

# Jr. Referee Program



**MOWELL SOCCER CLUB**



Handbook  
&  
Rules of the  
Game

## Howell Soccer Club Jr. Referee Handbook, (Continued)

---

### Howell Soccer Club Jr. Referee Program

Howell Soccer Club would like to thank you for your interest in participating in the Jr. Referee program. Your experience as a junior Referee will not only make you a better soccer player it will also help prepare you to become a licensed referee in the future.

---

### HSC Jr. Referee Handbook

This handbook was prepared to help you understand the important role you as a Junior Referee play with the Howell Soccer Club. In this handbook you will find some basic information about refereeing and the Modified Laws of the game that you will use as a Jr. Referee.

<b>Topic</b>	<b>See Page</b>
Welcome	2
Introduction	2
Representing Howell Soccer Club	3
What HSC expects	3
What the Jr. Referee can expect	3
Jr. Referee Equipment	3
Jr. Referee Payment	4
Jr. Referee Scheduling	4
Jr. Referee Assignments	4
Jr. Referee Do's and Don'ts	4
Prepare for the Game	5
During the Game	6
General Positioning of the Referee & Asst. Referee	6
The Throw In	6
The Goal Kick	6
The Corner Kick	7
Goal	7
Fouls	7
Advantage	8
Substitution	9
Half-time	9
End of Play	9
Modified Laws of the Game	10 – 18

---

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

---

### Representing Howell Soccer Club

As a HSC Jr. Referee you are representing the Howell Soccer Club. You are expected to behave in an appropriate manner at all times while at the HSC fields.

---

### What HSC expects

Howell Soccer Club has certain expectations of the Jr. Referees.

- Show up for ALL games that are assigned to you.
- If you know there are dates you will be unavailable to referee please let the Jr. Referee coordinator know in advance.
- If you cannot referee your scheduled game, you **MUST** contact a Jr. Referee coordinator before the start time of the game.
- If you no longer wish to participate in the Jr. Referee program please let a coordinator know.
- **In case of rain assume the games will be played and report to the field unless notified by a Jr. Referee Coordinator or message is posted on HSC phone mail or website stating games are cancelled.**

*Note: HSC website is: [WWW.HOWELLSOCCERCLUB.COM](http://WWW.HOWELLSOCCERCLUB.COM)*

---

### What the Jr. Referee can expect

Howell Soccer Club Jr. Referees can expect the following from HSC.

- You do not have to accept verbal abuse from players, coaches or parents when acting as a Jr. Referee
  - If you experience a problem with a coach or parent you may stop the play and obtain assistance from a Jr. Referee Coordinator, a Commissioner or a HSC Board Member.
- 

### Jr. Referee equipment

Junior Referees must have the following equipment.

- White Jr. Referee shirt (supplied by HSC)
- Flags (supplied by HSC)
- Black soccer shorts and sox and shoes
- Whistle
- Stopwatch
- Coin for coin toss

*Note:* always bring your referee equipment to the field in case the game is switched to a two-referee system or if you could fill in for an absent referee.

---

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

---

### Jr. Referee payment

The rate of pay for HSC Jr. Referees is as follows:

- ◆ Instructional Referee (Center) - \$5.00 per game
  - ◆ Instructional Assistant Referee (Line) - \$5.00 per game.
  - ◆ In the event there are only two referees available for Instructional games the pay for each referee will be - \$5.00
  - ◆ If a game that you are scheduled to referee is cancelled but you are at the soccer fields prepared to referee, you will be paid for that game.
- 

### Jr. Referee scheduling

The Jr. Referee Coordinators will make every effort to schedule each Jr. Referee for a minimum of 2 games every other week in order to ensure everyone gets an opportunity to referee.

---

### Jr. Referee assignments

New Jr. Referees will begin as Assistant (Line) Referees and will be observed by Jr. Referee Coordinators, Commissioners or Board Members for a few weeks before being assigned the duties of a Referee (Center).

