

# MHSA Soccer Study Club Topics 2010 Season

Eleven soccer study clubs are provided. Except for Topics #1 and #2, they do not have to be used in the order in which they appear in this handout. Pools should select the topics that are most relevant to their area at any given time.

## Table of Contents

1. Substitutions and Management of Concussions/Serious Injuries
2. Game Management & Suggested Timeline/Exit Strategy
3. Procedures for Addressing Player Equipment
4. Fitness
5. Signals and NFHS Officiating Resources
6. Rules Comparison: NFHS/NCAA/FIFA
7. Evaluating Knowledge of the Game (Rules Exam)
8. Safety
9. Dual Referee Mechanic
10. Recruitment of Officials
11. Procedures for Post Season Play
  
- \* Resources and Items of Interest

# 1. Substitutions and Management of Concussions/Injuries

## ***Background***

Concussion management and dealing with other serious injuries have been topics of particular concern across the country in the last few years. Some states' legislatures have actually addressed concussion management within athletic programs.

The NFHS has added specific concussion language to all its rules books. The MHSA adopted a RETURN TO PLAY (RTP) rule found in the MHSA Handbook. For officials, the procedures are straightforward and were addressed in the rules clinic. Below is a review of the procedures and some expanded resources.

## ***Activity***

Review the language added to **Substitutions, 3-3-1C3**:

*3. Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.*

It is the officials' responsibility to monitor play and to observe players and situations for safety and fair competition.

It is not the officials' responsibility to diagnose concussions. Officials should not even use the word "concussion." Officials who observe possible injuries should stop play and tell the coach to evaluate the player.

Review the information presented in the rules clinic:

**Officials, coaches and administrators are being asked to make all efforts to ensure the safety of athletes who participate in MHSA activities. In regard to players experiencing possible concussions or other serious injuries during MHSA contests or practices, the following procedures will be immediately implemented:**

### **Officials' Responsibilities:**

- Officials are asked to use their best judgment in observing the signs, symptoms and behaviors of a concussion and other possible serious injuries. If there is a player that exhibits signs and symptoms of an injury (listed below from the NFHS Rule Book), officials will make coaches aware of the injured player and call an injury time out.
- The official should notify the coach by making the following statement:
  - *"Coach, you need to take a look at this player; he/she is exhibiting signs and symptoms of an injury."*
- Once the official notifies the coach, it is now the coach's responsibility.
- The official does not need written permission for an athlete to return to play nor does the official need to verify the credentials of the appropriate health-care professional.
- Ultimately, the decision to return an athlete to competition rests with the coach, after the affected player is evaluated by an appropriate health-care professional (MD, DO, NP or PAC).

**Remember, when in doubt, sit them out!**

### **Suggested Guidelines for Management of Concussion (NFHS Rule Book)**

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

### Common Symptoms of Concussion Include:

- Headache
- Fogginess
- Difficulty concentrating
- Easily confused
- Slowed thought processes
- Difficulty with memory
- Nausea
- Lack of energy, tiredness
- Dizziness, poor balance
- Blurred vision
- Sensitive to light and sounds
- Mood changes- irritable, anxious, or tearful

### Concussion Resource Information

Various information and resources are available on the MHSA website. Visit [www.mhsa.org](http://www.mhsa.org) and proceed to the Sports Medicine page from the link on the home page.

**MHSA Sports Medicine Page**

Steve Mihalik, Assistant Director  
281-426-4420 ext 13  
email: [smihalik@mhsa.org](mailto:smihalik@mhsa.org)

**Concussion Information**

**MHSA Concussion Injury Procedure**

**For Parents**

- [A Parent's Guide to Concussions](#)
- [Concussion Fact Sheet for Parents](#)

**For Schools**

- [Information for Coaches](#)
- [Information for Teachers](#)
- [Information for Nurses](#)
- [Informational Poster](#)
- [Clipboard Sticker](#)
- [Emergency Care Plan](#)
- [Laminated Card](#)
- [Waiver Card](#)
- [Concussion Checklist](#)

**General Information**

- [Signs and Symptoms](#)
- [Soccer Headgear](#)
- [Take Concussion Out of Play](#)
- [Track the Impact of Traumatic Brain Injuries](#)
- [Concussion Pharmacology](#)
- [Concussions and Gender Differences](#)
- [Athlete Fact Sheet](#)
- [NFHS Rules on Concussions](#)

**Links and Videos**

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**Sports Medicine Resources**

Below are several Sports Medicine and Sports Health Topics. Click on the resource to view.

**HINI Flu**

- [Information on HINI and the Seasonal Flu](#)
- [HINI Information and Resources](#)

**Heat and Hydration**

- [Heat Stress and Athletic Participation](#)
- [Recommendations for Hydration](#)

**Skin Infections**

- [Skin Lesion Facts](#)

**Steroid Use**

- [Steroid Information](#)

**MHSA Clinics**

The MHSA Clinics will be open for viewing soon. Please check back.

