IMPACT UNITED
Recreation Referee Course

This course will prepare you to Referee Recreation Games for Impact United. It is specific to the modified rules of play of this league.

Ver. 20170411

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COURSE OUTLINE

• Modified Rules of Play
  – The Field, Ball, Players, Substitutes and Players’ Equipment
• How to Play the Game
  – Length of the Game
  – How the Game is started
  – When the Game stops -for example, the Ball goes out
  – How the Game is started (kick-off and dropped ball)
• Things Players Do....
  – Foul, for example, Tripping, Holding
  – Fouls, Free kicks, Penalty kicks
• Free kicks, Penalty kicks

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RULE MODIFICATIONS

Laws may be modified in their application for matches for younger players.

Any or all of the following modifications are permissible:
• size of the field of play
• size, weight and material of the ball
• size of the goals
• duration of the periods of play
• Substitutions

Impact United Recreation has made modifications in these areas in all age groups from U5-U18. Some of which are different than Competition Soccer and other Recreation Programs.

Also, be aware that we differ in a few minor areas from US Soccer recommendations that you would learn in a USSF Grade 9 clinic.

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COURSE OUTLINE (cont.)

• Offside
  – All about Offside, and Offside Position
• You're In Charge Now
  – The Diagonal System of Control (Three Referees)
  – The Dual System of Control (Two Referees)
  – Game Mechanics (positioning), Signals, Whistling
• Handling Coaches and Parents
• Wrap It Up
  – Course Review, Test

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- **Field is Rectangular**
  - Each team defends their goal.
  - There are Goals at each end of the field.
  - The object of the game is to kick the ball into the other team's goal.

**Know what each line and area represent.**

### MODIFIED RULES OF PLAY GRID
**U11-U18** for Impact United Recreation

<table>
<thead>
<tr>
<th></th>
<th>U11</th>
<th>U12</th>
<th>U14 &amp; U18*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Players</td>
<td>8 v 8 (goalie + 7)</td>
<td>8 v 8 (goalie + 7)</td>
<td>8 v 8 (goalie + 7)</td>
</tr>
<tr>
<td>Ball Size</td>
<td>#4</td>
<td>#4</td>
<td>#5</td>
</tr>
<tr>
<td>Size of Field (yds)</td>
<td>45 x 70</td>
<td>50 x 80</td>
<td>55 x 90</td>
</tr>
<tr>
<td>Size of goals</td>
<td>Full</td>
<td>Full</td>
<td>Full</td>
</tr>
<tr>
<td>Game Length</td>
<td>(2) 30 min. halves</td>
<td>(2) 30 min. halves</td>
<td>(2) 35 min. halves</td>
</tr>
<tr>
<td>Halftime Break</td>
<td>5 min.</td>
<td>5 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Referees</td>
<td>2 Referee System</td>
<td>2 Referee System</td>
<td>Center Referee 2 Asst. Referees (Line)</td>
</tr>
<tr>
<td>Offside</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Direct Free Kicks</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Penalty Kicks</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Slide Tackle Allowed?</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

*U14 includes U13/U14. U18 included U15-U18

### MODIFIED RULES OF PLAY GRID
**U8-U10** for Impact United Recreation

<table>
<thead>
<tr>
<th></th>
<th>U8</th>
<th>U9</th>
<th>U10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Players</td>
<td>6v6 (goalie + 5)</td>
<td>6v6 (goalie + 5)</td>
<td>8 v 8 (goalie + 7)</td>
</tr>
<tr>
<td>Ball Size</td>
<td>#3</td>
<td>#4</td>
<td>#4</td>
</tr>
<tr>
<td>Size of Field (yds)</td>
<td>30 x 50</td>
<td>40 x 60</td>
<td>40 x 70</td>
</tr>
<tr>
<td>Size of goals</td>
<td>5' x 10'</td>
<td>5' x 10'</td>
<td>Full</td>
</tr>
<tr>
<td>Game Length</td>
<td>(2) 25 min. halves</td>
<td>(2) 25 min. halves</td>
<td>(2) 25 min. halves</td>
</tr>
<tr>
<td>Halftime Break</td>
<td>5 min.</td>
<td>5 min.</td>
<td>5 min.</td>
</tr>
<tr>
<td>Referees</td>
<td>1 Referee</td>
<td>2 Referee System</td>
<td>2 Referee System</td>
</tr>
<tr>
<td>Offside</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Direct Free Kicks</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Penalty Kicks</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Slide Tackle Allowed?</td>
<td>No. IFK for Dangerous Play</td>
<td>No. IFK for Dangerous Play</td>
<td>No. IFK for Dangerous Play</td>
</tr>
</tbody>
</table>

