



UPWARD SOCCER
**REFEREE
HANDBOOK**

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Welcome to Upward Soccer!

This handbook is designed to provide you with everything you need to be a successful Upward Soccer Referee. The information on the following pages is designed to guide you through the season and includes the rule enhancements to Upward Soccer.

Along with this handbook, you can find resources on ***MyUpward.org***. Contact your League Director for details on how to access these resources.

It is also important for officials to understand the goals of the sports ministry, what success looks like and how success is measured. These points can be discovered at the referee meeting prior to the season or by consulting with the league director.

The goal of our sports ministry is: _____

Success looks like: _____

Success is measured by: _____



SECTION ONE

REFEREEING UPWARD SOCCER



BECOMING AN UPWARD SOCCER REFEREE

Upward Soccer is designed to promote healthy competition and sportsmanship while also teaching the objectives of game play. Coaches will teach the basic fundamentals of soccer through skills and drills along with sharing life lessons through mid-practice huddles. While teaching the game a coaches top priority is to promote the discovery of Jesus through sports. You can help support the coach in how you officiate the game.

It is important that you understand your responsibilities as a referee:

+ Understand and know the sport

- Begin by knowing and understanding the sport, laws of soccer and the unique rules for each level of play. Knowing these things will help you to be confident as you blow the whistle and make calls. Use the whistle, use hand signals and explain the violations as they occur.

+ Lead by example

- It is important that referees are role models on the field. You should demonstrate a Christ-like attitude through your refereeing and through the encouragement of players. Provide positive comments to players during the game for their play, effort and sportsmanship.

+ Control the game

- Upward Soccer referees represent the highest level of authority on the field. Through this authority, it is important to make the necessary calls throughout the game. Coaches spend time at practice teaching the rules, fouls and violations to their players. On game day, it is your job to support that by enforcing the rules and holding players accountable.

- Coaches, spectators and players appreciate a well played game and consistently enforcing the rules. Call the game consistently for everyone to help them learn the game.

+ *Communicate effectively with coaches, players and spectators*

- You will serve as on-the-field coach, teaching the game as it happens. Simple communication can provide a lot of direction. Things like, “Watch where you are, you have to stay out of the arc.” “Hands off, watch the contact.”
- Hand signals should accompany all calls. Coaches and spectators need to know the result of the play.
- Talk with coaches during game play and at the end of segments. Communicate what you are seeing; build rapport and confidence with the coaches.

+ *Employ proper positioning and refereeing mechanics*

- This includes moving diagonal across the field, blowing the whistle, using hand signals and keeping the game on track.

COMMUNICATING WITH COACHES AND PLAYERS

Communicating with Coaches

Before the game begins, the referee should meet with both coaches to discuss how the game should be called. Ask the coaches if there are situations on their teams that need special attention. Are the games played under control, do the players understand the rules, are players at an appropriate distance for free kicks? To set the tone for the game, referees will gather both teams and coaches for a brief word of encouragement and prayer. Through encouragement and warning, referees are often able to prevent fouls.

SECTION ONE: REFEREEING UPWARD SOCCER

During the game, coaches want to know which violations are being called. Referees should communicate clearly with the coaches and give proper hand signals to avoid confusion. Going into halftime is a good opportunity to set the tone for the second half. Based on the play in the first half, let coaches know what things you'll be looking for in the second half.

Communicating with Players

It is the referee's job to talk to players during the game and to be an on-the-field coach. Communicating with players during play will help them improve their game. Often the referee can stop a foul before it happens by talking to the players. Commands like, "Keep your hands down" or "Watch the pushing" can keep the game moving and make it more enjoyable for all. Teaching players "The Laws" and "The Spirit" of the game will be appreciated by both parents and coaches.

Be sure to encourage players. This will go a long way toward building players' self-esteem. Since referees are out on the field with the players, they have the perfect opportunity to encourage them.

Here are a few things to cover during the pregame meetings:

- Ensure players have removed any jewelry, watches or brimmed hats before beginning the game.
- Give reminders of game play: Kick offs to begin each half and after each goal, common fouls to avoid.
- Remind players and coaches of the reasons for playing Upward Soccer: ***Have fun and to honor God with their actions and attitudes while on the field or on the sidelines.***

CONTROLLING THE GAME

The referee is responsible for keeping the game clock. A stop watch will assist in keeping time during each segment and substitution changes. Keep the game on schedule. Every game should start and stop on time.

