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REFEREE-IN-TRAINING HANDBOOK

NAME: _____

*IF FOUND PLEASE RETURN TO THE HAMPTON SOCCER CLUB CONCESSION STAND
OR TO PO BOX 260 ALLISON PARK, PA 15101 Thank you*

The mission of the Hampton Soccer Club is to provide a safe environment and positive experience to players, parents, coaches, referees, and spectators, and to allow recreational and competitive players to reach their highest potential through the teaching of individual skills, physical fitness, training, teamwork, sportsmanship, and fair play.

This handbook has been assembled for the Referee-in-Training program for the Hampton Soccer Club in Hampton Township, PA. The local rules herein have been updated as of Spring, 2022. For the latest referee information please check the Hampton Soccer Club's website:

www.HamptonSoccerClub.org

2021-22 HSC BOARD OF DIRECTORS

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I. HAMPTON SOCCER REFEREE-IN-TRAINING PROGRAM

The Hampton Soccer Club offers the 'Referee-in-Training' (RIT) program as a way for young soccer players to experience refereeing soccer games in a low-stress, mentored setting. RITs are expected to manage the game and make calls as appropriate but without some of the complexities that become part of the game as they get older. Games are usually free-flowing, fouls are rare, and usually by accident. A majority of an RIT's responsibilities are in / out calls and keeping the game on track.

Once RITs gain some experience, they may add their name to the 'Level II' training list. Level II training will be conducted each Spring in the classroom and on the field at various times through each season. Once trained as a Level II, RITs may begin working u10 Inter-Community League (ICL) Saturday games. The Saturday ICL is a developmental league for players, coaches, and referees (and parents). Level II RITs will serve as either an 'AR' (Assistant Referee) in a three-man system or after more experience as a participant in a two-man system.

We hope this positive RIT experience will build a solid foundation from which RITs will decide to continue and become a certified USSF referee.

"The ability to stay calm and polite, even when people upset you, is a superpower."

-unknown



The following items are required to progress:

BRING THIS HANDBOOK WITH YOU TO ALL TRAINING AND GAMES

	DATE	COORD. INITIALS
<input type="checkbox"/> HSC intro video	_____	_____
<input type="checkbox"/> HSC RIT classroom training	_____	_____
<input type="checkbox"/> HSC RIT on-field class	_____	_____
<input type="checkbox"/> Shadow game #1	_____	_____
<input type="checkbox"/> Shadow game #2	_____	_____
<input type="checkbox"/> 6 Level I games	_____	_____

* Notify Mrs. Mishko immediately once Manager and Coordinator have approved you for Level II – you will then be added to the list

II. RIT EQUIPMENT ('KIT') CHECKLIST

- Whistle
- Watch (lanyard stop watches and phones should not be used*)
- Coin
- Pen and paper
- RIT shirt
- Black shorts
- Soccer shoes
- Water
- RIT Training Handbook

Other items as RIT progresses to Level II and / or certification

- Flags (USSF refs should always bring a set; not req. for RITS)
- Sunscreen
- Snack, water
- Plastic garbage bag (many uses incl. storage during rain)
- Large zip ties (12"+ for those occasional times when coaches need help fixing nets)

*not permitted as a USSF referee

It is recommended that Referees / RITs get a bag for their kit – a good habit to get into so you don't forget anything

III. U7 / U8 GAME-DAY PROCEDURES

1. Double check your equipment kit before leaving home (above)
2. Arrive early (20 minutes for RIT games)
 - ▶ U7/8 Girls & Boys 9:00 warm-up 9:15 start *(start Spring 2017)*
3. Check-in with RIT Manager and / or Referee Coordinator
4. Verify field assignment
5. 15 minutes before game start time begin game check-in procedures:
 - A. **FIELD** – walk the perimeter of the field (all the way around)
Check that lines are visible and correct; Goals are properly positioned and nets are in good shape; make sure spectators are backed away from touch-line (min. 10 yards back from goal line); no holes or debris on field
SAFETY FIRST !
 - B. **INTRODUCE** yourself to coaches
 - C. **BALL(s)** – size 3, properly inflated – get from coach(es)
 - D. **LINE UP** and **CHECK-IN TEAMS**
 - ▶ Inspect **shoes** – soccer shoes – no baseball / softball shoes with front / center cleat*
 - ▶ Check for **shin guards** – UNDER socks – required
 - ▶ Tucked in **shirts**; uniform jersey visible; goalie pinnie not yellow or white
 - ▶ Look for **jewelry** - not allowed, must be removed*
(Medic Alert jewelry *ONLY* exception – MUST be taped to skin)

(Plastic, temporary 'retainer' pieces permitted by HSC)

▶ Check for casts / braces*

▶ Give a short message of sportsmanship / encouragement

6. Select kick-off team for start (other team will kick-off second half)
7. Listen for 5 minute warning air-horn
8. Start game on time; **START WATCH**
9. Stop game for quarter; restart after 2 minute break**
10. Stop for half-time – two long whistles; restart after 5 minute break – opposite team kicks-off
11. Stop game for quarter; restart after 2 minute break**
12. End the game – three long whistles
13. Join the handshake line – try to say 'good game' to all
14. Debrief with RIT Manager – collect pay and food / drink vouchers

