

USC Rec Soccer Referee Guidelines and Training Reference

All Referees will need the following 4 items to work a game:

1. Whistle (regardless if they are the center or an assistant referee)
2. Colored flags (regardless if they are the center or an assistant referee)
3. Device to keep time (regardless if they are the center or an assistant referee)
 - a. Stop watch or watch are acceptable devices for rec soccer
 - b. MOBILE PHONES are not acceptable. This is NOT new for 2026, please plan accordingly.
4. Yellow USCAA referee jersey
 - a. In the event of cold weather, the Yellow jersey can be worn over a jacket or sweatshirt
 - b. In the event of rain, referees can wear rain jackets but the color should easily distinguish themselves from the team uniform colors

Key Game Rules for Upper St. Clair Rec Soccer

Age Group	Players	Ball Size	Goalies?	Offsides	Heads Allowed	Time **
Kindergarten	4 v 4	3	No	No	No	4 x 8 min quarters 3 min break between Q1-Q2 and Q3-Q4 5 min halftime
1 st & 2 nd Grade	4 v 4	3	No	No	No	4 x 10 min quarters 3 min break between Q1-Q2 and Q3-Q4 5 min halftime
3 rd & 4 th Grade	7v7	4	Yes (included in 7)	Yes	No	2-25 min halves 10 min halftime
5 th & 6 th Grade	7v7	4	Yes (included in 7)	Yes	No	2-25 min halves 10 min halftime

***Based on player availability, coaches can agree to modify the number of players on the field**

* If the weather is very hot, then the coaches can modify the time format of the game to provide players with extra water and rest breaks

Pre-Game Guidelines

- Arrive at fields **at least 15 minutes before** the game starts
 - If assigned to the first game of the day at Marmion or USCHS Front for Kindergarten or 1st & 2nd Grade games, arrive **at least 20 minutes** before the game starts to assist with setting up goals / Bow Nets
- Check in each team before each game
 - Have players line up shoulder to shoulder and confirm that all players have shin guards and are wearing soccer shoes
 - To check shin guards, ask players to tap their shins and visually confirm that players are outfitted with shin guards
 - Ask players if they are wearing jewelry of any kind to remove it before the game begins
 - To check soccer shoes, ask players to pick up their cleats to visually confirm players is wearing soccer cleats (see picture below)
 - If a player does not have shin guards OR is not wearing soccer cleats, they are not permitted to play
 - Acceptable soccer cleat diagram:



Training:

Source 1: <https://www.youtube.com/@southtexassoccerreferees7946/videos>

"Greatest Hits":