Player safety should be a concern for every referee. Keeping players under control by calling all fouls, encouraging players and giving instruction as an extension of the coach will shape the overall attitude and atmosphere of the game. This will improve the players experience, build their confidence and create opportunities to develop relationships with coaches, players and players' families.

A key component of controlling the game is calling fouls as they occur. In order to call the fouls, you must first know what to look for and what the consequence is for each foul committed. Review the rule enhancements to Upward Soccer section in this handbook to gain an understanding of the rules for Upward Soccer and how to apply them to each game situation. When a foul does occur, be sure to blow the whistle loud enough for players to hear it and stop the game to call and explain the violation of the rule.

Managing Substitutions

There are six pre-determined substitutions (twelve for the K5 division) throughout the game. Substitutions are to be made as quickly as possible. Substitutions are to take place in less than one minute. This is not a coaching time-out. Referees should know the substitution system and assist coaches when necessary.

NOTES



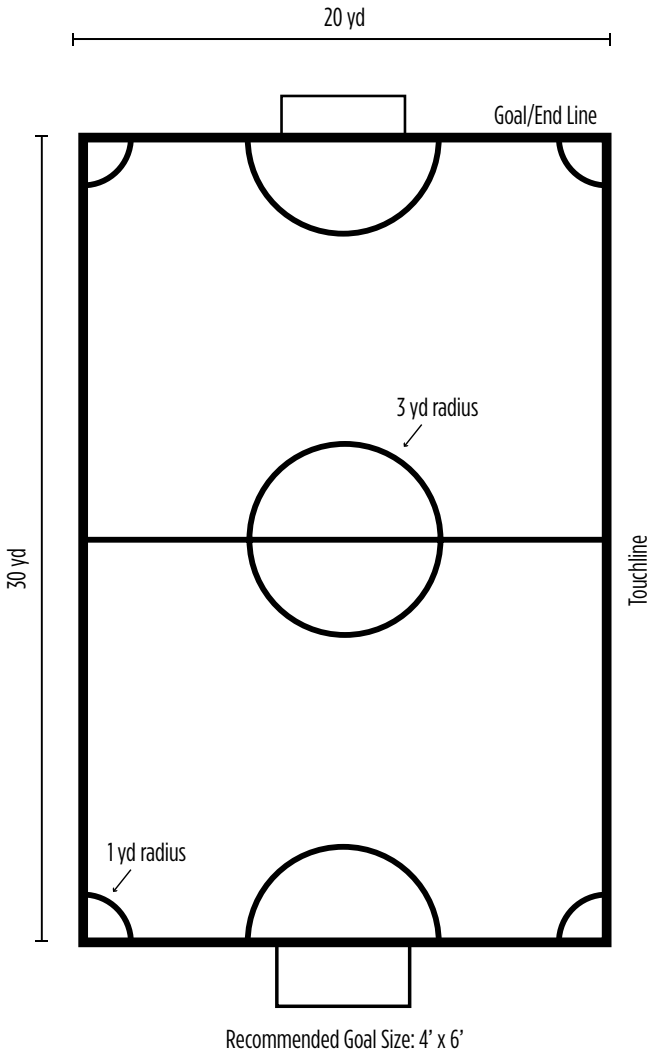
SECTION TWO

RULE ENHANCEMENTS TO UPWARD SOCCER

The rules for Upward Soccer are designed to promote healthy competition and sportsmanship while also teaching the objectives of game play.



4 v 4 FIELD OF PLAY



4 v 4 SOCCER RULES

MAX. # OF PLAYERS 8

FIELD OF PLAY

LENGTH 30 yards

WIDTH 20 yards

GOAL SIZE 4' x 6'

GOALKEEPERS No

BALL SIZE Size 3

SUBSTITUTION SITUATIONS

K5 Only: At clock stoppage times every six (6) minutes.

1st-2nd Grade: At clock stoppage times every six (6) minutes.

