

Referee Quick Reference Guide

House					
Age Group	Max	Min	Ball	Duration	Halftime
U9/U10	7	5	4	25 min halves	10 min
U12	9	6	4	30 min halves	10 min

SFL					
Age Group	Max	Min	Ball	Duration	Breaks
U14	11	7	5	35 min halves	5 min
U16	11	7	5	40 min halves	5 min
U19	11	7	5	40 min halves	5 min

SFL Tournaments					
U14-U19	11	7	5	35 min halves	5 min

CCL					
Age Group	Max	Min	Ball	Duration	Breaks
U9-10	7	5	4	30 min halves	5 - 10 min
U11-12	9	7	4	35 min halves	5 - 10 min
U13-14	11	7	5	35 min halves	5 - 10 min
U15-17	11	7	5	40 min halves	5 - 10 min
U18-20	11	7	5	45 min halves	5 - 10 min

*** Modifications to Max number of players only:**

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The Center referee assigned to a game is required to submit a game report using the Arbiter online system.

It should include:

Scores

Cards shown (if any) and reason

Roster challenges (if any)

Referee (Center, AR1, AR2) Didn't show or were late

NVSC Districts:

BL – Ben Lomond

SH – Signal Hill

H – Hellwig

VV – Valley View

Updated on Sep 9, 2021 – Changes from previous version:

Page 15 – SFL Law 10 – Determining the Outcome of A Match

Page 23 – CCL Law 7 – Duration

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General Game Procedures

Arrive Early

- At least 30 minutes before kick-off
- All referees should look crisp, clean matching uniforms, clean shoes, appropriate referee patches
- Ensure you have a watch with timer, whistles, pens, coin, game cards (yellow & red), game report
- Inspect field for markings, proper dimensions and safety with the ARs. Ensure goals are secured to the ground. Ask appropriate team to correct any problems.
- Select senior AR (usually the more experienced).

Pre-Game Instructions from Referee

- We're a team, let's look and work like one. Move smart, signal smart.
- I will run left or right diagonal (left is traditional).
- Signal balls out of play. In your half indicate direction of restart. In my half raise flag vertically. If I need direction, I'll look to you before signaling.
- Raise flag and after we make eye contact, wave flag slightly to signal fouls and misconduct I didn't see, indicate direction of restart. Lower flag if I wave you off.
- Signal offside, not offside position. Hold signal until I whistle, wave you off, or play changes direction. ***When in doubt, keep the flag down.***
- Keep the flag in the hand I can see.
- Help to enforce 10 yards if I wave you on.
- Be goal line judge for strikes on goal, Corner Kicks and Penalty Kicks.
- Trail AR record goals scored while lead AR and I return to positions for KO. Then, watch players as we record information. Record same for misconduct and include nature.
- This game has XX minute halves. If you have a watch also keep time.

Team Equipment Checks

- If required - check player rosters while the ARs check players' IDs and equipment as necessary. ARs will help identify if players are wearing anything unacceptable. Ask the players' coach to have the problems corrected.
- Players with unacceptable clothing or equipment must not play until the problems are corrected.
- Collect and inspect game ball from appropriate team (multiple depending on field and location).

Five Minutes to Kick-off

- Move directly to the center mark about 5 minutes before kick-off carrying the game ball, ARs on either side with flags furled.
- Signal for the team captains. Introduce yourself and the ARs to the captains. Captains introduce themselves to each other.
- Perform the coin toss, asking the visiting team captain to call the toss. The captain winning the toss chooses which goal to attack. The opposing team will kick off.
- The ARs take their places on the touch lines, making last minute checks as necessary.
- Count players in each half. ARs count players in their halves, move even with second-to-last defenders and unfurl their flags, holding flags straight down to indicate readiness to start. Position ball at center mark.
- Move to the position for kick-off, normally outside the center circle and to the left of the ball in the half of the team kicking off.
- Reset watch, and make eye contact with both ARs to ensure they are ready.
- At kick-off, blow whistle once and point in the attacking direction. Ensure you have started your watch.

