

Central Soccer Referee Training Meeting



Becoming a Central Soccer Referee

As a Central Soccer Referee, you will have an effect on each player's soccer experience. A positive influence to the game is your biggest role in this program.



Your Responsibilities as a Referee

- **Understand and know the sport** – By knowing and understanding the sport of soccer, you will be able to call the game effectively.
- **Lead by example** – Demonstrate a Christ-like attitude through your officiating and through the encouragement of players.
- **Control the game** – As a referee, you represent the highest level of authority on the field. It's important to make the necessary calls throughout the game.
- **Communicate with coaches players and spectators** – Use vocal and non-vocal (hand signals) communication on the field
- **Employ proper positioning and mechanics** – Moving diagonally across the field, blowing the whistle, using hand signals and keeping the game on track.

Communicating with Coaches

Being an effective referee means being an effective communicator. Here are a few tips about communicating with coaches:

- Introduce yourself at pregame.
- Clearly communicate fouls and give the proper hand signals.
- Communicate to coaches at halftime about the first half.

Communicating with Players

The referee sets the tone for the game by gathering both teams and their coaches at midfield for a brief word of encouragement and will explain basic rules.

Communicating with players during play will help them improve their game. Often the referee can stop a foul before it happens by talking to the players at natural stoppage points during the game or while play is in motion.

Controlling the Game

- The referee must keep the game under control. The referee's whistle is the main factor in doing this.
- When a foul has occurred, a quick sharp blast on the whistle with the appropriate hand signal will communicate that play has stopped.
- Let the coach and players know the reason and consequence of the foul.

To promote proper soccer skills and understanding of the game, referees should call all fouls. Failing to do so creates confusion among players and hinders their understanding of the game.

Rules Unique to Central Soccer

The rules for Central Soccer are designed to promote healthy competition and sportsmanship while also teaching the objectives of game play.

League Specifications

K & Under 6v6

- *Ball size – 3*

1st-3rd 7 v 7

- *Ball size – 4*

4th- 6th 8 v 8

- *Ball size – 5*

You keep the time clock, 2- 18 minute halves, clock stops every 6 minutes for subs. Half-time is no more than 5 minutes

Explain to them not to cherry pick and be offside

Have kids at mid-field for devotional and prayer

Brief overview of rules

Game Format

- Visitors (team listed first on schedule) will start the game. The other team will start the second half. If neither coach knows who is visitor, have players do rock paper scissors/pick a number between 1-10
- Teams will switch goals at halftime.
- Coaches are allowed to walk the sidelines to support players
- All coaches will adhere to the substitution rules as detailed in their coach playbook.
- No yellow cards or red cards are used.
- There is no extended time in Central Soccer.

Rules for Central Soccer

A **kick-off** begins each half and after a goal has been scored. Opposing players must remain outside the center circle or 4 yards away until the ball has been put in play. The kickoff may be forwards or backwards.

Rules for Central Soccer

Advantage

In soccer, fouls do not automatically result in a stoppage of play. If the foul occurs, but the offense retains an advantage on the play, you will let the play continue so as not to take away from the advantage that the offensive player has created.

➤ If the player loses the ball as a result of the foul, blow the whistle and stop the play and set up for a free kick. However, if the offense continues to have an advantage on the play, let it continue.

- Continue to give the advantage hand signal, until you believe that the offense has fully regained control, and the foul no longer has any impact on the play. It should only last a few seconds.

Rules for Central Soccer

Fouls

Fouls will result in either an indirect or direct kick. Opposing players must be 8 yards away from the ball.

➤ **Indirect Kick:** A player other than the kicker must touch the ball before a goal can be scored. Indirect kicks are awarded to the opposing team if one of these fouls are committed:

- **Goalie Hand Balls** (The Goalie puts the ball down, and then picks it back up before passing to a teammate. The Goalie has 8 seconds to put the ball down after they have picked it up)
- **Dangerous Plays** (Non-contact slide tackle, Person on the ground kicks at ball)

Rules for Central Soccer

Fouls

Rolling up the Goalkeeper: If an offensive player runs through the goalkeeper while the goalkeeper is gaining possession/has possession, that player will sit out for the remainder of that 6-minute segment.

Rules for Central Soccer

➤ **Direct Kick:** The kicker may score directly without another player touching the ball. Direct kicks are awarded to the opposing team if one of these fouls are committed:

- Handling the ball
- Kicking an opponent
- Hitting an opponent
- Pushing an opponent
- Tripping an opponent
- Holding an opponent
- Any unsportsmanlike conduct
- Slide tackle with contact

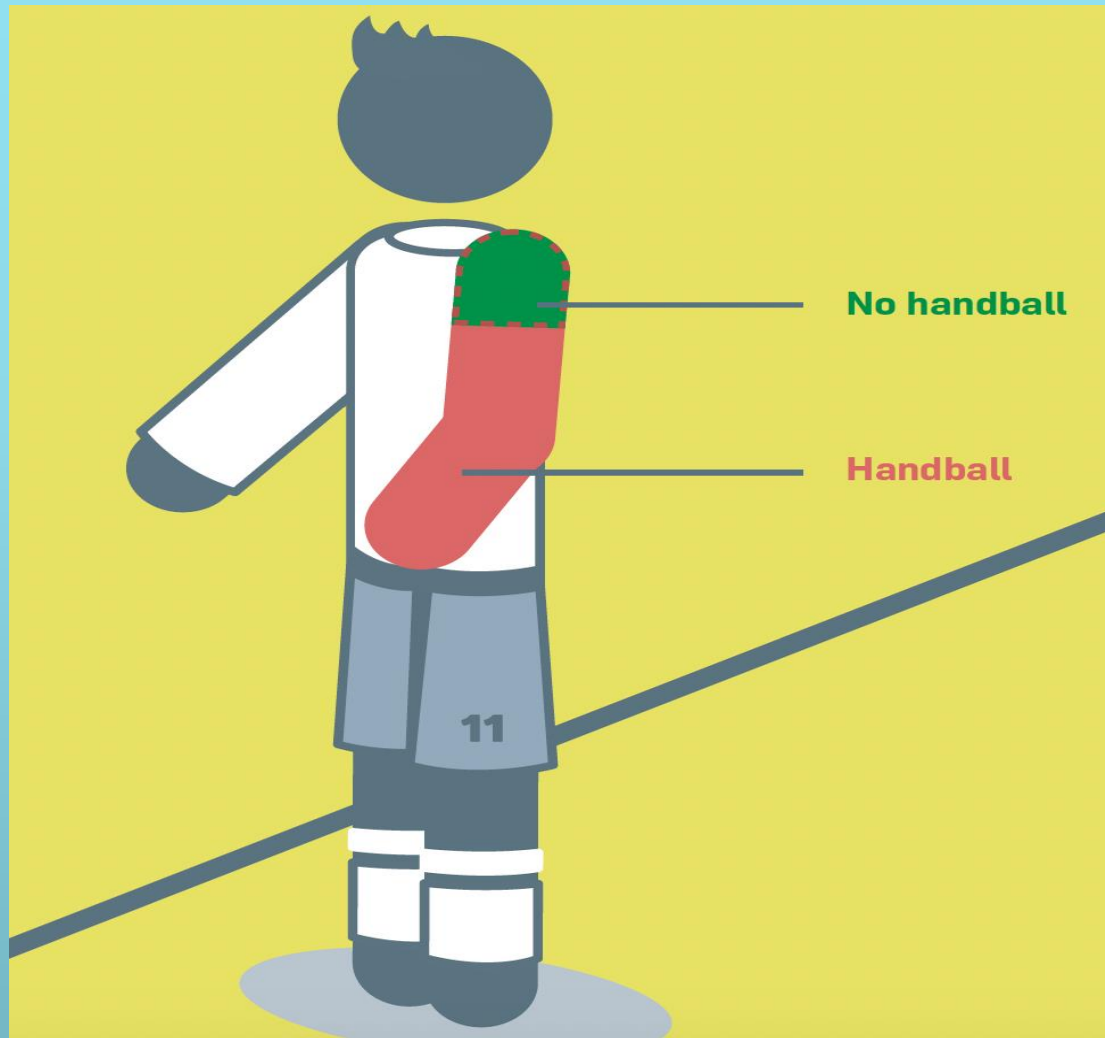
Rules for Central Soccer

- **Handballs: Handballs are not JUST the hands, but they are any part of the arm that is used to make your body bigger.**
- If the ball touches the players hand, but their hand is inside the frame of their torso, it is not a handball.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized

Rules for Central Soccer



Rules for Central Soccer

- A penalty kick is awarded for deliberate handling (interfering) of the ball that denies the opposing team a goal or an obvious goal-scoring opportunity. A penalty is also awarded for any foul that takes place inside the box. The penalty kick will be taken from the 1 yard inside of the large goal box