PLAYER EQUIPMENT Shin guards required

NUMBER OF REFEREES

K5 Only: 1 Coach from each team

1st-2nd Grade: One (1), No Assistant Referee

MATCH LENGTH

Matches consist of two (2) 18 minute halves with the clock stopping every 6 minutes for substitutions. There should be an eight (8) minute halftime. There will be no extended time.

START / RESTART OF PLAY

A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The initial touch (pass) must go forward, toward the defending goal. The ball must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.

Continued on next page.

SECTION TWO: RULE ENHANCEMENTS FOR UPWARD SOCCER

4 v 4 SOCCER RULES (cont.)

FOULS / MISCONDUCT

Fouls shall result in either a direct or indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same segment must sit out the remainder of that segment. Those players can return during their next scheduled substitution.

INDIRECT / DIRECT FREE KICK

Opponents of team taking the free kick must be at least four (4) yards from the ball until put into play.

PENALTY KICKS

None

THROW-INS

Opponents four (4) yards from ball until put into play.

GOAL KICKS

The ball should be placed on the end line, five (5) yards from the shooting arc on the side in which the ball was played out. Defenders should retreat behind midfield until the ball is put into play.

CORNER KICKS

Opponents of team taking the corner kick must be at least four (4) yards from the ball until put into play.

BALL KICKED IN WRONG GOAL

N/A due to no score kept

GOAL SWITCH AT HALFTIME

K5: No

1st - 2nd Grade: Yes

BALL IN/OUT OF PLAY

The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.

SCORING

Score is NOT kept.

KICKOFF/RESTART

The ball must touch another player before the initial player can touch it again. The ball may be kicked forward or backward.

4 v 4 SOCCER RULES (cont.)**SCORING REQUIREMENT**

A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field.

TOURNAMENT PLAY

No tournaments since score is not kept.

SHOOTING ARC

There is no ball contact allowed within the shooting arc. If the ball comes to a stop within the arc, a goal kick is awarded to the defensive team regardless of who touched the ball last. Any part of the ball or player's body on the line is considered in the shooting arc. If the ball has broken the plane of the shooting arc and a defensive player touches the ball, but the referee determines that the ball would not have gone in the goal, a corner kick is awarded to the attacking team. If the attacking player touches the ball inside the arc, a goal kick is awarded. The plane of the shooting arc extends upward.

POSSESSION OF THE BALL

The team in possession of the ball at the end of the first, second, fourth and fifth substitution segments retains possession of the ball. The team with possession of the ball will start the next period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.

SLIDE TACKLING

Slide tackling will NOT be allowed.

