



Colorado High School Soccer

Some Guidelines for the New High School Official

This presentation is intended for the new high school soccer Official.

It assumes that you have some knowledge of the game:

As a fan, as a parent, or as a player.

It also assumes you have not been a Referee before:

You know some (maybe all) of the Rules (or, for FIFA, “the Laws”)

But you have not been in the position to be “The Judge”.

Additionally, it assumes that you have read the NFHS Soccer Rules Book including definitions found in Rule 18.



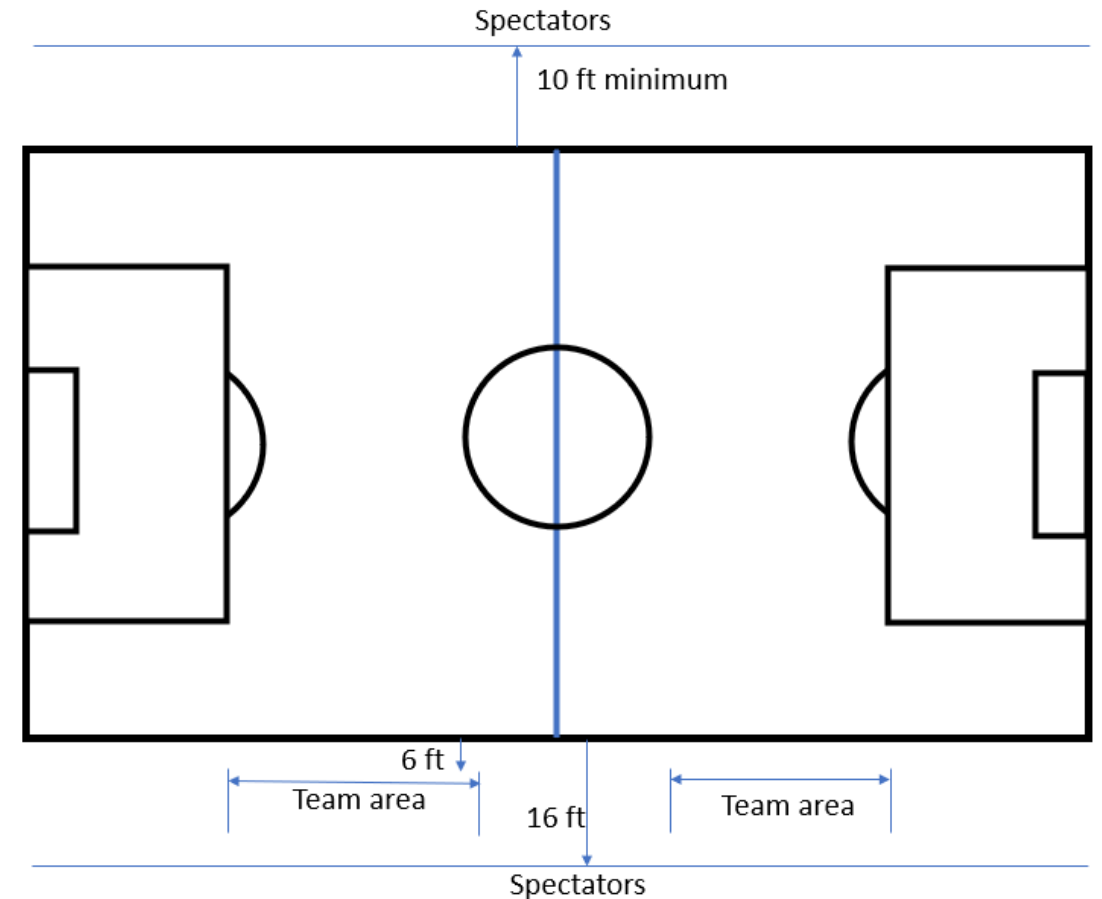
Let's start with Rule 1: The Field of Play

Most fields are correctly lined.

Many are in stadiums, but this diagram assumes Spectators are not in stands/bleachers.

If stands exist, Spectators should be in them.

If stands do not exist, Spectators need to stay back at least 10 feet from the field, or behind the bench area. They should not be behind the goals.