Advice to New Referees - Being A Referee - 4 min

<https://www.youtube.com/watch?v=leH99NmTeek>

Advice to New Referees - Being An Assistant Referee - 4 imin

www.youtube.com/watch?v=OYc0anliWDg

Laws of the Game: Law 5 - Referee Signals - 7 min

https://www.youtube.com/watch?v=Y_UyyIJmLQ8

Laws of the Game: Law 6 - Assistant Referee Signals - 10 min

<https://www.youtube.com/watch?v=p65M5IgW0yE&t=98s>

Laws of the Game: Law 11 - Offsides

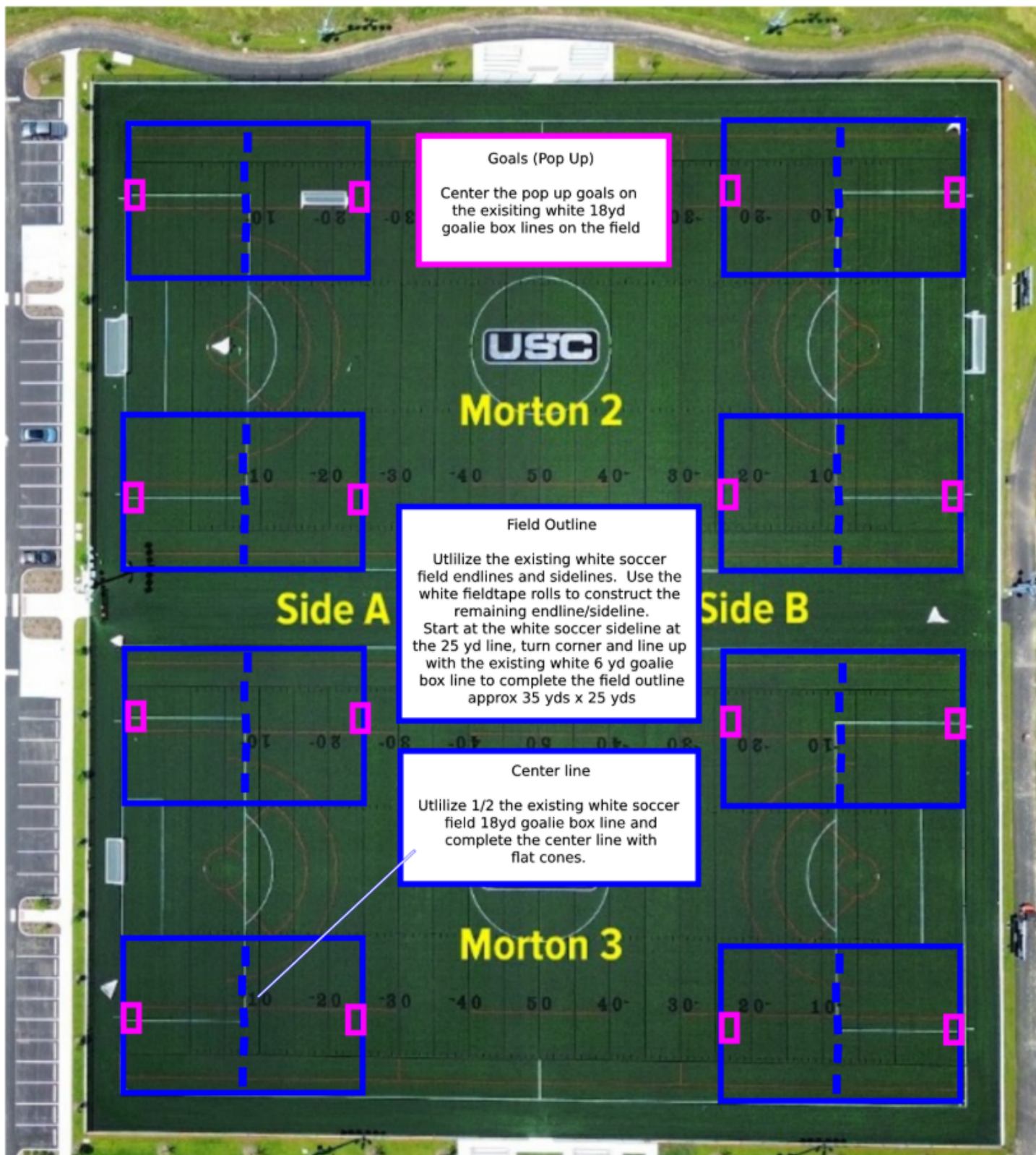
<https://www.youtube.com/watch?v=YcdgZzLy-tE>

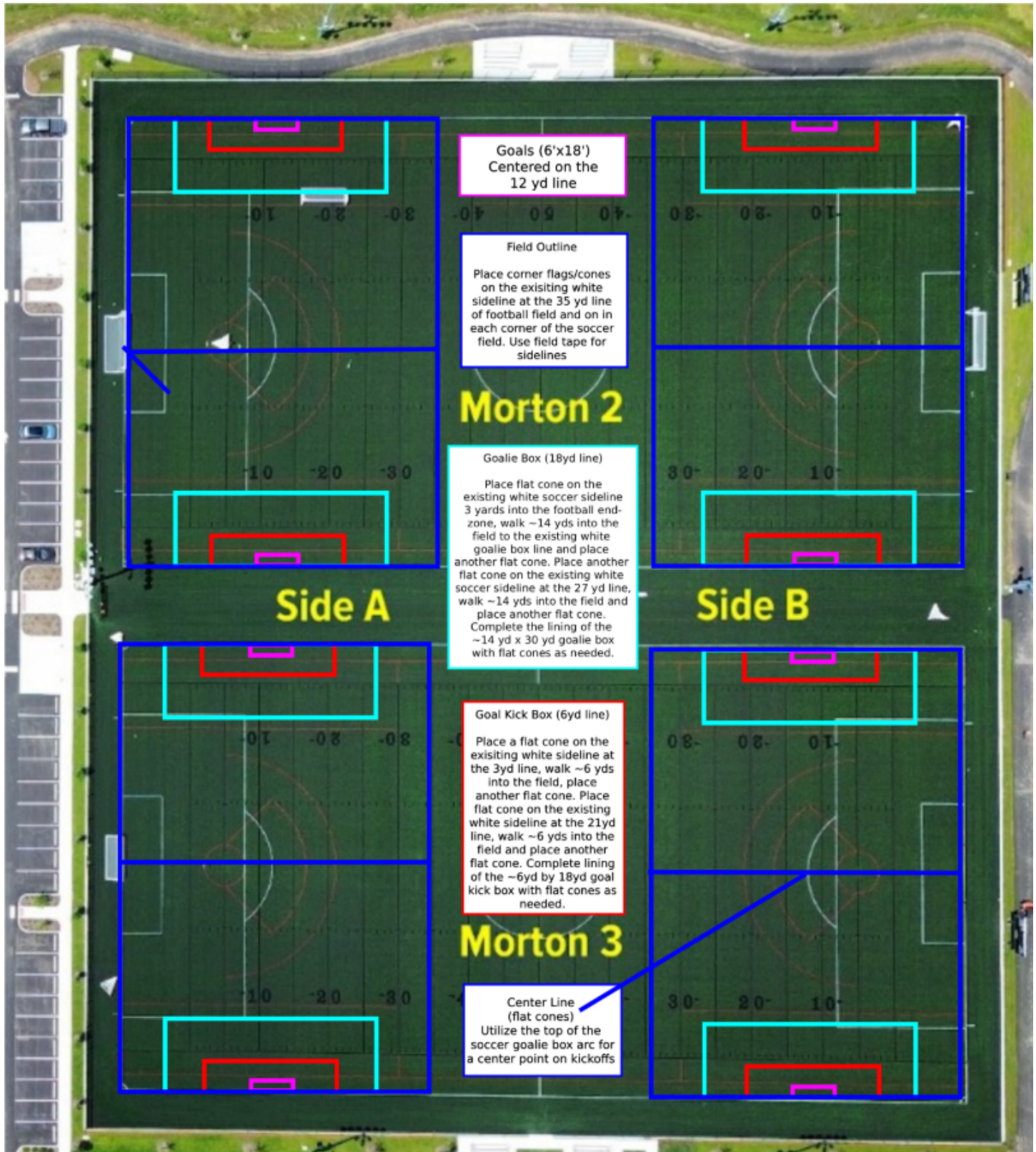
Source 2: <https://www.youtube.com/playlist?list=PLr2W6YLwTmKsL6YUW1mYcwbcMhs1ImOrm>

