If it occurs explain the rule and ask the individual to move to the side of the field.
- Coaches are not allowed on the field during the game except when you call them out for an injured player.
- You are part of the field of play. Play does not stop if you are hit with the ball, even if it results in a goal.
- Lining up on the field
  - Prior to the game decide who will be the leading, trailing and, main referee
    - i. Leading referee – Lines up along the sideline with the defense of the home team on that team's sideline. Move with the play staying in line with the defense to be able to call offsides.
    - ii. Trailing referee - Lines up along the sideline with the defense of the away team on that team's sideline. Move with the play staying in line with the defense to be able to call offsides.
    - iii. Main referee – Move in a diagonal from the sideline opposite of the leading referee to the sideline of the trailing referee.
- Halves vs. Quarters
  - If either coach requests quarters then the game is played with (4) quarters
    - i. If quarters, 1 1/2 minutes between quarters and 3 minutes at half-time.
- Player equipment

- No player may wear equipment that, in the opinion of the referee, could be hazardous to themselves or another player. This includes non-orthodontic braces, watches, barrettes, rings, earrings, etc.
- All hats must be approved prior to the game.
- All hoods must be tucked into players jerseys
- The goalkeeper must wear a shirt of a different color from either team
- Kick-off
  - Ball can be kicked in any direction but cannot be touched by the player taking the kick until it has been touched by another player on the field.
- Goal Kicks
  - Kicks are taken from the 6-yard line
  - Players must stand outside the 18-yard box and cannot touch the ball until it has crossed outside of this box. If it is touched prior to exiting the box a re-kick is taken.
- Fouls
  - Short loud blast of your whistle to indicate a foul
    - i. Indirect – raise your hand when calling the foul and restarting play to indicate an indirect kick
    - ii. Direct – point your hand in the direction of the kick when calling the foul and restarting play

#### Indirect free kicks

- Dangerous play
- Fair charge when the ball is not within playing distance
- When not playing the ball, intentionally obstructing an opponent
- Charging a goalkeeper, unless they leave the penalty area
- Goalkeepers intentionally wasting time
- Offsides, when the ball is played to the player
- Intentionally heading the ball from the air (small and medium fields only)

#### Direct free kicks

- Charging from behind, unless the opponent is obstructing
- Charging an opponent in a violent or dangerous manner
- Jumping at an opponent
- Tripping an opponent
- Kicking or attempting to kick an opponent
- Striking or attempting to strike an opponent
- Pushing an opponent
- Holding an opponent
- Handling the ball (except by the goalkeeper inside their own penalty area)
- Slide tackles

To be penalized, one of the above fouls must be committed intentionally to the eyes of the referee, not the coaches or spectators.

#### Yellow cards

- Dissent with referee's decision
- Ungentlemanly conduct
- Persistent infringement of the laws
- Entering, re-entering or, leaving the field of play without receiving a signal from the referee.

#### Red cards

- Serious foul play or violent conduct
- Abusive or foul language
- Persisting in misconduct after having received a caution

If a red card call is made, contact your area representative after the game with the details. The person who received the red card (player or coach) will be ejected for the rest of the game and the next scheduled game. The player or coach can be substituted so the team can play with the full number of fielded players. **MORE THAN ONE PLAYER OR COACH FROM THE SAME TEAM CAN BE EJECTED FROM THE SAME GAME.**

- Injuries
  - Stop play, check on the player, and call the coach out on the field to tend to the injured player. At this time, the player must leave the field and the coach can substitute for the injured player only.
  - Play restarts with either a drop ball at the spot of the injury or a direct or indirect kick if a foul occurred. If the injury occurred inside the 18-yard box and was not the result of a foul, the ball shall be moved outside the box for the restart.
- Missed or wrong calls
  - If you make the wrong call, the first thing you should do is relax; every referee has made mistakes. Then decide if you can correct it. If you pointed the wrong way on a throw in or foul and you have not restarted the game you can correct yourself. If play has already been restarted you have to let it go and try to do better next time. Don't try to 'make it up' to the team by making a call you know is wrong. Just call the game as carefully as you can.
- Coach or spectator issues

- When talking to the coaches about a spectator issue, use the words “Coach, we have a problem that we need to resolve”, instead of you need to take care of the issue
- If it is a coach or assistant that is causing a problem, talk calmly and explain they are the role model for the kids and need to show some self-restraint and this is a recreational league.

