



Fall 2020 Referee Reference Sheet for Recreational Soccer

Referee Equipment

Check that you have:

- Whistle
- Watch and/or timer
- Water
- Referee patch
- Red and yellow cards
- Referee reports
- Coin
- Pen or Pencil
- Flags for assistant referees if applicable
- Rosters
- Ball pump

Pre-game

Check field:

- Goals anchored
- Nets fastened
- Corner flags 5' tall, safe
- Lines marked and clear
- Nothing within 3 yards of touchlines
- Nothing dangerous on field

Check players:

- Shin guards
- Shoes tied
- Correct shoes (no spikes)
- No hard surfaces (casts, splints, etc)
- No jewelry
- Everyone in uniform, shirts tucked in
- Goalkeeper in different colored shirt

Coin toss:

- Call team captains to center circle
- Explain that the winner chooses side, loser gets possession
- Decide who will call it
- Mark kick-off direction in game report
- Announce results to captains and let them announce to their teams

Build-out line rules

For certain age groups, the defense must drop to the mid-field line whenever the goalkeeper has the ball, either for a goal kick or during normal play. See below for the age groups that follow this rule.

Heading and punting violations

In games where heading and punting are not allowed, an indirect free kick will be awarded at the spot of the violation. If the goalkeeper punts the ball from inside the 6 yard box, the indirect free kick occurs on the line of the box closest to the infraction.



	U6	U7	U8	Academy	U10	U12	U13/U14	U16
# OF PLAYERS	4 V 4	4 V 4	4 V 4	7 V 7	7 V 7	9 V 9	11 V 11	11 V 11
MATCH LENGTH	4 – 10 Min QTRS	4 – 10 Min QTRS	4 - 10 Min QTRS	2 – 20 min halves	2 - 25 min halves	2 - 30 min halves	2 - 35 min halves	2 - 40 min halves
BREAK TIME	Max 5 min each period	Max 5 min each period	Max 5 min each period	5 min / 10 min between games	10 mins	10 mins	10 mins	10 mins
BALL SIZE	3	3	3	4	4	4	5	5
GOALIE	No	No	No	Yes	Yes	Yes	Yes	Yes
HEADING	No	No	No	No	No	Yes	Yes	Yes
PUNTING	No	No	No	No	No	Yes	Yes	Yes
THROW-INS	No – kick-in	No – kick-in	No – kick-in	Yes	Yes	Yes	Yes	Yes
BUILD-OUT LINE	No	No	No	No	No	No	No	No
DEFENSE DROPS MID-FIELD	Yes	Yes	Yes	Yes	Yes	No	No	No
SUBS	Unlimited/ normal stoppage	Unlimited / normal stoppage	Unlimited / normal stoppage	Unlimited / normal stoppage	Unlimited / normal stoppage	Unlimited /normal stoppage	Injury, Kick-offs,goal kicks, throw-in(in-favor), after caution	Injury, Kick-offs,goal kicks, throw-in(in-favor), after caution
OFFSIDES	No	No	No	Gross infraction	Yes	Yes	Yes	Yes
SLIDETACKLE	No	No	No	No	No	Yes	Yes	Yes

***Heat Breaks- Always use best judgement with heat. If you judge the kids need a break for the heat, inform the coaches before the game you will be giving the kids a water break middle way through each half.**