Field Diagrams:

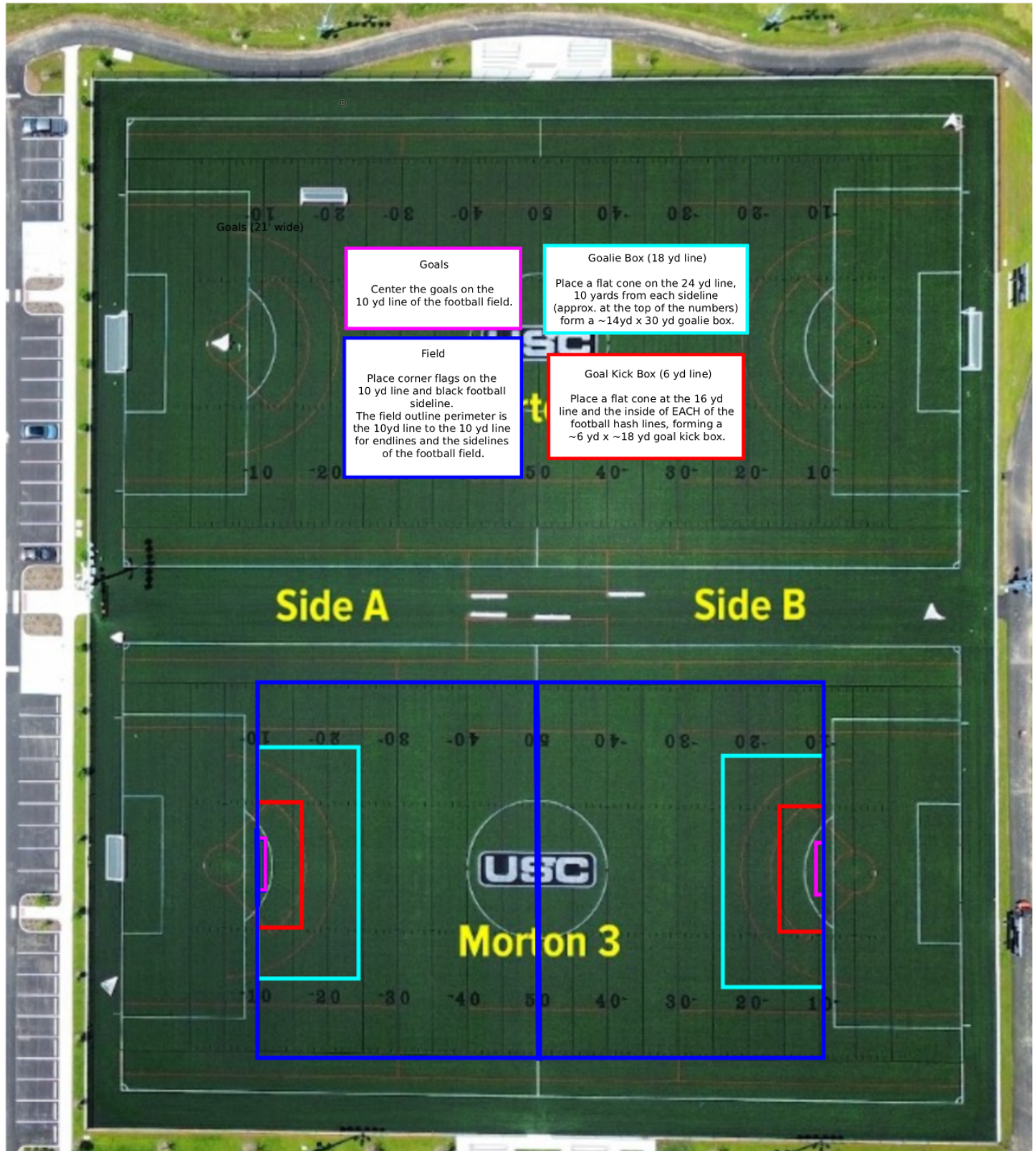
Marmion (Kindergarten):







Morton 5th/6th Grade (Boys 2026):



Morton Field Overall Layout:

