

Milpitas PAL Referee Training 2025



**Thank you for
Reffing!**

Soccer Referee – Readiness



Arrive Early w/ all Equipment

- Referee Uniform – Jersey, shorts, striped socks, shoes
- Whistle
- Yellow / Red Cards
- Pencil / Pen
- Referee License & Patch
- Time Keeping device (Stopwatch or Watch)



Soccer Referee – Setup



Pre-Game / Setup

- Referee Team – 2 or 3 person Team
- Field – All areas clearly marked
- Equipment – Nets & Ball
- Players / Teams
 - Player Cards / Game Cards
 - Uniform Checks
 - Shin Guards / Toe Cleat
 - Socks / Shorts
 - Jersey – Unique numbers / Match card

Soccer Referee – Gameplay



Game

- Time Keeping
 - U6 7.5 min – 4 quarters
 - U8 10 min – 4 quarters
 - U10 25 min – 2 halves
 - U12 30 min – 2 halves
 - U15 35 min – 2 halves
- Safety
 - Enforcing the Rules of Play
 - Fouls and Penalties
- Play
 - Encouraging Fair Play
 - Keeping score

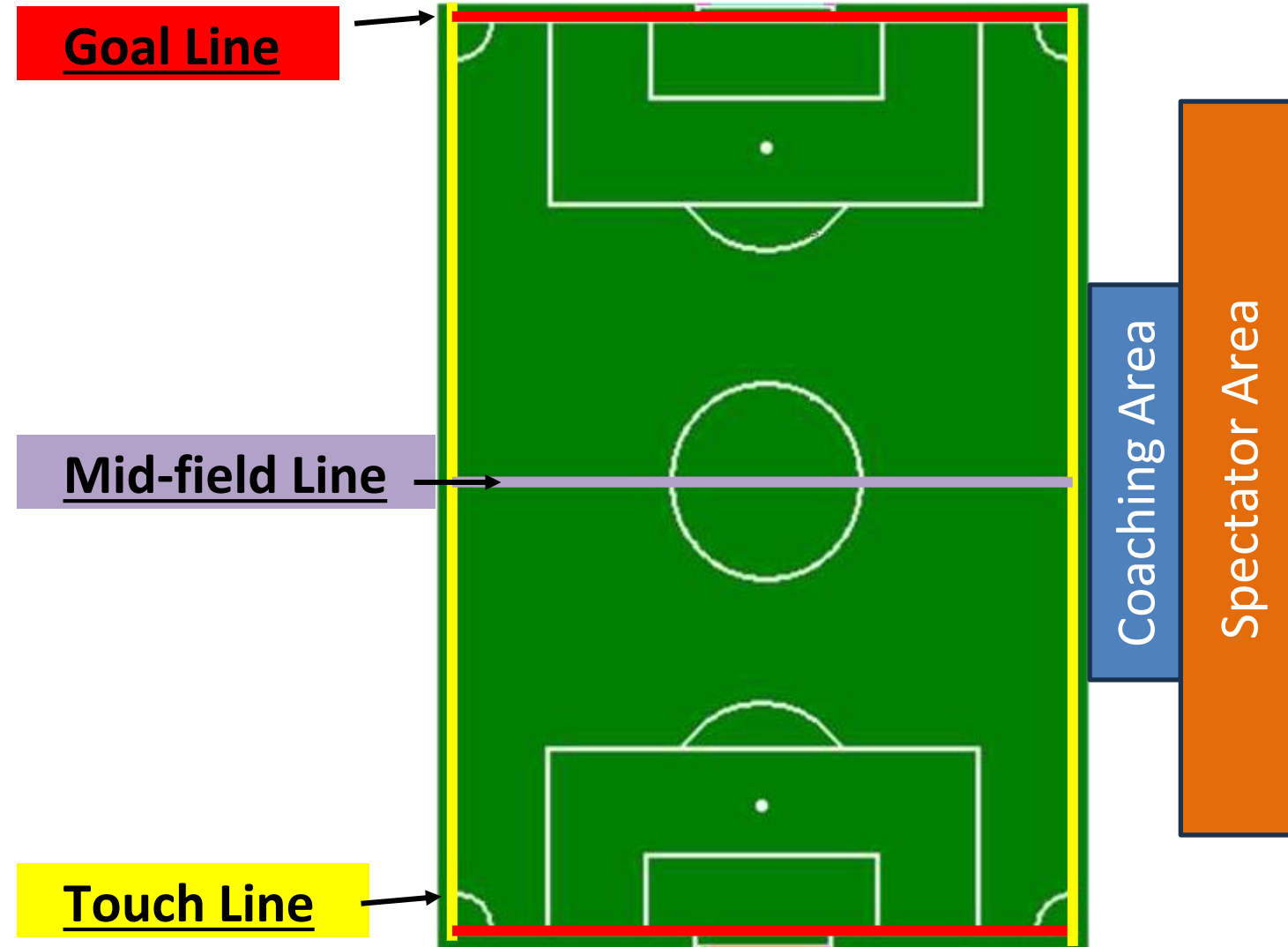
Post-Game

- Sportsmanship
 - ‘High Fives’ and ‘Good Game’
- Record Keeping
 - Game Cards agree and signed

LAW 1-Field of Play

Lines

- Goal Line (End Line)
 - Goal or Corner Kick
- Touch Line (Side Line)
 - Throw-ins & Substitutions
- Mid-field Line
 - Start of Play (Center Circle)
 - Offside Area begins