Fold along line

Covering the Field

- Leave the diagonal as necessary to be close to the play, without interfering.
- Keep eye contact with the leading AR as much as possible, and with the trail AR as least at stoppages.
- Anticipate long kicks and move in their general direction.

Players

- Be firm but not harsh when dealing with fouls and misconduct.
- Apply advantage if it is to the fouled team's advantage.
- When sending off a player, ensure player has left the vicinity of the field before restarting game. Youth players must be accompanied by a responsible adult or remain under the coach's supervision.
- Record all goals scored and misconduct, including nature, player's name and number, and time.

First Half – Time Expired

- Blow your whistle (twice is customary), point to the center circle, collect the game ball if nearby, then walk quickly to the center mark.
- ARs furl flags and join you at the center mark. If an AR is closer to the game ball than you are, the AR collects the game ball.
- Supervise players leaving the field.
- Leave the field with the ARs the same way as you entered.
- Verify accuracy of the game records with the ARs.

Second Half – Time Expired

- Enter the field as at the start of the game.

- Perform all of the functions as for the start of the game except introductions and coin toss. The team that did not kick off at the start of first half now kicks off (same direction as start of game).

End of the Game

- Blow the whistle (three times is customary); proceed as at the end of the first half.
- If there is a team sportsmanship ceremony (shaking hands), stay until it is over before leaving the field. Supervise the players until all have left the field.

Overtime

- Precede according to the competition rules.
- If a tiebreaker 'Kicks from the Mark' is required, all eligible players, except the goalkeepers and the player taking the kick must wait within the center circle. The goalkeeper not defending must wait off the field at the intersection of the goal line and the penalty area line opposite from the referee.

Fold along line

Referee Signals

ADVANTAGE



Shout 'Advantage!' or 'Play On!'

FREE KICK



Point in restart direction.
If IFK, raise arm

INDIRECT FREE KICK



Hold until another player touches, ball goes out, or other stoppage

MISCONDUCT



Caution: Yellow Card
Send Off: Red Card

CORNER KICK



Point to correct corner
at 45° angle

GOAL KICK or PENALTY KICK



GK: Point toward goal area
PK: Point to penalty mark

THROW-IN REF's END or, if needed, TO CORRECT/CONFIRM AR's SIGNAL



Point direction of throw-in

Assistant Referee Signals

THROW-IN AR's END



Point direction of throw-in

OFFSIDE or THROW-IN REF's END



Hold flag
straight up

OFFSIDE LOCATION



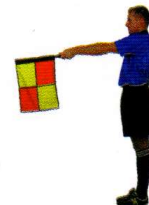
Farside: Up 45°
Middle: Straight
Nearside: Down 45°

BALL OVER GOAL LINE THEN IMMEDIATELY BACK IN



After Ref stops
play signal if GK
or CK; if goal
move toward
halfway line
(flag down)

GOAL KICK



Point horizontally toward
goal area

CORNER KICK



Point flag 45° downward in
direction of near corner

SUBSTITUTION



Lower when Ref
acknowledges,
then move to
halfway line to
control substitution

FOUL NOT SEEN BE REF



Raise in hand
for restart
direction; after
Ref eye contact,
slight wave

PENALTY KICK IN REPLY TO REF QUERY



Hold flag straight down in
front of body

Fold along line

NVSC Recreational League

U7 - U12: MODIFICATIONS SUMMARY:

MODIFICATIONS TO IFAB LAWS

All games will be played in accordance with “FIFA Laws of the Game” as modified by the USSF for youth play and as clarified in these instructions.

Law 1 - The Field of Play

- A) Each team must occupy opposite touchlines; the Home Team has the choice of side. Coaches and spectators must remain between each 18 yard line – (between the penalty boxes).
- B) For the U9-U10 age groups, the field will have an additional marking – a Build Out Line. The build out lines should be equidistant between the top of the penalty area line and halfway line.

