



REFEREE CHECKLIST & RULES

At this level, referee's main priorities are to keep players safe, see players have fun and enforce the rules to ensure fair play.

Dress:

- Referees should wear shirt provided by league or a bright neon color to be visible on the field
- Referees should not wear school or recreation branded clothing

Pre Game Responsibilities:

- Check all goals are anchored and secured
- Place corner flags
- Introduce yourself to the coaches
- Check players in
 - Make sure all jewelry is removed including but not limited to earrings, watches and bracelets
 - Glasses may be worn but must be secured
 - All players must wear shin guards with socks pulled up over shin guards
 - Confirm players are wearing soccer cleats, no baseball cleats

Game Responsibilities –

- Communicate with other referee before game to decide field and call responsibilities
- Blow clear and sharp whistles
- Be decisive in your calls and make sure players can hear and understand your calls

Post-Game Responsibilities –

- Make sure score cards are completed and signed by both coaches
- Put away/return corner flags

U8 –

- Size 3 Soccer Ball
- Length of Match (4 x 10 minute quarters)
- Game Play 6v6 includes goalie
- No punting
- No heading
- No offsides
- Kick-off is done from midfield. The opposing team must stay 10 feet back until the ball is in play. **A goal cannot be scored from a kick-off.**
- Throw-ins: Players must keep both feet on the ground behind the touch-line. Players must use both hands to deliver the ball from behind and over their head. Players will get one retry.
- Goal kicks can be taken anywhere inside the goal area by goalie or defender. Opposing players must be outside the goal area and at least 4 yards away from the ball until it is in play.
- There are no penalty kicks. All infractions will result in an indirect kick at the spot of the foul.



- Coaches are to remain on the sideline and off the field
- Substitutions are allowed at any stoppage and permission to enter is granted by referee.
- One (1) Referee will be assigned per game. In the event of no referee, coaches from each side will be asked to keep time and referee the game.
- Score cards should be signed by both coaches following the game. Any discrepancies from scores reported must be submitted in 24 hours from when game was played to respective leagues commissioners.

U10 –

- Size 4 Soccer Ball
- Length of Match (2 x 25 minute halves) 5 minute half-time.
- Game Play 7v7 includes goalie
- Games will begin with a coin toss. Winner will choose the side of field. Other team begins game with ball.
- Punting is allowed
- No heading
- No slide tackling
- Throw-ins: Players must keep both feet on the ground behind the touch-line. Players must use both hands to deliver the ball from behind and over their head. Throw-in violations will result in loss of possession
- Free Kicks: All Opponents must be at least 8 yards from the ball
- Penalty Kick: Penalty mark is 8 yards from the midpoint between the goalposts
- Penalty Kicks may still be taken after time expires.
- Corner Kick: Opponents must remain 8 yards from the ball until it is in play
- Offsides will be enforced
- Goalkeepers cannot pick up a ball that has been purposely kicked to them or on a throw-in before touching the opposing team first.
- Substitutions allowed during play stoppage when team has possession of the ball and are unlimited. Permission to enter the game is granted by the official.
- Coaches are to remain on the sideline and off the field
- Two referees are preferred. Game can still be played with one referee.

Score cards should be signed by both coaches following the game. Any discrepancies from scores reported must be submitted in 24 hours from when game was played to respective leagues commissioners.

U12 -

- Size 4 soccer Ball
- Length of Match (2 x 30 minute halves) 5 minute half-time.
- Game Play 8v8 includes goalie
- Games will begin with a coin toss. Winner will choose the side of field. Other team begins game with ball.
- Punting is allowed
- No heading
- No slide tackling



- Throw-ins: Players must keep both feet on the ground behind the touch-line. Players must use both hands to deliver the ball from behind and over their head. Throw-in violations will result in loss of possession
- Free Kicks: All Opponents must be at least 8 yards from the ball
- Penalty Kick: Penalty mark is 10 yards from the midpoint between the goalposts
- Penalty Kicks may still be taken after time expires.
- Corner Kick: Opponents must remain 8 yards from the ball until it is in play
- Offsides will be enforced
- Goalkeepers cannot pick up a ball that has been purposely kicked to them or on a throw-in before touching the opposing team first.
- Substitutions allowed during play stoppage when team has possession of the ball and are unlimited. Permission to enter the game is granted by the official.
- Two referees are preferred. If only one referee, a parent from each side may be asked to act as AR and help make calls. Any parent doing so should refrain from coaching their players team and only focus on assisting the referee for this game.
- Coaches are to remain on the sideline and off the field
- Score cards should be signed by both coaches following the game. Any discrepancies from scores reported must be submitted in 24 hours from when game was played to respective leagues commissioners.

Mercy Rule:

If a team leads by 4 or more goals, the trailing team may add a player. The extra player may stay on field until the goal differential is below 4.

Definitions:

Offsides Position - To be in an offside position is not an offence and referees should refrain from making players aware of their position unless an offence occurs.

A player is in an offside position if:

- Any part of the head, body or foot, is in the half of the opposing team and there isn't another player from the opposing team between them and the goalkeeper before the ball is played forward.

Offsides Offence – A player who is in an offside position at the time the ball is played who receives the ball.

Handball - Occurs when a player intentionally touches the ball with their hands or arm, between the tips of their fingers and the bottom of their shoulder. Touching the ball with the shoulder is not a handball and unintentional contact between the ball and hand is not a handball.

It is usually a handball if

- The ball touches the arm or hand is extended in an unnatural position
 - E.g. Raising arms in front of body to shield ones self would be considered a handball



It is usually NOT a handball if

- The ball makes contact with the arm/hand in the “natural position”
- The ball accidentally makes contact with the defender’s hand/arm inside their penalty area from a deflection, a teammate clearance, or similar