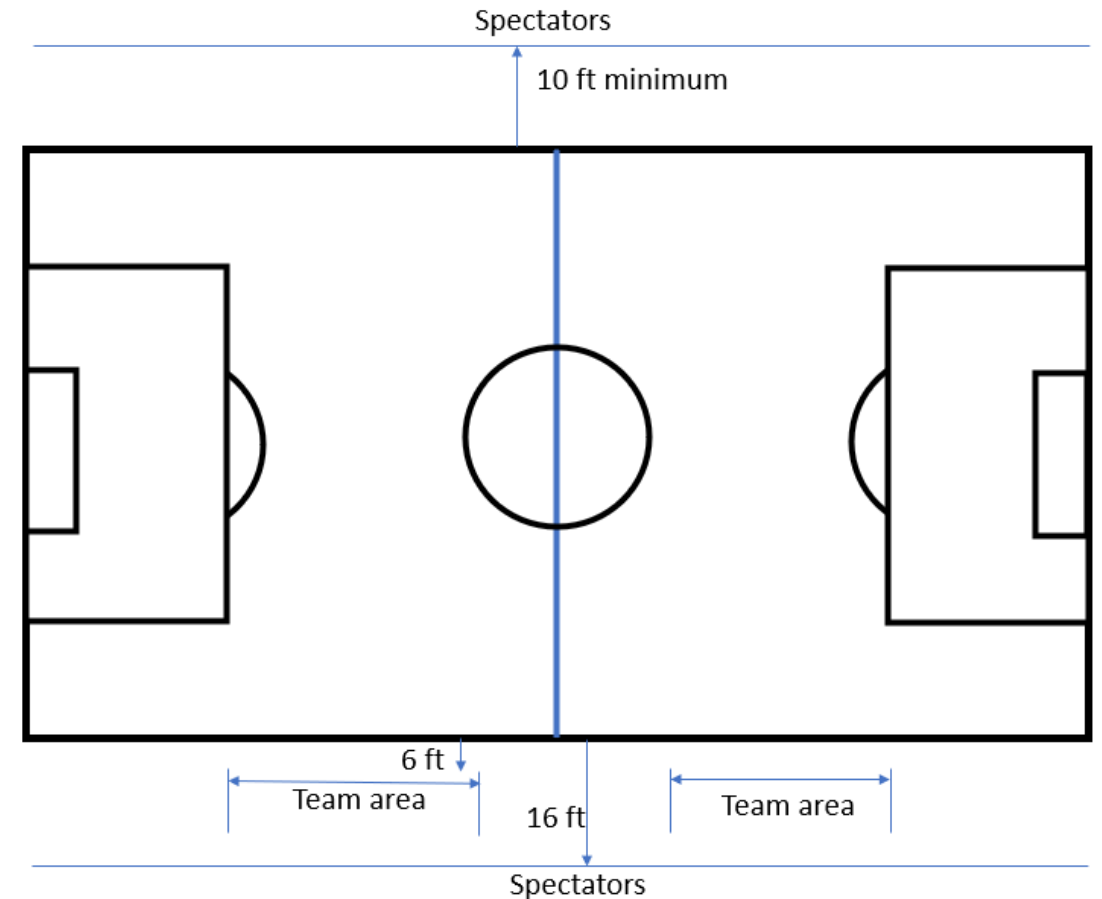
See the Soccer Field Diagram in the NFHS Rules Book for specific dimensions not discussed here.

Continuing with Rule 1: The Field of Play

The bench area (team area, or “technical area”) starts at the edge of the center circle, and extends 20 yards towards the goal line.

Any benches need to be 6 feet from the sideline (also called the “touch” line).

In some cases, the teams might be on opposite sides of the field, this is **OK** if the benches are diagonal opposite from each other, each in a different half of the field.



What should we do if the field is not correct?

If safety is a concern - do not start the game until the issue is resolved.

- The most obvious problem is portable goals, which need to not fall over during play. Usually some weight on the back will suffice.

If other issues exist, try to get them fixed before the game starts.

- For example, missing corner flags should be found and put in place, if possible. Shallow cones are better than nothing (tall ones, no).

If the issue is lines, you may need to have a discussion about what to do.

But - If safety is not the issue, do whatever you can to play the game.



Often, fields are multi-use, with different colored lines.

Be sure everyone knows which color of lines are correct for play. (Yellow, in the photo)

Sometimes an American football goal post extends a bit into the field of play; in that case, if a ball hits it during play, the restart would be the same as if the entire ball had passed over the end line.



Rule 2: The Ball

See Rule 2 for proper specifications:

Soccer balls are rated in sizes and we use size 5. (Usually printed somewhere on the ball). The color or design is not important.

We need 3 of them:

One to be in play, and 2 more to be handled by “Ball Holders”. Often schools seem to forget about holders, especially in sub varsity games. Do your best!

Develop a feel for the correct pressure:

If you can press your fingers in more than a fraction of an inch, have someone inflate them properly. Some Officials carry an air gauge and pump to do this on their own.

Make sure the balls do not have damage that might cause harm to a Player.





Rule 3: Players and Substitutes

Each team must have at least 7 Players on the field.

- The maximum on the field is 11, including the Goalkeeper.

Each team may have any number of Substitutes available.

- CHSAA only limits this number during playoffs (total team roster 25).

All Players must be listed by name and number on a roster, provided by each team to the Referee prior to the start of the game.

- However, if a Player is not listed, the name can be added later without penalty.

The roster must also have the names of anyone else on that team's bench.

- If not on the roster, the person is a Spectator and cannot be in the bench area.

A Captain will be provided by both teams (more than one is *OK*).

- The duties of this Captain are discuss at the coin toss prior to the game.



Rule 3: Players and Substitutes

Prior to the game, the Referee will conduct a short meeting with a Coach and Captain from each team.

The Referee will ask the Coach if his or her Players will be properly equipped and prepared to play.

The Referee will remind the Captains about sportsmanship, specifically mentioning no excessive celebration, no foul language, and no taunting.

Then the Referee will ask the visiting Captain to call the coin toss.

The winner of the coin toss may choose:

- which side of the field to attack (giving the other team the initial kickoff), *OR*,
- opt to kickoff first (giving the other team the choice of which side of the field).

Rule 3: Players and Substitutes

Substitutions are not limited, and may occur when:

- There is a goal scored – any Players reported or off bench
- On a goal kick, either team with reported Players
- On a team's own throw in or corner kick with reported Players
- On the other team's throw in or corner kick, reported Players only if the team with the throw in or corner kick also has reported players
- During an injury stoppage, any Players reported or off the bench

Players must come off the field, and may be substituted when:

- The Player is injured and the clock has been stopped. A Substitute may come off the bench or as reported, but the team may choose to play down, which would allow the injured Player to return at a dead ball situation, and not just the above substitution opportunities.
- The Player has received a caution (yellow card). The team may play down, but the carded Player may only return at one of the substitution opportunities above.

A Substitute becomes a Player the moment the Referee acknowledges them (“beckons”), and the Player being replaced becomes a Substitute at that same moment.



- ***Reported means the Player is at the centerline ready to enter prior to the stoppage of play.***
- ***Off Bench means without having reported to the centerline.***

Rule 4: Player Equipment

The jerseys and socks for the visiting team must be white.

- There should be no markings other than the player number and school names and/or logos. No stripes or piping (as shown here).

The jerseys and socks for the home team will be any color different from white.

- The home team can have different colors for their jersey and their socks.