LAW 1-Field of Play

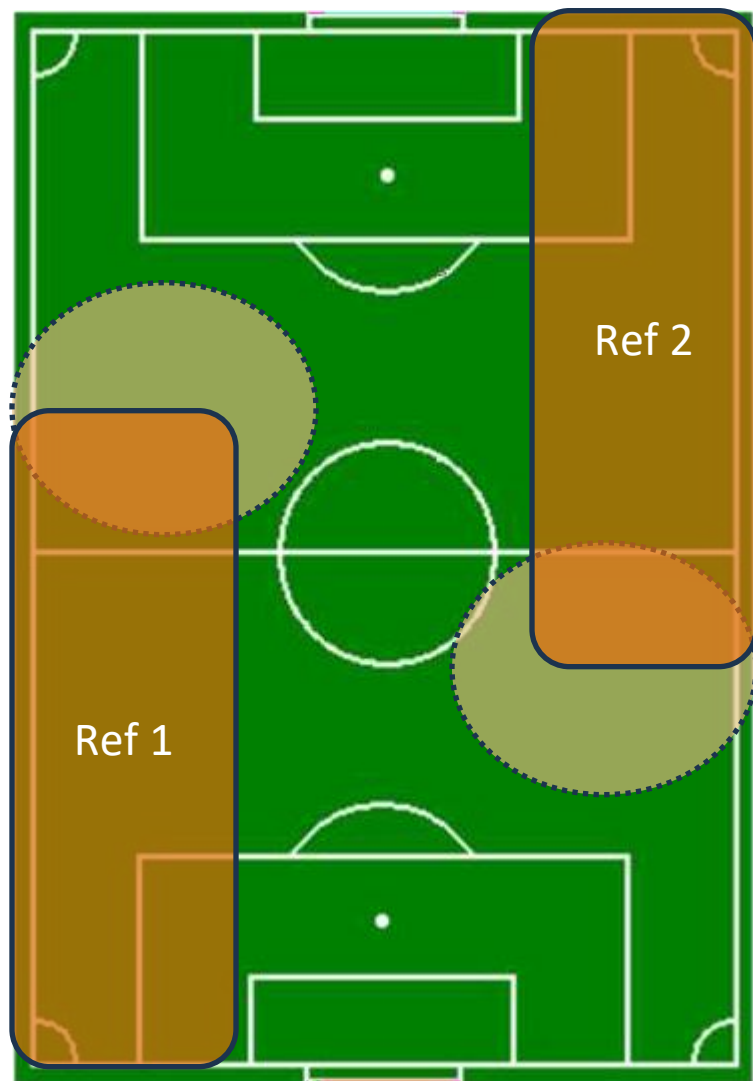
Areas

- Goalie area – Goal kick restart
- Penalty area – Penalty kick awarded on defensive foul
- Corner start – Corner Kick
- Coaching Area – 10 yd from center.
- Spectator Area – 10 yd from goal line.
 - No one behind Goal Line.
 - Home Team chooses side.



