

## Spring 2025 Recreation Program Referee Guidelines

### What Are Referees Calling?

**Call:** Foul/Infraction (including slide tackling, kicking, tripping, pushing, handballs, dangerous play, and deliberate obstruction of play); **Action:** Indirect free kick; explain to the offending player why a foul was called; blow the whistle when the free kick is ready to be taken; **Warning #1** after 2nd foul, **Warning #2** (3rd foul) = 5 min sit-out, **Warning #3** = removal from game (4th foul)

**Call:** Ball out of play (when the whole ball crosses the goal-line or touch-line); **Action:** Corner kick, Goal kick, Kick-ins/throw-ins. Blow the whistle when the action is ready to be taken.

**Call:** Player substitution; **Action:** Ensure play stops until substitution is completed

**Call:** Player injury; **Action:** Indirect free kick; ensure play stops until player has been supported and (if needed) removed from the field. Blow the whistle when the free kick is ready to be taken.

**Call:** Kick-off/start play/stop play/end game; **Action:** Prior to play at the beginning of the game and after breaks, ask both coaches if they are ready before blowing the whistle. Keep an eye on your timer to ensure the game starts and stops on time.

**Call:** Play is unsafe, for example: the goalkeeper has possession of the ball and needs to release the ball but other players are kicking at the ball, or a player falls over the ball while other players are kicking.; **Action:** Restart play/Indirect free kick

### Referee Guidelines

**Unsportsmanlike Conduct:** When a player engages in unsportsmanlike conduct, you should warn player and the coach that if the conduct continues, player won't be able to continue to play and a substitute must be made.

**When and how to blow your whistle:** *One long whistle* for the following: alerting coaches that game should start, and when there is an injury on the field to stop play. *One short whistle* for the following: when ball goes out of bounds, when a goal is scored, when a foul is committed, and to stop and restart play. *Two long whistles* at the end of the first, second and third quarters. *Three long whistles* at the end of the game. Continue to blow your whistle if players do not stop play after you have blown your whistle.

**Before the Game:** Meet with the coaches and other referees to confirm the number of players on the field and time format for the game. Introduce yourself to all coaches and referees.

**During the Game:** Blow the whistle loud and decisively. Move with the play and keep your eyes on the playing field. If possible, try to call at least one foul every game to show coaches you're not afraid to call a foul. If you have a co-referee, talk to them and use them for support!

**After the Game:** Thank the coaches and players for a great game. Follow up on any issues not addressed during the game.

<b>Division/Game Guidelines</b>
<b>U8 Boys Division</b>
Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups
Shin guards recommended for safety
5v5 (no goalkeepers)
Soccer ball size: Size 3
Fields: U6-U8 fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of four (4) 10-minute quarters (recommended 3-5 min breaks between quarters)
Kick-ins to restart play after ball goes out of bounds
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build-out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions result in free kicks that are indirect (ball must be touched by another player before a goal can be scored) - NO SLIDE TACKLING
Coaches on field with players (ideally coaches will stay in own half for gentle directions)
<b>Youth referees will officiate/manage time</b>
<b>Offside is NOT enforced</b>
Substitutions allowed at any stoppage of play
<b>Throw-ins start in Week 5</b> and players get two chances on throw-ins. Play on if the second throw-in is not correct. (How to teach throw-ins: <a href="https://www.soccerhelp.com/Throw.shtml">https://www.soccerhelp.com/Throw.shtml</a> )
<b>U8/U10 Girls Division</b>
Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups
Shin guards recommended for safety
5v5 or 7v7 with goalkeepers (depending on numbers)
Soccer ball size: Size 4
Fields: U10 fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of four (4) 10-minute quarters (recommended 3-5 min breaks between quarters) OR two (2) 25-minute halves (with 10 min half-time). Coaches should discuss this with youth referees prior to the game.
Kick-ins to restart play after ball goes out of bounds
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build-out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions (including pushing and slide tackling) result in free kicks that are indirect (ball must be touched by another player before a goal can be scored) - NO SLIDE TACKLING
Coaches on sideline (ideally coaches will stay on own half of field)
<b>Youth referees will officiate/manage time</b>
<b>Offside is NOT enforced</b>
Substitutions allowed at any stoppage of play
<b>Throw-ins start in Week 5</b> and players get two chances on throw-ins. Play on if the second throw-in is not correct. (How to teach throw-ins: <a href="https://www.soccerhelp.com/Throw.shtml">https://www.soccerhelp.com/Throw.shtml</a> )
<b><i>*In the event this division is playing a U8 Boys team, they will follow the U8 Boys Division/Game Guidelines. If this division is playing a U10 Boys team, U10 Boys will adhere to the U8/U10 Girls Division/Game Guidelines.</i></b>
<b>U10 Boys Division</b>

Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups
Shin guards recommended for safety
5v5 or 7v7 with goalkeepers (depending on numbers)
Soccer: Size 4 ball
Fields: U10 fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of four (4) 10-minute quarters (recommended 3-5 min breaks between quarters) OR two (2) 25-minute halves (with 10 min half-time). Coaches should discuss this with youth referees prior to the game.
Throw-ins to restart play after ball goes out of bounds, players get two chances on throw-ins, ball changes hands after a second throw-in infraction (How to teach throw-ins: <a href="https://www.soccerhelp.com/Throw.shtml">https://www.soccerhelp.com/Throw.shtml</a> ).
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions (including pushing and slide tackling) result in free kicks that are indirect (ball must be touched by another player before a goal can be scored), no penalty kicks, NO SLIDE TACKLING
Coaches on sideline (ideally coaches will stay on own half of field)
<b>Youth referees will officiate/manage time</b>
<b>Offside is NOT enforced, but will be watched for flagrant infractions</b>
Substitutions allowed at any stoppage of play
<b><i>*In the event this division is playing a U8/U10 Girls team, they will follow the U8/U10 Girls Division/Game Guidelines.</i></b>
<b>U12 Coed Division</b>
Individual teams, use pinnies for games, refer to Game Schedule for weekly matchups
Shin guards recommended for safety
7v7 or 9v9 with goalkeepers (depending on numbers)
Soccer: Size 4 ball
Fields: U12 fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of four (4) 12-minute quarters (recommended 3-5 min breaks between quarters) OR two (2) 25-minute halves (with 10 min half-time). Coaches should discuss this with youth referees prior to the game.
Throw-ins to restart play after ball goes out of bounds, players get two chances on throw-ins, ball changes hands after a second throw-in infraction (How to teach throw-ins: <a href="https://www.soccerhelp.com/Throw.shtml">https://www.soccerhelp.com/Throw.shtml</a> ).
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions (including pushing and slide tackling) result in free kicks that are indirect (ball must be touched by another player before a goal can be scored), no penalty kicks, NO SLIDE TACKLING
Coaches on sideline (ideally coaches will stay on own half of field)
<b>Youth referees will officiate/manage time</b>
<b>Offside is NOT enforced, but will be watched for flagrant infractions</b>
Substitutions allowed at stoppage of play, throw-ins and corner kicks

<b>U14/16 Coed Division</b>
One large pool of U14-16 players, use pinnies for games, split pool of players into teams for weekly matchups
Shin guards recommended for safety
7v7 or 9v9 with goalkeepers (depending on numbers)
Soccer: Size 5 ball
Fields: Full regulation-size field/U12 Fields
Teams each practice 1 hour during the week with 1 game each Saturday (1 hour) during the season
Each game will consist of two 25-minute halves (10 min half-time)
Throw-ins to restart play after ball goes out of bounds, players get two chances on throw-ins, ball changes hands after a second throw-in infraction (How to teach throw-ins: <a href="https://www.soccerhelp.com/Throw.shtml">https://www.soccerhelp.com/Throw.shtml</a> ).
Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
Corner kicks taken from line closest to corner where ball crossed the end line
Fouls or infractions (including pushing and slide tackling) result in free kicks that are indirect (ball must be touched by another player before a goal can be scored), no penalty kicks, NO SLIDE TACKLING
Coaches on sideline (ideally coaches will stay on own half of field)
<b>Youth referees will officiate/manage time</b>
<b>Offside is NOT enforced, but will be watched for flagrant infractions</b>
Substitutions allowed at stoppage of play, throw-ins and corner kicks