### SUBSTITUTIONS*

- Substitutions for U8 are at any stoppage of play.
- Substitutions for U9 - U18 are made prior to:
  1. Own possession throw-in
  2. Any goal kick
  3. Any kickoff
  4. Any injury

* Modified by Impact United Recreation
PLAYERS EQUIPMENT

- **Shin guards** are mandatory. Socks must be pulled up over shin guards.
- **Uniform** - Uniforms must distinguish teams. In case of cold weather, the uniform can be worn over a jacket or sweats.
- **Jewelry** - All items of jewelry are normally considered dangerous. Players may not tape, cover up, or otherwise hide prohibited items. EXCEPTION: Medical Alert bracelet can be taped to the wrist (without covering the medical information).
- **Shoes** - Only regulation soccer shoes (cleats), gym shoes, or sneakers (with or without rubber cleats) are approved footwear. Baseball, Football, or any other shoe with metal cleats and toe cleats (even if the toe cleat is removed) are not allowed. Footwear must not be dangerous to other players.

START OF PLAY

- **Coin Toss:**
  - Called by Away (White) team
  - Winner - Chooses goal to attack
  - Other - Kicks off
- **Kick-off**
  - Opponents -outside the center circle
  - All players in their own half
  - Ball in play when kicked and moves
  - Goal may be scored directly
- **Dropped ball**
  - Restart after temporary stoppage while ball in play,
  - For example
    - Injury - stop play immediately for any injury and have player taken off field to be treated.
    - Interference on the field - animal, spectator, etc.

BALL IN AND OUT OF PLAY

The ball out of play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee

Which ball is in play and which is out of play?

In play if the ball rebounds from goal post, cross bar, corner flag, or the referee or assistant referee if the ball remains on the field of play.
METHOD OF SCORING

A goal is scored when the whole ball crosses the goal line between the goal posts and under the crossbar.

THROW-IN

• Thrower:
  - Face the field
  - Part of each foot on the touch line or on ground outside
  - Use both hands
  - From behind & over the head
  - May not touch the ball again until it has touched another player (double-touch)
• From where ball crossed touch line
• Opponents may not interfere
  - Must stand 2+ yards away
• U8 ONLY – When a player takes a throw-in incorrectly, briefly explain the infraction and allow a second try

GOAL KICK

When ball goes out across goal line last touched by attacker (and is not a goal)

• From any point within goal area
  - Opponents outside penalty area
• Ball is in play when kicked outside penalty area
• Kicker can’t play twice (no double-touch)
• Can score directly
• If not taken properly, retake (i.e. does not leave penalty area)

CORNER KICK

When ball goes out across goal line last touched by defender (and is not a goal)

• From any point within the nearest corner arc
• Flag post may not be moved from vertical position
• Opponents 10 yards from ball
• Ball is in play when kicked and moves
• No double-touch by kicker
• Can score directly
THINGS PLAYERS DO!

Objective
- Identify when, where, and how to penalize fouls
  - Recognize and name the 10 Direct Free Kick fouls
  - Recognize and name 8 Indirect Free Kick fouls
- Understand the Advantage Clause
- Brief mention regarding Misconduct
- Free Kick / Quick Free Kick procedures
- Penalty Kick procedures

FOULS

For something to be a foul, it must be:
- Done by a player
- Against a player on the other team
  - (one exception)
- On the field of play
- While the ball is in play

DIRECT FREE KICK FOULS

A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless or using excessive force:
- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

DIRECT FREE KICK FOULS (cont.)

A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area).
INDIRECT FREE KICK FOULS

An indirect free kick is awarded to the opposing team if a **goalkeeper**, inside his own penalty area, commits any of the following **four** offenses:

- controls the ball with his hands for **more than six seconds** ...
- **touche the ball again with his hands** after he has released it ...
- **touche the ball** with his hands after it has been **deliberately kicked to him by a team-mate**
- **touche the ball** with his hands after he has received it **directly from a throw-in taken by a team-mate**

INDIRECT FREE KICK FOULS (cont.)

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offense, not previously mentioned (in Law 12 – Fouls and Misconduct), for which play is stopped to caution or send off a player

ADVANTAGE

Advantage is a clause in the rules in which whistling the foul would actually be hurting the team being fouled by not letting play continue.

- Referee declares distinctly “Play on!” or “Advantage!” and moves both hands forward in a sweeping motion.
- When advantage is given, but then advantage didn’t materialize – blow the whistle and call the foul.
- NOTE: Do not play advantage on a foul by the attacking team inside the defensive team's penalty area.