RULE 17- Mechanics – Referee Movement

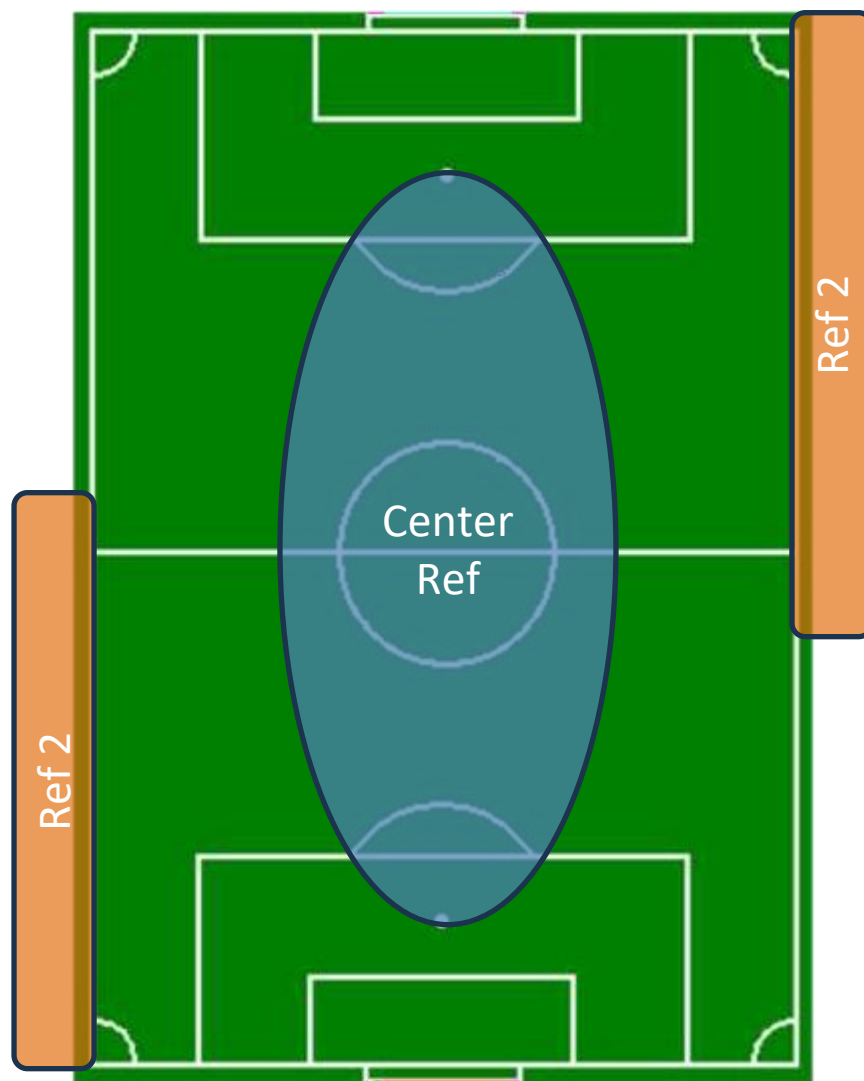
2-Person Ref Team



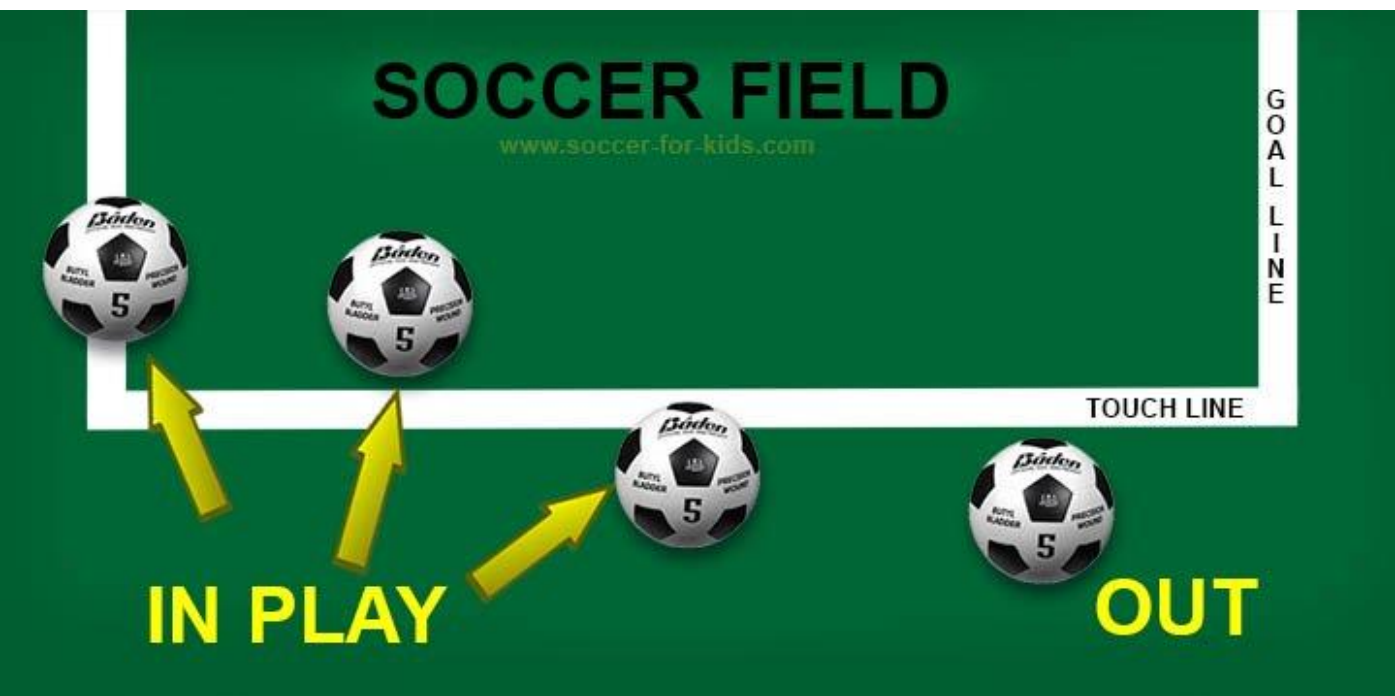
**Maintain
Visibility of
active Play**

**Keep in line
with 'Offside'
movement**

3-Person Ref Team

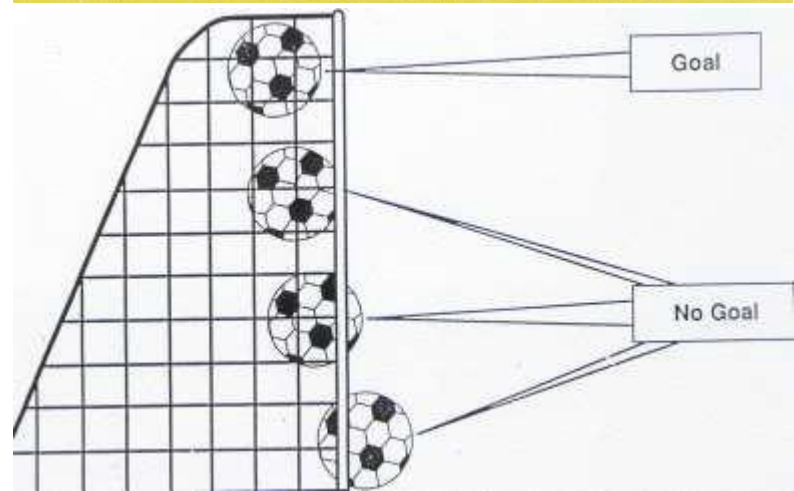
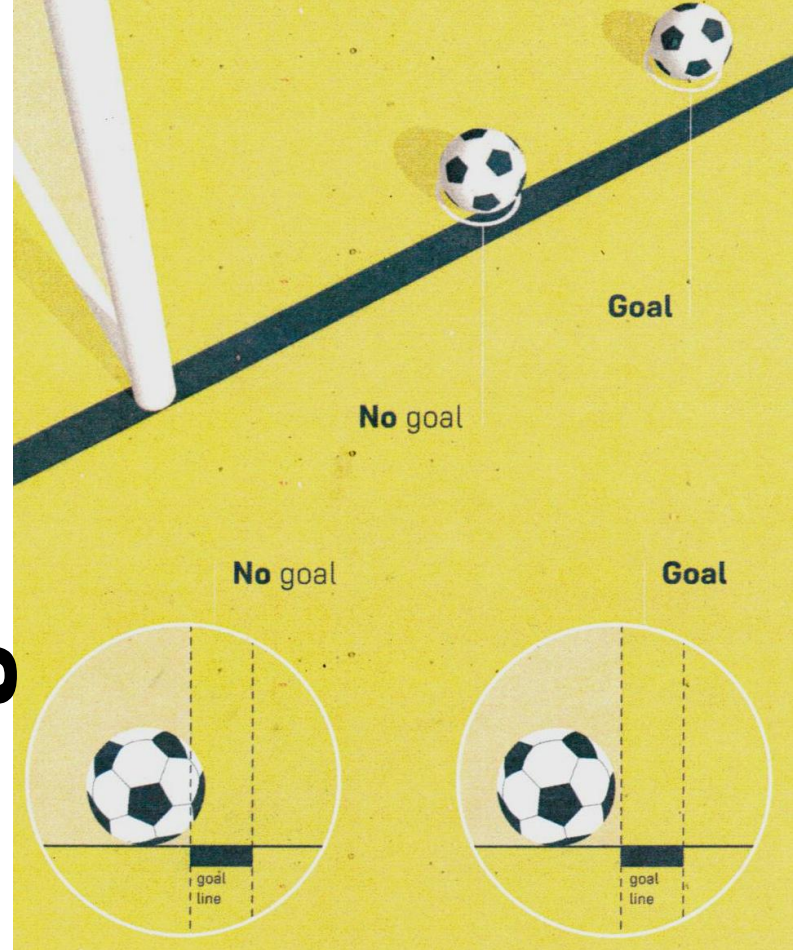


