



AYSO Area 1F

Referee Upgrade Tips

January 1, 2010



The following tips and reminders are for your benefit. These are some of the items assessors/advisors use to evaluate your performance as a referee or assistant referee.

Referee:

- Bring your upgrade certification form.
 - Arrive early, at least 20 to 30 minutes ahead of game time.
 - Make sure you have contact phone numbers in case of no shows, weather delays, game cancellations, etc....
 - Clean-out and organize your referee kit the night before your assessment.
 - Have a copy of the tournament/league rules with you.
 - Look and act like a professional: clean, matching uniforms, shined shoes, etc....
 - Look and act like a team: pre-game conference, entering/leaving together, etc....
 - Your pre-game instructions should take at least five minutes.
 - Bring all your referee shirts - long sleeve (if you have them) are preferred but not mandatory.
 - Generally no hats or sunglasses but ask your assessor before hand.
 - Inspect the field, goals and players' equipment.
 - Communicate well by making frequent eye contact and verbalizing.
 - Signal using clear, crisp signals.
 - Get the match started on time but if you have to start a little late due to an earlier match on your field, handle off-the-field inspections as thoroughly as possible.
 - Stay close to dynamic play, no matter where it goes. Give your AR some space, but if play goes into his quadrant you should still be 15-20 yards away. This is the time to show that you can go wide and deep all over the field.
 - If you get beaten (as we all do), show that you can sprint to catch up.
 - Keep the match under control. If that means calling lots of fouls and issuing one or more cards, then that's what it means. If everybody's playing well and there's not much to whistle and no cards are given out, that's fine too.
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- **Asst. Referee's:**
 - Follow the instructions you were given in the pre-game. Ask for clarifications.
 - Work to stay with that second-to-last defender and/or the ball.
 - If the ball goes to the goal line, follow it all the way to the goal line.
 - Control the substitutions and the sidelines.