Law 3 - The Players

- A) Even when players are officially disqualified, all matches will be played with an equal number of players per team on the field, i.e., a coach with a red carded player may substitute for that player
- B) If either team lacks the minimum number of players, it is recommended that there be no forfeits and that the players be divided evenly and the game played.
- C) Substitutions will be unlimited for all age groups and shall be done in accordance with the following:
 - For U9 – U12, substitutions may occur at any stoppage and must be made at midfield and with the consent of the referee.

Law 4 - The Players' Equipment

Long pants and sweatshirts are permitted, provided that the team jersey is worn on the outside. Hoods of sweatshirts must be tucked in when on the field of play. Jewelry of any type is NOT ALLOWED to be worn (including earrings). Medical bracelets or necklaces may be worn, but must be taped to the body. No metal, plastic, wood or other hard pins, barrettes or ponytail holders may be worn. Hair bands with hard plastic balls are also illegal. Shoes with toe cleats are not allowed to be worn.

Law 11 - Offside

All FIFA Laws apply except that for the U9 – U10 age group the build out line will be used to denote where offside offenses can be called (no longer halfway line). Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line

Law 12 - Fouls and Misconduct

Disqualifications shall be reported to the Referee Assignor who will inform the Recreational Director.

- A) Youth Players: A youth player that is sent off (red card) may remain on the sideline with their team unless, in the referee's opinion, doing so is disruptive to the game.
- B) Coaches, Parents, and Spectators: An adult player, coach, parent or spectator who is ejected must leave the vicinity of the playing fields immediately. The match will be suspended until the referee is satisfied the individual has left the vicinity of the field. If the individual refuses to leave the field, the referee may terminate the match and a loss will be recorded for the offending team.

Fold along line

- C) Referees and Coaches are required to work together to control player and spectator disruptions.
- D) Spectators considered to be causing problems will be asked to leave the area.
- E) For U9 – U12 - Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball. If this occurs within the goal area, the indirect free kick or dropped ball should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.
- F) For U9 – U10, the goalkeeper cannot punt or drop kick the ball – they must distribute the ball by hand (passing, rolling, or throwing it into play). If the goalkeeper punts the ball, an indirect free kick shall be awarded to the opposing team from the spot of the offense - If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

Law 16 - The Goal Kick (see FIFA Laws)

For U9 and U10 – Prior to the Goal Kick the opposing team must move behind the build out line until the ball is put into play.

- The goalkeeper should, but is not required to, wait until all opponents have retreated behind the BOL before placing the ball back into play. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

Fold along line

- After the ball is put into play (kicked and clearly moves), the opposing team can cross the build out line and play resumes as normal.

General Notes for Referees

- A) For U9 – U10 age groups, when the goalkeeper has possession of the ball (by hand), either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play.
 - a. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting is not allowed). The goalkeeper should, but is not required to, wait until all opponents have retreated behind the Build Out Line before placing the ball back into play.
 - b. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
 - c. After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
 - d. Referees should be flexible when enforcing the 6-second law. Counting the time of possession should only begin when all opponents have moved behind the Build Out Line.
- B) Slide tackles are not allowed for U9 or U10 age groups.
- C) U12 and younger girls are allowed to place their arms across their chest for protection. The referee has the final decision as to whether the action was legally executed.
- D) The decision as to whether a cast is dangerous or used in a dangerous manner solely belongs to the referee.

SFL

U14-U19: MODIFICATIONS SUMMARY: SFL MODIFICATIONS TO IFAB LAWS

All games will be played in accordance with “IFAB Laws of the Game” as modified by the USSF for youth play and as clarified in these instructions. Nothing in these rules precludes individual clubs from imposing more stringent rules on their own teams.

Law 3 – The Players Rosters

1. SFL Team Roster – Each coach is expected to provide a paper copy of the SFL Team Roster to the opposing coach (and referee if requested) before the start of each game.

If a team is unable to provide a paper copy of the roster, the opposing team may declare a forfeit. Electronic copies of rosters are not acceptable.

SFL Play-Down Rule

1. When one team fields less than the maximum number of players, the opposing team may not play with more than two players over the number fielded by the other team (*exception – See 4. below*). The table below shows the maximum number of players one team is allowed to use when another team fields less than the maximum number allowed.

