

**EYSA Club Referee Help Card**  
**You are: Coach – Friend - Referee**

**Equipment**

Uniform, Watch, Whistle, Coin, Paper, Pencil, Laws, Red/Yellow cards

**Pre-game** (arrive 20 min early, inspect fields & goals)

Shin guards on. Socks up. Shirts in. Jewelry off. Shoes legal. No casts.  
 Get rosters or write down field, coach, team, date, time, age.

**Advice to coaches:**

Get permission to substitute! offside or not, keeper pass-back or not, redo throw-ins allowed; then ask for their questions, confirm kick-off time and time for captains.

**Fouls**

Kicking, tripping, pushing, slide tackling, hand balls – indirect kick for other team  
 See foul – whistle foul. Rough play, hand ball denies goal – yellow card, substitute – indirect kick for other team. Violent conduct, gross swearing – red card, no sub.

**Helping and Coaching the Players**

Keepers run ball out, U8 & U9 must throw; U10 can punt. Point goal kicker in right direction. Help with throw-in redo's (2 for U8-9 then let go, 1 for U10 then let go)  
 Explain why, when you whistle a foul.

**Sidelines control**

Teams set up on opposite sides of field. Ignore most criticisms. If bad, report to your referee coordinator. If really bad, stop play and ask coach to stop problem.  
 Report this to coordinators! ALWAYS DO YOUR GAME REPORTS.

**When to Abandon a game:**

Repeated and insulting, or threatening, sidelines criticisms.  
 Field problems – thunder: wait 30 mins, tree falls on field, other disruption  
 Injury needs ambulance so you run out of time before next game  
 IF YOU ABANDON A GAME, REPORT IT ALL TO COORDINATOR!!

**Referee Quick Reference Card – EYSA 2010**

| Level            | Small-Sided |     |     |     | 11-a-side |     |
|------------------|-------------|-----|-----|-----|-----------|-----|
|                  | U8          | U9  | U10 | U11 | U12       | U13 |
| Ball Size        | 3           | 4   | 4   | 4   | 4         | 5   |
| # Players        | 4           | 5   | 6   | 9   | 11        | 11  |
| Throw-ins        | 3           | 3   | 2   | 1   | 1         | 1   |
| Direct Kicks     | N           | N   | N   | Y   | Y         | Y   |
| Kick Dist.       | 6           | 6   | 6   | 10  | 10        | 10  |
| Penalty Kick     | N           | N   | N   | Y   | Y         | Y   |
| Offside          | N           | N   | Y   | Y   | Y         | Y   |
| Pass to Keeper   | Y           | Y   | N   | N   | N         | N   |
| Quarter/Half     | 12Q         | 12Q | 25H | 30H | 30H       | 35H |
| Red/Yellow Cards | N           | N   | N   | Y   | Y         | Y   |