LAW 1-Field of Play



Is it in? Is it out?

Is it a goal?



LAW 2-The Ball

U6, U8

Size # 3 Ball



U10, U12

Size # 4 Ball



U15

Size # 5 Ball



Team Identification

Coach's Cards



ALL Coach's MUST wear a Coach's Card

(This identifies who can coach the players, signal substitutions, and advocate to the Referee.)

Player Cards

| METRO-PAL | | |
|---|-----------------------|----------------|
| - The Bond Between Cops & Kids - | | |
|  | Smith, Bobby | |
| | LAST NAME, FIRST NAME | |
| | #801 | Earthquakes U6 |
| | TEAM/DIVISION | |
| | 17-Mar-01 | Age 6 |
| DATE OF BIRTH / AGE | | |
| 08-07-0123 | #7 | |
| REGISTRATION # / JERSEY # | | |
| EXECUTIVE DIRECTOR | | |
| <input type="checkbox"/> EXEMPTION | | |

Exec Dir signature required only when the player has an exemption

| METRO-PAL PARTICIPANT CODE OF CONDUCT | |
|--|---------------------|
| <p>1) I will show respect to all adults, including but not limited to officials, parents, & spectators.</p> <p>2) I will maintain poise & self control at all times.</p> <p>3) I will respect my coaches/chaperones decisions and/or requests; and do my best to listen and learn.</p> <p>4) I will show respect and encouragement to all participants.</p> <p>5) I will not use profanity and/or engage in inappropriate behavior throughout the activity/event.</p> <p>6) I will not wear any clothing that is disrespectful or a "put-down" to another participant's family or culture.</p> <p>8) I understand that fighting will not be tolerated under any circumstances.</p> | |
| <p>I understand that not abiding to this METRO-PAL Participant Code of Conduct will cause disciplinary action, which may include removal from this event.</p> | |
| PARTICIPANT'S SIGNATURE | <i>Smith, Bobby</i> |

Game Cards

Team Number is Mandatory for BOTH teams

Example:
Home: MB10-01
Visitor: FB10-02

- 1) Non-official game cards are **NOT** acceptable.
- 2) Print Legibly.
- 3) Fill it out before the game.

Jersey Number

Players Name

Game cards
must be signed.

Keep Score here.

[illegible]

Must be Complete

-Registration Number

LAW 4-Player's Equipment

Required Equipment

- Shin Guards – All Players
- League Jersey*
- League Shorts (any year)*
- Matching Socks*
(no logos or branding)

(*Only exemption is for the Goalie.)

Illegal Equipment

- NO Cleats w/ Toe Cleat
- NO Jewelry*, Earrings, Wrist bands**, or Watches
- NO Casts
- NO Hard Hair pieces

(*Medic Alert bracelets or religious bracelets are allowed if taped to wrist. Cannot be loose.)

(**Face Masks must be worn on face, not on wrists.)

LAW 4-Player's Equipment

Uniform Requirements

- All Players must match
- Teams must wear different colors. Visiting Team wears pinnies.
- Both Goalies must NOT match either Team color!! (Safety!)
- Under-shirts / Sweatshirts allowed under the jersey only.
- Non-League issue socks are allowed as long as all socks match.

LAW 3-Players & Substitutions

LAW 7-Duration of the Game

Refer to License

| Age | Ball | Min # | Max # | Time |
|-----|------|-------|-------|----------|
| U6 | 3 | 5 | 7 | 7.5m Qtr |
| U8 | 3 | 5 | 7 | 10m Qtr |
| U10 | 4 | 7 | 9 | 25m Half |
| U12 | 4 | 7 | 11 | 30m Half |
| U15 | 5 | 7 | 11 | 35m Half |

- **Substitutions – U6, U8**

- At Quarter Breaks ONLY.

- **Substitutions – U10, U12, U15**

- At stoppage of play by Referee: Halftime, after a Goal, or Injury – Both Teams may sub.
- Goal Kick – Either Team may call for stoppage of play – Both Teams may sub.
- Your Team's Throw-in – Only the Team in possession may stop play and sub.