The shorts for either team can be any color, including being the same color for both teams.

All Players must have a number on their front and their back. The front number may be on either the jersey or the shorts.

All Players must have shin guards.



Rule 4: Player Equipment



- The Goalkeeper must wear a jersey that contrasts with the jerseys of both teams.
- The shorts can be any color.
- The socks can be any color except that of the opposing team's socks.
- Other equipment may include gloves and soft-padded head protection.
- The Goalkeeper must have shin guards.

Other Equipment

Examples of **Not Allowed** equipment



Players not allowed to place tape over jewelry. (must remove)



Bubble wrap is not allowed to cover a cast (must be approved foam)

And some examples of **Allowed** equipment (with the Referees approval)



Knee brace (unaltered)



Medical or religious bracelet or necklace (securely taped to the wrist or body)



Ankle brace can be worn outside the sock (any color)



Wrist Brace (any color)



Head protection (any color)



Insulin pump



Hearing device

Rule 5: The Officials

- All dress the same:
 - Jersey color: yellow, black, red, blue or green.
 - For new Refs, start with yellow, and red or green.
 - Start with short sleeves, getting all colors as soon as possible, then get long sleeves. These are about \$45 to \$50 each.
 - Sleeve length (long or short), although this is not a requirement, should be the same.
 - All black shorts.
 - Black socks, called the “two stripe”. However, some prefer the three stripe.
 - Black shoes.
 - You will always need a watch with timer, a whistle, and pen and paper.
- See Rule 5 for your responsibilities.
 - The Officials must work as a team, respecting each other at all times, and respecting the Players, Coaches and others. Consider this a management job, not a Judge or Police Officer – play fair, according to the rules, and try to get the Players to stay in the game.



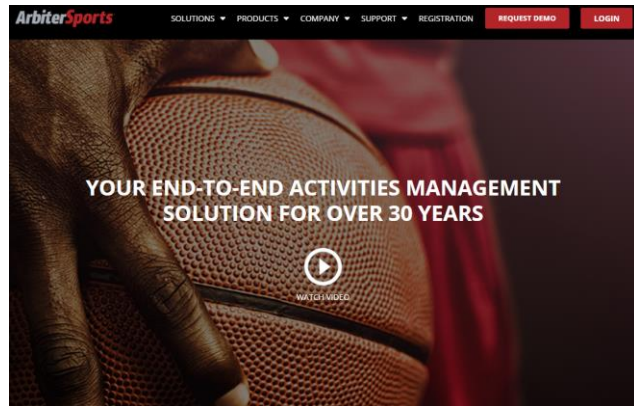
The Referee

- Be at game 30 minutes before start time.
- Know where you are going (if you don't, ask – the school will know).
- Be prepared for no facility support (water fountain, dressing room, etc).
- Authority begins 15 minutes prior to game and ends when you have left the field (the parking lot is not the field).
- Apply all rulings fairly: and, for high school, do not take any assignments if you are related to a player, or if your being an Official for the game might be seen as favoritism (see code of ethics).
- Be prepared for changes – bring your alternate jerseys, have an extra whistle, be sure to have flags, misconduct cards, pens.
- Understand the nuances of what is said in Rule 5 – ask for help from other Referees, be open to suggestions, and work on what you could have done better for every game.

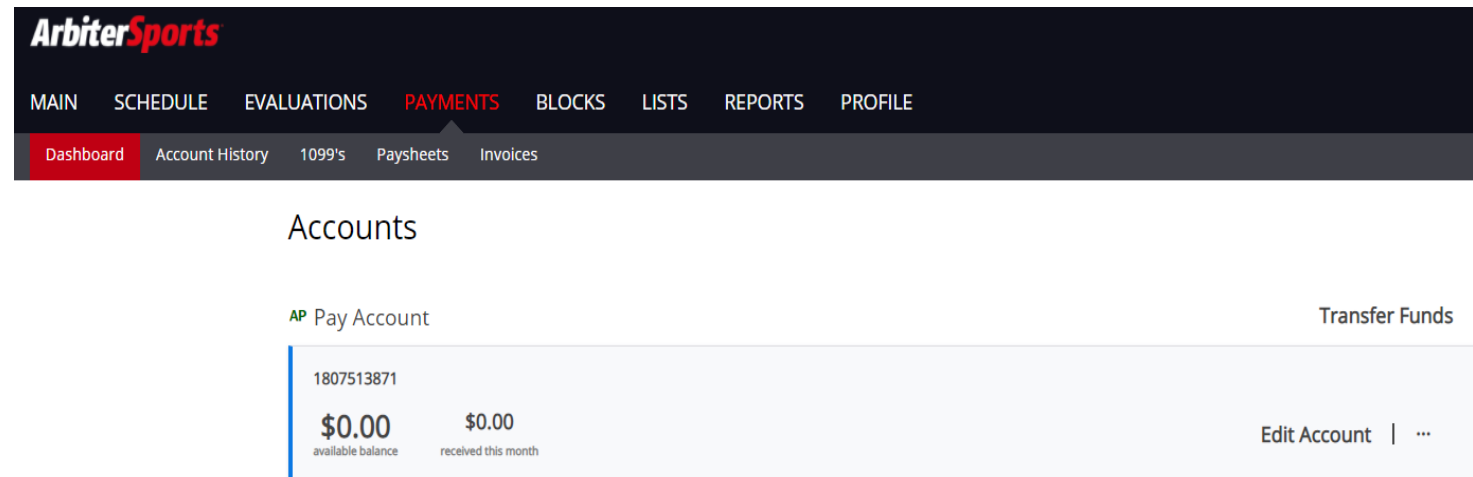


As a new high school Official with some experience as a soccer Referee, you will usually be assigned as an Assistant Referee at first. After 20 games, get with an Area Director to move to full active status to receive assignments as the Referee.