---

### Jr. Referee Do's and Don'ts

The following are some “Do’s and Don’ts” that apply to all Junior Referees

#### DO:

- Respect players, coaches, parents and HSC officials
- Show up on time and prepared for all scheduled games
- Be fair, honest and consistent
- Use common sense and good judgment
- Always remember the “spirit of the game” – Enjoyment, Equality, Safety
- Report and misconduct of the Coaches Parents or Player

#### DON'T:

- Use offensive, insulting or abusive language
  - Make obscene or lewd gestures
  - Abuse the fields and/or equipment
  - Argue with or yell at any players, coaches or parents
  - Act in any way that could cause injury to yourself or others
  - Issue Yellow or Red Cards to Players, Coaches and Parents
  - **Don't be afraid to blow the whistle loudly!**
- 

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

**Prepare for the game** When you prepare to referee a game there are several things you must remember to do.

<b>Step</b>	<b>Action</b>
Arrive at the field	<ol style="list-style-type: none"><li>1. Arrive at Oak Glen Park 15 minutes before your first scheduled game</li><li>2. Check the Paper by the Snack Stand to verify your referee assignment</li><li>3. Locate and proceed to your assigned field</li></ol>
Inspect the field	(The following applies to the first game of the day on each field) <ol style="list-style-type: none"><li>1. Check for and remove any rocks, glass or debris form the field</li><li>2. Check the position of goals</li><li>3. Check corner flags</li></ol>
5 minutes before Kick-off	Inspect player equipment <ol style="list-style-type: none"><li>1. Ask coach to line players up</li><li>2. Check for shin guards – shin guards are mandatory – no exceptions</li><li>3. Check for jewelry – there is no jewelry allowed (earring must be removed.) Check for – Live Strong, Silly Bands, Bracelets</li><li>4. Check to see if players wearing anything that may cause injury</li><li>5. Check that no players are wearing metal cleats</li><li>6. Remind players that it’s just a game and to have fun</li><li>7. Let coach know that game will start shortly and he/she should select captains and prepare his starting line up.</li></ol>
1 minute before Kick-off	Conduct the coin toss <ol style="list-style-type: none"><li>1. Go to the center of the field and signal for captains</li><li>2. Show them the coin and explain what you are about to do</li><li>3. Select 1 captain from 1 team to “call” the toss while coin is in the air</li><li>4. Flip or toss the coin into the air and let it hit the ground</li><li>5. The team that wins the toss selects which end to “attack”</li><li>6. The team that loses the toss will take the kick-off to start the game</li></ol>

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

---

**Prepare for the game  
(continued)**

When you prepare to referee a game there are several things you must remember to do.

<b>Step</b>	<b>Action</b>
Kick-off	Conduct the kick-off 1. Make sure all players are on their own side of the field 2. Count players on each side – there must be an equal number of players 3. Signal to make sure both goalkeepers are ready 4. Check with assistant referee(s) 5. Blow whistle to signal the start of the match 6. Start your watch 7. Make sure the ball goes over the line (Not backwards or Sideways)

---

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

---

**During the game** There are specific responsibilities of the Referee (Center) and the Assistant Referee (Line) during various parts of the game.  
This area describes your role(s) as a referee.

---

**General positioning of the Referee and Assistant (Line) Referee**

*Referee –*

- General positioning of the referee is flexible using the diagonal system of control. Choice of diagonal and degree of flexibility up to the referee's discretion.