- **Breaks – U6, U8**

- Quarter Breaks – 3 min.
- Half Breaks – 5 min.

- **Breaks – U10, U12, U15**

- Half Breaks – 8 min.

- **Water Breaks – As needed for weather conditions**

- Water Breaks – 2 min.

LAW 5 & 6-Referees (That's YOU)



The Referee shall:

- Enforce the Laws.
- Refrain from penalizing in cases where doing so would be giving an advantage to the offending team.
- Act as the official timekeeper.
- Have the authority to stop the game for any infringement of the Laws and to suspend or terminate the game if weather conditions or actions of spectators or players indicate that a stoppage is necessary

A Referee's responsibility is to keep the **game safe and fair** by using their authority to stop play for any infringements that are not in accordance with the Laws of the Game and "Spirit of the Game".

The Referee's decision on points of fact shall be final, including whether a goal was scored or not.

A Referee may reverse a decision only as long as play has not been allowed to restart.

LAW 8-The Start & Restart of Play

Game Start

- Home Team chooses end of field – Switch ends after Halftime/Quarters.
- Visiting Team selects kick-off – Switch receiving team after Halftime / Quarter.

Kick-Off (Game Start, Halftime, After Goal)

- Started from Center Field.
- All players on their half, opposing team outside the center circle.
Kicker may cross center line. No intrusion to circle until ball has been played.
- Kick off player must pass the ball, may not play second touch.

LAW 8-The Start & Restart of Play / LAW 13 – Free Kicks

“Drop Ball”

- Drop Balls are awarded to the defending team. It is dropped from Referee to player. (Goalie may handle the ball from a Drop Ball.)
- Opposing Team players must be more than 4.5 yards from drop area.

Indirect Kicks (Referee raises one arm to signal)

- U6, U8, U10 – All fouls are indirect kicks.
- U12, U15
 - Goalie ‘handling’ the ball.
 - Dangerous play (high kick), Impeding a player, Dissent.
 - Must be awarded outside Goalie Area.
- **Ball MUST be ‘played’ before entering the goal.**
- Referee raises hand in air to signal Indirect kick. Keep hand raised until ball is played.



Indirect free-kick

LAW 13- Free Kicks / LAW 14 – Penalty Kicks

Direct Kicks – “Position & Possession”

- **Fouls**: Kicking, Pushing, Jumping, Charging, Striking, Tackling.
 - Holding, Spitting, “**Handling**” the ball.
- Opposing Team must be 10 yards away from ball.
 - Kicking Team may not be within 1 yard of defensive ‘wall’.

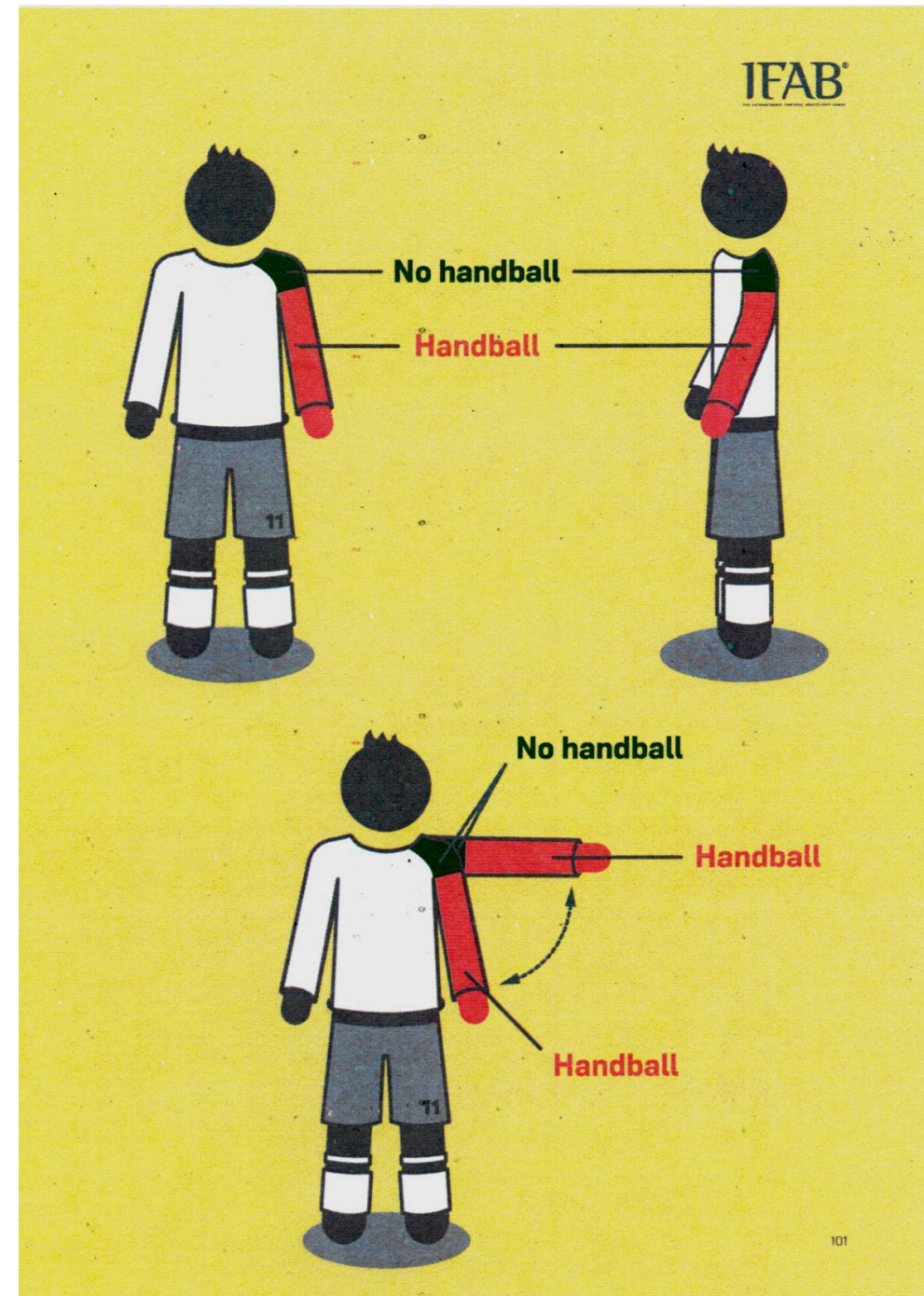
Penalty Kicks (Taken from Penalty Mark [spot in penalty box])