MISCONDUCT

**Impact United Recreation DOES NOT USE Yellow/Red Cards** to signify misconduct.

We want to emphasize that Impact United Recreation does not generally have issues with Misconduct. The following two slides are provided so that you are aware of the Law.

If misconduct does occur, issue a verbal warning to the player and inform the coach. Report to your Referee Assignor the specifics of the incident.
MISCONDUCT - Cautionable Offenses

A player is cautioned (and shown the yellow card) if he commits any of the following seven offenses:

- un sporting behavior
- dissent by word or action
- persistent infringement of the Laws of the Game
- delaying the restart of play
- failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- entering or re-entering the field of play without the referee’s permission
- deliberately leaving the field of play without the referee’s permission

MISCONDUCT - Sending-Off Offenses

A player, substitute or substituted player is sent off (red card) if he commits any of the following seven offenses:

- serious foul play
- violent conduct
- spitting at an opponent or any other person
- denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offense punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

FREE KICKS

Two Types

- DIRECT – goal can be scored directly from kick
- INDIRECT – can not be kicked directly into goal without touching another player

Procedure

- Ball must be stationary
- Opponents 10 yards from ball
- Ball in play when it is kicked and moves (must leave penalty area)
- Kicker cannot play ball a second time (double-touch)

Quick Free Kick is allowed

- Attacking team does not ask for 10 yards and restarts quickly
  - If Quick Free Kick taken and ball kicked directly to opponent not 10 yards away, Referee allows play to continue

PENALTY KICK

Cause: Direct Free Kick foul committed in Penalty Area

Ball: on penalty mark

Kicker: identified

Keeper: on goal line, face kicker, between posts, until ball is kicked

Other Players:

On the field of play
Outside penalty area, 10-yds from ball, until kicked

Behind penalty mark
PENALTY KICK (cont.)

Referee: Signal when players in position

Kick:
- Forward
- Ball in play when kicked and moves forward
- No second touch by kicker

Goal may be scored directly
Kick in extended time (or tie-breaker)...

NOTE: There are no Penalty Kicks in U8 and U9

DOUBLE TOUCH / SECOND TOUCH

- After the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player. For example, from:
  - Kick-off
  - Throw-in
  - Goal kick
  - Corner kick
  - Free kick
  - Penalty kick

- An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

OFFSIDE POSITION

A player is in an offside position if:
- he is nearer to his opponents’ goal line than both the ball and the second to last opponent

A player is not in an offside position if:
- he is in his own half of the field of play
- he is level (even) with the second to last opponent
- he is level (even) with the last two opponents
OFFSIDE POSITION

... except in your own half of the field

Even with second last defender - Not off side

Even with last two defenders - Not off side

IT IS NOT ILLEGAL TO BE IN OFFSIDE POSITION

PENALIZE FOR OFFSIDE

If: AT MOMENT BALL touches or IS PLAYED BY one of his team, he is:

INVOLVED IN ACTIVE PLAY by:

INTERFERING WITH PLAY, or

INTERFERING WITH AN OPPONENT, or

GAINING AN ADVANTAGE by being in that position

IN THE OPINION OF THE REFEREE
INVOLVED IN ACTIVE PLAY

Interfering with play:
Moving toward opponent or ball and affecting play.

Interfering with an opponent:
Preventing an opponent from moving toward ball.

Gaining an advantage:
- playing a ball that rebounds to the player off a post or crossbar or playing a ball that rebounds to him off an opponent having been in an offside position.
- being near enough to the play to capitalize immediately on a defender’s mistake, having gained the advantage solely by being in the offside position.

AREA OF ACTIVE PLAY

Attacker in offside position, but not involved with play

OFFSIDE?

Interfering with an opponent

AREA OF ACTIVE PLAY

1

2
OFFSIDE

At the moment the ball was played by his teammate...

...gains advantage by being in offside position

Where is the area of active play?

OFFSIDE?

Gains advantage by position

1

In offside position at moment ball played by teammate...

2

...deflection by defender does not nullify offside

OFFSIDE?

At the moment the ball was played by his teammate...

He cannot put himself on side by moving into onside position after the ball is played.

OFFSIDE?

Running into offside position after the ball is played...

...does not make him offside
OFFSIDE - No Offense

There is no offside offense if a player receives the ball directly from:
• a goal kick
• a throw-in
• a corner kick

USE YOUR WHISTLE APPROPRIATELY

• The whistle is a tool of communication - use variations in the length, force, and tone, be clear and loud enough to be heard by both sidelines.
• It is neither required nor expected that the whistle be used for all stoppages and restarts of play.
• A whistle demands attention and should be blown when such attention is needed. Uncontested stoppages (as when a ball clearly leaves the field) should not be whistled — a voice and/or hand signal by the referee or a flag by the assistant referee is sufficient.