## Small Fields

Ball - size 3

Players – 6 per side, including a goalkeeper. Minimum number of players needed for a game is 5. Coaches are required to play down to the minimum number if the opposing team only has the minimum number of players.

Duration – Two 25 minute halves – 5 minutes between halves. NO OVERTIME. If quarters are requested 12 minutes per quarter.

Substitution – Unlimited and at any time (on-the-fly)

Fouls – All fouls at this age group result in an indirect kick. There are NO PENALTY KICKS or DIRECT KICKS at this field size.

Improper Throw-in – Shall be repeated once. Referee should instruct the player on the proper technique. After a second improper throw-in, the throw-in is awarded to the other team.

Heading – Players at this field size SHALL NOT head the ball directly from the air. If a player deliberately heads the ball, an indirect free kick will be awarded at the spot of the infraction. If the heading occurs inside the penalty area, the ball shall be moved outside the penalty area and an indirect free kick will be awarded to the other team.

Offsides – There is NO OFFSIDES at this field size. No player will be allowed to CONTINUALLY remain in an OFFISDE position. If the situation persists, an indirect free kick can be awarded to the other team.

## Medium Fields

Ball - size 4

Players – 9 per side, including a goalkeeper. Minimum number of players needed for a game is 7. Coaches are required to play down to the minimum number if the opposing team only has the minimum number of players.

Duration – Two 25 minute halves – 5 minutes between halves. NO OVERTIME. If quarters are requested 12 minutes per quarter.

Substitution – Can only be made with the consent of the referee at the following times:

- Prior to a throw-in by the team in possession
- Prior to a goal kick by either team
- Prior to a corner kick by the team in possession
- After a goal by either team
- After an injury, when the referee stops play (only for the injured player)
- Between quarters or halves

Fouls – Conform to FIFA Laws

Improper Throw-in – Results in a throw-in awarded to the other team.

Heading – Players at this field size SHALL NOT head the ball directly from the air. If a player deliberately heads the ball, an indirect free kick will be awarded at the spot of the infraction. If the heading occurs inside the penalty area, the ball shall be moved outside the penalty area and an indirect free kick will be awarded to the other team.

Offsides – Conform to FIFA Laws, see CVSA website

## Large Fields

Ball - size 5

Players – 11 per side, including a goalkeeper. Minimum number of players needed for a game is 9. Coaches are required to play down to the minimum number if the opposing team only has the minimum number of players.

Duration –

(U12) Two 30 minute halves – 5 minutes between halves. NO OVERTIME. If quarters are requested, 15 minutes per quarter.

(U14) Two 35 minute halves – 5 minutes between halves. NO OVERTIME. If quarters are requested, 17.5 minutes per quarter.

Substitution – Can only be made with the consent of the referee at the following times:

- Prior to a throw-in by the team in possession
- Prior to a goal kick by either team
- Prior to a corner kick by the team in possession
- After a goal by either team
- After an injury, when the referee stops play (only for the injured player)
- Between quarters or halves

Fouls – Conform to FIFA Laws

Improper Throw-in – Results in a throw-in awarded to the other team.

Heading – Players at this field size are permitted to head the ball directly from the air.