If you are a new, inexperienced Official (that is, no USSF training), you will be assigned to sub-varsity games.

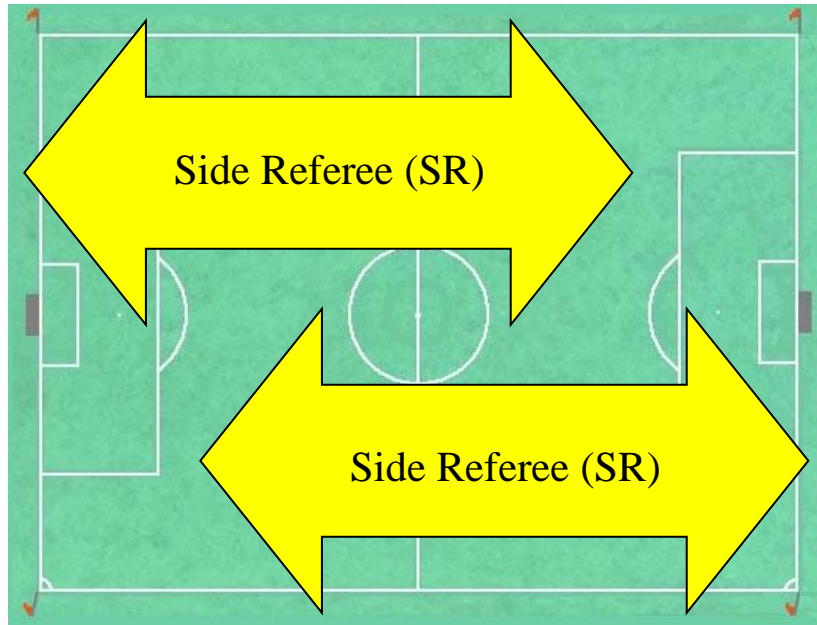


Game assignments are provided online in a software application called ArbiterSports (arbittersports.com). CHSAA should set you up and contact you by email when this has been completed. Follow the instructions to log in. Assignments will be under the “Schedule” tab.



Of course, you will also want to receive payment for the games you officiate. Although some schools pay at the field, most will use ArbiterSports. For this to work you must enter your bank account information in ArbiterSports to receive payment. Assignors can usually help if you need it.

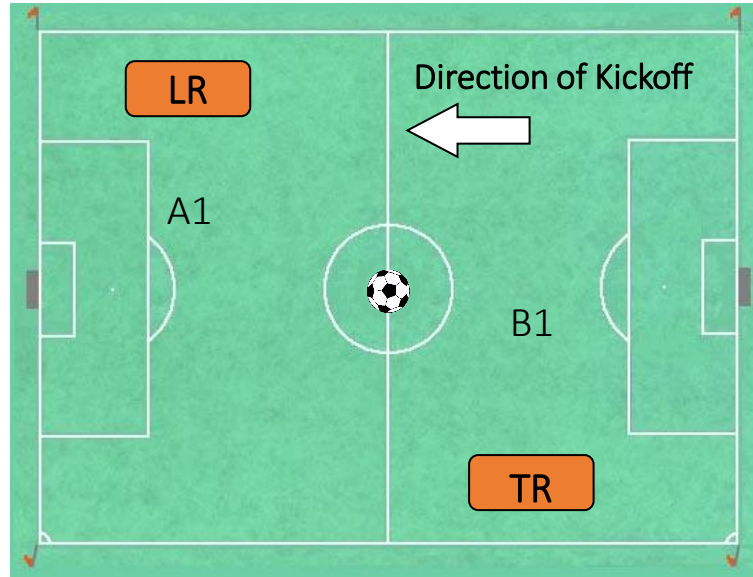
As an inexperienced Referee, you are most likely going to be assigned to sub-varsity games. These games usually have only two Officials, known as the Dual System of Control.



- Both Referees have the same responsibilities
- Coverage depends on how the game is flowing
- Primary responsibility is still off-side
- Be in position for out of play as best as ability allows
- Look more for fouls as play moves away

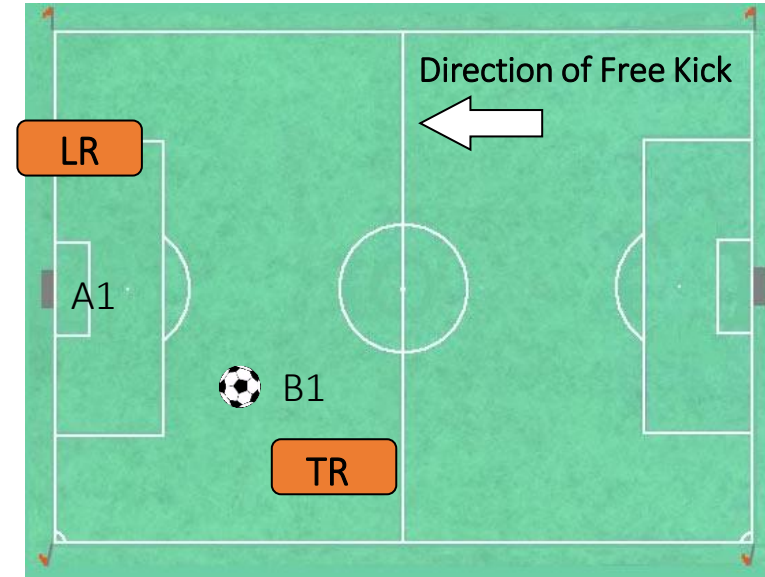
Dual System of Control (2-man)

