

◆◆◆OPEN BOOK QUIZ◆◆◆

Most questions require you to circle the correct answer, some need a written word or two. We suggest that you print it, then answer all questions. When done, send to the Referee Coordinator or Mentor assigned to you, but keep a copy, as you may want to bring it with you to the Field Session.

Leadership

1. Arriving 30 min prior to Kick Off, list several key things that you'll do:

2. Field inspection & goals anchored: You've arrived at the field, met other 2 officials...on a scale of 1-10, rank importance of both Field inspection & goals being anchored: _____

3. Is it true that if goals aren't anchored, don't start game? Y N

4. If goals aren't anchored, who do you need to talk to right away? _____

5. When first meeting coaches / making introductions, is it true that a good handshake from Officials goes a long way toward building Coaches' confidence in a new CR and AR? Y N

6. Coin toss...visiting Captain picks 'heads / tails ' in coin toss T F

7. Whoever wins the coin toss, the choices are:

a – direction of attack/which side of the field do they want to be on in first ½

b - ball/kick off

8. 'Walk onto the field' just before the kick off, which of these typically happens:

a- all 3 officials shake hands off the field & bolt to touchlines... to their positions....

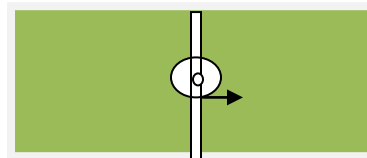
b- all 3 officials walk onto field to Center Circle/shake hands/the AR's go to their goals for final inspection of goals and nets, then to position *on touchline(even with 2nd to last defender)*, count players in their ½ of field . Meanwhile, the Referee begins to manage positioning of players for kick off, observes if AR's have their flag furled or unfurled, then, signals for kick off

9. At the end of the first half, Referee is given the game ball & all 3 officials walk off field together. At end of game, officials collect game balls, walk off the field together, return balls to home team coach. Sound about right? Y N

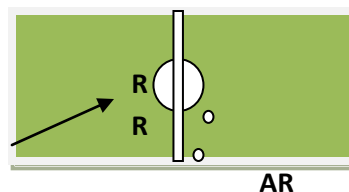
Positioning

10. Place an 'X' in the approximate spot where CR would be for kick off.

Arrow= direction of kick off



11. Moving up field yet away from ball....staying 10-15 yds from play on ball: draw dotted lines between the Referee(R) and Lead AR to depict having “ two (2) sets of eyes on play ”



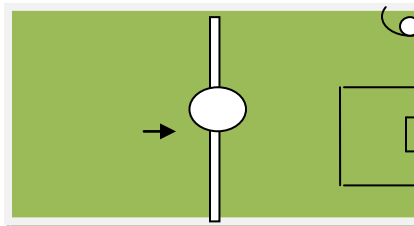
12. Coming to a halt....CR's body is angled to have as full a view of field as possible AND clear view of the Lead AR as possible:

- a- it's a 'common sense' type of thing, 'Law 18'
- b- best to do this so CR can keep an eye on players who are away from the ball, as well as to view any communication from the ARs
- c- this leaves fewer players behind the R, out of view
- d- players learn that the Ref is always looking, a known deterrent to players 'getting into it'
- e- all of the above

13. What is AR telling you if he/she doesn't sprint up the touchline for 5-10 yds after goal has been scored: _____

14. If an AR doesn't sprint up touchline after a goal is scored, would you want to discuss this at the ½ time break, or, if it happens in the 2nd ½, at end of the game? Y N

15. Where is Referee positioned for Corner Kick (Arrow indicates direction of Kick Off). Place a 'CR' on field for CR's position



16. Early in the game, you notice that an AR is *consistently* a few yards from keeping even with the 2nd to last defender (*is not making accurate Offside calls and/or is not making any effort to follow the ball to the goal line*):

- a- wait until ½ time break or end of game to talk about it
- b- hold up a restart, quickly get over to the AR to remind him/her of what to do...