Offsides – Conform to FIFA Laws, see CVSA website



The following was taken directly from FIFA Laws of the Game:

### Infringements

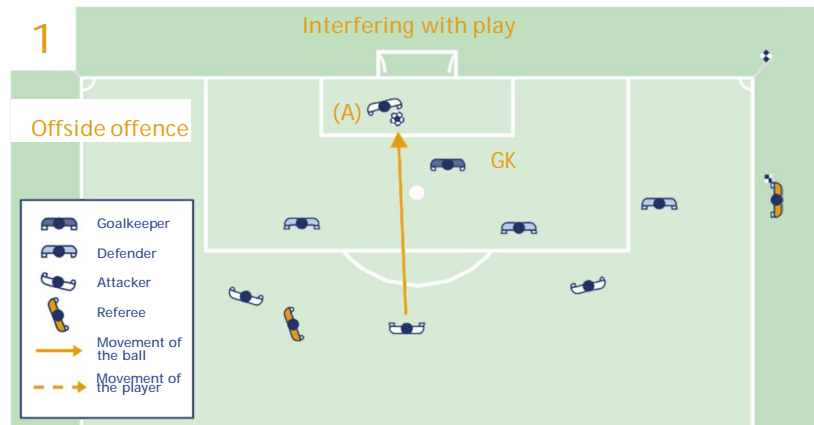
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When an offside offence occurs, the referee awards an indirect free kick to be taken from the position of the offending player when the ball was last played to him by one of his team-mates.

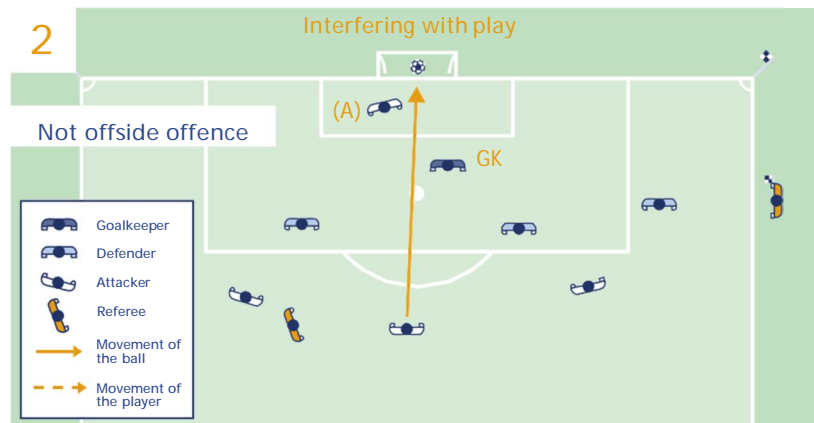
Any defending player leaving the field of play for any reason without the Referee's permission shall be considered to be on his own goal line or touch line for the purposes of offside until the next stoppage in play. If the player leaves the field of play deliberately, he must be cautioned when the ball is next out of play.

It is not an offence in itself for a player who is in an offside position to step off the field of play to show the referee that he is not involved in active play. However, if the referee considers that he has left the field of play for tactical reasons and has gained an unfair advantage by re-entering the field of play, the player must be cautioned for unsporting behavior. The player needs to ask for the referee's permission to re-enter the field of play.

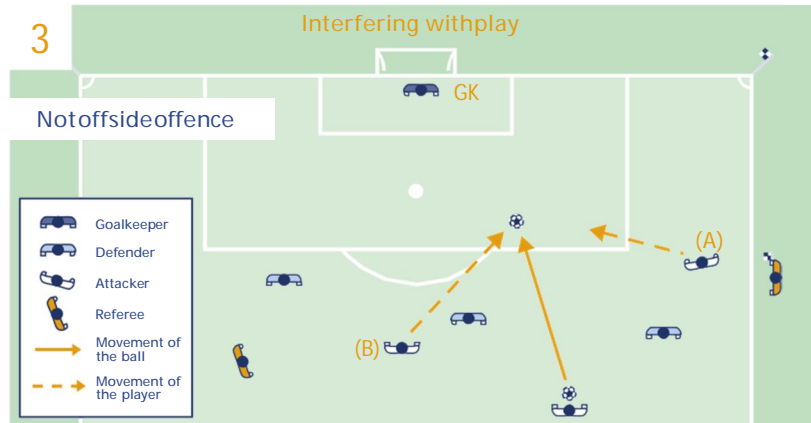
If an attacking player remains stationary between the goalposts and inside the goal net as the ball enters the goal, a goal must be awarded. However, if the attacking player distracts an opponent, the goal must be disallowed, the player cautioned for unsporting behavior and play restarted with a dropped ball from the position of the ball when play was stopped, unless play was stopped inside the goal area, in which case the referee drops the ball on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.