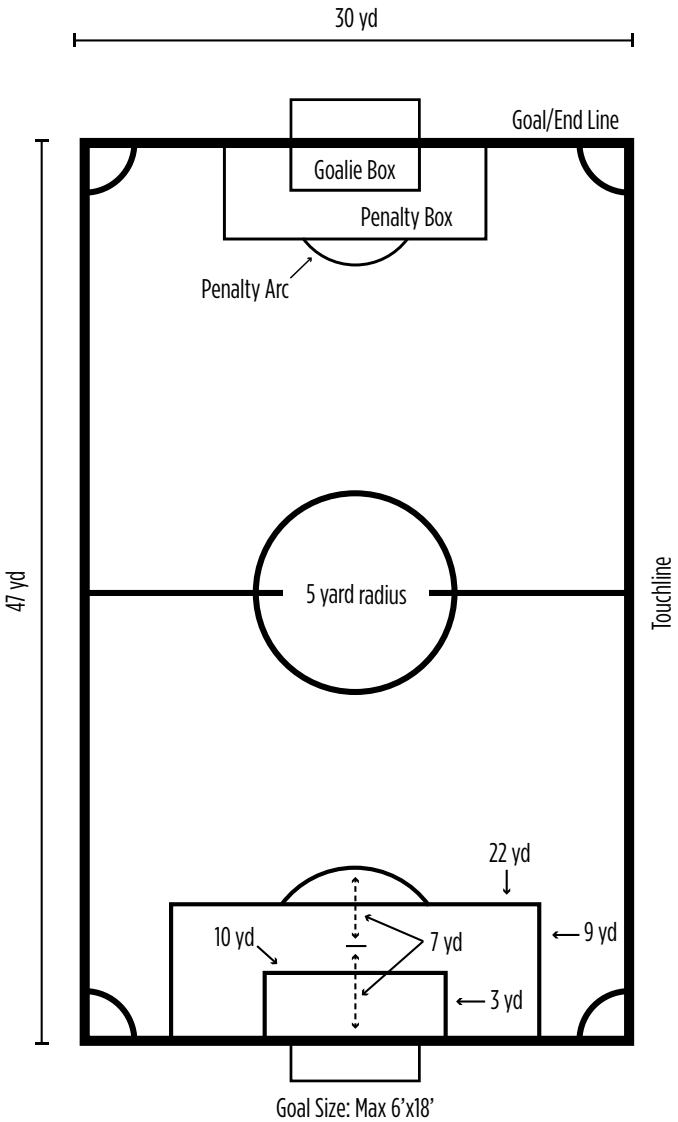
HEADERS

Headers will NOT be allowed. Although this technique is used in advanced levels of soccer, it can pose as a safety risk and is therefore not allowed.

OFFSIDE

Offside is NOT called.

7 v 7 FIELD OF PLAY



7 v 7 SOCCER RULES

MAX. # OF PLAYERS 14

FIELD OF PLAY

LENGTH 47 yards

WIDTH 30 yards

GOAL SIZE Max size is 6' x 18'

GOALKEEPERS Yes

BALL SIZE Size 4

SUBSTITUTION SITUATIONS At clock stoppage times every eight (8) minutes.

PLAYER EQUIPMENT Shin guards required

NUMBER OF REFEREES Two (2)

MATCH LENGTH

Matches consist of two (2) twenty- four (24) minute halves with the clock stopping every eight (8) minutes for substitutions. There should be an eight (8) minute halftime. There will be no extended time.

KICKOFF / RESTART OF PLAY

A restart kickoff is taken from the center circle at the start of each half and after a goal is scored. The ball may go forward or backward and must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle. Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.

Continued on next page.

7 v 7 SOCCER RULES (cont.)

FOULS / MISCONDUCT

Fouls shall result in either a direct or indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same segment must sit out the remainder of that segment. Those players can return during their next scheduled substitution.

INDIRECT / DIRECT FREE KICK

Opponents of team taking the free kick must be at least seven (7) yards from the ball until put into play.

PENALTY KICKS

The penalty mark is made seven (7) yards from the midpoint between goalposts and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in play, then play continues live.

THROW-INS

Opponents five (5) yards from ball until put into play.

GOAL KICKS

Conform to FIFA. It is recommended that opponents remain in their own half until ball is in play. The team taking the goal kick does not have to wait for the opposition to retreat and can restart beforehand if they choose. The ball is in play when it is kicked out of the penalty area.

CORNER KICKS

Opponents of team taking the corner kick must be at least seven (7) yards from the ball until put into play.

BALL KICKED IN WRONG GOAL

A goal is credited to the other team if a player kicks or throws the ball into his or her own goal.

GOAL SWITCH AT HALFTIME

Yes

BALL IN/OUT OF PLAY

The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.

7 v 7 SOCCER RULES (cont.)**SCORING**

Score is kept in every game and recorded to reflect “points for” and “points against” for tournament seeding.

SCORING REQUIREMENT

A goal may only be scored from a player’s offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field.

TOURNAMENT PLAY

End of season tournaments are encouraged.

SHOOTING ARC

No shooting arc exists.

POSSESSION OF THE BALL

The team in possession of the ball at the end of the first, second, fourth and fifth period retains possession of the ball. The team with possession of the ball will start the next period with a throw-in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.

SLIDE TACKLING

Slide tackling will NOT be allowed.