**Links**

- [Center for Disease Control - http://www.cdc.gov/](http://www.cdc.gov/)
- [MHSA - http://www.mhsa.org/sportmed.aspx](http://www.mhsa.org/sportmed.aspx)

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## 2. Game Management, Suggested Timeline & Exit Strategy

### **Background**

Game management continues to be a point of emphasis for MHSAA and the NFHS. Officials, athletes, coaches and game supervisors can all benefit from a reliable, consistent plan for pre-game time management.

Each game is going to end differently, different outcomes, different personalities and different emotions. There are times that we have just gathered up our gear in the officials' area between the benches and then went our own ways and everything was fine. However, we should not count on this always being the case. Let's not put ourselves and our fellow officials in an awkward position just because we have always left the field without any concerns about how we did it and it seemed to be ok. We need to act as a group and leave the vicinity of the field as a group in such a way as to minimize the potential for inappropriate contact with coaches or fans.

### **Activity**

Review the sample plan below. Establish a specific timeline for your local pool, then follow-up by having your pool coordinator communicate the plan to the local administrators. Variations might occur for weather, levels of play (varsity, jv, freshman), emergencies etc.

<b>Minute</b>	<b>Activity</b>
>60	Field prepped, goals/flags in place, lines drawn clearly, benches out
-60 to -50	Teams and officials arrive and begin warming up
-50 to -40	Officials inspect field & meet with school administrator to discuss crowd control, emergency plans, game exit plan, sign for checks etc.
-40 to -25	Officials conduct pre-game instruction/review
-25	Officials greet visiting coach, exchange rosters
- 20	Officials greet home coach, get game balls, exchange roster & meet/instruct ball handlers
-10	Captains and coaches meet with officials to review rules, inquire about equipment, conduct coin toss & conduct sportsmanship talk
-5	National Anthem or pledge of allegiance (optional)
-3	Introductions of visitors and home
-1	Officials and players take the field
<b>Kick Off</b>	AR even with 2 <sup>nd</sup> to last defender, bench personnel seated or pinnies, balls in bags
<b>Halftime</b>	Officials meet at center circle, leave field as a team. Discuss game issues
<b>Kick Off</b>	AR even with 2 <sup>nd</sup> to last defender, bench personnel seated or pinnies, balls in bags
<b>Game Ends</b>	Officials meet at center circle, leave field as a team. Go to neutral spot. Confirm scores, cautions issues. Leave field complex as a team (when possible)
<b>W/in 24 hrs</b>	Referee send report to MHSAA of cards or issues (cc to home school principal)

## Exiting the Field

- Discuss as a pool what things should be considered when developing an exit plan for each field.
- Examine each field where varsity and sub varsity games will be held in your area. Look for natural exit paths that would avoid contact with bench or fans.
- Develop routes and plans for each area and suggest to pool members that they follow the agreed upon route and procedure.
- Have referee bags located in a “neutral area” perhaps in cars parked away from the fan parking area.
- If 4<sup>th</sup> officials are used, delegate responsibility to the 4<sup>th</sup> to gather referee gear and meet up with the team at the predetermined location.
- Discuss how you will handle exceptions to the plan (like 2 games back to back where some members of the officiating team need to remain to work the next game and others need to leave.)
- Inform the site administrators of your plan and get input from them. Your plan would have the officials meeting at mid field and leaving directly from there and avoiding the potential for a “sportsmanship handshake” with the players, ask the site administrator to inform both benches that you will not be available after the match.

### **3. Procedures for Addressing Player Equipment**

#### ***Background***

Equipment and uniform issues are ongoing. As noted in the rules clinic, the requirements will change again in the 2012 year. Study clubs in future years will address those coming changes, but this year's material will address the current standards. This was a study club last year, but a review is certainly in order, especially if your pool has new officials.

#### ***Activity***

Review the applicable rules for player equipment, coaches' responsibilities, and the role of the official.

#### **Rule 4-1-1 Required Equipment (page 21 of the NFHS rules book)**

The required equipment includes a jersey, shorts, socks, suitable shoes and shinguards which shall provide adequate and reasonable protection, be professionally manufactured, age- and size-appropriate, not altered to decrease protection, worn under the socks, and are worn with the bottom edge no higher than 2 inches above the ankle. Shinguards must meet the NOCSAE specifications. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

#### **Rule 4-3 Coaches' Responsibilities (pages 27-28 of the NFHS rules book)**

Each head coach shall be responsible for ensuring that each of his/her players is **properly** and **legally** equipped.

#### **Improperly Equipped Players (18-1-1-s)**

Cautions will not be issued for improperly equipped player(s).

Improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation. In all situations, the removed player(s) may re-enter only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. There shall be no replacement until the next opportunity to substitute. However, the removed player may re-enter during the dead ball after reporting to an official, who shall be satisfied the player's equipment and uniform are in order.

#### **Illegally Equipped Players (18-1-1-r)**

The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach. Illegally equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation. The removed player who has not been cautioned may re-enter during a dead ball. Player(s) who have been cautioned can only re-enter at the next legal substitution opportunity. There shall be no replacement for non-cautioned players until the next opportunity to substitute. Cautioned player(s) may be replaced at the time of the caution. In all situations, the removed player(s) may re-enter only after reporting to an official who shall be satisfied the player's equipment and uniform are in order.

#### **Rule 3-1-3 Players and Substitutions (page 15 of the NFHS rules book)**

Each team shall submit a team roster, containing the names of all players, bench personnel and coaches to the officials at least five minutes prior to the start of the contest. The game shall not



## **4. Fitness**

### ***Background***

Soccer is arguably the most physically demanding of all high school sports and proper proximity to play (within 15-20 yards) demands a high level of fitness on the part of the center referee as well as the assistant referees. At some point it may be a requirement to pass a fitness test, as it is for NISOA (National Intercollegiate Soccer Officials Association) and upper levels of USSF. Start now by getting in the habit of having the entire pool take the fitness test and record the results.

### ***Activity***

Have the entire pool take the NISOA fitness test and record the results. Use results for assigning and discuss ideas to improve. A copy of a description of this test sequence is attached. Simply administer the tests so your referees know how they stack up against their local peers. Later you will be able to show them how they rank against collegiate officials.

Distance – 12 minute run  
Pro-40 test – 10 meter box run  
Brazilian AR – 50 meter test  
Shuttle Run – 30 meter shuttle

Suggest taking the test prior to the first games or shortly thereafter and when testing, take the distance run first.

## NISOA PROPOSED PHYSICAL PERFORMANCE TEST

This is the procedure for testing the soccer referee to evaluate his/her fitness level at the elite national or international level soccer referee based upon the findings of the leading researchers in the field of Soccer Referee Physiology.

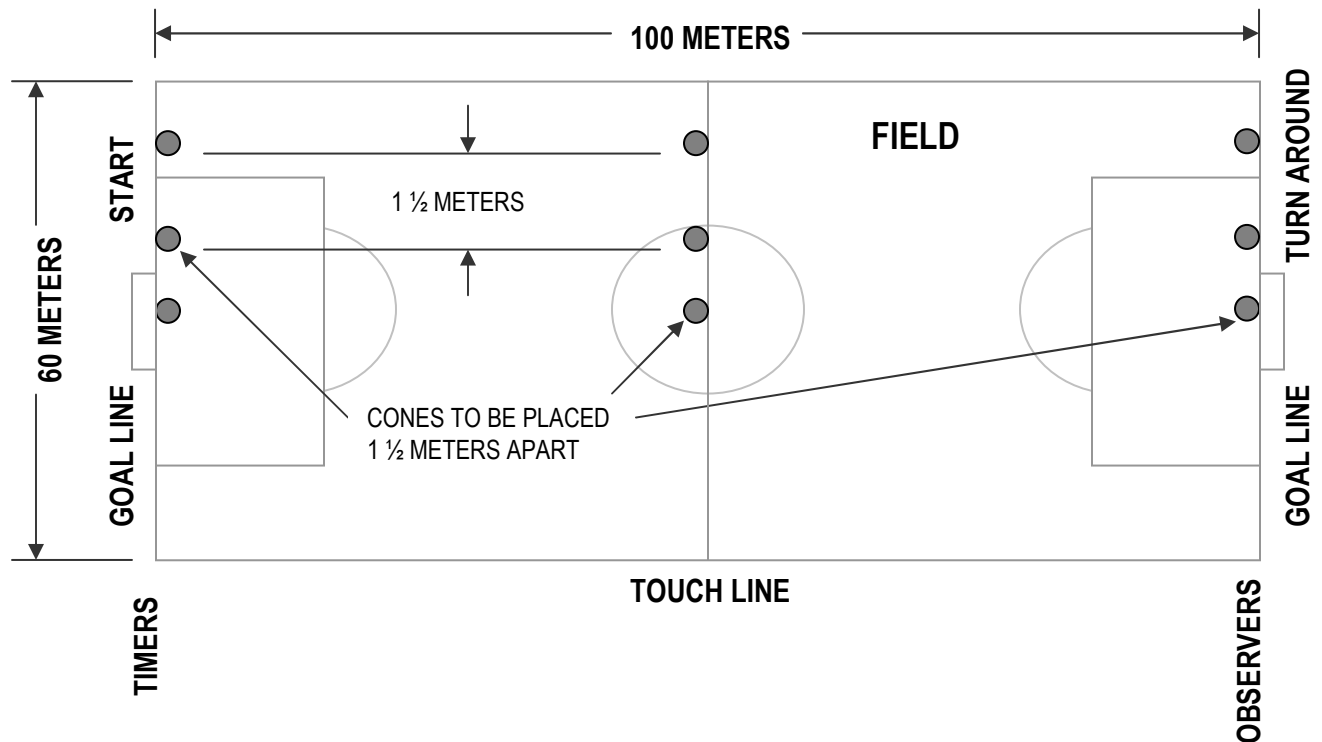
- These are Larry Gardner's recommendations based upon the findings of the researchers.

