

C SOA POE 2019



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NFHS Rule Changes 2019

4-1-1a,b (Player Equipment)

- **a. The home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white), and the visiting team shall wear solid white jerseys and solid white socks.** Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside.
- **b. Both socks shall be the same color, with the home team wearing socks of a single dominant color, but not necessarily the color of the jersey and the visiting team wearing solid white sock.** If tape or a similar material (stays/ straps) is applied externally to the socks, it must be of similar color as that part of the sock to which it is applied.
- **Rationale:** This change allows home teams to wear the school-colored jerseys at home. The change would provide the opportunity for teams to use an alternative color uniform for "special" events, if approved by the state association.

NFHS Rule Changes 2019

4-1-1d (Player Equipment)

- **d. If visible apparel is worn under the jersey and/or shorts, it shall be of similar length for an individual and a solid liked-color for the team.**
- **Rationale: The previous rule caused financial hardships for some players and schools. The rule allows for the purchase of one set of cold-weather undergarments per player.**

NFHS Rule Changes 2019

4-2-10 Player Equipment

- In addition to the above permitted uses, state associations may on an individual basis permit a player to participate while wearing a head covering if it meets the following criteria:
- 1. For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play. **Note – This does not apply to concussion protective headgear.**
- 2. For religious reasons – In the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play. **Note: Ask the coach if the religious covering has been approved by the school – no note required)**
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NFHS Rule Changes 2019

- **8-1-2 - At the moment of the kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.**
- **11-1-4 - A Player is offside and penalized if, at the time the ball touches or is played by a teammate, the player, in an offside position, becomes involved in active play by:**
 - a. **interfering with play or with an opponent or;**
 - b. **seeks to gain an advantage by being in that position.**
- **A player in an offside position receiving the ball from an opponent, who deliberately plays the ball (except from a deliberate save), is not considered to have gained an advantage.**
- **Penalty - Indirect free kick at the spot of the infraction (even in own half), subject to the provisions in P13.1.3**

Rationale: This change better articulates the difference between being in an offside position and an offside violation. It also places the penalty language in a more logical place within the rule.

NFHS Rule Changes 2019

12-8-1f 15 (misconduct)

- **1. A player, coach or bench personnel shall be cautioned (yellow card) for:**

f. unsporting conduct, including, but not limited to:

15. A player who commits an offense against an opponent within his/her team penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, if the offense was committed during an attempt to play the ball.

NFHS Rule Changes 2019

misconduct continued

- **2. A player, coach or bench personnel shall be disqualified (red card) for:**
 - d. committing serious foul play:**
- **3. a player commits a foul, outside the penalty area, attempting to deny an obvious goal-scoring opportunity, and the goal is not scored; or**
- **4. a player commits a foul, inside the penalty area, while not attempting to play the ball, and the goal is not scored.**
- **Rationale: This change addresses the issues of denying an obvious goal-scoring opportunity (DOGSO) that occur in the game that places a player and team in double jeopardy when applying a penalty.**

NFHS Rule Changes 2019

Free Kicks

- **ART. 1 . . . Direct free kicks are awarded and taken from the point of the infraction (Except as in 13-1-3)**
 - j. if a player, coach, or bench personnel enters or leaves the field of play without the permission of the official and interferes with play or an official (12-8-1)
- **13-2-3 ART. 3 . . . The following indirect free kicks are taken from where the ball was when the referee stopped play:**
(Subject to restrictions in 13-1-3 and 13-1-4.)
 - a. if a player, coach or bench personnel enters or leaves the field of play without permission of an official and does not interfere with play or an official (12-8-1);
- **Rationale: This change maintains a focus on the proper decorum and behavior of the benches.**

NFHS Rule Change 2019

Definition – Deliberate Act

- **A deliberate act is one in which a player chooses to act, regardless of the outcome of that action. The deliberate act is neither reaction nor reflex. A deliberate action may result in the opponent benefiting from the action (e.g., a deliberate, but misplayed ball that goes directly to an opponent). A reaction or reflex may result in that player benefiting from the action (e.g., a ball inadvertently contacting the arm and falling directly to the player's feet).**
- **Rationale: This definition provides guidance for interpretation of rules that contain the word deliberate or phrase deliberate act.**

2019 NFHS POE

1. Denying an Obvious Goal Scoring Opportunity: The penalty associated with a player who denies an obvious goal scoring opportunity has been amended. In an effort to make the penalty better fit the infraction, now when a player commits an offense against an opponent within their own penalty area which denies an obvious goal scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball. Formerly, this player was disqualified and penalty kick was awarded. In circumstances where there was no attempt to play the ball, the player is still disqualified.

