

Pre-Game Instructions 2025

1. Team Warm-Up & Equipment Checks

- Warm-up and dynamic stretches as needed (led by the referee)
- Inspect player kits (shin guards, jewelry, uniform match).
- Confirm correct match ball(s).
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- Conduct coin toss (Referee) and give pre-game instructions to teams
- ARs to observe goal nets and field markings.

2. Communication with Assistant Referees

- Discuss the teams and any relevant information pertaining to their conduct or most recent match.
- Discuss teamwork, supporting one another through communication - hand signals and eye contact at every stoppage
- Ensure everyone records the events of the game – goals, misconducts, substitutions

Offside Decisions

- Stay with the second last defender or the ball if it is nearer to the goal line.
- Wait and see if the player who is in an offside position is involved in active play.
- Raise your flag and keep the flag up until I blow the whistle then indicate far, middle, near and then put your flag down.
- If I miss the offside flag, continue to keep the flag raised and yell my name until you have got my attention, or the ball has been cleared by the defending team.
- Don't be upset if I wave your flag down. It could mean there was a play on the ball by the defender.

Fouls/Misconducts

- Talk to players and be preventative.
- If you see a foul in front of you, raise your flag and look to me and make eye contact then wiggle it side to side. When whistle is blown give direction.
- If you think a foul deserves a Yellow card, tap your badge after making the call.
- If you think you see something that deserves a Red card, immediately raise your flag, get my attention and tap your shorts pocket.
- If a misconduct happens when the play is going the other way, out of sight of the referee, raise your flag and call my name. Ensure you have the number of the players involved.

Substitutions

- AR 1 signal for a substitution when appropriate (see approved league rules). AR2 mirror if needed.
- If the player being substituted is near you, remind them to leave at the nearest line.
- We will work together to control the player(s) entering the field of play.

Throw-ins

- Watch the feet, and I will watch the hands, telling the player where to take the throw-in from if you are close to play.
- When you are unclear of the direction, keep the flag at your side and I will give direction, and you will then mirror my signal.

Penalty Kick

- I will be in the best position possible throughout the match to make a judgement call on PK's.
- If there is a significant defensive foul in the penalty area that I miss, make eye contact, give me a nod, raise the flag, and when the whistle is blown run down and around the corner flag taking your position at the edge of the penalty area.
- Your job will be to watch for significant encroachment from the keeper, if this happens raise your flag. You will also be the judge of the ball crossing the line for a goal.

Ball in and out of Play

- Make eye contact before raising the flag. We are not in a hurry. Take time to think and get it right.
- If the ball goes out of play in your area raise the flag and give direction of play.
- If the ball goes out in my half of the field, mirror my call.
- Follow the ball all the way to the goal line when making a call for a goal kick or corner.
- If we have a ball that quickly leaves the field of play and re-enters, raise your flag and get my attention.
- If you see a ball bounce in and out of the net and a goal is scored, raise your flag, make eye contact, and then run 15 yards towards the half line.

Mass Confrontations

- AR1 will manage players and team officials so they stay in their technical areas.
- AR2 will come on to the field and assist as we try to de-escalate the situation.
- AR1 will record notes and any potential misconducts along with the referee.