The 12-minute run is done first to reduce the chance of injury due to improper warm-up.

### Test # 1: THE (12) TWELVE-MINUTE RUN

A twelve-minute run performed on a soccer field 100-meters (m) long and not less than 60 meters wide. Using a 60-m wide field, forty (40) soccer referees could be tested using 1 1/2-m alley for them to complete the 12-minute test running goal-line to goal-line. The data collector counting the completed laps would be standing at the starting goal-line and recording the laps. A data collector should be able to record eight to ten referees at one time.

- A (10) ten-minute recovery period is required before the next test.



## NISOA PROPOSED PHYSICAL PERFORMANCE TEST

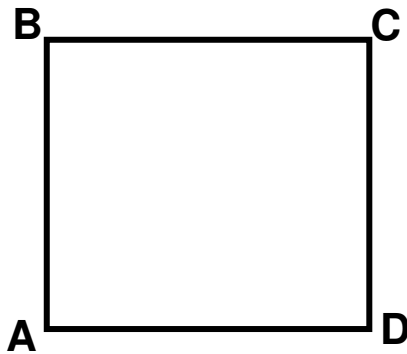
### **Test #2: THE PRO- 40 TEST**

**A Pro-40 test is to evaluate the agility/mobility of the soccer referee**

1. Starting at point A - the referee runs forward to B
2. Side step to C
3. Backward run to D
4. Side step to A, then
5. Reverse direction and side step to D
6. Sprint to C
7. Side step to B and
8. Backward run to A -- and end at point A.

*A total distance of 80-meters will be used to evaluate the agility/mobility of the soccer referee.*

- Each leg of the course is 10 meters
- **A (5) five-minute recovery period is required before the next test.**



## NISOA PROPOSED PHYSICAL PERFORMANCE TEST

### **Test #3: THE BRASILIAN AR 50-METER TEST**

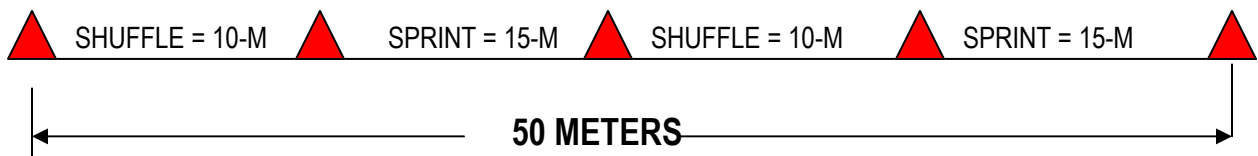
The Brazilian AR 50-m is a test that every assistant referee performs every match and should be part of the testing series for the referee. Until there are specific tests developed for the assistant referee then the tests must be combined.

At a designated starting point the soccer referee:

1. Shuffles 10-meters, then
2. Sprints 15-meters,
3. Shuffles 10- meters and
4. Sprints 15- meters.

The data collector/timer starts the Watch/time on the referee movement.

Recommendation: A maximum of (8) eight referees per group.



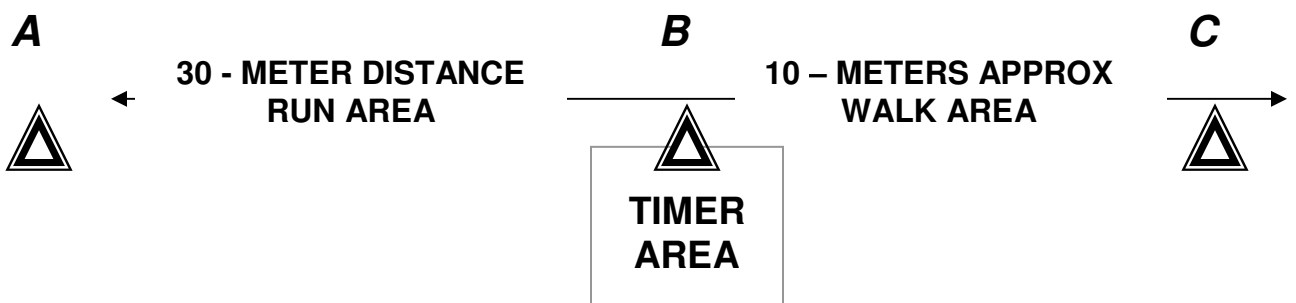
- A (5) five-minute recovery period is required before the next test.

## NISOA PROPOSED PHYSICAL PERFORMANCE TEST

### **Test 4: THE 30-METER SHUTTLE**

The 30-meter shuttle tests the speed endurance of the soccer referee as well as the intermittent running that is performed during a match.