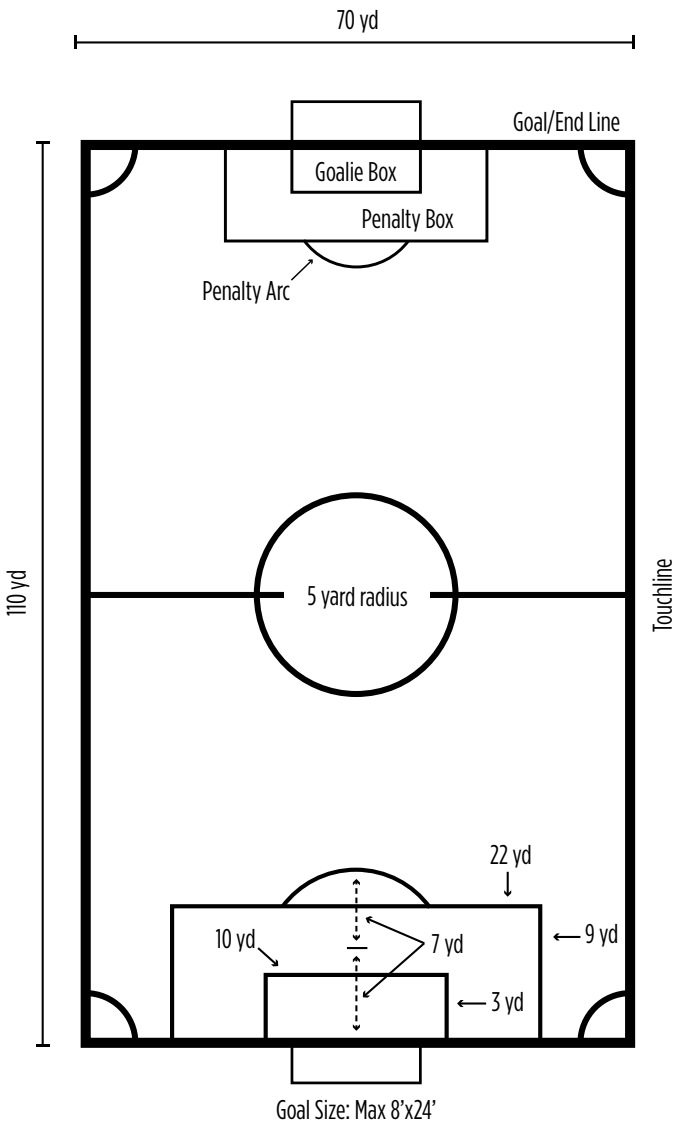
HEADERS

Headers will NOT be allowed. Although this technique is used in advanced levels of soccer, it can pose as a safety risk and is therefore not allowed.

OFFSIDE

Offside is called.

11 v 11 FIELD OF PLAY



11 v 11 SOCCER RULES**MAX. # OF PLAYERS** 16**FIELD OF PLAY***LENGTH* 110 yards*WIDTH* 70 yards*GOAL SIZE* Max size is 8' x24'**GOALKEEPERS** Yes**BALL SIZE** U11/12 size 4, U13 and above size 5**SUBSTITUTION SITUATIONS** Allowed during any stoppage of play.**PLAYER EQUIPMENT** Shin guards required**NUMBER OF REFEREES** Two (2) (one referee, one linesman)**MATCH LENGTH**
U15 & U16: 2x40 min. halves
U13 & U14: 2x35 min. halves
U11 & U12: 2x30 min. halves
Halftime: 5 minutes**FOULS/MISCONDUCT** Fouls will result in either a direct or indirect free kick. Referees will explain infringements to the offending player.**INDIRECT/ DIRECT FREE KICK** Opponents of the team taking the free kick must be at least ten (10) yards from the ball until put into play.**PENALTY KICKS**

- Awarded when any of the fouls that result in a direct kick occur inside the penalty area.
- Only the goalkeeper and kicker are allowed inside the penalty area.
- Opponents must be ten (10) yards away before the kick is allowed.
- Goalkeeper must stay on the goal line until the ball is kicked.
- The kicker cannot touch the ball twice until it has been touched by another player.

Continued on next page.

11 v 11 SOCCER RULES (cont.)

THROW-IN

When the ball goes out of bounds, the team opposing whichever team last touched the ball will throw the ball in from the sideline where it went out. The ball must be thrown in from directly behind the head and delivered in front of the head onto the field.