Kickoff



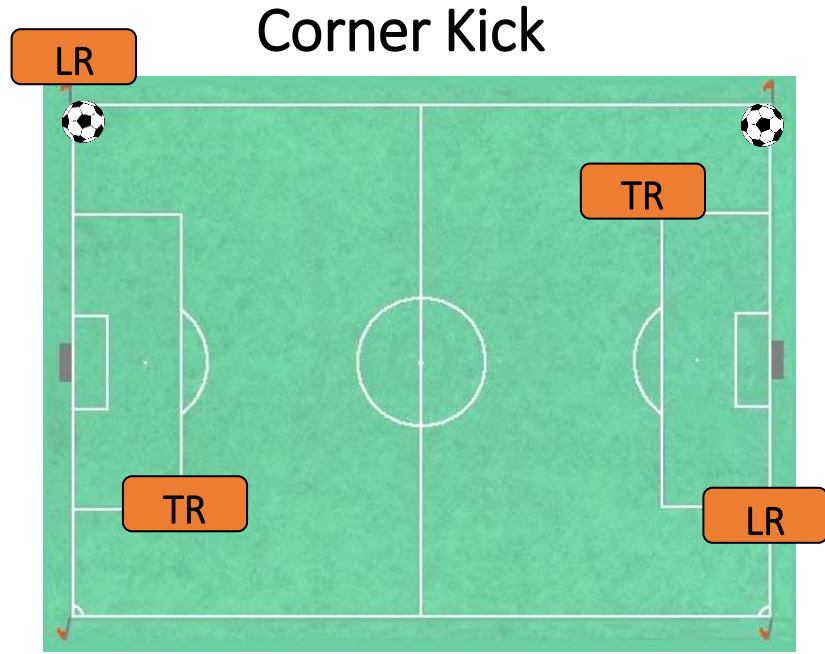
- The Trailing Referee (TR) whistles for the kickoff
- The Lead Referee (LR) keeps the official time

Free Kick



- The Trailing Referee moves in to assist in control
- The Lead Referee stays with off-side and watches end line

Dual System of Control (2-man)



- The Trailing Referee moves in to watch drop zone
- The Lead Referee watches goal line and off-side



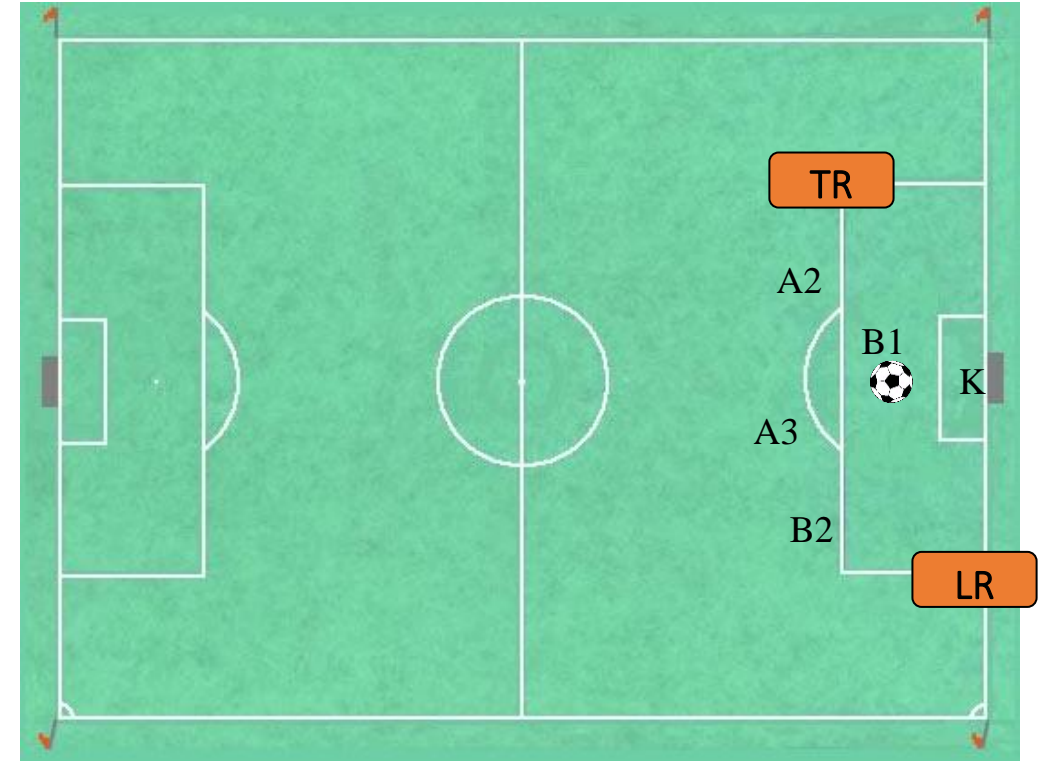
- The Trailing Referee watches at 18-yard line
- The Lead Referee stays with off-side and watches drop zone

Dual System of Control (2-man)

The Trailing Referee must come in to the penalty area as shown, and will manage the taking of the kick, including the whistle to take it. The Trailing Referee makes sure that all Players except the Goalkeeper and the Player taking the penalty kick are outside of the penalty area and the arc.

The Lead Referee will take position on the end line, and make sure that the Goalkeeper stays on the line until the kick is taken and makes the judgement if a goal has been scored.

Penalty Kick



Rule 6: Ball Holders, Timer and Scorer

Ball holders are needed for every game:

- Their duty is to provide a ball for one that has gone out of play to the closest player, then retrieve the one that went out of play.
- Usually one on each side of the field, plus others at ends if available

If there is a stadium clock, find out who is running it, and if it has a proper horn or siren which signifies the end of time.

In high school soccer, the clock counts down to zero and the game is done at that instant. The clock stops in high school soccer for:

- A goal
- For the duration of a penalty kick
- To issue a caution (yellow card) or ejection (red card)
- For an injury
- During the last five minutes of play if the team in the lead is making a substitution
- Or any time the Referee determines the stoppage is needed

Colorado does not use “Scorers” – instead, the coaches will report the game results. The Referee is required to report misconduct to CHSAA.



Rule 7: Duration of Game

All games at all levels in high school have two 40-minute halves with a ten minute halftime duration. There is no “added time”, as the clock is stopped instead (see Rule 6).

If a game must be suspended without restart, or terminated, the game is official if at least one half has been played.

- In such situations, a supplemental game report should be filed by the Referee to CHSAA



An exception to the game duration is found under the “Mercy Rule” for CHSAA:

- Once a 7-goal differential is reached, notify the timekeeper that the Mercy Rule is now in effect, and time will not be stopped for goals, disciplinary action, penalty kicks, substitutions, or minor injuries (use discretion on severity of injury as needed to stop the clock). If the team that is behind then scores a goal, reducing the difference to 6, then the clock will again be stopped per the normal game rules.
- When a 10-goal differential is reached, and if the game has completed at least one half (40 minutes) of play, then the game is completed. It is not necessary to start the second half if the differential at the end of the first half is 10 goals or more. At least one half must be played in all cases.

If a regular season varsity game is tied after 80 minutes, then two 10-minute overtime periods will be played until one team scores (called “golden goal”). If still tied at the end of these overtime periods, the game is over (as a tie).

Rule 8: The Start of Play



Play starts with each team on its side of the center line (except for kicker) and the non-kicking team outside of the center circle.

The Referee signals with a whistle and the clock starts when the kicking team kicks the ball and it moves.

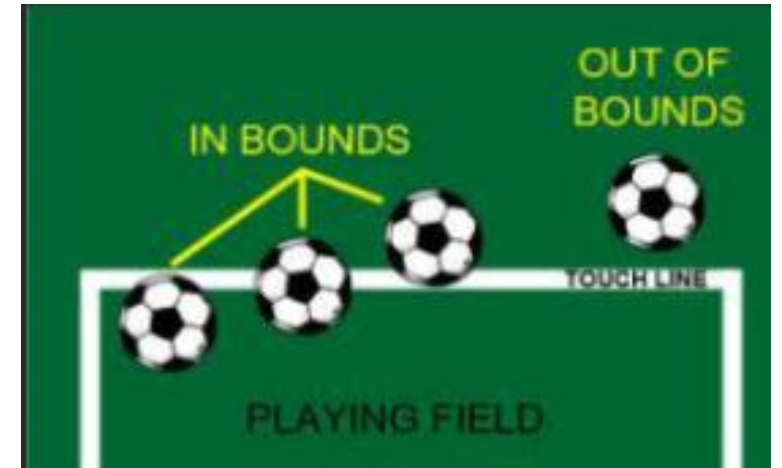
The kickoff may go any direction, and any distance.

The Player taking the kickoff may not play it again until the ball is touched by someone else.

Rule 9: Ball In and Out of Play

The ball is out of play if:

- The entire ball crosses the entire line, or
- The referee has sounded the whistle.



The restart can be:

- A free kick at a location indicated by the Referee (Rule 13).
 - A direct free kick can score a goal.
 - An indirect free kick (signaled by the Referee with arm up as shown) cannot score a goal until after a second touch by someone else.
- A penalty kick (Rule 14).
- A kickoff, which occurs to start a half or after a goal (Rule 10).
- A throw in, which occurs when the entire ball has crossed a touch line (Rule 15).
- A goal kick, when a ball played by an attacker crosses the end line (Rule 16).
- A corner kick, when a ball played by a defender crosses the end line (Rule 17).
- A dropped ball.



Rule 9: Ball In and Out of Play – Dropped Ball

A dropped ball is used when:

- The ball has hit an Official interfering with play.
- There is a restart after an injury, if no other restart applies.
- There are simultaneous fouls that must be called.
- The Referee cannot determine who last touched a ball when it crossed a boundary line.
- The ball has become deflated.
- The Referee has inadvertently sounded a whistle.

A dropped ball is in play when it hits the ground

- If the ball is touched before it hits the ground it is dropped again.
- When it hits the ground, the Player may kick it more than once, or kick it to another player.
- A dropped ball may be handled by a goalkeeper

Except for simultaneous touch or foul, the team last in possession of the ball will receive the dropped ball, with all other players 4 yards away until the ball hits the ground.



Rule 11: Offside

- An offside offence is called when a player is in an offside position at the moment of a touch by a teammate.
- There is no offside on a “boundary” restart (throw in, corner kick, or goal kick).
- Offside applies to the attacking half of the field (not the defending half).
- Offside does not apply if the ball is deliberately played by an opposing player (except for the goalkeeper in certain situations).



