

Tips and Tricks for the Assistant Referee

Personal appearance and proper equipment.

All officials should have the proper uniform (black soccer sox, black shorts and a referees' jersey {preferably black to start with}). We must portray a professional appearance when on the fields. Your sox must be pulled up at all times (use tape is needed) and your shirt must be tucked in completely.

Assistant Referees (hereafter referred to as AR's) should have all of the equipment necessary to do a game as though they were reefing. This includes a notepad, pen or pencil, watch, coin, red & yellow cards, and assistant flags (if you have them).

Responsibilities for the game.

Your focus must be towards the game. Do not allow yourself to get distracted. If your friends come around to visit, be courteous and just ask them to let you do your job. You can see them later. Act professional!

AR's must be prepared to jump into the middle at any time. As such, come with the proper equipment to do the job. This is not to say that you will have to move into the middle should unforeseen circumstances arise, but you must be prepared for the possibility.

As an AR, you are required to keep track of the goals scored and of the time. This assists the Referee should a problem arise. You are to keep track of the time and signal the Referee discretely when there is 5 minutes or less left.

All AR's are requested to listen to the pre-game instructions given by the referee.

Player equipment checks need to be done. Each AR is tasked to inspect the teams quickly prior to EACH game. Go to each team and have them line up along a marked line (preferably the top of the penalty area). You are to ensure that each player has shin-pads with soccer sox covering them, no watches or dangerous jewellery and proper footwear. Please also review with the teams quickly, what is expected during a substitution and when to call for one.

Respect for the technical area...when provided with a technical area, only players and coaches are to be here. If parents are present, politely ask them to sit away from the benches. The AR should inform the Referee on any actions taken by the coach or players on the bench that may bring the game into disrepute or if other persons refuse to leave the technical area that do not belong there.

Don't tunnel vision. Watch the action behind or away from the play as well. Support the Referee. Even if you do not agree with a particular decision, do not show it. You can ask the Referee at half-time or the end of the game what happened and why.

Flag signals.

All AR's are required to have a thorough knowledge of all AR signals. Take a second before raising the flag. Give the correct signal when required. Use sharp signal's, the Referee should be able to hear the flag from across the field. Hold the flag high where the Referee can see it. Don't be lax.

Watch the other AR, you may need to get the attention of the Referee for an occurrence on the other side of the field. Support each other.

Feel free to call anything in your quadrant. Indicate properly and show direction.

Handling Substitutions.

Both AR's to mirror each other for the sub signal.

AR nearest the benches to control subs.

The play must be stopped and the coach MUST have permission of the Referee.

A substitution may be permitted so long as it does not delay the restart of play or slow the game down by allowing it.

You are NOT to convey that it must be on possession of the ball.

I want you to control the substituting of players and to communicate to both myself and your opposite AR when substitutes are called for. Substitutes must be at the half-line and ready before a substitution may occur. The players must come off of the field first, at any point, before the subs may enter. Use the flag to signal. Do not yell to the Referee to get his/her attention. Leave that up to the coach.

Handling the Throw-in.

If necessary, indicate where the throw is to be taken from. Do not allow too much movement from where the ball went out. On the throw-ins, the AR watches the feet for correct placement, the Referee watches the throw itself. The AR should always stand behind the thrower, nearest their goal-line.

The Penalty Area.

Penalty area – calls are left to the Referee UNLESS the ref looks to the AR for assistance.

If the ref calls a foul that is close to the penalty area line, the AR should:

- Go towards the corner flag if the foul occurred inside the penalty area or,
- Stay put if the foul occurred outside the penalty area.

Should a penalty kick occur, the AR MUST stand along the goal-line at the point where the penalty area line intersects. At this point, the AR becomes strictly a goal judge. The Referee will look after everything else.

Offsides.

Your first priority is to stay level with the second last defending player. The goalkeeper usually being the first defending player, this means it is usually one of the defenders (or fullbacks) would be the second. Only by being level can you make a good decision for an offside call. Delay your flag to make sure the attacker is involved in the play. Use a sharp signal. In certain situations the referee may instruct you to assume a different position for the offsides (ex. Free kicks within scoring distance of goal).

Corner Kicks.

Should a corner kick occur, the AR shall stand at the corner flag so they can see directly along the goal-line. If the kick is taken from the other side of the field, the AR can move in, along the goal-line about 10 yards/metres to get a better view as needed. If the kick is taken from the AR's side of the field, then the AR should just back up enough to give the kicker enough room and to see everything in front of him/her.

Positioning

It is imperative that the AR follow the ball to the goal-line regardless of position of players. Only by doing this can you correctly see for a corner kick, goal kick or goal. Even if you are sure the ball is going out, make the effort.

After a goal is scored, the AR is to run up the line to indicate a good goal. A quick short distance sprint is all that is required. About 20-30 yards or so.

AR's are to watch the position of the ball during a goal-kick. Line up with the top of the goal area, make sure the ball placement is correct, then run or a quick jog, up to the top of the penalty area. You must now ensure that the ball leaves the penalty in order for it to be in play.

When the ball leaves the field at any point, you are to be sure that the ball is out of play before making the call. Remember, the whole of the ball **MUST** cross the entire line to be deemed out of play.

Have eye contact with the Referee on all calls.

You are to be able to call fouls in your quadrant of the field that the Referee may not see or be aware of. This means you must know how to recognize fouls.

ENJOY THE GAME!!