- All players except the goalie and penalty kicker must remain outside of penalty box and penalty arc.
- Goalie **MUST** remain on Goal Line until the ball is kicked.
(Movement forward before a kick may result in a re-kick.)

“Handling” the Ball

What is ‘Played’

- Does the ‘ball play the hand’ or does ‘the hand play the ball’?
 - Upper Arm vs. Lower Arm
- Consider:
 - Hand / Arm Position (Protective)
 - Hand / Arm Movement
 - Ball strike placement



LAW 16 / LAW 17 – Goal and Corner Kicks

Goal Kicks (Law 16)

- Taken from within 'Goalie Area' after ball is kicked passed Goal Line by Offense.
- Opposing Team must be outside Penalty Area.
- Ball is "Live" upon restart of play (kick).

Corner Kicks (Law 17)

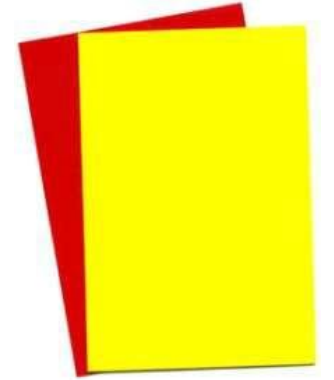
- Awarded when Defense kicks ball passed Goal Line.
- Taken from Corner Area.
- U12, U15 (Direct Kicks Allowed) – Goals may be scored directly from Corner Kick.
- No "Offside" from Start of Play at Corner Kick.

LAW 12-Yellow Cards (Misconduct)

MISCONDUCT - CAUTION (YELLOW CARD)

A caution shall be administered:

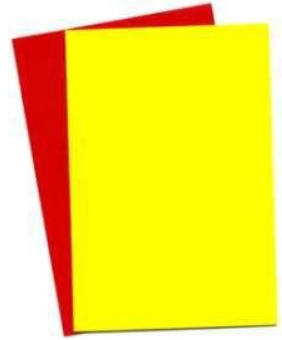
- If a player enters or leaves the field of play without the Referee's permission
 - If a player repeatedly violates the Laws of the Game
 - If dissent is shown by words or action with any decision of the Referee
 - If a player or substitute engages in unsporting behavior, such as:
 - 1) attempts to prevent a throw-in from being taken,
 - 2) attempting to prevent a goalkeeper from clearing the ball,
 - 3) use of inappropriate language or gestures.
 - If a player fails to respect the required distance when play is restarted, or otherwise delays the restart of play.
 - If a player within their own Penalty Area attempts to make a play on the ball, but commits an offense that:
 - 1) results in a penalty kick,
 - 2) is not punishable by a red card, and
 - 3) denies the opposing team an obvious goal scoring opportunity.
 - If a player deliberately handles the ball:
 - 1) in an attempt to score a goal (whether goal scored or not),
 - 2) in an unsuccessful attempt to prevent a goal by opposing team,
 - 3) to interfere with or stop a promising attack.
 - If a player commits a direct kick (DFK) offense in a reckless manner.
- The Referee need not stop the game immediately to administer a caution, i.e. the advantage clause may be invoked.
 - The caution will be administered at the next stoppage of play.
 - If the Referee stops the game to administer a caution, the game shall be restarted by an indirect free kick (IFK) taken by a player of the opposing team from the place where the ball was when the Referee stopped the game in accordance with Law 13.
 - A player receiving a caution must leave the field of play. They may be replaced. They may re-enter play at next legal substitution.



LAW 12-Red Card (Misconduct)

MISCONDUCT – SEND-OFF (RED CARD)

- A player will be sent-off from the game for:
 - violent conduct
 - serious foul play, including
 - deliberately handling the ball, thereby denying his opponent a goal, or an obvious goal-scoring opportunity, (other than the goalkeeper within their own penalty area)
 - impeding an opponent who is moving toward his opponent's goal with an obvious goal-scoring opportunity, by committing any offense punishable by a free kick (or penalty kick), and thereby denies the attacking team an obvious goal-scoring opportunity.
 - spitting at an opponent or any other person
 - the use of offensive, insulting, or abusive language or gestures.
 - receiving a second caution.
- If the game is stopped to eject the player, no other Law having been infringed, an indirect free kick (IFK) shall be awarded to the opposing team from the point of the offense, in accordance with Law 13.
- A player receiving a second yellow card is given a Red Card.
- Any Red Card results in ejection from the game. The player may NOT be replaced. The player may not return to play in the game.



