

NRSC Recreation League Referees

Study guide for games Saturday 4/14

Most of our **NEW referees** are being assigned to games as AR (assistant referees) and in our first week of the season it was clear to us that many of you did not take this part of your referee class seriously. We saw some of you out of position, not holding the flag in the proper hand or not using the flag correctly to make your signals to the Referee. We found several AR's working up and down the entire sideline, not just your half of the field as you were taught in class.

Please look over your books and notes before this weekends games and also take the time to read the following excerpt from a great handbook for new referees called *The Watch & Whistle*. Ask us if you still are not clear.

Basic AR Mechanics

The two main jobs of the AR are to judge in- and out-of-bounds for the ball and offsides. To do so, you run along the touchline, **between the halfway line and the goal line, keeping level with the 2nd-to-last-defender or the ball, whichever is closer to the goal line.**

You only go up to the halfway line, which means if the ball is in the other half of the field, and all the defenders are lined on the halfway line waiting for the ball to come their way, you stay parked. This can be unpleasant with a one-sided game on a cold day.

If you're not moving, you should be standing square to the field.

As an AR, you don't have a whistle and you don't talk: you only signal with a flag given to you by the center referee. Most of these signals are to confirm what the center referee knows and indicate restart direction. For the AR to initiate a call, he must first put the flag straight up and, upon attention of the center referee, make the proper signal.

So that the center referee can pick you out of the crowd at the touch line, you are supposed to hold the flag in the hand that is closer to him. Generally that's the left hand when standing still and the right when running upfield.

If you're not signaling, your flag should be pointing straight down. When you do signal, your rigid arms should sweep like the hands of a clock, either up the

touchline or out in front of you. If you bring the flag up in the wrong hand for the direction you are going to signal, you have to bring it down to change hands.

I'm told for televised games ARs are instructed to signal with the flag for three seconds. That's good unless you need to drop the flag after a quick restart.

Assistant Referee Signals	
Signal	Meaning
Flag up 45 degrees along touch line	Throw in, in direction of flag
Flag pointing at goal area	Goal kick
Flag down 45 degrees along touch line towards corner	Corner kick
Flag straight up	Throw in, you don't know the direction
Flag up to get attention, then signal for restart	Ball went out of bounds and came back in
Flag up to get attention, then flag across field down, level, or up	Offside: near side, middle, or far side of field
Flag up to get attention, then quick, small waves of the flag, then flag up 45 degrees along touch line	Foul: direct kick in direction of flag
Flag up to get attention, then quick, small waves of the flag, then moving to goal line in front of corner flag	Foul by defender in penalty area: penalty kick
Flag held horizontal across waist	Confirming that foul seen by CR was by defender in penalty area: penalty kick
Standing still after an apparent goal	Foul committed by attackers not seen by CR
Sprinting up touch line towards halfway line	Goal
Flag horizontal overhead in both hands	Substitution requested

Reprinted from

The Watch and the Whistle

**A Primer for Youth Soccer Referees
by Christopher Seiwald**

www.watchandwhistle.org