* If unsure or have questions, please seek RIT Manager or Coordinator for clarification

** Water breaks should be avoided since playing a '4 quarters' format – if coach(es) request water breaks please verify with RIT Manager

IV. LAWS of the GAME (HSC local adaptations)

Law 1 - Field of Play (*120 ft x 90 ft*) (*started Spring 2019*)

Law 2 – Ball (*Size 3*)

Law 3 - Number of Players (*5 v 5 incl. goalie*) (*started Spring 2019*)

Law 4 - Players' Equipment (*see above - check before game*)

Law 5 – Referee (*1 or 2 RITs*)

Law 6 - Assistant Referees (*Center and 2 ARs starts with u10*)

Law 7 - Duration of the Match (*12 min quarters - 2 min qtr and 5 min half*)

Law 8 - Start and Restart of Play (*strong whistle; clear directions*)

Law 9 - Ball in and out of Play

Law 10 - Scoring

Law 11 – Offside (*not called for u7u8*)

Law 12 - Fouls and Misconduct

charges, jumps at, kicks or attempts, pushes, strikes, or attempts, tackles, trips or attempts / handles ball, holds, impedes, spits at dangerous play, impedes without contact

Law 13 - Free Kicks

Direct (contact) or Indirect (technical)

Law 14 - Penalty Kick (*not called for u7u8*)

Law 15 - Throw-in (*2 attempts to throw-in then kick-in same player*)

Law 16 - Goal kick (*place ball on box corner; attacking players at mid-line*)

Law 17 - Corner kick

V. U7 / U8 LOCAL CLUB RULES

In addition to standard soccer rules (*see Laws of the Game*), the following local rules are used for the u7 and u8 HSC age groups:

1. Ball size 3
2. May split teams into 2 groups and swap with 'partner' field
3. Coaches and players of both teams on one side (same), spectators on opposite side of field; spectators to be kept a min of 3 yards off touch line and 15 yards back from goal line
4. 5 v 5 field players is optimal; player line-up (adjustments can be made if necessary to keep games competitive – communication between the coaches and referee(s) should be made if any changes are proposed / made)
5. 12 minute quarters; 2 min quarter breaks; 5 minute half time; no extra-time added unless a major delay is incurred (5+ min)
6. Goalies – goalies must wear different color pinnies; may handle the ball in penalty area; may roll or throw the ball; may set ball down (live ball) and kick; **no** punt or drop-kick (Spring 2019)
7. Build-out line – attacking players must immediately retreat to the mid-field line when the goalie secures the ball; players may resume 'attack' when the goalie releases the ball either as a throw, roll or 'set-and kick' (live ball) (Spring 2019)
7. No off-side – discourage 'cherry picking'
8. Throw-ins – players will be given 2 attempts to throw-in



properly (feet down, ball over head, facing field) - if unsuccessful then *same player* will kick the ball in

9. No penalty kicks – fouls in the penalty area will be awarded a direct kick from the spot of the foul (back outside of box if inside)
10. Goal kicks: Place ball on corner of box; defending team retreats to the mid-line and may not enter attacking half until ball is kicked (no second touch required)
11. Casts or braces – are permitted however they must be completely padded with ‘dense’ foam (no bubble wrap) and may not have any sharp / hard edges exposed; the player must not use the padded cast or brace to gain an advantage or as a ‘weapon’ – recommended that both coaches and the RIT Manager / Coordinators inspect and agree.
12. Jewelry: Not permitted. *Earrings are NOT permitted*; they may NOT be taped; plastic earring “retainers” are permitted; medical alert jewelry only – must be taped down and approved by referee

VI. GENERAL GUIDANCE / BEST PRACTICES

1. First priority: Ensure SAFETY of all involved
2. Whistle – Blow strong, clear, loud whistle; One blast to start game, 2 longer blasts for end of first half and 3 longer blasts to end game; One blast to stop game for foul or out of bounds. Whistle does not need to be used to indicate ball out of bounds when it is clearly visible.

VERY IMPORTANT – Use a loud and clear whistle so ALL players hear the whistle – if whistle is not loud enough some players may not hear it and may continue to play thereby increasing the risk of injury to those who did hear it and stopped play.

