

Referee Training Session 1

Pre Game Routine:

- Dress professional.
 - Tuck in shirt
 - Black shoes
 - Socks pulled up
- Arrive 15-30 minutes before game time.
- Check field:
 - Check for hazards on field
 - Check and make sure goals are anchored
 - Check for holes in net
- Introduce yourself to coaches:
 - Be confident and get player passes and game reports
- Bring equipment:
 - Whistle, watch, coin, backup watch, pen and cards
- Check in teams:
 - Check for shin guards and metal spikes.
 - Check for earrings, bracelets, necklaces, metal hairclips, and any other piercings.
 - Check for attendance and player numbers using player passes and game report.
- Captains:
 - Call captains
 - Have captains introduce themselves
 - Flip coin, away team calls in the air
 - Winner decides which side they would like to defend