Age Group	Players for	Team A	Team B
U14 – U19		7	9
U14 – U19		8	10
U14 – U19		9 or 10	11

2. The above play-down rules also apply when players from the team with the lesser number of players leave a game due to injury or illness. In these circumstances, the opposing team should not continue play with more than two players over the number that the other team has on the field of play.

3. Red carded players on the short sided team do not cause the team with more players to be required to play down. For example if Team A has 11 players and Team B has 9 players and Team B receives a red card, Team A is not required to play down to 10 players.

Substitution Opportunities

Substitutions will be unlimited for all age groups and shall be done in accordance with the following:

- Substitutions may occur under the following conditions at midfield and with the consent of the referee.
- After a goal.
- Prior to a goal kick.
- Prior to the start of the second half.
- Prior to a throw-in by the team in possession. The opposing team may only substitute if the team in possession substitutes.
- For an injury when the injured player is replaced. The opposing team may also substitute a player at that time.
- After a player caution, at the request of the player’s coach. Only the cautioned player may be replaced with a substitute at that time.
- At water breaks, if stoppage for the break occurs during one of the above substitution opportunities. Referees are encouraged to schedule water breaks during substitution opportunities for both teams.

Fold along line

Law 4 – The Players’ Equipment

No jewelry shall be worn on any exposed part of the body, with the exception of medical alert bracelets which need to be taped down. Casts on arms must be covered in a cushioning material in order to prevent injury to other players. The decision as to whether a cast is not dangerous or used in a dangerous manner solely belongs to the referee. Shin-guards are mandatory and each player must wear FIFA acceptable sport shoes or sneakers are required. Metal cleats shall not be worn

Law 7 – The Duration of the Match

Game times for the respective age groups are shown in the table below, (halves).

Age Group	Regular Season	Tournament
U14	35 min	35 min
U16	40 or 45 min	35 min
U19	40 or 45 min	35 min

Law 10 – Determining the Outcome of A Match

Goal Differential/Mercy Rule

1. Coaches are **required** to reduce the number of players on the field by 1 once a team has scored 4 goals more than the opponent (e.g. 4:0, 5:1, etc...). The coach continues to remove one player for each additional goal scored as the goal differential increases until the minimum number of players is reached (7 players). Play continues with the minimum number of players until the goal differential decreases to less than 7 goals. If the goal differential decreases, the coach may add a player back onto the field up to the maximum allowed accounting for the particular game situations (Send Offs, available substitute players, etc...).

When the score differential reaches 8, the game is automatically terminated without a penalty being assessed to either team.

Goal Differential	Team A	Team B
+4	10	11
+5	9	11
+6	8	11
+7	7	11
+8	Terminate Game	

If (Team B) has started the game with less than 11 players due to the Play Down rule above, Team B continues to play down but is not required to reduce any additional players if Team A is playing down as a result of the Goal Differential Rule.

2. The losing coach has the option to terminate a game without penalty when the winning team has a 4 or more goal lead. The game is terminated once the referee has been notified by the losing coach or the captain of the losing team that the mercy rule is being invoked. The losing team has the sole discretion when to implement the mercy rule. Referee reports should also include a statement that the game was terminated early because of the mercy rule

Other

1. Slide tackling is permitted unless otherwise stated; however, the referee will have the final decision as to whether the tackle was properly executed. Coaches are directed to instruct their players on proper technique and the potential of injury to other players and themselves when improperly done.

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2. Under 14, Under 16, and Under 19 girls are allowed to place their arms across their chest for protection. The referee has the final decision as to whether the action was legally executed.

3. A team must be ready to play the game within 15 minutes of the scheduled game time. If a team is not ready to play, then the opposing team has the right to request a forfeit or have the game rescheduled. If a forfeit is accepted because a team is not ready to play, then the teams should leave the field. In other words, the teams **should not** use the game as a scrimmage.

