



## Checklist to Becoming a U.S. Soccer National Match Official

There are many qualities that go into the making of a successful National Match Official. Below is a high-level view of multiple, vital qualities that make a difference and should be at the core of one's journey. These are the characteristics that set one person apart from another (one referee apart from another) . . . that make someone "shine" over another.

Anyone who wants to take the path toward National Match Official, needs to consider these key characteristics and qualities and decide how they drive you toward your goal and target.

Remember, a successful person and/or successful National Match Official is someone who not only exhibits special skills/qualities on the field but also exhibits the special skills/qualities off-the-field that make them a good person: A person that others want to follow and the person who others want to be.

If you want to be on the U.S. Soccer Refereeing Department's National Match Official team, you must have the qualities on the field as well as off the field.

***You can be on the team if you are a good person and a good referee!***

### **THE QUALITIES**

#### **1. Off-The-Field**

- Team player: leads and coaches the team across the finish line, not just themselves
- Supportive
- Team success over personal success. Recognizing the success of the team leads to personal success. Builds up the "weakest link"
- Ethical
- Not arrogant - humble
- Doesn't talk about others
- Worried about self and not about commenting on others
- Giver not taker: Gives back to the game
- "Second best" attitude but "first best approach" - views self as second from the top always striving to make the top spot but has a first-place approach/mentality
- Difference maker - not difference igniter
- Problem solver - not problem causer
- Ensures diversity, inclusion, and equality are part of their "game"



2. Coachable
  - Listens
  - Accepts and analyzes constructive advice
  - Self-analysis part of their “game:” understands how others perceive them
3. Sets Goals
  - Reaches higher
  - Has a plan and drives toward it
4. Fitness and High Performance
  - Trains to referee and not referee to train
  - Trains for worst case - not to merely pass or to “get by”
  - Training and fitness are a lifestyle
  - Body composition and nutrition
5. Organized
  - Attention to detail
  - Does it right the first time
6. Challenges Self
  - Doesn’t take the easy route
  - Takes risks
  - Does more than the minimum requirements: game counts, evaluation numbers, fitness results, etc.
7. Student of the Game
  - Watches games
  - Goes to games
  - Knowledge of the Laws and their application
8. Life Balance
  - Family, friends, job, soccer

Ask yourself: **How many of these boxes do you check off?**