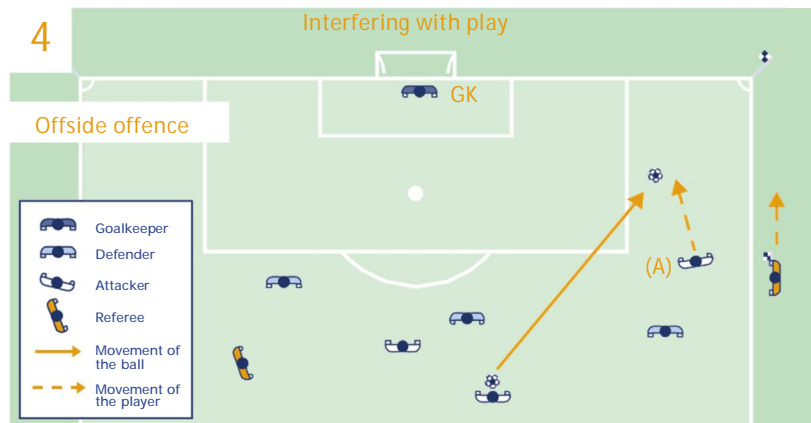
An attacker in an offside position (A), not interfering with an opponent, touches the ball. The assistant referee must raise the flag when the player touches the ball.



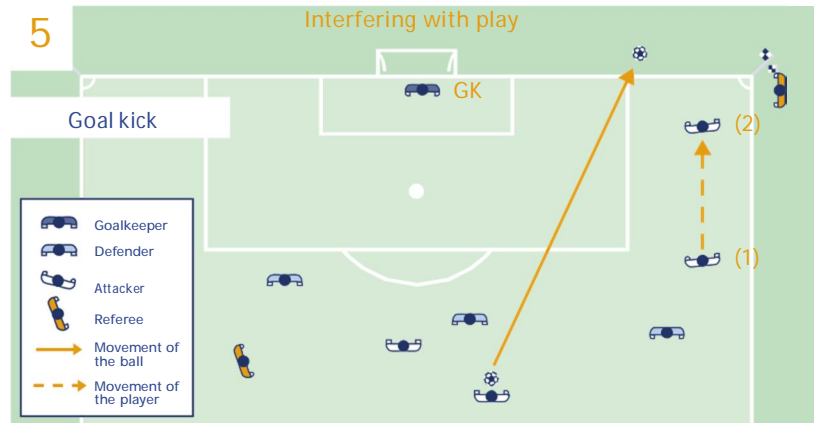
An attacker in an offside position (A), not interfering with an opponent, does not touch the ball. The player cannot be penalized because he did not touch the ball.



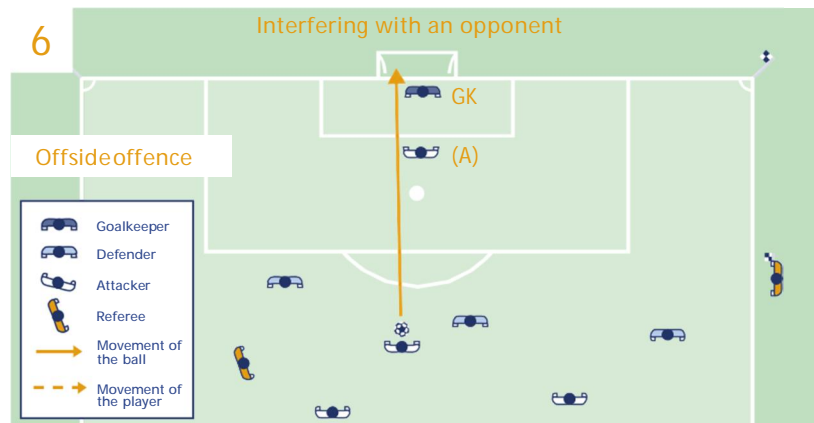
An attacker in an offside position (A) runs towards the ball and a team-mate in an onside position (B) also runs towards the ball and plays it. (A) cannot be penalized because he did not touch the ball.