Tell your story early

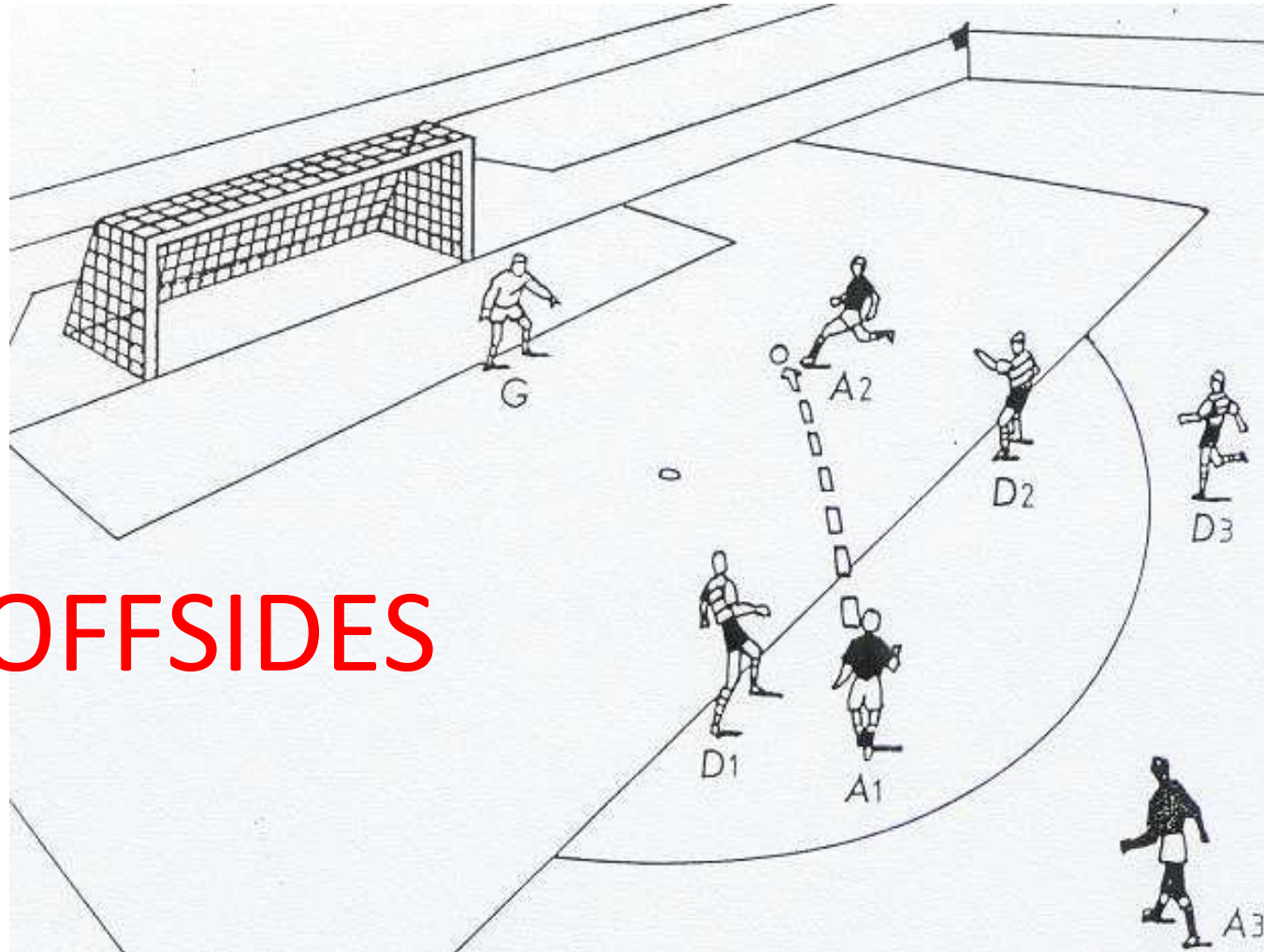
- If an incident occurs:
 - 'Heated' argument between players, coaches, and/or spectators.
 - Red Card penalty.
 - Threats or improper conduct.
1. Stay calm and do not reflect 'anger' or 'frustration'.
 2. Contact Field Marshal immediately and explain the situation.

“Offside” Penalty (U10, U12, U15)

1. Must be in Offside Position when the ball is passed (not received)
 - In the opponent’s half of the field.
 - Beyond the ball at play
 - Beyond the 2nd to last Defender on the field.
 2. Must be involved in the play. (Playing the ball or engaging a defender.)
-
- Offside no longer applies if the ball is played by the Defensive Team.