- In evaluating whether there has been an obvious goal scoring opportunity, officials are encouraged to consider the following:
 - Distance between the offense and the goal (the offense must be near the goal)
 - General direction of play (the attacking players are generally headed towards the goal)
 - Likelihood of keeping or gaining control of the ball (the player must have or be able to get control of the ball in order to score)
 - Location and number of defenders (not more than one defender between the attacking player and the goal, not counting the player that committed the foul and the defenders must be able to challenge the attacking player)
- If any of the above considerations are missing, it is not an obvious goal scoring opportunity.

2019 NFHS POE

2. Excessive Player Substitutions: Concern has been expressed in situations where teams make excessive substitutions towards the end of a game in an effort to waste time. According to Rule 3-6, a referee has the discretion to stop the clock during the substitution so that this time is not lost. Further, the referee may consider this unsporting conduct and a caution may be issued to the coach of the offending team.

2019 NFHS POE

3. Referee Mechanics for Indirect Free Kicks: When a team is awarded a free kick, it is important that the referee correctly utilize the NFHS Official Soccer Signals and properly signal so the teams know whether the kick is direct or indirect. This is especially important if the free kick is near the opponent's goal. For an indirect free kick, the referee must raise one arm vertically and maintain that position until the ball is touched by a second player. It is critical players know what type of free kick is occurring so the team taking the kick can properly execute the kick and the team defending know whether a goal may be scored directly from the kick. For indirect free kicks, if the ball enters the goal directly from the kick, the restart is a goalkick.

2019 CSOA POE

- **RISK MINIMIZATION (HANDLING CONCUSSIONS) - Concussions are of increasing concern and need to be dealt with immediately. If a player may be injured due to any type of blow to head, **STOP THE GAME IMMEDIATELY**, and get the trainer on the field. Only let the player back into the game if the player is cleared by the trainer. Make sure that **THE TRAINER PERSONALLY VERIFIES THE PLAYER'S ABILITY TO RETURN TO THE GAME TO THE REFEREE TEAM. IF THE TRAINER SAYS THE PLAYER MAY HAVE SUFFERED A CONCUSSION THEN THEY CANNOT PLAY W/O DOCTOR'S PERMISSION.****
- **Note - Schools are required to have a concussion management policy which sets forth conditions for handling concussions and assigns responsibility on which school official(s) (trainer or doctor) have the authority to clear a player suspected of a possible concussion to return to play during that match.**

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Continued

- **SHINGUARDS** – Shinguards must be NOCSAE certified and both age and height appropriate. They must be worn (bottom edge) within **TWO INCHES** of the ankle. This is a coaches responsibility, but should be a visual check item for the referee team.
- **HEADGEAR** – Though not a requirement, headgear is permissible to be used by ANY player.
- **REFEREE COMMUNICATION AND TEAMWORK** – Active and effective communication among referees and with coaches, team captains, and players is critical to ensure successful game management. Conducting a meaningful and thorough pregame with the head coach, team captains and referee team crew provides an opportunity to review important rule changes, ensure the players are properly equipped, discourage rough play, and emphasize a zero tolerance for the use of offensive/abusive language or gestures towards and opponent or an official.

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Continued

- **RESTART KICKOFF** – ball is in play when it is kicked in **ANY** direction.
- **REFEREE UNIFORMS** – officials shall be dressed alike in uniforms with primarily black shoes and black socks with **horizontal white stripes**. Primary color yellow and alternate color - green
- **REFEREE REPORTING TIME** – Referees are expected to be at the game site **30 minutes** prior to the start of the match. If you are going to be late, call your partners and the assignor.

Officials need to be dressed the same – first impressions are lasting

NFHS Lightning Policy

Referee Magazine February 2019

- **NFHS announced that Lightning Detection devices could be used to make decisions on suspending play if within a 10 mile radius**
- **Hearing thunder and seeing lightning takes precedence over a mobile app**
- **Policy**
 - **Referee team has final say on suspending play**
 - **Must adhere to the 30 minute rule period**
 - **If detection equipment available (trainer) referee team still responsible for suspension decision and player safety.**
 - **Always error on the side of caution**
 - **Terminating match due to excessive delays consult DSA/AP**

DSA Expectations

- **Consistency of calls as it pertains to player safety**
 - **Player safety is important – reckless/plays from behind, etc.**
 - **ARs need to be fully engaged and support the referee**
- **Referees engaging coaches in a negative manner and making situations worse instead of explaining why they made a call and deescalating the situation. (Better communication on what the call is—this could be educational for the athletes and coaches)**
 - **Make the coaches your ally not your enemy**
- **Consistent approach to handling foul language (What is/is not acceptable)**
 - **Be consistent – incidental vs. directed at teammate or opponent**
 - **remind captains and coaches at pregame**
- **Fitness level of officials---make sure they can keep up with the pace of the game.**
 - **This does not only pertain to the referee, but also the ARs – be in position to make the calls**

F-Bomb is **NOT** acceptable language – caution or ejection depending on circumstances

DSA Expectations

- **Substitutions – Does the player have to be all the way off the field / within 10 yards of the sideline / spotted by the AR.....This is different every game.**
 - **Subs must be beckoned on the pitch – get subs on ASAP: exception when giving a card make the carded player leave the field prior to the substitution entering the match**
- **Pre-game talk. i.e....This is how we are going to call off-side, we want 10 yards right away on a restart....etc.**
 - **Start everyone off the same page and hit key points on sportsmanship; language, substitutes; etc.**
- **Being on time - that should be 100% mandatory. Soccer games already go later into the night than most contests and if we start late it gets really tough.**
 - **Allow yourself plenty of time to get to the field; call if you are having traffic issues**

Coaches' major issue – Advantage – Opportunity for use of advantage increases as the attack gets closer to the goal NOT in the defensive half of the field

CSOA Requests to DSAs

- **Player behavior – Make players aware of importance of exhibiting good sportsmanship towards opponents and officials**
- **Coach/bench conduct – importance of demonstrating good sportsmanship on the bench**
- **Zero tolerance for foul/abusive language directed at an opponent or official**
- **Spectator conduct – home team responsibility not officials**
- **Team areas – team areas need to be marked and adhered to (cones are acceptable)**
- **Team benches – Same side or opposite sides on diagonal**
- **Lighting – 30 minute policy**

DSA/AP were sent a letter on these items and more –
please see website for copy of letter

Managing Expectations

- **Understand upfront – everyone wants to win and if they don't it's probably the (Officials') fault**
- **Players – Show case talents and do what they want to do**
- **Coaches – Control play and prevent retaliation; rough play/player safety; off the ball fouls/bench area fouls; consistency (as long as it favors their team)**
- **DSA/AP – Player safety, fairness, and get the game played**
- **Parents – Safety of “their” player; showcase “their” player's talent – no clue of the rules**
- **Referees**
 - **Players/Coaches “know” the rules**
 - **Fair Play within the rules of the game**
 - **Good sportsmanship**
 - **Players/coaches respect each other and the officials**

Players, Coaches, DSAs and Parents expect officials to be on top of the play at all times – This will help alleviate the questioning of your calls and enhance game control

Controlling the Match

- **Control vs. Chaos “let them play”**
 - **Fine line between control and chaos**
 - **Factors impacting match control**
 - “History” between schools
 - Date of game in season/team records
 - Size of pitch/weather conditions
 - **Be consistent from outset**
 - Call fouls for control/prevent retaliation (Coach POE)
 - Easier to loosen the reins than bring them back in
 - Use coaches and captains to assist in player control (Coach POE)
 - ARs assist Referee with off-the-ball or behind the back fouls/misconduct (Coach POE)
 - Critical foul areas – benches, keepers, sliding tackles, high boots, grabbing/holding
 - Use cards to cause changes in behavior
 - Deal with problems before they become a major issue
 - Catch more flies with honey than with vinegar
 - **Have a plan if a fight occurs**
 - Keep players on bench
 - Get numbers
 - Get coaches/administrator involved
 - Do not get in the middle of an altercation – observe and record

You are a facilitator not the center of attention stay within your comfort zone – Be the voice of reason (set the example)

Final Reminders

- **Game Time**
 - Varsity 40 Minute halves
 - Junior Varsity – 35 Min (Fairfax); 30 Min (Prince William; Fauquier; Stafford; Loudoun)
 - Official time – check with host institution (normally kept on field)
 - Stadium Clock – use for reference – run down to zero; use as reference point
 - Remember to start and stop time IAW NFHS rules – NO EXTRA TIME
- **Goal Posts – Must be anchored; football goal posts should NOT extend on to field**
- **Ball Holders – Minimum two for varsity match; must have at start**
- **Inclement Weather – Trainers usually have weather monitors; 30 minute lightning policy; get game administrator and coaches involved in any decision to end match (1/2 constitutes game)**
- **Eight Goal Rule - For District/Conference matches the 8 goal rule shall be applied after 60 minutes**
- **Player Equipment – Make sure all players are properly equipped at the start of the match.**
- **Bench/Fan Management – Referee team manage the bench; game manager for fan control; do not eject the trainer (Game Manager)**

Please get your game report(s) in on time!