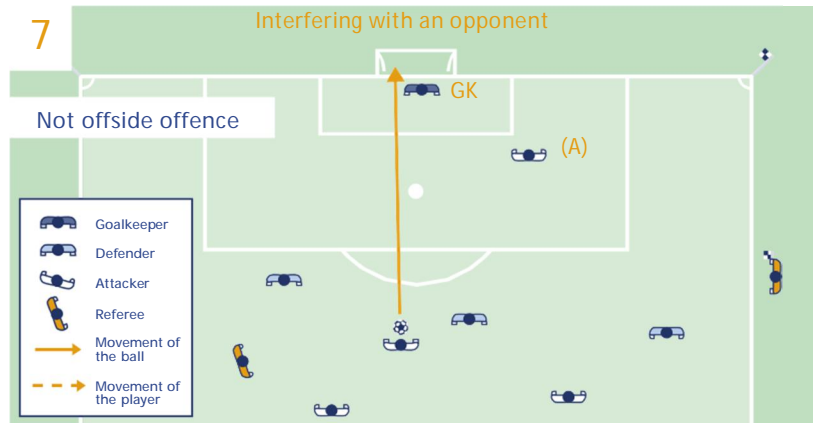
A player in an offside position (A) may be penalized before playing or touching the ball, if, in the opinion of the referee, no other team-mate in an onside position has the opportunity to play the ball.



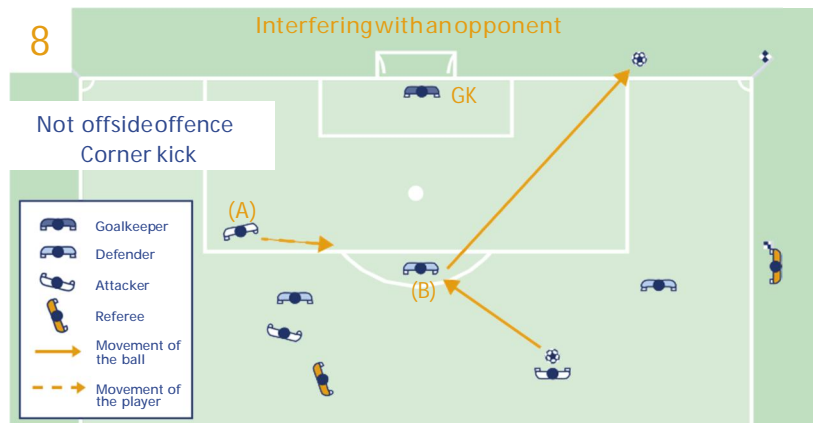
An attacker in an offside position (1) runs towards the ball and does not touch the ball. The assistant referee must signal "goal kick".



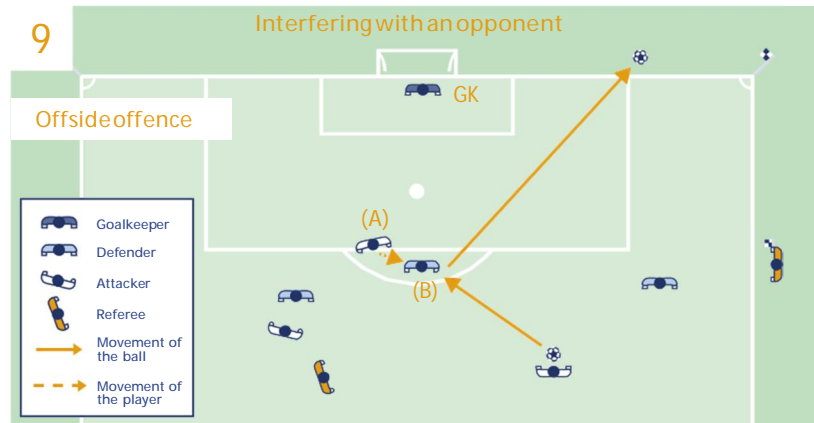
An attacker in an offside position (A) is obstructing the goalkeeper's line of vision. He must be penalized because he prevents an opponent from playing or being able to play the ball.



