

Mentor Performance Observation/Insights Reference Sheet

Use this guide to support newer or recreational referees. Focus on these 10 key fundamentals and provide encouragement and simple, actionable guidance.

	Referee	Assistant Referee
Appearance	<ul style="list-style-type: none"> Wears full, clean, and proper uniform (shirt tucked in, matching socks, badge displayed) Arrives looking prepared and organized Carries essential gear (watch, cards, coin, notebook, whistle, flag, etc.) Presents a professional demeanor on and off the field 	
Whistle Use	<ul style="list-style-type: none"> Uses whistle with the right strength and tone (e.g., sharp for fouls, softer for restarts) Blows the whistle with confidence and clarity—no hesitation Times the whistle appropriately—avoids unnecessary or delayed whistles Avoids overuse or underuse—balanced with the game flow 	
Mechanics	<ul style="list-style-type: none"> Uses correct referee arm signals (direction, fouls, advantage, etc.) and assistant referee flag signals (foul, offside, etc.) with proper form and clarity Signals with the correct hand/arm Holds signals briefly and with purpose—no “floppy” or confusing motions 	<ul style="list-style-type: none"> Holds the flag in the correct hand during play Uses standard signals Signals are sharp and clear
Law Understanding	<ul style="list-style-type: none"> Applies basic Laws of the Game correctly (restarts, fouls, boundary line, offside) Recognizes common offences and restarts them properly Demonstrates awareness of age-specific or league-specific modifications 	
Positioning and Movement	<ul style="list-style-type: none"> Stays close enough to play without getting in the way Understands the need to adjust positioning to maintain optimal angles—not just chasing the ball Shows effort to sprint when needed (transitions, counterattacks) Avoids standing still—keep the feet moving 	<ul style="list-style-type: none"> Stays level with the second-to-last defender or ball, whichever is closer to the goal line Moves with urgency when needed (e.g., sprinting to the goal line for tight calls) Understands when to side step Maintains focus throughout play—no ball watching or drifting

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Confidence	<ul style="list-style-type: none"> • Makes decisions with minimal hesitation, even if mistakes happen • Uses assertive body language (not timid or unsure) • Speaks clearly and with purpose when addressing players or signaling • Recovers quickly after an error and stays mentally engaged 	
Player Interaction	<ul style="list-style-type: none"> • Communicates calmly and respectfully with players • Manages emotions—stays composed under pressure or conflict • Use positive body language • Avoids over-explaining or arguing—keeps interactions brief and professional 	
Dealing with Coaches and Spectators	<ul style="list-style-type: none"> • Remains calm and neutral when challenged • Demonstrated understanding of when to engage and when to walk away • Avoids body language or tone that invites confrontation • Uses support (mentor, site coordinator) when needed—doesn't escalate situations alone 	
Teamwork	<ul style="list-style-type: none"> • Maintains good eye contact throughout the match • Acknowledges and respects AR input, even if not used • Solicit advice from more experienced referees before and after the game 	<ul style="list-style-type: none"> • Maintains good eye contact throughout the match • Acknowledges and respects AR input, even if not used • Solicit advice from more experienced referees before and after the game
Aspiration to Achieve Higher	<ul style="list-style-type: none"> • Shows interest in improving and learning from feedback • Asks questions or reflects on performance after the game • Demonstrates ambition through effort and focus, regardless of game level • Understands the value of every game as a development opportunity 	