

September 2025

Dear Rec Referees,

Thank you for Refereeing GSC Rec Soccer Games! Below is some information to answer some common questions and to ensure you have a good experience. If you have any additional questions or any problems, please contact me at 309-368-9024. I will try to be at games each weekend, however, there are always GSC representatives in the Concession Stand if you need help during a game.

Helpful Information:

- 1) Please arrive at least 15 mins before games start.
- 2) You will need a whistle, a stopwatch (can be your phone) and a referee shirt. If you already have these items, you may go directly to your assigned field. If you do not, please head to the concession stand and let them know what you need.
 - a) If you need a stopwatch, we have some you may borrow for the day. Please return all borrowed stopwatches to the concession stand when finished.
 - b) If you have an official referee shirt, please wear it. It does not have to be the traditional yellow ref shirt, any of the colors are fine. If you do not have a referee shirt, please go to the concession stand and ask for a Rec Referee t-shirt. You may keep this shirt for future weekends.
- 3) There is time between games to go to the bathroom or get a drink. You are able to get a free drink at the concession stand.
- 4) About 5 minutes before each game, you will need to check each player's equipment. Please check the following. If there are any issues, discuss them with the coach.
 - a) **Shin Guards** Every player is required to wear shin guards. They can be any style as long as they are meant for soccer.
 - b) **Cleats** Younger players may choose to wear cleats, but can also wear regular gym shoes. Typically, the older kids prefer to wear cleats to achieve better footing on the fields. However, if a player wears cleats, they must be SOCCER CLEATS. Baseball and football cleats are not allowed due to their "spike" shape and location. They are not meant to be used to kick and can injure other players. If the wrong style cleat is worn, the player may change into approved footwear or will be required to sit the game.
 - c) **Jewelry** Players may not wear earrings, necklaces, or any other type of jewelry.

5) **Game Ball Sizes** Make sure the appropriate size game ball is being used.

- U5/U6: Size 3
- U8: Size 3
- U11: Size 4
- Middle School: Size 5

6) **Game Times** All divisions are split into quarters with (1 to 2) minutes rest between quarters. Make sure you start your timer before each quarter.

- U6 Games -- (4) 8 minute quarters
- U8 Games -- (4) 8 minute quarters
- U11 Games -- (4) 10 - 12 minute quarters (depending on roster size)
- Middle School -- (4) 12 minute quarters

7) **General Reminders**

- Make sure you use your whistle and remember to blow it loudly
- Speak loudly and clearly to players and coaches
- There is a lot of teaching going on during rec games. Be patient with players and explain what they are supposed to do after you have blown your whistle.
- Do not assume younger players will know exactly what to do. Take the lead and tell players where to position the ball, for example: During a goal kick, corner kick, and where to stand when doing a throw in
- Use soccer vocabulary when making calls, for example: Throw in, Goal kick, Corner kick, Offense/defense, Midline, Goalbox, handball, etc.
- Games should follow the basic rules of soccer.
 - Defense drops behind the midline on goal kicks.
 - Call handballs
 - There are NO OFF SIDES in 4v4 games
 - Do not let a player camp out in front of the goal since there is no keeper in 4v4.

Be confident and have fun!!

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