and all players should be positioned 5 yards behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in the playing field, it is a live ball and play continues from the spot of the ball.

Rules for Central Soccer

- A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick .
- Offside is not called in Central Soccer because of the field size.

Rules for Central Soccer

- Slide Tackling is not allowed in Central Soccer. Players must stay upright and “on their feet” and may not make contact with an opposing player
- Players who commit two fouls resulting in direct kicks, excluding handballs, in the same 6-minute segment must sit out the remainder of that segment. Those players may return during their next scheduled substitution.

Re-starts

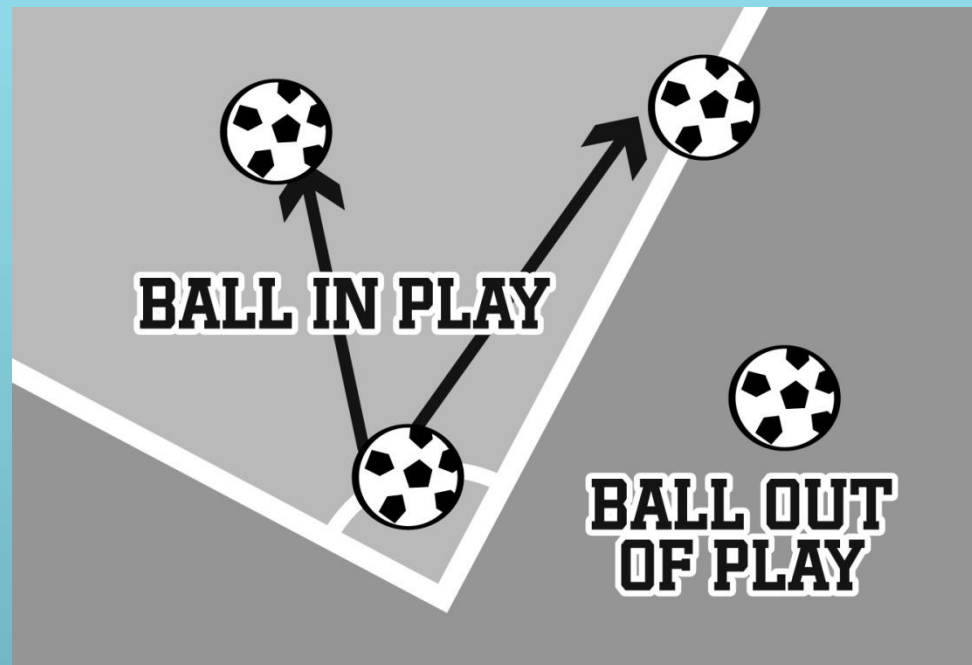
Kickoffs

A kick-off is taken from the center circle at the start of each half, and after a goal is scored. Kicks may go forward or backward. The ball must touch another attacking player or defensive player before the initial kicker touches the ball again. If the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken.

