

## The 10 Essentials For All Referees

1. Before you get to the field prepare your scorecard: Write down the match number, time, field location, and name of teams. Review league and age related rules (found on home page of skagitrefs.org, under “What's New”).
2. For safety: Walk the field and ensure it is safe and playable. The goals need to be firmly secured to the ground with chains or sand bags. If field is deemed unsafe look for another field of same size and move teams there. Make note of this in your match report.
3. Ask each coach for their team roster and check teams in accordingly. Players and coaches of both teams are to be on one side of the field. Parents and spectators for both teams are to be on the opposite side of the field.
4. **NO JEWELRY ALLOWED** with the exception of medical identification, which must be taped down; **no taping of earrings!**
5. Coin toss: Ask for team captains 5 minutes before game starts (captains are called at all age groups): Winner of coin toss can choose which side to defend or kickoff. Note on your scorecard their choice.
6. BLOW your whistle LOUD! Practice at home. Show confidence with your voice and your whistle.
7. Proper Mechanics: Use crisp hand and arm movements on the field to give clear directions.
8. First impressions matter: Wear appropriate referee uniform in a professional manner with your jersey tucked in. Socks need to be pulled up. Black beanies or hats are allowed and must not be worn backwards. Sweatpants and underneath layers are allowed, along with gloves, in cold weather. Sweatshirts with hoodies are not allowed. We are professionals and need to look the part on the field.
9. For age groups that are still learning the game, give a quick explanation to your call: handball, tripping, holding, tackle, reckless foul=caution.
10. Have fun and enjoy being part of the game!