TEAM ROSTER REQUIREMENTS

Coaches are **required** to exchange team rosters prior to the start of each game. Failure to provide a proper team roster prior to the start of the game is grounds for the game to be forfeited if the opposing coach desires it. Any discrepancies that are identified with a team roster will be discussed by the coaches, and the referee will be informed of the outcome as necessary. After the first weekend of play, a coach is allowed to only make 3 player corrections (uniform numbers) on the team roster. If more than 3 players need to be corrected on the roster, the additional players are not allowed to play (the coach chooses which 3 will play).

In addition, a proper team roster meets the following requirements:

1. The roster is provided on SFL Form SFL-2E or an SFL-approved substitute form.
2. The roster contains a handwritten signature from the SFL Club Rep or Club Registrar.
3. The roster does not contain handwritten player names, birth dates, or uniform numbers.
4. The roster includes, as an attachment, any waivers provided to the team by the SFL.

In the event that a roster discrepancy cannot be satisfactorily resolved by the coaches prior to a game, a coach may request that the referee conduct a roster challenge to ascertain the eligibility of any players in question. The coach must state which players he would like the referee to check. The coach may also dispute a player that arrives **AFTER** the game has started or when that coach has a valid reason to question a player already on the field. However, this challenge should be made at half time and must be made before the second half starts unless the player arrives after the second half begins.

When a roster challenge is conducted, the following outcomes are possible:

1. The referee can abandon the match if either coach is unable to provide a copy of his/her team roster to the referee. If the game is abandoned, both teams must leave the field and may not use the field for a scrimmage game.
2. The referee can declare one or more players as ineligible and the game will be played with those players excluded. The referee shall provide a complete report.
3. The referee will determine that all players are eligible and the game will be played with no players excluded. Unless otherwise directed by an SFL official, the game will not be abandoned for cases in which both coaches have rosters but discrepancies are noted. The game will be played in its entirety and the SFL will make a decision later on whether a forfeit or other penalty will be assessed.

SFL players are not issued player identification cards as travel players are, so a roster challenge is conducted in the following manner:

1. Each coach shall provide a copy of his/her team roster and the referee will review the rosters to be sure they meet the definition of proper rosters as described above.

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2. Each player being challenged will be required to write or state his/her name, birth date and uniform number. If any information provided does not match what is shown on the team roster, the player is considered ineligible to play in that game.

a. Coaches should ensure that their players understand the information that will be requested by the official conducting the review. However, the coach may not tell a player how to answer the questions (e.g., the coach may not tell the player the birth date that should be provided). Any instructions provided by the coach to the team concerning how the process works should be made in the presence of the official conducting the review.

b. The uniform number on the Team Roster must agree with the number shown on the player's uniform unless the opposing coach has agreed to waive the requirement for consistent uniform numbers.

The SFL must be notified by the coaches in their game reports any time that a roster challenge has occurred. This information should include the name of the coach making the challenge, the game number, game date, game field, and the result of the challenge.

TOURNAMENT FORMAT INFORMATION

The SFL schedules games for tournament groups in two different formats:

Round Robin – Teams will play three games during the tournament and any game is allowed to end in a tie. Winners in each group will be determined based on the outcome of all games played and tie-breaking rules will be applied when necessary. Penalty kicks will only be used for determining

the winner of a tournament group when all other tie-breakers fail to determine a winner.

Single Elimination – Teams will advance when they win games and be eliminated when they lose a game. Therefore, all games for a tournament group must have a clear winner defined. In the event that a game ends in a tie at the end of regulation play, Kicks from the Penalty Mark will be used to determine a winner. Referees should conduct the kicks in a manner that minimizes wasted time so that subsequent games will not be significantly delayed. Referees should review the Kicks from the Penalty Mark procedure prior to the tournament to be sure they will know how to properly conduct Kicks when required.

Referees should ensure that they know the tournament format that is being used prior to the start of each game. Normally one format is used for all games on a single field, but there can be cases when there are games on a field that could be in either format. If a referee has not been informed by his referee assignor of the format prior to the game, he should ask the coaches of the teams that are playing.

Fold along line

CCL

IFAB MODIFICATIONS SUMMARY:

See the Club Champions League Referee Manual for the full modifications to the Laws of the game.

Law 1 - The Field of Play

Ensure all goals are anchored and secure.

