

# 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!