



Referee Pre-Game Checklist

Check to make sure you have all the tools necessary:

- ✓ Whistle (and preferably back-up whistle)
- ✓ Watch (and preferably back-up watch)
- ✓ Referee badge on your shirt
- ✓ Red/yellow card set. Except Mini Refs
- ✓ Paper for game notes
- ✓ Pen/pencil (and preferably back-up pen)
- ✓ Coin
- ✓ 2 x Game balls minimum
- ✓ Air pump
- ✓ Pressure gauge
- ✓ Match Record sheets
- ✓ Water or other refreshment, a snack for Doubleheader
- ✓ Sunscreen lotion
- ✓ Flags for assistants, they should have their own but don't count on it
- ✓ Second/third color referee jersey (so as to distinguish yourself from players/goalies)

Check the game ball(s):

- ✓ Properly inflated? (See Law 2 – LOTG)
- ✓ Correct size for age group? (Size 3, 4 or 5)
- ✓ Good? (proper spin without wobble)

Check the field of play:

- ✓ Are the goals anchored securely?
- ✓ Are the nets fastened and secure? (Holes in the net?)
- ✓ Corner flags safe and 5' tall?
- ✓ Lines properly marked?
- ✓ Nothing within 3 yards of touch lines? (Spectators, team benches, etc.)
- ✓ Nothing dangerous on field of play? (Glass, standing water, holes, etc.)

Check player's equipment, Gamesheet and Coach/Player's Cards:

- ✓ Shin guards (Suitable material and are they covered by socks?)
- ✓ Check Gamesheet and Player's/Coaches Cards to match
- ✓ No jewelry (Taping is NOT allowed, other than medical bracelet)
- ✓ All players in proper uniform? (Goalies in different color)
- ✓ No hard casts or splints. Proper footwear? (no metal cleats or golf shoes)

- ✓ Warm up and stretch, so as to prevent injuries to you and your ARs