



Basic Assistant Referee (AR) Duties and Techniques

(Need to master these during your 1st and 2nd years as AR)

Positioning

Note: Situations in this document assume a “normal” alignment of field players being farther from the goal than the goalkeeper (GK). Thus, use of the term “**last defender**” refers to the last defensive field player. Naturally, when the GK comes out amongst the field players, or during corner kicks, you’ll need to adjust your defensive observations to the last two defenders, GK or not.

During Play

Use the toes of both shoes lined up on the sideline to determine a line across the field. If the last defender isn’t on that line, YOU must move quickly to regain a position in line with that defender, when that defender remains in the defensive half of the field. If all defenders enter the attacking half of the field, the AR remains at the halfway line.

Corner Kicks

With offside not possible on the initial touch of a corner kick, the AR’s first duty is to insure that (primarily on outswinging CKs) the ball does not entirely cross the goal line and return to play. After that, watch for the 4-6 players in the penalty area closest to the AR, looking for pushing, grabbing, impeding, or even violent conduct. On short corners, you must notice the positioning of defensive players, and be prepared if they move off the goal line quickly leaving attackers offside, to make the appropriate decision.

Attention

ARs must notice early in the game if they have a mobile and changing last defender, and increase their attention to the last defender's position, if needed. Under any circumstances, you must not forget to check the last defender position for 15 seconds or more. Even when play is active near your sideline, you should check the last defender at least once every ten seconds.

Eye Contact

The most important attribute of a good AR is eye contact with your center. Good centers will already have most restart directions before you start to raise your flag. Your job, in those cases is to reflect his/her direction signal, or avoid signaling. Some centers prefer to let you take the lead on line calls in your quadrant and only take the lead if you are not sure. In the referee's quadrant, he/she may not even look at you unless they need help.

Flag Position and Signals

- When moving along the sideline, keep the flag in the hand closest to the field (towards the referee). When running with the flag in your hand – holding the flag down and not swinging your arm looks more professional than swinging the arm while running.
- Goal line Restarts – Goal Kick - point flag horizontally at the goal area or directly in front of you if not near the goal area. Corner Kick – always point the flag at a 45 degree angle to the ground, DO NOT try to point directly at the corner flag (the farther you get from the corner flag, the more horizontal your flag will be & the easier to confuse with a goal kick signal.)
- Anytime that the ball returns into the playing field from being completely OOB, precede the restart direction signal with the flag straight up (vertical) until recognized by the center.