



Referee Pre-game Checklist

- ✓ Warm up and stretch, so as to prevent injuries.

Check to make sure you have all the tools necessary:

- ✓ Whistle (and preferably back-up whistle).
- ✓ Watch (and preferably back-up watch).
- ✓ Referee badge.
- ✓ Red/yellow card set.
- ✓ Paper for game notes.
- ✓ Pen/pencil (and preferably back-up pen).
- ✓ Coin.
- ✓ Game ball(s).
- ✓ Air pump.
- ✓ Pressure gauge.
- ✓ Game sheets.
- ✓ Water or other refreshment.
- ✓ Sunscreen lotion.
- ✓ Flags for assistants.
- ✓ 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).
- ✓ Safe? (No loose flaps or tears).

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:

- ✓ Shin guards (Suitable material and are they covered by socks?).
- ✓ No hard casts or splints.
- ✓ No jewelry (Taping is NOT allowed, other than medical bracelet).
- ✓ All players in proper uniform? (Goalies in different color).
- ✓ Proper footwear? (no metal cleats).

