

How to be a Great Assistant Referee

ASSISTANT REFEREE MECHANICS AND SIGNALING

Positioning

While ball is in play you are on the “offside line” in one of three locations:

1. Second-to-last-defender (STLD)
2. Following ball behind STLD *all the way to goal line*
3. Halfway line if the STLD is in the other half of the field

Positioning On Restarts

- Kick off—STLD
- Throw-in—Offside line
- Corner kick—Looking down goal line regardless of side from which the kick is being taken.
- Goal kick—Start at 6 yard line to make sure ball is in goal area, then move either to 18 yard line (to check for ball in play or encroachment by the opponents) or to STLD if the goalkeeper is going to kick long.
- Penalty kick—Move to intersection of goal line and penalty area.
- Free kick near goal—Stay with offside line unless instructed or directed by referee to move to goal line.

Signaling

- Flag always in hand toward field as you move up and down touch line.
- When signaling, stop and face the field; flag always in appropriate hand; never arm across body.
- Throw-in (AR quadrant)—45 degree in direction of throw; if it goes over touch line then quickly back in, hold flag vertical until ref acknowledges, then show direction
- Throw-in (ref diagonal)—vertical in proper hand (if necessary to let ref know); direction shown by hand
- Goal kick—horizontal to goal area; if out and right back in, vertical, then signal
- Corner kick (your side of field)—45 degree down to corner; but vertical first, if necessary as with goal kick
- Corner kick (ref side)—signal only if ref looks to you for help; same as above
- Offside—up, then appropriate third after ref stops play
- Goal—look at ref and run short distance up touchline, keep flag down
- Goal where ball goes in and right back out—flag vertical, when ref stops play, then run up touchline; keep flag down
- Ball in goal, but there is a problem
 - If scorer was offside, hold offside signal
 - If someone else was offside or if a foul was committed, stand at attention, wait for developments
- Foul seen by ref—Your job is to help locate spot either in or out of penalty area; respond to eye contact from ref asking for help; if outside, no signal; if inside, flag straight down in front
- Foul not seen by ref, but seen by lead AR—raise flag vertically and wave; if ref stops play, signal direction like a throw-in; if penalty kick is in order, then move directly to corner and stand in front of flag
- Foul not seen by ref, seen by trail AR—mirror signal
- Always mirror other AR's signal if ref doesn't see it
- What if ref misses flag?
 - If throw-in, goal kick, corner kick, goal, i.e.. the ball leaves the field, then hold signal until ref acknowledges
 - If offside, hold signal until defense gains clear possession or goal kick or throw-in for defense