DIAGONAL SYSTEM OF CONTROL

Used when there are three officials
• 1 Referee and 2 Assistant Referees
• U14 & U18 Impact United Recreation games

DIAGONAL SYSTEM OF CONTROL

At least two officials observe play at all times

Third Official observes behind back of referee, is ready for counter attack
**Referee**
- Position flexible, using the diagonal system of control
- Follows positioning diagram guidelines during play and at restarts but uses discretion to choose alternate positions when needed
- Able to observe active play and lead assistant referee
- Remains close enough to observe important aspects of play without interfering with player or ball movement

**Assistant Referee (Line)**
- In line with second to last defender or the ball, whichever is closer to the goal line
- Flag held straight down and always visible to referee
- Sidesteps while facing the field when closely marking the offside position, unless speed is needed in case of a quick breakaway
- If a signal is to be made, stops, faces the field, makes eye contact with the referee, and signals with the correct hand

**Responsibilities of the Assistant Referee (Line)**
- *Indicate when ball is out over entire touch line or goal line*
- *Indicate which side* is entitled to goal kick, corner kick or throw-in (unless Center Referee has made decision)
- *Indicate Offside* that should be penalized
- Assist Referee on fouls out of the view of the referee
- Assist on substitutions
DUAL SYSTEM OF CONTROL

- Used when there are two referees on the field
- For U9 – U12 Impact United Recreation games

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DUAL SYSTEM OF CONTROL
GENERAL POSITIONING DURING PLAY

- Each Referee has a primary responsibility to one half of the field.
- Needs to be in a good position to call Offside on their half of the field.
- When ball is close to their side (touchline) should be in a good position to signal Out of Play.
- When ball is on far side of field, referee should move to the middle to be closer to the action.

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DUAL SYSTEM – BAD POSITIONING

Referees should NOT be exactly across from each other up and down the field.

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DUAL SYSTEM – PROPER OFFSET POSITIONING

- Referees should be “offset/diagonal” from each other to be in a better position to observe offsides.
DUAL SYSTEM POSITIONING

- “R1” is close to the touchline to watch for ‘Out of Play’ he is still back to be in a good position to watch for offsides
- “R2” moves in to the center of field to get closer to the action but still remain in a good position to watch for offsides on his end of the field.

DUAL SYSTEM POSITIONING

- With the ball in the corner, “R1” moves in closer to the action
- “R2” moves towards the far goal line to get closer to the action and still remain in a good position to watch for offsides on a counter attack.

REFEREE SIGNALS - OFFSIDES

Asst. Referee (Line): Raises the flag vertically with the right hand
Referee: Acknowledges call and blows whistle
Assistant Referee (Line): After making eye contact with the referee, indicates the location of the offense by dropping the flag at an appropriate angle to a point in the field (far, middle, near side)

REFEREE SIGNALS – THROW IN or FOUL

Referee: Points 45 degrees upward to indicate direction of throw-in or attack (for foul)
Assistant Referee (Line): Signals with flag 45 degrees upward in the direction of the throw-in or attack (for foul)
**REFEREE SIGNALS – GOAL KICK**

**Referee:**
- Signals stoppage of play (whistle only if necessary) if ball crosses goal line
- Points to the goal area

**Assistant Referee (Line):**
- Points flag horizontally (right hand) toward goal area

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**REFEREE SIGNALS – CORNER KICK**

**Referee:**
- Signals stoppage of play (whistle only if necessary)
- Points 45 degrees upward toward the corner

**Assistant Referee (Line):**
- Points the flag 45 degrees downward in the direction of the near corner

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**GAME DAY**

- Arrive 10 before game start time. (Know where your field is.)
- Be prepared with:
  - Whistle
  - Shirt
  - Watch - Lead Referee will keep the official time
  - Coin for toss
- Get teams checked in as soon as you get to the field. DO NOT WAIT for game start time to begin this.
- START GAME ON TIME
- END GAME ON TIME
  - Only shorten game if it wasn’t started late because the referee was late.
  - Shorten each half equally and let coaches know prior to start of game.
- After the game, stay on field to give teams the opportunity to thank you.

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**RESOURCES ON OUR WEBSITE**

www.impactunited.com/referees

- Education Links
  - Laws of the Game
  - Guide to Procedures for Referees
  - Advice to Referees on the Laws of the Game
  - US Soccer Referee Course Videos
- Articles
  - Youth refs should emulate Willy Wonka
  - Reffing the most common restart
  - How Referees Apply the Advantage Clause
  - Refs on top of the action – How to position
- This Recreation Course Outline/Handout