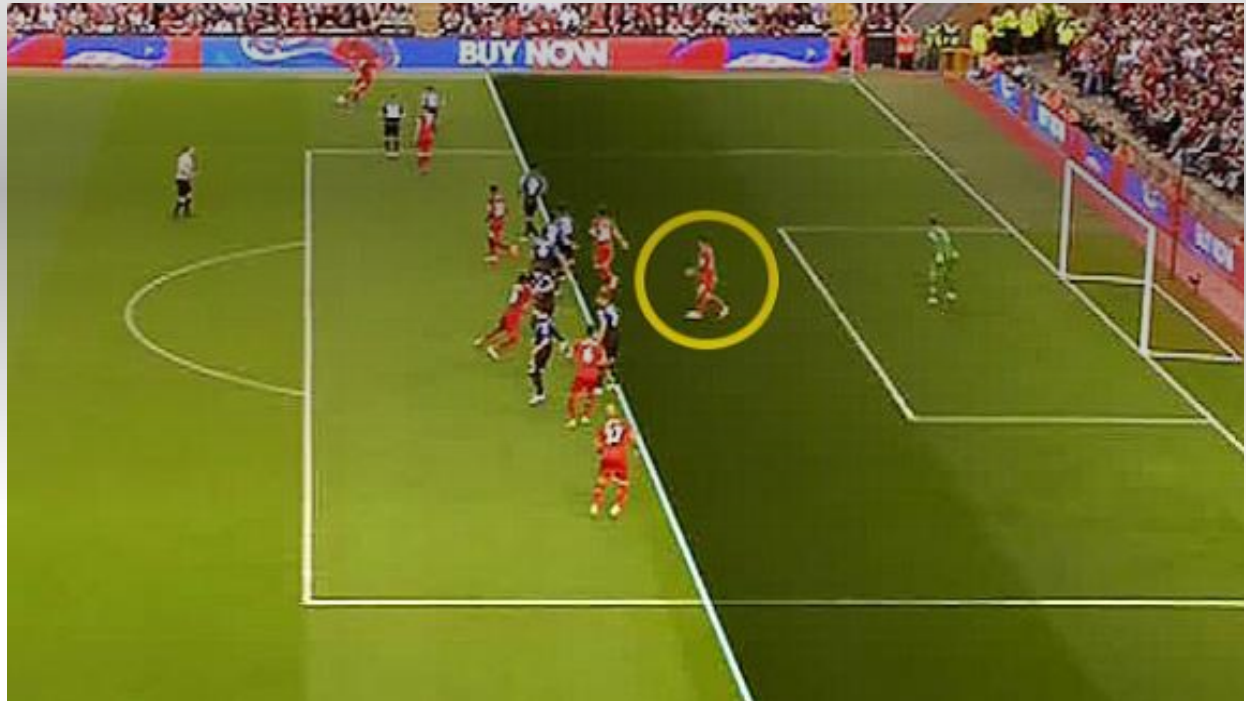
In this example, the player shown with the yellow arrow is the second to last defender (the goalkeeper is to the right of the photo). The attacking players shown with blue arrows are on side, while the player shown by the red arrow is offside. Rule 11 in your rule book shows many examples of offside or not offside.

Rule 11: Offside

The red Player (circled) is in an offside position. But, the Player is not offside (in other words, whistled or flagged for offside) unless he gains an advantage by being in this position as the ball is kicked, as is about to happen. (Gaining an advantage may include distracting the Goalkeeper.)

If the ball were to go elsewhere (such as to the Goalkeeper, to a Player who is not offside, or over the end line), then an offside offense would not be called.

In this example, you might suspect that the Player (circled) knows this, and will not try to play the ball when it is kicked.



Rule 11: Offside

Some advice about offside calls:

- Players forget where they are and often indicate they disagree. Unless it is disruptive, ignore this dissent.
- Fans will watch the ball, not the position of Players without the ball, and thus disagree about an offside call or non-call. Ignore them.

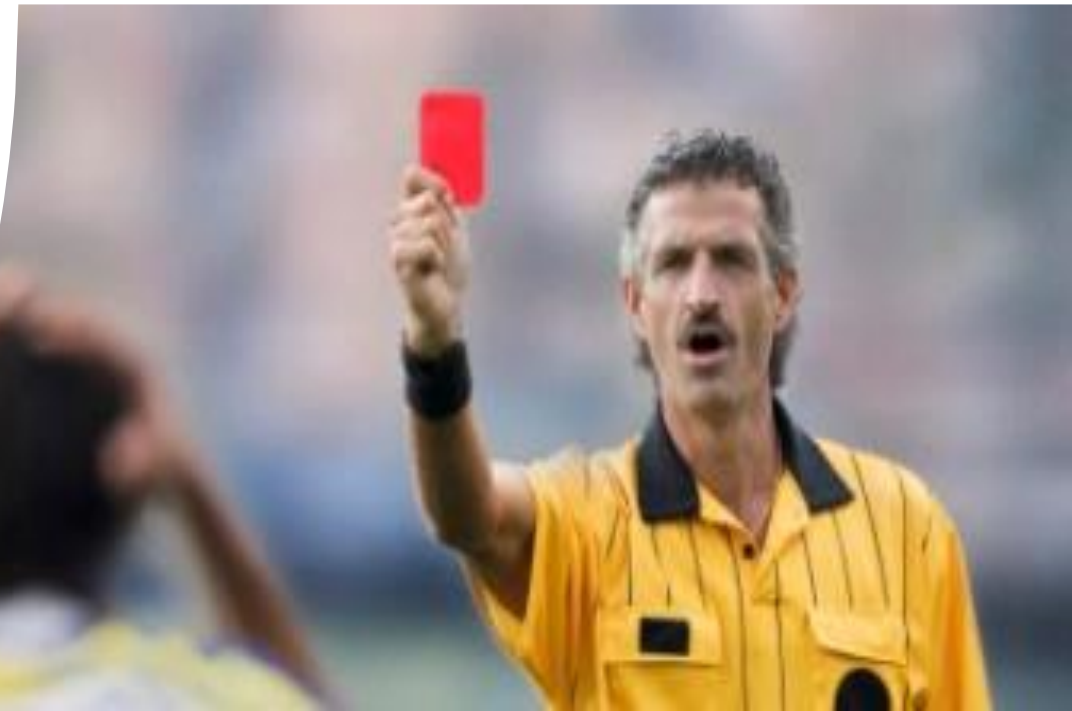


But in all cases (as an Assistant Referee or one of the two in the dual Referee system), the best way to “sell” the call or non-call is to be at the position of the second to last defender at the time of the call.

- Avoid watching the ball only – watch your position relative to the defending Players.
- Make sure the ball is played by an Attacker and be aware if the Referee waves you off.
- Make sure an advantage is actually gained, and that the Referee agrees. This should be part of a pregame discussion with each other.