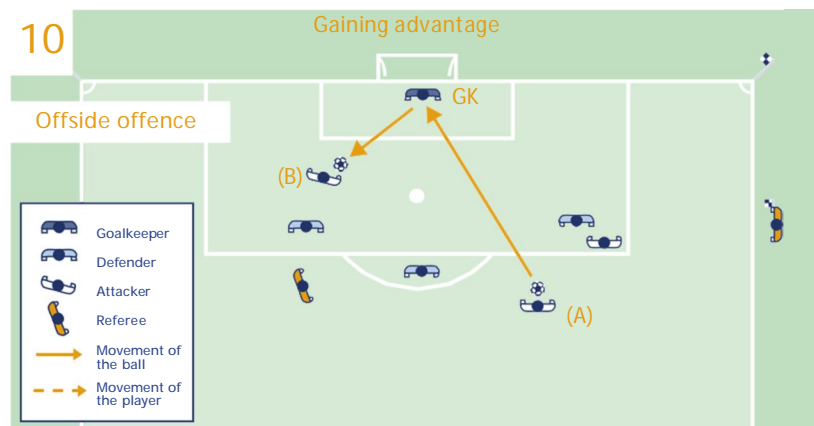
An attacker in an offside position (A) is not obstructing the goalkeeper's line of vision or challenging an opponent for the ball.



An attacker in an offside position (A) runs towards the ball but he does not prevent the opponent from playing or being able to play the ball. (A) is not challenging an opponent (B) for the ball.



An attacker in an offside position (A) runs towards the ball preventing the opponent (B) from playing or being able to play the ball by challenging the opponent for the ball. (A) is challenging an opponent (B) for the ball.



An attacker in an offside position (B) is penalized for playing or touching the ball that rebounds, is deflected or is played to him from a deliberate save by the goalkeeper having been in an offside position when the ball was last touched or is played by a team-mate.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## CVSA Ref Test

1. An offensive player kicks the ball past the final defender and his teammate who is onside at the time of the kick, is the first to touch the ball. In this scenario, the offense should be called offside and the ball should be awarded to the defense:
  - a. True
  - b. False
  
2. On a goal kick, all attacking players must vacate the goal box:
  - a. On small fields only
  - b. On small and medium fields but not the large field
  - c. On all field sizes
  - d. On none of the field sizes
  
3. The offsides rule is to be enforced on:
  - a. Large fields only
  - b. Large and medium fields only
  - c. All field sizes
  - d. None of the field sizes
  
4. Penalty kicks, in the goal box, can be awarded:
  - a. On all field sizes
  - b. On none of the field sizes
  - c. On large fields only
  - d. On large and medium field sizes

5. Direct kicks may be awarded:
  - a. On medium and large fields only
  - b. On large fields only
  - c. On all field sizes
  - d. On none of the field sizes
  
6. If thunder is present:
  - a. The whistle should be blown immediately and all players removed from the field
  - b. The game should be delayed for 15 minutes following the last thunder clap
  - c. The game should not be delayed any more than 30 minutes in total time
  - d. All of the above
  
7. Which of the following is NOT an offense in which a red card should be issued:
  - a. Serious foul play or violent conduct
  - b. Abusive or foul language
  - c. Dissent with a referee's decision
  - d. Persisting in misconduct after having received a caution
  
8. Additional time shall be added to the game for injury time and stoppage of play:
  - a. True
  - b. False
  
9. On medium and large fields substitutions can be made:
  - a. Prior to a throw in by the team in possession
  - b. Prior to a goal kick by either team
  - c. Prior to a corner kick by the team in possession
  - d. After an injury (injured player may be substituted for)
  - e. All of the above



10. All red cards issued during a game should be reported to an area board member immediately following the game:

- a. True
- b. False

11. Intentionally heading the ball will result in an indirect kick: (check all that apply)

- a. On a small field
- b. On a medium field
- c. On a large field
- d. None of the above
- e. All of the above

Score: \_\_\_\_\_

Revised: Spring 2015