- 1. The data collector/timer, standing at point B, will start the clock when the referee starts the run at point A.**
- 2. THE START:** The referee runs forward at a high intensity from A to point B turns and run back to A, again
- 3. Turns and runs back to B.**
- 4. The data collector/timer will shut the clock off when the referee reaches point B the 2<sup>nd</sup> time.**
- 5. The referee then walks from B to C and back to B, [this could be a ten seconds recovery]**
- 6. The time clock is restarted when the referee reaches B and starts the run for the last four 30-meter high intensity runs. [From B to A; back to B; back to A turn and back to the finish of the 30-meter shuttle at point B.]**



## **CONCLUSION**

### **THESE TESTS:**

1. Are recommended tests that should be given to the soccer referee.
2. Are based upon the different activity levels that a referee will encounter during the 90- minute soccer match.
3. Will evaluate the fitness levels in all aspects of the match, forward running at low, medium, high and maximal speeds.
4. Will evaluate the agility of the referee in backward and sideways movement as well as the agility/mobility movements in making the transitions that are required on the field.
5. Note that the 50 and 200 meter Distances are not tested. These two tests show no or extremely low relevancy to the activities that a referee performs during a 90-minute soccer match. Testing of these two activities is not of importance to determining the fitness level of a soccer referee.

## 5. Use of Signals and NFHS Officiating Resources

### ***Background***

As noted in the rules clinic, the use of signals is required by officials, but the signals have changed. Hopefully, the reduction of required signals will help establish consistency among officials' pools around the state.

### ***Activity***

1. Refer to pages 104-105 of the current NFHS rule book and review the use of all signals, including those for the assistant referees.
2. Using a computer and an internet connection (and possibly a projector for larger venues), view the online video resources provided by NFHS as a group. The NFHS has paired with Arbiter Sports to create an "officiating hub."

You will receive information from the MOA office this fall detailing the login process and the available resources.

The site is: <http://nfhs.arbitersports.com>.



## **6. Rules Comparison: NFHS/NCAA/FIFA**

### ***Background***

Many officials work a variety of levels throughout the year. With so many teams to cover, it's not unforeseeable that mistakes can occur when moving from one level to another.

### ***Activity***

1. Refer to pages 72-84 of the NFHS Soccer Rules Book. Begin with the Points of Emphasis. These are the areas that the national rules committee felt needed special attention for this season.
2. Read the comments on the rules. These are printed to help coaches and officials understand the rationale behind the rules.
3. Review the rules comparison of NFHS and NCAA Rules and FIFA Laws.

## **7. Evaluating Knowledge of the Game (Rules Exam)**

### ***Background***

Most officials work in a variety of rules' venues: club, high school and college. Often times officials are working all three venues in the same weekend! Use a study club opportunity to review the rules that are specific to high school.

### ***Activity***

Take the following NFHS Soccer Rules Exam Part I. Discuss the significant rules differences among club, high school and collegiate rules.

Place an emphasis on the use of signals. The use of signals is mandatory.

### **2010-11 SOCCER RULES EXAMINATION – PART I**

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#### **The Field of Play**

1. The field of play shall be rectangular, 100 to 120 yards long, and 55 to 75 yards wide.
2. Hash marks 11 yards from the touchline and located outside the field of play are mandatory for all games.
3. Flagposts shall be properly placed opposite the halfway line near each touchline for a legal game to be started.
4. Pads on soccer goals can have both school colors and school logos.
5. If used on a football field, portable soccer goals should be anchored at least 2 yards (6 feet) in front of the base of the existing football goalposts.
6. While inspecting field markings on an artificial turf field, the referee notices that the goals will tip over if pulled forward. The referee shall refuse to start the contest without the goals being anchored, secured or counterweighted.
7. Spectators shall be a minimum of 10 feet behind the team, official areas, touchline and goal line.
8. Upon measuring, the referee finds that the lines enclosing the penalty area are incorrect. The game should be played and the home school informed that the lines must be corrected before the next contest.

#### **The Ball**

9. When inspecting the game balls, the official determines that the home team has only one satisfactory game ball. The official may choose two additional game balls offered by the opposing team.
10. In the pregame inspection, the referee finds the game balls to be soft or under-inflated. The home team will be required to rectify the problem.
11. All game balls must have the NFHS Authenticating Mark.

#### **The Players and Substitutions**

12. The athletic trainer of Team A submits the team roster to the referee. The referee refuses the roster and indicates that the coach must submit the roster. This is proper procedure.
13. A team may not substitute an unlimited number of players from the bench when a player is injured and removed from the field.