GOAL KICK

- Goal kicks are taken by a member of the defending team when the ball crosses the goal line outside of the goal and is last touched by a member of the attacking team.
- The kick is taken from anywhere within the goal area.
- The ball must leave the penalty area before it can be played/touched by any player from either team.
- If the ball is touched by another player before leaving the penalty area, the goal kick is retaken.

CORNER KICK

- Corner kicks are taken by the attacking team when the ball crosses the goal line outside of the goal by a player from the defending team.
- The kick is taken from the corner arc on the side of the field where the ball went out of bounds.
- No defending player may be within ten (10) yards of the ball.

BALL KICKED IN WRONG GOAL

All “own goals” will be scored.

GOAL SWITCH AT HALFTIME

Yes.

SCORING

Score IS kept. Regular season games may end in a tie. Tournament games will have overtime to determine a winner.

SCORING REQUIREMENT

A goal may be scored from either side of the field because goalkeepers are used in the 11 v 11 format. Teams may accidentally kick the ball into their own goal. At this level, those goals WILL be awarded to the opposing team.

TOURNAMENT PLAY

Tournament play will follow the same rules as the regular season but overtime rules will be used in case of a tie.

11 v 11 SOCCER RULES (cont.)**SLIDE TACKLING**

Slide tackling is NOT allowed.

HEADERS

Headers are NOT allowed

A player is considered offside if he is nearer to the opponent's goal line than the ball at the time the ball is kicked except in the following cases:

- 1. The player is in his own half of the field.*
- 2. The player is not nearer to his opponent's goal line than at least two of his opponents.*

OFFSIDE

A player is only penalized for being offside if the ball is played or touched by one of his team and he is involved in active play in one of the following ways:

- 1. Interfering with play.*
- 2. Interfering with an opponent.*
- 3. Gaining an advantage by being in an offside position.*

OVERTIME

- Overtime rules should only be utilized in tournament play.
- If both teams are tied at the end of regulation, play one five-minute half to determine a winner. The first team to score in overtime wins.
- If no team scores in the first five-minute period, play another five-minute half.
- If still no team scores, use penalty kicks.

PENALTY KICKS

- Use only if teams are tied after 2 overtime periods.
- Each team gets 3 penalty kicks, alternating each kick.
- The "away" team will kick first.
- If teams are still tied after 3 penalty kicks, use sudden death kicks to determine a winner.

COMMONLY USED TERMS

Direct Kick: If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handling the ball to prevent a goal being scored. Ball is placed at location of offense. Goal can be scored directly.

Indirect Kick: If a player commits any of the following: offside, touches the ball more than once on a restart, keeper uses hands when receiving a ball from own teammate, stalling with the ball, and other "minor offenses". Ball is placed at location of offense and goal cannot be scored directly (has to touch somebody else).

Corner Kick: When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out of bounds.

Throw In: When the ball completely passes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must stay behind the sideline and throw the ball over their head with both hands and keep both feet on the ground.

Penalty Kicks: If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force AND in the penalty area: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handles the ball to prevent a goal being scored.

Drop Ball: Occurs between two players, one from each team, to restart the game anytime an official has to stop play for a no-penalty situation. The ball is dropped at the spot where it was last in play unless this happens in the goal arc, in which case it is dropped at the nearest point five yards outside the goal arc. The ball may only be kicked after it has touched the ground. A goal may be scored directly from a drop-ball.



SECTION THREE

CALLING FOULS



HOW TO MAKE A CALL

When a foul has occurred, a quick sharp blast on the whistle with the appropriate hand signal will communicate that play has stopped. Briefly explain the call to the players, how it can be avoided, and the result of the violation, then resume play. To promote proper soccer skills and understanding, referees should call all fouls. Failing to call fouls creates confusion among players and hinders their understanding of the game.

If a violation is committed frequently, stop the game and explain the violation to all players. The extent of this explanation will depend on the age and understanding of the players. After the game, encourage coaches to talk with their team about the violations at their next practice. Ideally, violation explanations will decrease as the season progresses.

COMMON FOULS

As an Upward Soccer Referee, you have the responsibility of knowing and calling all fouls as they occur. To assist you in knowing what to look for, this section highlights the most common fouls you will see during a game.

