



### Pre-game instructions to your AR's:

What exactly do you need go over with your AR's before the game starts?

- ✓ Find a quiet spot away from both technical areas.

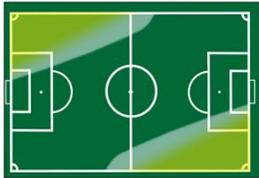
Go over all your expectations with your AR's as it pertains to the following topics:

1. Senior AR.
2. Eye contact.
3. Mirror decisions.
4. Throw-ins.
5. Goal kicks/corner kicks.
6. Penalty areas.
7. Substitutions.
8. Fouls in AR's "quadrant".
9. Off-sides.

### Additions/explanations to the items above:

1. Determine who is the most senior AR. Explain they will need to take over the game, should you get injured or can't continue the game for any reason. For that reason, the most senior AR should also always make game notes during the game as to who scored goals and who received yellow/red cards). **BOTH AR's, as well as you** should keep track of time.
2. Most importantly, tell your AR's **ALWAYS** to keep **eye contact** with you before they make any decision.
3. **If you have already made a decision** on a play and your AR's check with you through fore-mentioned eye contact, they should **ALWAYS mirror your decision**, even if they don't agree. This avoids any miscommunication and/or mistakes and will prevent any arguments on the field.
4. If and when the ball crosses the touch line for a throw-in on THEIR part of the field (from goal line to center half), they should indicate as to which way the throw will go with the proper signal (**eye contact FIRST**). Explain that if the AR couldn't see or is not sure, tell them to raise the flag straight up, make eye contact with you and tell them to then **mirror** whatever decision **you** make. Once the actual throw-in occurs, tell you AR's to watch the **thrower's feet**, while you will watch the arms/hands. This way you can both keep an eye out on whether the throw-in is taken correctly. The AR on the thrower's side should make sure that a part of BOTH of the thrower's feet touch the ground and the thrower does **NOT** step **OVER** the line, into the field of play. (As long as a part of both feet touch the touch line, it is good).
5. If and when the ball goes towards the goal line and goes out for either a goal kick or corner kick, tell them to follow the ball **ALL THE WAY** though to the goal line and then make the appropriate signal (**eye contact FIRST**).

6. A huge point of contention during games, is always whether a team should get a penalty kick or not, after a foul was alleged in the penalty area. To keep things simple, this should be **YOUR** call as main referee, in 95% off game situations and instruct your AR's to follow **YOUR** decision or non-decision. However, explain to your AR's that, in very blatant situations, where they are **200% sure** it is a penalty kick and **YOU** missed it (i.e. an **ABSOLUTE CLEAR** case of deliberately handling the ball by a defender that you didn't see, or something happening behind your back that you couldn't see) they should raise their flag in the appropriate fashion to indicate a foul. Tell your AR's that if this happens, you will quickly come over to them and ask them for an explanation.
  
7. Explain to your AR who is on the "technical area side of the field" (or **BOTH AR's, if teams are on opposite sides of the field**), he or she will be responsible for the correct substitution procedure on their side of the field. (See page on "Substitutions" for complete procedure).
  
8. Instruct your AR's that whenever they see a foul in **THEIR** quadrant (= area from intersection of halfway line and touch line on their side of the field to the top of the penalty area on their side, **SEE HIGHLIGHTED IN THE FIELD PICTURE BELOW**), they should make **eye contact** with you **first** and **unless** you call "advantage" on the foul, they should call the foul and make the appropriate signal.



(The highlighted areas are considered to be the AR's quadrant)

9. Without a doubt, the most important call an AR can and will make. Instruct your AR's **always** to stay in line with the **2<sup>nd</sup> last defender** on their side of the field (between goal line and half way line), or follow the ball if the ball gets closer to the goal line than any defender. Remind your AR's that it is NOT an offence for a player just to be in an off-side position, but that a player in off-side position **HAS** to be **ACTIVELY** involved in the play, or gains an **advantage by being in the off-side position**, the **MOMENT** the ball is passed to him/her by a team mate. Tell your AR's to wait one or two seconds **BEFORE** they make the actual off-side call, just to make sure that player in fact **IS involved in the play** or **HAS that advantage**. (This is called "the wait and see approach"). Only then, if completely sure the player is to be called off-side, the AR should raise their flag and make the appropriate signal.