14. An unlimited number of players may be substituted from the bench except which of the following situations:
  - a. When a goal is scored.
  - b. At the start of the second period.
  - c. When a player is injured and removed from the field.
  - d. When a player is cautioned.
15. The substitute for a player who leaves the field due to bleeding is permitted to take the penalty kick.
16. Team A has been awarded a goal kick. The referee should allow Team B to substitute six players who had already reported to the scorer.
17. Which of the following situations require a player to have written authorization from a physician?
  - a. A player wearing a cast that is covered with closed-cell, slow-recovery foam padding no less than 1/2-inch thick.
  - b. A player who is apparently unconscious and comes back to play in the next game, which is seven days later.
  - c. A player who had to leave a game due to bleeding.
  - d. A player who was unconscious in an earlier game the same day.
18. In the first game of a tournament, the referee determines that a player was apparently unconscious. That player may participate in a second game later that day without written authorization from a physician.
19. A player required by the referee to leave the field for having been cautioned must be replaced.
20. Team A has been awarded a corner kick. Players from both teams are at the scorer's table ready to substitute. Both teams are allowed to substitute.
21. The game is played with no official scorer available. The substitutes shall report to the nearest official.
22. The referee shall order the game clock stopped whenever a team repeatedly substitutes to consume time.
23. The goalkeeper from Team A is injured and treated on the field by the trainer. Team A must remove the goalkeeper from the field.

### **Player Equipment**

24. Player A is wearing shinguards that are exactly two inches above the ankle and have the NOCSAE seal indicating that they are age- and size-appropriate. The shinguards are legal.
25. Player A is wearing shinguards that have the NOCSAE stamp indicating that the shinguards are not appropriate for the player's height. Player A should not be permitted to play until the shinguards are changed to become legal.
26. Beginning with the 2012 fall season, each shinguard must be permanently marked on the front with the NOCSAE seal and height range.
27. Beginning in the 2012 fall season, the home team jerseys must be:
  - a. Striped.
  - b. A light color.
  - c. White.
  - d. A dark color.
28. Beginning with the 2012 fall season, the home team must wear white stockings.
29. Beginning with the 2012 fall season, goalkeepers must have numbers on the back of their jerseys and the front of their jerseys or shorts.
30. Beginning in the 2012 fall season, goalkeepers will be required to:
  - a. Have a 6-inch number on the back and front of their jersey.
  - b. Have a 6-inch number on the back and a 4-inch number on the front of their jersey or shorts.

- c. Have a 6-inch number on the back and no number on the front of their jersey.
  - d. Have no numbers on their jersey.
31. A player may legally have the patch of his favorite professional team on his uniform.
32. Which of following may not be worn on the team jersey?
- a. American flag with state association approval.
  - b. School emblem.
  - c. School name.
  - d. Premier League patch.
33. Team A has a 6-inch number on the back of its jerseys and a 4-inch number of the front of its shorts. Team A's uniforms are legal.
34. Team captains are required by rule to wear an upper arm band designation.
35. When wearing a cast, a medical release is required to play.
36. The state high school association determines that soft stocking caps may be worn during inclement weather. Although Team A players are wearing different colored stocking caps, the referee shall allow the game to proceed.
37. Artificial limbs, even when properly padded, are considered dangerous and therefore prohibited.
38. All permissible artificial limbs must be:
- a. Covered by a cast.
  - b. Covered by a sleeve.
  - c. Padded with a minimum of 1/2-inch thick closed-cell, slow-recovery foam padding.
  - d. Covered with a minimum of 1/2-inch thick soft material.

### **The Officials**

39. Team A is awarded a free kick. The referee realizes that an error occurred just after Team A restarted the game with a free kick. The referee may stop play and give the ball to Team B.
40. Team A is wearing black jerseys and Team B is wearing white jerseys. The Team A goalkeeper is wearing a red jersey. The officials may wear red shirts.
41. The coin toss shall be conducted at least five minutes before the start of the game.
42. The head coach of Team A is busy filling out the lineup card and instructs her assistant coach to attend the pregame meeting with captains and the referee. This is permitted in the rules.
43. Team A wins the coin toss and, in a gesture of good sportsmanship, asks the referee to give the choice to Team B. The referee should permit this.
44. While conducting a pregame conference with the head coach and team captains, the issue of sportsmanship does not need to be addressed.
45. When a coach or bench personnel is issued a second caution in a game, the correct mechanic is for the official to show both the yellow and red cards simultaneously.
46. The referee observes a foul, but does not penalize it because she perceives an advantage; however, the advantage does not develop. The referee shall immediately stop play and penalize the original foul.
47. The referee may choose to wave off an offside signal by an assistant referee.
48. The head referee shall instruct the timer to correct the clock as necessary.
49. Which of the following is not a duty of the referee?
- a. Instruct the timer to correct the clock when necessary.
  - b. Decide matters on which the timer and scorer disagree.
  - c. Determine the winner of games.
  - d. Make decisions on any points not specifically covered in the rules.

### **Ball Holders, Timer and Scorer**

50. With 10 seconds to play, the official timer shall count down the last 10 seconds to the nearest official.

### **Duration of the Game and Length of Periods**

51. A severe storm starts at halftime and, in the opinion of the referee, the storm will continue for some time. The referee may suspend the game and declare it a legal, completed game.
52. Because of inclement weather, both coaches agree before the game to shorten the halftime period to five minutes. The referee may allow the change.
53. The interval between the second half and the first overtime period shall be five minutes.
54. The official time is being kept on the field by the referee who stops play to award a penalty kick. Rather than stop the time, the referee may decide to add time on at the end of the half.
55. The referee orders the clock stopped while he cautions a player. The official timer restarts the clock when the cautioned player leaves the field and his substitute has entered the field. The official timer is following correct procedure.