3. Communicate – Explain (loud and clear) the calls. After whistle, say what the issue is and say what should happen next while using directional hand signal. For example: whistle – “trip” – “direct kick blue” (hand / arm pointing towards blue attacking goal)
4. Injuries – stop the game, request coach to check player; do not attempt to assist / touch injured player; move all other players away from injured player; re-start game in natural progression (throw-in, goal kick, etc.) or if play was stopped during play then start game again with a kick-in from touchline near where the ball was when play was stopped – by the team that had the ball when whistle was blown
5. Coaches are only allowed to enter the field for injuries and rarely for training / communication purposes (Spring 2021)
6. Uneven play – If one team is dominating the other (usually 5+

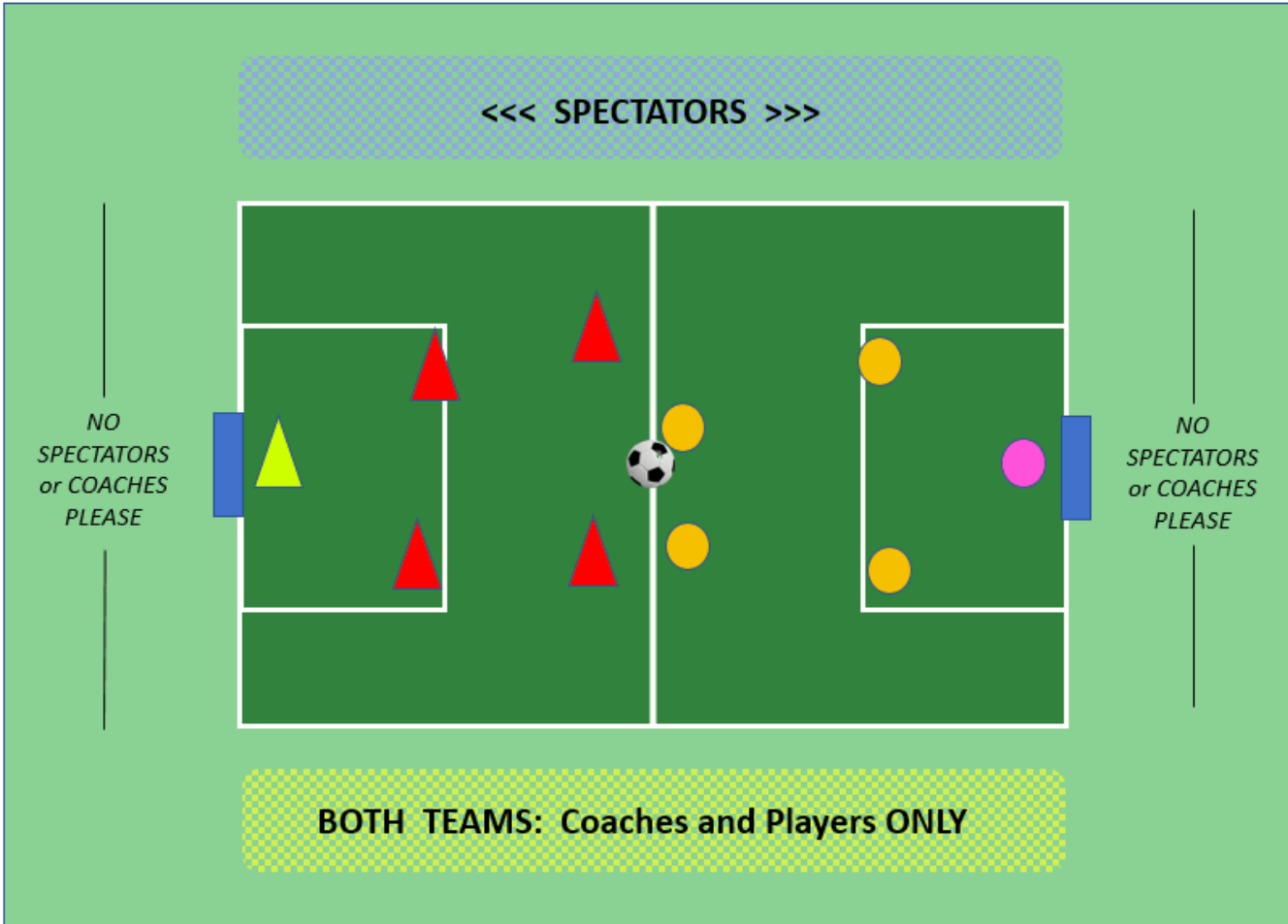
goal differential) the losing team may add a player after consulting with the other coach and notifying the referee (usually discrete conversations); 5v6 is the max difference – coaches should use other tactics to help restore a competitive game: moving dominant players, requiring multiple passes / touches before a shot on goal, exchanging players on partner field, etc.

7. Lightning / bad weather – The Age Group Manager, coaches, referees and RIT Managers should all watch for inclement weather – if lightning is spotted please immediately tell coaches and manager / coordinators; Games should only resume when the commissioner gives the all clear signal
8. Water breaks – are permitted but best to get both coaches to agree before the game as to when they will be taken and for approx. how long. Very hot weather (or if a team is playing without substitutes) is usually the only time when water breaks are needed; In cold and / or rainy weather it is best to keep the game moving, again however, a team without subs may request a break
9. Spectators, players, coaches – Verbal abuse is not tolerated – DO NOT get into an argument – notify coach(es) / RIT Manager / Referee Coordinators immediately. The ‘Ask, Tell, Dismiss’ standard will be followed and enforced

▶▶▶ Smile, be friendly, show respect and expect respect...

HAVE FUN!

VII. EXAMPLE u7u8 FIELD LAYOUT



VIII. 2 REFEREE and 3 REFEREE SYSTEMS