Red Cards 2018

	DY	FAL Off	FAL Opp	SFP DOGSO	SFP	VC	Taunt	Other	
BV	26	6	2	5	9	16	3	5	72
BJV	5	4	0	2	2	1	1	0	15
GV	3	3	2	1	2	3	0	0	14
GJV	1	0	0	0	0	0	0	1	2
Total	35	13	4	8	13	20	4	6	103

- **Compare - 2015 – 101; 2016 78; 2017 – 96 (60 schools)**
- **77 Boys vs. 16 Girls**
- **Other 2 Coach and 3 Dissent to Officials calls**
- **Context 67 schools**
- **70% of red cards to boys varsity**
- **83% of red cards to varsity**

Focus on the Play



Know areas of responsibility and keep an eye on the play/players



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Communicate with your ARs; Communicate to players in coaches both non-verbally and verbally as required. Make the players/coaches allies not enemies



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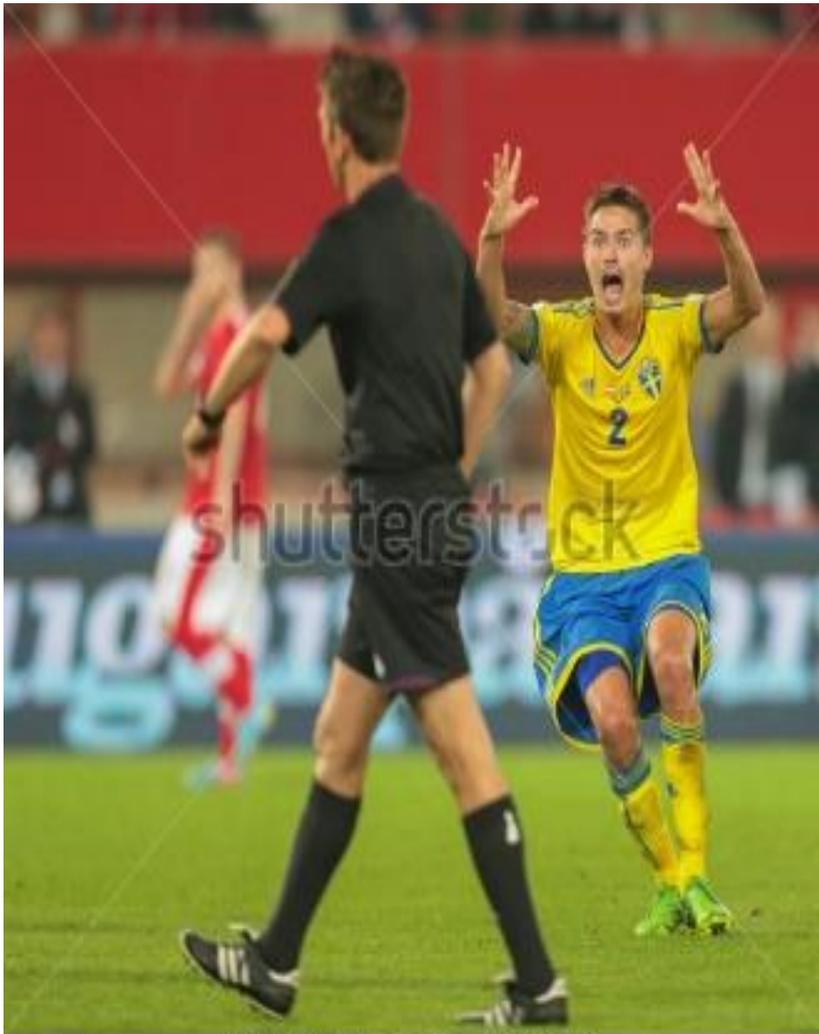


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Be in position to make/sell calls; communicate through proper signals; carry flag field side where you can quickly communicate to referee



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What is acceptable and unacceptable behavior by a player?

Self Evaluation

- **Self evaluation should be an ongoing process**
 - **Preseason**
 - **Do I know and understand the rules?**
 - **Am I physically fit to keep up/positioned to make the calls?**
 - **Am I mentally prepared to deal with the coaches/players and stress of the match?**
 - **Season/after each match**
 - **Do I leave my baggage in the car or take it to the field?**
 - **Am I keeping up with play from end to end?**
 - **Am I in position to make calls?**
 - **Am I communicating with my partner(s), players/coaches?**
 - **Am I making the proper calls and being consistent?**
 - **Did I enjoy the match or am I glad that it is over?**
 - **Do you look forward to your next game?**

Self Evaluation

- **End of Season**

- **Am I still fit or did I experience nagging injuries?**
- **Are you glad the season is over or are you looking forward to next season?**
- **Is traveling to games getting to you?**
- **Can you remain focused throughout the match?**
- **What is the impact on your family?**
- **What is the impact on your job?**
- **What is the attitude of your partners?**
- **What is the attitude of the coaches/players?**
- **What is the attitude of the assignor?**

Self evaluation is a continual process and key to understanding what you need to do to continue to progress as a referee. Take advantage of mentoring opportunities. Refereeing should be fun and not a burden!



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Have a great season and enjoy yourself on the pitch