For the U9-U10 age groups, the field will have an additional marking – a Build Out Line. The build out lines should be equidistant between the top of the penalty area line and halfway line.

Law 3 - The Players

See Page 1 for the number of players, ball size and duration.

PLAYER CHECK-IN

The Game Day Roster must be submitted to the referee prior to the start of the match. **Player passes are not to be checked** – this will be completed by team officials. The Game Day Roster will list only those players, including guest players, who will participate in the match and their jersey numbers. Clubs are responsible for providing Game Day Rosters.

Age Group	Game Day Roster	
	Minimum	Maximum
U9-10	5	12
U11-12	7	16
U13 – 20	7	18

Substitutions for all age groups: Substitutions may be made at the discretion of the referee at any stoppage in play, in accordance with the IFAB Laws of the Game. There are no

limitations to the number of substitutions that may take place during a match. Players who have been replaced by substitutes may reenter the match at any stoppage.

See CCL Referee manual for additional guidance and recommendations.

Law 4 - The Players' Equipment

When the colors of jerseys are similar or identical and the match official requests a change, the HOME team must change colors.

With the exception of the goalkeeper, all players must have uniforms with individual numbers on the shirt. The goalkeeper's shirt must be easily distinguishable from all other players and referees.

Players must wear jerseys whose numbers correspond with the numbers on the team's Official Roster. (Exception: Guest players). Jersey numbers for all players must be entered on the Game Day Roster.

A player may not use equipment or wear anything that is dangerous to themselves or another player (including any kind of jewelry).

Corrective glasses are authorized, however they must be constructed of a material that does not endanger the safety of the player wearing them or other players on the pitch (no metal/wire rims, no protruding or sharp edges.) It is at the discretion of the referee whether the construction of the corrective glasses is dangerous.

Casts are permitted if properly padded **AND** if in the opinion of the referee it does not endanger the safety of the player or other players on the pitch.

Law 5 - The Referee

Officials are expected to be at the match site and have introduced themselves to team officials no less than 30

Fold along line

minutes prior to the match. If circumstances prevent arrival at least 30 minutes prior to the match, the official is expected to be in contact with their crew and assignor to communicate any issues.

Officials shall maintain a professional appearance and dress in accordance with USSF uniform policies to referee the match. Shorts shall be made for refereeing and shoes shall be primarily black in color.

Should issues arise on site, the main point of contact for the referee is their assignor.

Law 7 – The Duration of the Match

The referee should conduct two halves of equal time. Matches may NOT be shortened to keep schedules on time. Instead, the time lost will be managed on the field by the referee who has complete discretion regarding the exact amount of time to be recovered. The intent of Law 7 is to recover time lost due to excessive delays for injuries, substitutions, goal celebrations, and so forth.

See CCL Referee manual for additional guidance on Injured Player Protocol.

Law 11 - Offside

All IFAB Laws apply except that for the U9 – U10 age group the build out line will be used to denote where offside offenses can be called (no longer halfway line). Players cannot be penalized for an offside offense between the halfway line and the build out line.

Players can be penalized for an offside offense between the build out line and goal line.

Law 12 - Fouls and Misconduct

At age group divisions U11 and younger- Whenever the ball strikes a player in the head, play is stopped. The proper restart depends upon whether the player deliberately played the ball with his or her head.

- If deliberate, the proper restart is an indirect free kick to the opposing team.
- If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.
- If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

For U9 – U10, the goalkeeper cannot punt or drop kick the ball – they must distribute the ball by hand (passing, rolling, or throwing it into play). If the goalkeeper punts the ball, an indirect free kick shall be awarded to the opposing team from the spot of the offense - If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

The coach is responsible for the actions of parents and spectators on the sidelines. Coaches can be sent off the field or even banned from future games for parent and spectator misbehavior.

Parents and spectators can be asked by the referee to leave the playing site, and if the request is refused, the referee can, at his/ her discretion, terminate the match.

Coordination with the Home Team coach and Club

General Notes for Referees

See section (A) on page 12 for more information on U9- U10 build out lines.

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