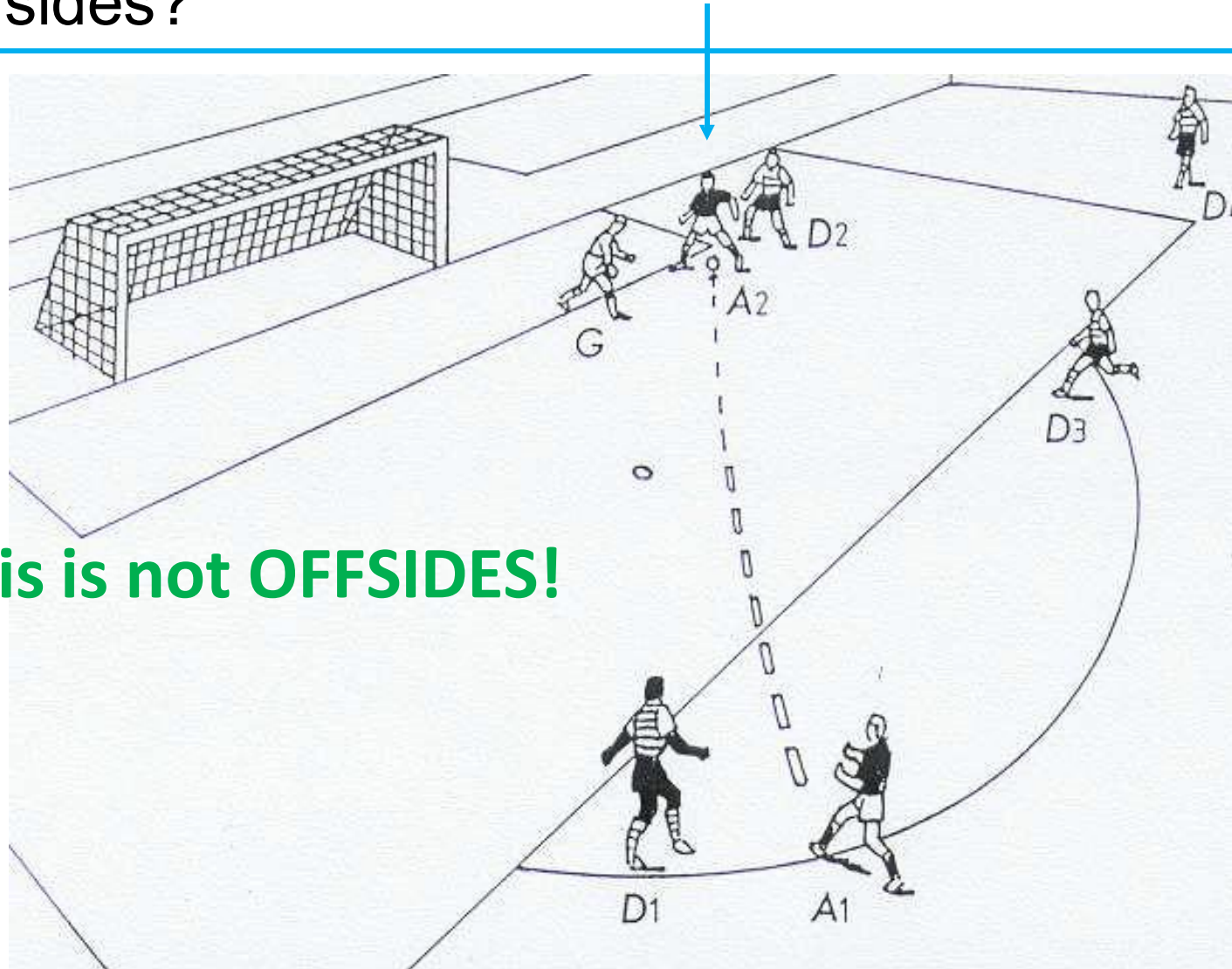
Question?

Player A1 passes the ball to player A2, who is in this position at the time of the pass. Is Player A2 offside?



Yes! OFFSIDES

Scenario: Player A1 passes the ball to player A2 who, at the moment of the pass, is even with the goalkeeper G and defender D2. Is player A2 considered offside?

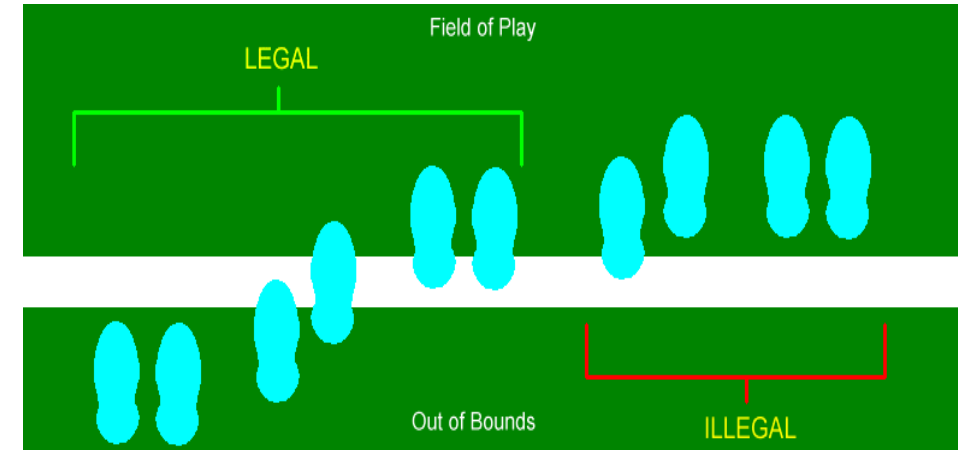


NO-This is not OFFSIDES!

LAW 15 – Throw-ins

Throw-ins Position

1. Both feet must be on the ground.
2. Either foot may not completely enter field.
3. Ball must be played with 2 (both) hands.
4. Ball must pass over the top of the head to enter play.



Other rules

- U6, U8 may retake throw-in upon unsuccessful attempt.
- U10, U12, U15 – Unsuccessful throw-in is awarded to opposite team at same spot
- Offside Law does NOT apply at throw-in. (It does immediately upon first touch.)

Special Rules

U6, U8

- NO Offside penalties. Assess a foul for “camping” at opposing goal.
- Throw-ins are allowed to retake upon incorrect attempt.

U6, U8, U10

- NO Headers (concussion safety protocol) – Assess a foul.
- NO Slide Tackles – Assess a foul.
- MERCY Rule
 - May add 1 player when losing by 3 goals.
 - May add 2nd player when losing by 4 goals.
 - Max addition 2 players. Players to be removed when deficit changes.

SAFETY

Facilitate **SAFE** and **FAIR PLAY**

- Players, Game, YOURSELF
- The Referee call is the FINAL call.
- Coaches are Partners in Safety – Injury Assessment and Concussion Protocol
- If needed, find a Field Marshal or Walk Away.



THANK YOU!!!
WE CAN'T DO IT WITHOUT YOU!