### **The Start of Play**

56. Player A3 may kick off by passing the ball back to teammate A2.

### **Ball In and Out of Play**

57. An official shall sound the whistle to restart the game after a substitution.
58. Players from Team A and Team B simultaneously touch the ball as it crosses the touchline. The referee shall conduct a drop ball 5 yards inside the touchline.
59. When a drop ball occurs, all players, other than the two opposing players, must be at least 10 yards from the ball when the ball is dropped by an official.

### **Scoring**

60. Player A2 kicks off and the ball travels directly into Team B's goal. The referee shall award a goal.
61. Player A takes a corner kick and the ball travels directly into Team B's goal. The referee should award a goal.
62. The referee has awarded Team B a free kick just outside its own penalty area. B3 takes the free kick and passes back to the goalkeeper, who misplays the pass and has the ball carom off his foot and into the goal. The referee shall award a corner kick.

### **Offside**

63. Teammate A3 is in the attacking half of the field and behind all of Team B's defenders, except the goalkeeper. A2 passes the ball forward to A3. The referee shall penalize A3 for being offside.
64. Player A, who is in an offside position, receives the ball directly from a goal kick by Teammate A2. The referee shall declare Player A to be offside.
65. Attacking Player A, while in an offside position, intercepts a pass from a defender to her goalkeeper. The referee shall declare the attacking player offside.
66. Defender B puts attacking Player A in an offside position by stepping out of bounds. This is permitted by the rules.

### **Fouls and Misconduct**

67. Player B jumps at opposing Player A to intimidate him from winning the ball. The referee should not call a foul.

68. Defender A2 attempts to clear the ball in a crowded goalmouth, but the ball unintentionally strikes opposing Player B2 on the arm. The ball drops to B2's feet, who shoots and scores. The referee shall allow the goal.
69. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, both having at least one foot on the ground and their arms held close to their bodies.
70. The correct penalty for obstruction is a direct free kick.
71. The correct penalty for a dangerous play is a direct free kick.
72. A head coach using a cell phone during the game to communicate with the assistant coach, who is located in the press box, is permissible.
73. A player moves the ball twice on a goal kick to waste time. The referee shall stop the clock and caution the player.
74. Use of a word or act to degrade an opposing player is penalized with a yellow card.
75. A player committing serious foul play by using unnecessary force when playing for the ball against an opponent shall be disqualified.
76. The restart for serious foul play is to award an indirect free kick to the non-offending team at the spot of the infraction.
77. The coach from Team A is disqualified from the contest. He refuses to leave the area. The referee shall terminate the game.
78. Player B, in his/her own penalty area, spits on the referee. The referee disqualifies B and restarts with a penalty kick by Team A. This is correct procedure.
79. It is illegal when a player in the path of the ball moves her hand to protect her chest and the ball touches her hand.

#### **Free Kick**

80. The ball enters the goal directly from an indirect free kick. The referee shall allow the goal.
81. All free kicks, with the exception of penalty kicks, may be taken in any direction.
82. The Team A goalkeeper runs up to take a free kick that has been awarded to his team just outside Team B's penalty area. The referee shall allow this.
83. Player A trips opponent B. The referee blows the whistle, signals tripping and then gives the direct kick signal. This is correct procedure.
84. A female player crosses her hands and arms over her chest to receive a pass. The ball hits off her arms and is controlled. The referee should award a direct free kick to the opposing team.
85. Players opposing the kicker shall always be at least 10 yards from the ball until it is kicked.

#### **Penalty Kick**

86. The referee may allow the teammate of Player A, who is taking a penalty kick, to stand in an offside position during the taking of the kick.
87. Players from both teams encroach on a penalty kick. The kicker shoots and misses high over the goal. The referee shall order the kick to be retaken. This is correct procedure.
88. If a penalty kick is taken after the expiration of time, the ball is in play until its momentum has been spent, goes out of play or is touched a second time by the kicker.

#### **Throw-In**

89. Player A2 takes a throw-in that goes directly into Team B's goal. The referee awards a goal to Team A.
90. A pass by Team A hits a referee who is running just outside the touchline. The ball goes completely over the plane of the touchline just for an instant and bounces back to Team B. The referee shall allow a throw-in to Team B. This is correct procedure.

91. During a throw-in, the referee must declare the throw-in illegal because of spin on the ball.
92. A thrower with a physical impairment who is limited to one hand may throw in the ball with a sidearm throw.
93. When a throw-in is being taken by Player A, Player B may stand on the touch line at the point of the throw-in.
94. Which of the following is the defender permitted to do during the throw-in?
  - a. Jump to block the throw-in.
  - b. Stand on the touchline at the point of the throw-in.
  - c. Stand two yards from the throw-in.
  - d. Impede the throw-in with the arms.

