

Pre-Game Guide and Suggestions

Arrive early enough to do a proper pre-game!!

Treat every pre-game as if you haven't worked together before. It is not enough to say "We've worked together before – you know what I do and like."

- Inspect Field
 - Goals, Nets, Markings
- Warm up properly
 - Hydrate
 - Stretch
- Inspect Players and Meet with Coaches
 - Equipment, Rosters, Player Passes (if Applicable)
- Inspect Balls
 - Quantity, Inflation, Ball Runners
- Talk with other Referees (A/Rs or other Referee in two man game)
 - Can be done while walking field or warming up
 - Stress the Team Concept and Eye Contact
 - Review specific rules (USSF, NFHS, NISOA, IAAM, etc.)
 - Review touchline and endline responsibilities
 - Review proper mechanics
 - Assign Backup Recording and Timekeeping Duties
 - Substitution mechanics
 - Good goal, problem goal
 - Penalty kick call – by Referee, by A/R
 - Free kick near goal with Scoring Opportunity
 - Throw-in responsibilities
 - Murder and Mayhem
 - Watch behind play
 - Help as Lead A/R if long distribution or quick counter attack
 - Run balls out to the goal line
 - OFFSIDE
 - Waved off flags – assist not insist
 - Relax and have fun out there
 - Any questions???
- Coin Toss
 - Include Captains, all other Referees, and Coaches (if Applicable)
- Enjoy the match!