Movement

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17. If you spot an injured player -who might need to see his/her Coach for the injury, what would be your immediate response?
- a- if ball was out of play or about to cross a boundary line, hold up the restart and get over to the injured player, then permit restart as it would normally occur
 - b- if the ball was in play when injured player was noticed, stop play, noting where the ball was at that moment, get over to the injured player...then, Restart with
 - 1- a dropped ball where ball was at that moment, if neither team had clear possession
 - 2- if one team had clear possession, provide a dropped ball to that team, possibly with a comment like...'I'm giving 'Red Team' a dropped ball as they had possession when I stopped play.' Answer: ___all of the above___none of the above
18. You've hustled at a good pace, are 10-15 yards from play on the ball, what should you do if you still don't have a clear view of the 2-3 players who are going for the ball....?
- a- stay where you are, you've done enough just by hustling to keep up with play..... make the call or don't make the call...from where you are
 - b- taking an additional 1-2-3 quick side steps in any direction- can give you a better view: take the steps and decide from there, & make eye contact with AR too

Communication

19. A very important habit to develop as a new CR is to respond (with a silent signal) to an Assistant Referee who just provided excellent eye contact when about to signal with the flag. This could be a head nod, hand waive , thumbs up.... T F
20. A center Referee can show respect for player skills, passing, shooting, ck's, throw ins, sportsmanship, etc. through an occasional compliment(not a frequent kind of thing) while making good eye contact with the player. T (it's ok, a few times maybe) -or- F (a Referee should never talk to the players during the game)

Signaling

21. What angle should your directional signal be for a throw in ?
a) parallel to the ground, b) 90 degrees, c) 45 degrees...: _____
22. Is that the same signal that the Referee uses for a Direct Free Kick (DFK)?: Y N
23. A teammate of the player taking a goal kick sees that the ball isn't going to make it out of the Penalty Area(PA) on the first try...rushes over to give the ball a little more 'push' by kicking it out of the PA:
- a- let it go, the kid meant well, didn't hurt anybody...
 - b- let it go, it's ok to do that, let the kids play....
 - c- blow the whistle/Stop Play, have the goal kick retaken by any player from team taking the goal kick.

24. After blowing the whistle to stop play for a careless level foul, what is next thing to do:
- look around to see who's yelling at you
 - give a clear, firm directional signal for the restart
25. You realize that you indicated wrong direction for a restart, before the restart takes place:
- do nothing, let it go, 'your bad'...live with the complaints ...go with wrong direction
 - quickly move toward the ball, use your hand & whistle to say something like 'stop/hold up' & give the correct signal. It also usually helps to say: 'my mistake!' or 'my bad'
26. ' Pre-Game ' Meeting...typical Pre-Game topics to cover are:
- stay even with the 2nd to last defender or ___ ____, whichever is closest to goal
 - when signaling and @ any stoppage, make ___ _____ with me(CR)
 - after a goal...if you agree that it is a valid goal, move quickly up the _____ 5-10yds
 - before raising flag for Offside, be sure player _____ _ _____
 - If you have another item to add to list?: _____

----- End Of Quiz -----

Contact your Referee Coordinator/ Mentor....get your answers to him/her, arrange for any needed Review sessions over the phone/email or in person....After that, set the date for your Field Session.

What to Expect in the Field Session:

This will be a chance to *discuss & demonstrate* what you know for Positioning, Communication, Movement, Signaling.....around situations like: kick off, goal scored, corner kick, goal kick, dropped ball, throw in, injured player, use of your whistle, the 'diagonal run,' body angle when arriving at a destination, etc. It is a great / safe opportunity to ask all sorts of questions as well.

Have all of the 'tools of the trade' with you: whistle, pen, cards/book, watch, flip coin, AR flags. Before going to field, learn if you should be in uniform. Be prepared to move about the field.

{League Administrators} this next section could be added to your CR Training Program Description if using the Mentoring 103 & 104 techniques:

Your Mentor will introduce you to a handful of **INSTRUCTIONAL SILENT SIGNALS...(ISS's)** these are simple and easy to understand hand gestures that a Mentor might send to you during a game, **ONLY AT A STOPPAGE.**

Sent to guide you in upcoming situations like:

+ 'too close to play' or 'get closer to play'

+ 'lay into that whistle'

+ 'arm up into 45 degree angle' or '90 degree for Offside signal & IFK'

+ 'hustle, get moving'

+ 'more eye contact'

+ 'Get over to that injured player'

+ 'thumbs up' 😊

It is essential for you to acknowledge receipt of an ISS right away.

With the Quiz and Field Session behind you, we will get you into upcoming scrimmage or regular season games with a veteran official / Mentor...after that, we know that you'll emerge confident to 'sail on your own.'

Keep asking questions of referees who have more experience than you...this is how we 'keep the ball rolling' for our own improvement. On down the road, when you feel ready for higher level games, talk to your Referee Coordinator, Assignor, Mentoring Program Coordinator, and, plan on attending Referee Clinics in your area as yet another way to grow your skills. Lastly, return to www.ussoccer.com, where you'll find numerous articles and videos to learn from- They are available at no cost...