#### **Corner Kick**

95. A goal may be scored directly from a corner kick.

#### **Definitions**

96. While sitting on the bench, a substitute spits on an opponent. This is an example of a foul.
97. Bench personnel running on the field and preventing a goal would be an example of:
  - a. Misconduct.
  - b. Serious Foul Play.
  - c. Foul.
  - d. None of the Above.

#### **Signal Chart**

98. When observing a foul, the assistant referee shall hold the flag vertically until acknowledged by the referee, wave the flag and point the flag in the direction of the free kick.
99. Which of the following is an NFHS Official Soccer Signal?
  - a. Holding.
  - b. Tripping.
  - c. Spitting.
  - d. Starting the clock.
100. The correct soccer signal for starting the clock is for the referee to move his arm in a clockwise motion.

## **8. Safety**

### ***Background***

Aside from winning and losing, the coaches, players and parents all hope for the same outcome: a safe and healthy game experience. The officials play a significant role in achieving that outcome.

### ***Activity***

1. Refer to page 29 for the Pregame Responsibilities of the Officials. Being familiar with the field of play and its surrounding areas is one of the most important ways to ensure safety.
2. Weather: you know the saying about Montana weather. The high school soccer season will begin with temperatures in the 90's and end in the 40's (hopefully no lower!). Officials need to be cognizant of weather factors that affect the field of play, the players, and the officials themselves. Discuss ways to minimize the impact of varying weather conditions on players and on the officials' crew.
3. Discuss ways to help minimize the risk of injury to officials. Experienced officials should mentor newer officials about physically preparing for the game situations.

## 9. Dual Referee Mechanic

### ***Background***

The two referee (DUAL) mechanic has been in use for decades. It continues to be used throughout the country at the high school and collegiate level. The MHSA rule authorizes its use at the **sub-varsity level ONLY** and then only in cases of emergency. It is not as simple as having 2 center referees on the field at the same time however. Each referee functions as a “lead” or “trail” referee, depending on the situation. In addition to calling fouls/misconduct, the 2 referees must also cover all boundaries normally handled by Assistant Referees and be positioned to observe and penalize offside violations.

### ***Activity***

It is imperative that each official not only familiarize himself or herself with the Dual Mechanic (pages 86-92 of the rule book) but also practice this mechanic in a scrimmage setting. This approach will help insure proper use of the system if circumstances require its use.

Have the pool discuss placement and responsibilities of Lead and Trail at various situations including:

1. Start of match
2. Goal Kick
3. Corner Kick
4. Penalty Kick
5. Offside
6. Substitutions
7. Goals
8. Throw-ins
9. End of period

Following this study club, work with local high schools to schedule some practice scrimmages (only one school can be involved in scrimmage situations). Have the entire pool attend the scrimmages and take turns functioning in the dual mechanic. Critique each other.

## **10. Recruitment of Officials**

### ***Background***

Each year we see a turnover in MOA soccer officials' registrations. To ensure that high school competition will continue to grow, adequate numbers of officials must be available.

### ***Activity***

1. As a group, discuss the membership of your pool.

How long has your newest member been part of the MOA? If the answer is longer than "this season" there is a definite need for recruitment!

Who is available in your local area who might be interested in officiating high school soccer?

What are ways to include club officials in MOA study club meeting as a means of increasing interest?

Discuss contacting the local coaches for their suggestions.

Suggest that every pool member brainstorm the name and contact information for at least one potential new MOA recruit.

Are there other strategies for expanded your pool's membership?

## **11. Procedures for Post Season**

### ***Background***

Overtime procedures and other issues that do not apply to regular season games take effect during the post season.

### ***Activity***

Review the tie-breaking procedures outlined on pages 85-86 of the 2010-11 NFHS Soccer Rules Book.

Remember that by state association adoption, Montana uses two 10-minute overtime periods and then proceeds to kicks. Our state does not use the two 5-minute sudden victory periods.

## RESOURCES

### **Need game reporting forms?**

The game reporting forms for soccer have been updated. They are now available as a PDF or as a WORD template. Refer to the soccer page of the MHSА website: [www.mhsa.org](http://www.mhsa.org).

### **Need to refer to the MHSА or MOA handbooks?**

A copy of the complete MHSА Handbook is available online. Go to the MHSА website: [www.mhsa.org](http://www.mhsa.org) and click on Handbook. Some of the sections that might be of use are:

Rules and Regulations – includes the coaching rule, which might affect officials who also coach the sport.

Soccer – includes the general rules governing the administration of high school soccer in Montana.

MOA – includes the general rules for members of the Montana Officials Association.

### **Are you interested in the history of soccer in Montana and past champions?**

The soccer page of the MHSА website contains links to the previous team champions in soccer, as well as a history of the growth of the sport. It lists which schools began offering the sport in particular years, and it includes the site for the state tournaments.

### **Need national resources?**

The website for the National Federation of State High school Associations contains a variety of information. Navigate to [www.nfhs.org](http://www.nfhs.org) for more information.