



VOLUNTEER

ASSISTANT REFEREE (A/R) REFERENCE CARD

GUIDELINES AND PRACTICAL TIPS

1. Determine what role the referee wants you to perform.
2. Consistently makes eye contact with the referee.
3. Do **NOT** signal for fouls.
4. Stay in line with the second-last defender to identify when a player in an offside position may be penalised.
5. Signal when the whole of the ball has left the field for direction; corner or goal kick; and substitutions.
6. The assistant referee's flag should always be visible to the referee. When making a signal, the assistant referee should stop running, face the field of play, make eye contact with the referee, then signal.
7. Signal for direction should always be made with the hand in "line with the top of the head" pointing in the direction of the throw in. The flag stick is an extension of the outstretched arm.
8. All signals should be made with the flag held in the right hand (except direction and substitution).
9. Report to the referee any instances of verbal abuse/dissent.
10. If uncertain as to direction for a throw in, make eye contact with the referee and keep the flag down. Wait for the referee to make the decision then follow their lead.
11. Never take it personally if the referee overturns or disagrees with your signal. Final decisions are always made by the referee. Do not attempt to over rule the referee.
12. Doesn't coach or direct players. Remain neutral in your decision making.



Substitution



Throw-in
attacking team



Throw-in
defending team



Corner kick



Goal kick



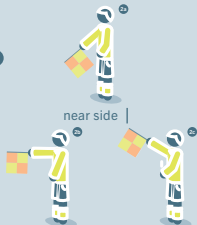
Free kick
attacking team



Free kick
defending team



Offside



middle

far side



REGISTERED

ASSISTANT REFEREE (A/R) REFERENCE CARD

GUIDELINES AND PRACTICAL TIPS

1. Try to arrive 30 minutes before kick off but no later than 15 minutes before kick off. This allows time to receive pre game instructions from the referee.
2. Determine your role: AR1 or AR2 ?
3. If you are AR1, be prepared to assume the role of the middle referee if he/she is injured or can't continue for any reason.
4. Assist but never insist. Final decisions are always made by the referee.
5. Stay in line with the offside line (2nd to last defender or the ball, whichever is closer to the goal line.)
6. Consistently make eye contact with the referee.
7. Signal for fouls in your area of credibility (your quadrant).
8. Signal for direction for throw in's, goal kicks, corner kicks and for substitutions.
9. On a penalty kick, watch and indicate when the goalkeeper has moved off the goal line before the ball is kicked.
10. Maintain focus and concentration before, during and after the match.
11. Assist the referee with inspecting the field of play; conducting a net check; the air pressure/quality of the game balls; team lists; etc
12. Manage the substitution process and technical area decorum.
13. Never touch, retrieve or stop the ball once it has left the field of play. Stay focused on the game and your position.
14. Signal for a goal by making a short sprint up the touchline with your head up, making eye contact with the referee, facing the field of play.
15. Always faces the field of play.
16. Utilize various running styles when needed (side to side lateral movement for short distances and sprinting for longer distances) and strive to stay on the balls of your feet.
17. Follow the ball all the way to the goal line to be in position to make credible and accurate goal line decisions.
18. Own the area around you !



Substitution



Throw-in
attacking team



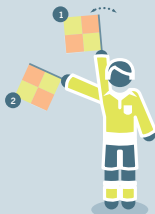
Throw-in
defending team



Corner kick



Goal kick



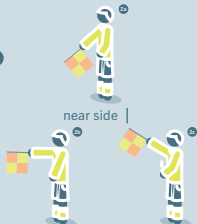
Free kick
attacking team



Free kick
defending team



Offside



middle

far side