*Assistant (Line) Referee –*

- Positioning should be in line with second to last defender or the ball; whichever is closer to the goal line.
- Flag is kept straight down and always on the side most easily seen by the Center referee.
- Remember to stop and face the field of play when signaling.
- Stay Behind the sideline not entering field of Play

---

**The Throw-in**

*Referee –*

- Whistle to stop the game if necessary
- Point in the direction of the throw, arms and fingers should be totally extended.
- Be prepared to indicate correct position to player taking the throw
- Watch ball, hands and arms for proper throw\*

**\*Note: See Law XV in section for Modified Laws of the Game**

- Each Team will get Two (2) Tries to throw the ball in before overturning possession

*Assistant (Line) Referee –*

- Signal with flag in the direction of the throw-in
- Watch feet for proper throw-in

---

**The Goal Kick**

*Referee –*

- Stop the game by blowing the whistle if necessary
- Point to the goal area
- Watch the side line of the goal area and penalty area on his side
- Take position down field near where the ball will be kicked

*Assistant Referee –*

- Raises the flag vertically
- Moves the flag to horizontal position pointing at the goal area
- Moves to a position in line with penalty area to make sure ball exists

---

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

---

### The corner-kick

#### *Referee –*

- Whistle to stop the game if necessary
- Point to appropriate corner
- Make sure the ball is placed within the corner arc
- Signals for the kick to be taken

#### *Assistant Referee –*

- Raise the flag vertically
  - Make eye contact with the Referee
  - Point flag at near corner
- 

### Goal

#### *Referee –*

- Check visually with Assistant Referee
- Blow whistle to signal goal
- Point up field to the center circle
- Make sure the ball gets set up for kick-off

#### *Assistant Referee –*

- Check visually with Referee
  - Move along the touch-line toward the halfway line
  - Carry flag straight down
- 

### Fouls

#### *Referee –*

- Stop the game with the whistle
- Run to the spot of the foul
- Indicate the direction of the free-kick (Indirect)
- Make sure the ball is properly placed
- Explain an Indirect Kick

#### **\*Note See Law XIII in Modified Laws of the Game**

- Make sure defenders are far enough away
- Signals for the restart

#### *Assistant Referee –*

- Make eye contact with referee
  - Indicate to referee with the flag raised vertically and a slight wave
  - After the Referee whistles, signal with the flag the direction of restart
  - Indicate the location of restart if necessary
- 

### Advantage

#### *Referee –*

- Shouts “Play On” and moves both hands forward in a sweeping motion
- 

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

---

## **Substitution**

*Referee –*

- Indicated that the restart will be delayed for the substitution
- Monitor the player(s) leaving and entering the field

*Assistant Referee –*

- Give the substitution signal when referee looks
- 

## **Half-time**

*Referee –*

- Signals with 2 blows of the whistle
  - Points up field to the center circle
- 

## **End of Play**

*Referee –*

- Signals with 3 blows of the whistle
  - Points up field to the center circle
-

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game

---

### Laws of the game

There are 17 Laws of the game identified in this section. The information is broken up into 3 sections for our explanation purposes.

The sections are:

1. General information
  2. Referee information
  3. Rules of the game
- 

### General information

**This section provides information about the field, the ball and players and the equipment.**

---

### Law I The field of play

- ⇒ Dimensions:  
Rectangular – reduced size for Instructional divisions.
  - ⇒ Markings:
    - Touch Lines
    - Goal Lines
    - Corner Flags
    - Halfway-line
  - ⇒ Goal Area
  - ⇒ Corner Area
  - ⇒ Goals
- 

### Law II The ball

Instructional level use size 4 ball

---

### Law III Number of Players

- Instructional
    - Maximum number of players on the field is 8 per team
    - Unlimited number of substitutions can be made
      1. Referee shall be informed of proposed substitution
      2. Substitute shall enter the field during a stop in play
      3. Play will not continue until substitution is completed
- 

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game, Continued

---

### Law IV Player Equipment

Player equipment consists of the following:

- Team shirt or jersey
- Shinguard are mandatory and must be of suitable material
- Footwear (sneakers are allowed)
- The goalkeeper shall wear colors which distinguishes him/her from the other players on the field

*Note: No jewelry, watches or earrings are allowed. No exceptions.*

---

### Referee Information

**This section provides information about the Referee and Assistant Referee's roles and authority.**

---

### Law V Referee

The Referee's authority begins as soon as she/he enters the field of play.