A goal may not be scored from the kick-off, because all goals must be scored from the offensive side of the field. The kick-off is treated similar to a free kick. This means the opposing team must stay outside of the center circle (at least 4 yards away). Both teams must also be on their own half of the field until the first touch on the ball is made, after which they may attempt to win the ball.

Re-starts

Out-of-bounds - The entire ball must go out-of-bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.



Re-starts

Corner Kicks

When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds. The defensive team must be at least 5 yards away when the kick is taken.

Goal Kicks

When the attacking team kicks the ball over the goal line, a goal kick is awarded to the defending team. The ball should be placed on the large goal box. The defending team must be at least 10 yards away from the player taking the goal.

Re-starts

Throw-ins

When the ball passes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must throw the ball over his or her head with both hands, both feet must be touching the ground, and the player must stay behind the sideline while throwing. The defensive team must be at least two yards away from the thrower.

Common Fouls

Pushing: Often when there are two or more players by the ball, the players begin to push each other.

Kicking your opponent: Sometimes kids miss the ball, and they kick their opponent.

Handling the ball: Many young players will reach for the ball. It may take a couple of games to break them of this habit.

Throw in: A throw in is an unusual motion for young players. They must be taught the proper procedure and have it reinforced by calling the foul.

Fouls not called can result in a game being played out of control and often result in an avoidable injury to a player.

Referee Positioning

Games will have two referees. The referee needs to be in the correct position to call fouls. As the referee, you should be close to the action without interfering with play.

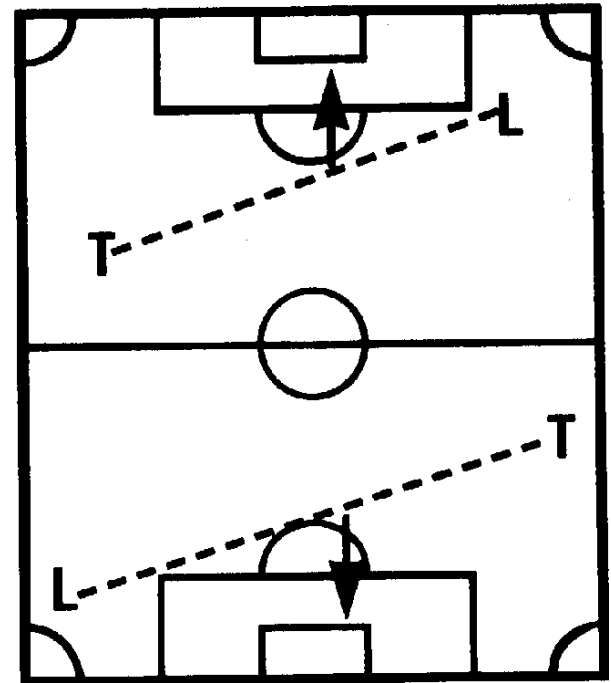


Diagram 2
General Movement of
Officials During Play

Referee Responsibilities

- Call and briefly explains all fouls
- Form a unified team with the coaches
- Remember that you are the highest authority on the field

Hand Signals

Hand signals should be used when calling a foul. Using the correct hand signal will inform players, coaches and spectators of a foul. You should briefly explain the hand signal being used.

For a pushing foul, the arms should be extended forward, slightly bent, with the palms facing outward.

Hand Signals

Indirect Free Kick

Referee raises one hand. For older players, simply point to where the ball should be placed.



Hand Signals

Direct Free Kick

Use your hand to point in the direction of the kick. At the beginning of the season, you will need to place the ball where the foul occurred. As the season progresses, simply point to where the ball should be placed.



Hand Signals

Throw-in

Signal stoppage of a play by blowing the whistle then pointing the arm at a 45 degree angle in the direction of the throw-in.



Hand Signals

Corner Kick

Point toward the corner of the field where the kick is to be taken. This hand signal is similar to the direct free kick hand signal. Audibly express that a corner kick is to be taken.



Hand Signals

Goal Kick

Point toward the corner of the goal arc where the kick is to be taken. This hand signal is similar to the direct free kick hand signal. Audibly express that a goal kick is to be taken.