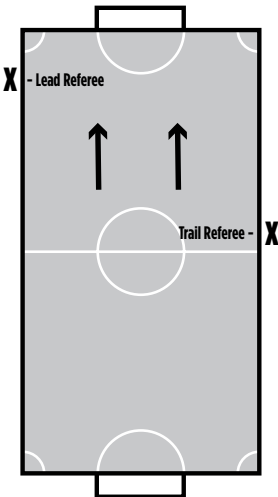
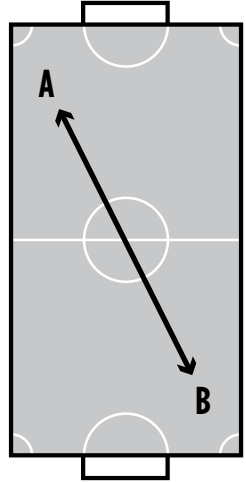
- **Pushing:** Often when there are two or more players by the ball, the players begin to push each other.
- **Slide tackling or playing the ball while the player is on the ground:** Players love to slide or kick when on the ground.
- **Interfering with the ball while in the goal arc:** depending on who touched the ball and whether the ball would have gone in the goal, you must determine if it will result in a goal kick, corner kick or a penalty kick.
- **Handling the ball:** Many young players will reach for the ball. It may take a couple of games to break them of this habit.
- **Throw in:** A throw in is an unusual motion for young players. They must be taught the proper procedure and have it reinforced by calling the foul.

REFEREE POSITIONING AND RESPONSIBILITIES

Referee Positioning

4v4 ONLY: Games will have only one referee. The referee needs to be in the correct position to call fouls. As the referee, you should be close to the action without interfering with play. You should be positioned behind the play, allowing the game to flow without interference. As you learn the game you will become better at anticipating the play to be in a better position to call a good game.

Referees should move diagonally across the field between Points A and B. This movement allows the referee to cover the most field space and be an active part of the game.



7v7 ONLY: Each game will require two referees that alternate as lead and trail duties with each change of possession. The lead referee is the first official down the field and positions himself along one touchline near the goal line. The trail referee positions himself diagonally on the opposite touchline closer to midfield. During a change of possession, the lead and trail officials switch, making the lead the new trail and the trail the new lead.

SECTION THREE: CALLING FOULS

Primary responsibilities of the field referees :

- Leads both teams in prayer at midfield before each game
- Calls and briefly explains all fouls
- Enforces the rule enhancements to Upward Soccer by promoting character and self-esteem
- Forms a unified team with the coaches during the game and substitutions
- Is the highest authority on the field

HAND SIGNALS

Hand signals should be used when calling a foul. Using the correct hand signal will inform players, coaches and spectators of a foul. To make the game more enjoyable for everyone, briefly explain the hand signal being used. Referees may also use informative gestures to convey the nature of an offense. For a pushing foul, the arms should be extended forward, slightly bent, with the palms facing outward. Informative gestures are not mandatory, but they help players, coaches and spectators understand the referee's call. For additional information, see the hand signal illustrations in the FIFA Laws of the Game.

Indirect Free Kick

The referee raises his or her hand. For young players, the referee will need to place the ball where the foul occurred. For older players, the referee may simply point to where the ball should be placed.



Direct Free Kick

The referee uses his or her hand to point in the direction of the kick. At the beginning of the season, the referee will need to place the ball where the foul occurred. By the second or third game, the referee may simply point to where the ball should be placed.

SECTION THREE: CALLING FOULS



Advantage

Both arms are spread out in front of the referee, signaling that play should continue. The Advantage Rule permits the referee to recognize a foul, not call it and allow play to continue, if the referee feels it is in the best interest of the player who was fouled.



Throw-in

The referee signals stoppage of play by blowing the whistle then points the arm at 45 degrees in the direction of the throw-in.



Corner Kick

The referee points toward the corner of the field where the kick is to be taken. This hand signal is similar to the direct free kick hand signal. Audibly express that a corner kick is to be taken.



Goal Kick

The referee points to the corner of the goal box where the kick is to be taken. This hand signal is similar to the direct free kick hand signal. Audibly express that a goal kick is to be taken.