The following lists the duties, responsibilities and powers of the referee.

1. Know and enforce laws
  2. Determine advantage
  3. Keep track of the time of the game
  4. Stop/suspend the game for fouls, injuries and ball out of play
  5. Control substitutions
  6. Start/restart the game in the beginning and after all stoppages
  7. Check ball and field conditions
  8. Ensure that any player bleeding leaves the field of play immediately
  9. Act on information from the Assistant Referee – remember decisions can be reversed if prior to restart of play
- 

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

### Modified Laws of the Game, Continued

---

**Law VI**  
**Assistant**  
**Referee**

The assistant referee participates in Instructional games only.  
Two assistant referees shall be assigned to each game (if available).  
The following lists the duties, responsibilities and powers of the assistant referee.

1. indicate when the ball is out of play
  2. indicate which side is entitled to a corner-kick, goal-kick or throw-in
  3. indicate when a substitution is desired
  4. assist the referee to control the game
  5. be equipped with flags supplied by the club
- 

**Law VII**  
**Duration of the**  
**game**

The duration of the games and time for half-time are described below.

- Instructional games consist of two equal periods of 20 minutes each with a 5 minute half-time interval
- The referee has the discretion to allow additional time for time lost due to injury
- All players are entitled to play at least half (50%) of the game

---

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game, Continued

---

### Rules of the game

**This section provides information about the procedures for the game**

---

### Law VIII The start and restart of play

At the beginning of the game:

1. Choice of ends shall be decided by the toss of a coin
2. The team that wins the toss decides which goal it will attack
3. The other team takes the kick off to start the match
4. The referee signals and the ball is in play when it is kicked and moves forward
5. Every player shall be in his own half of the field and every opponent must be at least three yards from the ball until it is kicked-off.
6. The kicker shall not play the ball a second time until it has been touched by another player

After a goal has been scored:

1. The game shall be restarted by a player from the team losing the goal in a similar manner as above.

After half-time:

1. Teams shall change ends
2. Kick-off shall be taken by a player on the opposite team from the team that started the game

After any other temporary suspension

1. The referee shall drop the ball at the place where it was when play was suspended (unless within goal area)
2. The ball is deemed in play when it has touched the ground (player should not play the ball until it has touched the ground)

---

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game, Continued

---

### Law IX Ball in and out of play

This section explains when the ball is considered to be “in” and “out” of play.

The ball is **out of play** when:

1. it has wholly crossed the goal-line or touch-line, whether on the ground or in the air
2. the game has been stopped by the referee

The ball is **in play** at all other times including when:

1. it rebounds from a goal-post, cross bar or corner flag post into the field of play
  2. it rebounds off either the referee or assistant referee when they are in the field of play
- 

### Law X Method of scoring

The only time a team can score is when the **whole of the ball** has passed over the goal line, between the goal posts and under the crossbar.

Provided the ball **has not**:

- been thrown
  - carried
  - intentionally propelled by hand or arm
- 

### Law XI Off sides

This law is not enforced in Instructional level play.

Normally Off Sides will not be called unless some players are clearly goal hanging. Players of this age are not able to understand the concept of the Off Sides rule.

---

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game, Continued

---

### Law XII Fouls and Misconduct

- All offenses are penalized by the award of an **indirect** free-kick
  - There are **no** penalty kicks awarded
  - There are **no** Yellow cards or Red cards issued at this level
  - When an offense occurs inside the goal-area bring the ball outside the goal-area
  - Make sure the player knows and understands what the offense is.
- 

### Serious Offenses

Ten more serious offenses which are normally penalized by a direct free-kick are:

1. Tripping an opponent
  2. Jumping at an opponent
  3. Charging at an opponent
  4. Striking or attempting to strike an opponent
  5. Pushing an opponent
  6. When tackling an opponent, making contact with the player before the ball
  7. Holding an opponent
  8. Spiting at an opponent
  9. Kicking or attempting to kick an opponent
  10. Handling the ball deliberately
- 