Rule 12: Fouls and Misconduct

- Game management is learned with experience. There are several fouls that are described in Rule 12, and there are several situations where misconduct applies.
- Read Rule 12 often, especially after games in which you might have felt uncomfortable with the level of play that the Referee allowed.
- Watch games on TV understanding that this is a high level of play.
- We cannot go into all of the specific rules here, this is where experience occurs, and where you improve with each game.



Rule 12: Fouls and Misconduct

Soccer is **NOT** a non-contact sport. The task of the Referee is to determine what is **fair** (according to the rules) and what is **allowed** (the level of play based on both team's skills).

As a Referee, wait a second before blowing the whistle:

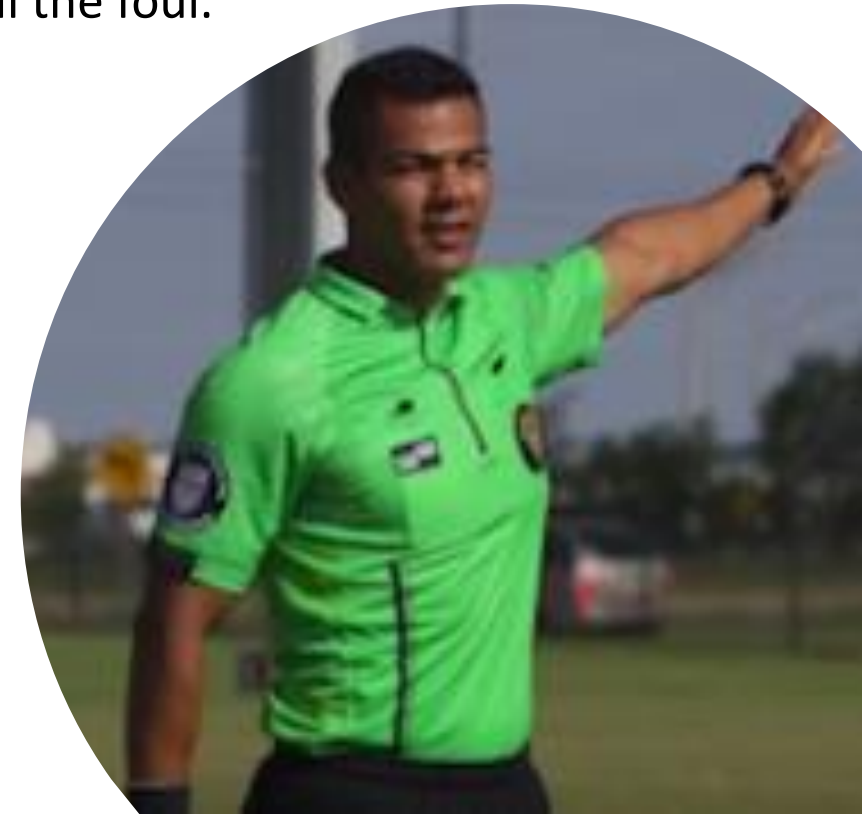
- Did the fouled Player maintain possession, such that play should continue (“Play on”)?
- This is the advantage rule.
- If advantage is called (by signal and voice), but is not gained, then call the foul.

When a foul is called, blow the whistle loudly.

- Quickly indicate the direction of the kick, then
- Indicate the spot for the kick, and
- Also display if the kick is indirect.
- You may need to do a ceremonial restart by indicating where ten yards is for defenders from the spot. Be aware.

There may be disagreement:

- This is not dissent unless it is disruptive.
- Have a thick skin, but also listen – adjust the level as needed.



Rule 12: Fouls and Misconduct

Misconduct (yellow card for caution, red card for ejection) is used to make sure that play is controlled.

Know what is required for a card, and when to show a yellow or red card.

In high school, a carded Player must leave the game.

- If **YELLOW**, a Substitute may come in to the game.
- If **RED**, that Player's team cannot replace the Player.

In high school, we also show cards to Coaches.

In all cases, the reason for any card must be explained to both Coaches.

- Since the clock is stopped for misconduct, take time to explain, but do not provide time for dissent from Coaches.
- Again, have thick skin but good hearing.

Any card shown to a Coach **MUST** be reported to CHSAA.

All red cards shown to Players **MUST** be reported to CHSAA.



A few more things...

- Safety is first. If weather makes a game unsafe, stop play. In the case of lightning, the delay must be 30 minutes after the nearest strike less than 6 miles away by sound (or 10 miles if using a weather app). If snow covers the field and makes play treacherous suspend the game.
- Use the Game Report link on the CHSAA or HSSO websites to report misconduct, any specific concerns regarding field conditions, suspended games, uniform issues, and so on.

<http://www2.chsaa.org/officials/soccer/forms/report.asp>

- Do not stay long after a game. Make sure that if a report is required, it is known who will do that report, and what the report will contain.
- If Players or Coaches have a post game action (such as shaking hands), do not be rude, but do not seek it out.
- If Parents have negative comments, do not engage them, but do report anything abusive to CHSAA, who will contact the School.

Conclusion

- This presentation is not meant to be all inclusive and may have presented more questions to you than the presentation could anticipate.
- Experience is key: even the most seasoned Referee can find something to learn from each and every game.
- Ask other Referees for comments: positioning, loudness of whistle, whether too many or too few fouls were called, if your demeanor seemed calm and effective. Don't disagree, just look for ways to improve.
- A great way to help you understand the game is to watch it on TV, focusing on the Referee instead of the Players.
- Another way to improve your game is to search for examples on the internet, especially if the site is managed by Referees. The HSSO website (hssso-colorado.org) also has some links that will help with many questions; from using ArbiterSports, to the current CHSAA game fees and much more.
- Finally: if you have not done so, become a registered Referee with United States Soccer Federation (USSF). They have a lot of resources that will help you become a better Referee for all venues.