### Less Serious offenses

Five less serious offenses which are normally penalized by an indirect free-kick are:

1. playing in a manner considered to be dangerous by the referee
  2. charging fairly when ball is not within playing distance
  3. impeding the progress of an opponent when not playing the ball
  4. charging the goalkeeper
  5. while playing goalkeeper within your own penalty area:
    - a. taking more than 4 steps after controlling ball with hands
    - b. touching ball with hands again after releasing the ball before it has been touched or played by another player
    - c. touching the ball with his hands after it has been deliberately kicked or thrown to the keeper by a team mate
    - d. Intentionally delaying the game to waste time or to give unfair advantage to one's own team.
- 

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game, Continued

---

### Reasons for players being cautioned

There are three reasons to caution a player.

1. player persistently infringes the laws of the game
  2. player shows dissent by action or words of a decision of the referee
  3. Player is guilty of unsporting behavior.
- 

### Reasons for player being sent off

There are four reasons to send a player off the field.

1. Player is guilty of violent conduct
  2. Player guilty of serious foul play
  3. Player using offensive, insulting or abusive language
  4. Player receives a second caution
- 

### Law XIII Free-kick

⇒ **All** free-kicks are **INDIRECT** (a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal)

⇒ The ball is in play when it is kicked and moved

⇒ Opposing players shall be at least 5 yards from the ball until it is in play.

⇒ The ball must be stationary when kick is taken, and kicked shall not play the ball a second time until it has been touched or played by another player.

---

### Law XIV Penalty kick

Penalty kicks do not apply in Instructional divisions.

---

*Continued on next page*

# Howell Soccer Club Jr. Referee Handbook, (Continued)

## Modified Laws of the Game, Continued

---

### Law XV Throw-in

- Throw-ins
    - Instructional players are allowed 2 attempts at a proper throw-in.
  - Referee should explain proper throw-in procedure prior to any re-throw attempt.
  - Throw-ins are awarded when the whole ball passes over a touchline.
  - The ball shall be thrown in from the point where it crossed the touchline in any direction.
  - Thrower must face the field of play and part of each foot shall be either on the touchline or on the ground outside the touchline.
  - Thrower shall use both hands and shall deliver the ball from behind and over her/his head
  - The ball is in play when it enters the field of play
  - Thrower cannot play the ball again until it has been touched or played by another player
  - A goal cannot be scored directly from a throw-in.
  - If the ball is improperly thrown after the allowed number of attempts a player of the opposing team shall take the throw-in.
- 

### Law XVI Goal-kick

- A goal kick:
- Is awarded when the whole ball passes over the goal-line and last played by the attacking team
  - Shall be kicked directly into play from any point within the goal-area by a player of the defending team.
  - The goalkeeper shall not receive the ball into his/her hands from a goal-kick
  - The kicker shall not play the ball a second time until it has been touched or played by another player
  - A goal may be scored directly from such a kick
  - The opposing team shall remain outside the penalty-area
  - If the ball is not kicked beyond the penalty area the kick shall be retaken.
  - If a player taking the kick plays the ball a second time after before it is touched or played by another player an indirect free kick is awarded to the opposing team.
- 

*Continued on next page*

## Howell Soccer Club Jr. Referee Handbook, (Continued)

### Modified Laws of the Game, Continued

---

**Law XVII**  
**Corner-kick**

A corner-kick:

- Is awarded when the whole ball passes over the goal line after being played by one of the defending team.
  - A member of the attacking team shall take the corner-kick
  - The ball is placed inside the corner arc and the nearest corner flag post which cannot be moved and it shall be kicked from the position.
  - A goal may be scored directly from such a kick
  - Opposing players must be at least 5 yards from the ball until it is in play.
  - The ball is in play when it is kicked and it moves.
  - If the kicker plays the ball a second time before it has been touched or played by another player an indirect free kick is awarded to the opposing team.
-