



Youth Sports Officials Training Doc

Mountain Recreation rules follow other governing bodies' rules. Do not note our league rules may have modification. League rules are available [online!](#)

Communication:

Being an effective referee means being an effective communicator!

Tips for communication with coaches are:

- Have a quick pre-game meeting. This is a good time to introduce yourself and go over any rules questions they may have.
- Clearly communicate fouls/penalties with proper hand signals.
- Keep it polite. Never stoop to poor sportsmanship, even if a coach is demonstrating poor sportsmanship.
- Keep it simple. While it helps to explain calls if the situation presents itself, you do not “owe” coaches anything. Any explanation should be brief and to the point to not open calls for further discussion (even if it is admitting you could not see anything to make a call).
- Answer reasonable questions. If a coach asks for an explanation politely, then answer politely. If you are being yelled at, ignore the coach, or give them a warning to stop or leave the game.

Tips for communication with other officials are:

- Have a quick pre-game meeting to go over any rules or points of emphasis
- Regroup at halftime and talk about what you saw or want to make a point of emphasis in the second half
- Always make eye contact, especially if you are unsure of a call. Use non-verbal cues to support the other official and/or signal what you would call.
- If you disagree, it is ok to pause the game to talk about the call in question and come to an agreement.

Mistakes to Avoid

- Not presenting confidence in calls: this includes not blowing the whistle loud enough or having weak/delayed hand gestures
- Poor positioning: while occasionally “I did not see it” is an understandable explanation for not making a call, proper positioning minimizes not seeing calls. Anticipate plays and work hard to be in the best spot to make calls.
- Lack of professionalism: not looking alert (hands on hips or in pockets) or being dressed appropriately communicates you are not taking the game seriously
- Taking criticism either too personally or not at all: while we strive to have a culture where there is only good sportsmanship and no complaints, there will still be inevitable negative comments directed toward you. If these are internalized (thinking “am I a bad ref?”) or always dismissed pridefully (thinking “there’s no way I would miss a call”), this can lead to either you not enjoying officiating or others not enjoying your officiating.

Expectations for Officials:

- Before games:
 - Communicate availability quickly to director when asked (or even before being asked!)
 - Be punctual to games
 - Be professional: avoid call-off’s and communicate early if you have to miss a game
- During games:
 - Keep a positive attitude
 - Communicate well
 - Represent Mountain Rec well (be professional)
 - Always be learning (do your best to be better each game!)
- After games:
 - Keep director in-the-loop of any issues: coaches with poor sportsmanship, player discipline, injuries, other staff not showing up, etc.

Basketball

Lead Responsibilities (Blue in diagrams):

- Establish position on baseline
- Adjust for best angle to see players
- Officiate post play
- Go as far out as 3-point line for sideline coverage
- Move with the ball if possible, but *avoid getting caught behind the basket between the lane lines*
- When shot goes up, keep eyes on shooter (not ball-watching)

Trail Responsibilities (Green in diagrams):

- Establish position just outside 3-point line
- Responsible for front court
- First back on fast break
- Mirror lead and switch sides if lead initiates switch
- Push fouls on rebounds
- Lane notes:
 - In drives in the lane, lead can be blocked out.
 - If lead has many players in the lane, trail should be primary

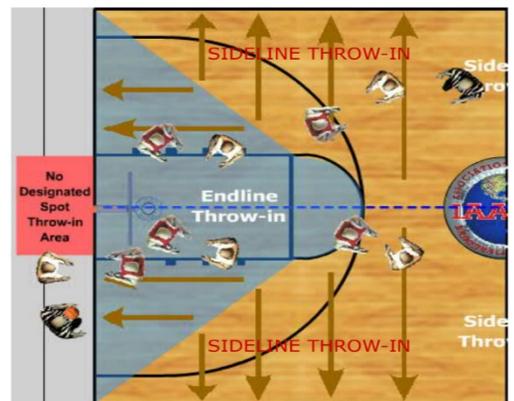


Throw-In's:

- Wait until defense is set on throw-in's
- Lead/trail should may switch if the throw-in spot is on the sideline (instead of staying on baseline and passing the ball to the thrower.)
- Official stands on the outside of the thrower

Solo Officiating:

- Positioning is free-throw line to free-throw line
- Avoid getting caught on the baseline
- You can ask for player help on out-of-bounds
- Throw-in's: after designating the spot and the player is there, you can move a short distance away and bounce the ball (like a free throw) to the player to be in better position



Sideline Throw-In's Diagram



Out-of-Bounds Responsibilities



Free Throw Responsibilities

Soccer

Solo Officiating:

Most games will likely be solo

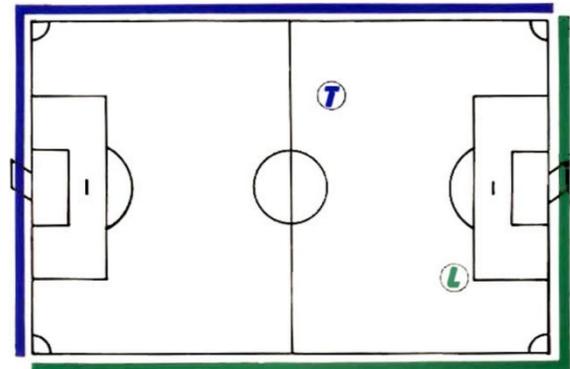
- Although diagonal system of control is typically used as a center referee, referees should stay closer to play to see all out-of-bounds calls without assistant referees
- Offsides can be more of a judgment call since it is often called from farther away. Call what is clear.
- Hustle!: people are less likely to be argumentative if you are hustling to the best position to see plays

Lead Responsibilities (Blue in diagrams):

- Whistles for: Corner kick, penalty kick, free kick, throw-in on their side, offsides
- Moves to end-line on corner kicks and penalty kicks
- Responsible for out of bounds of **blue lines**

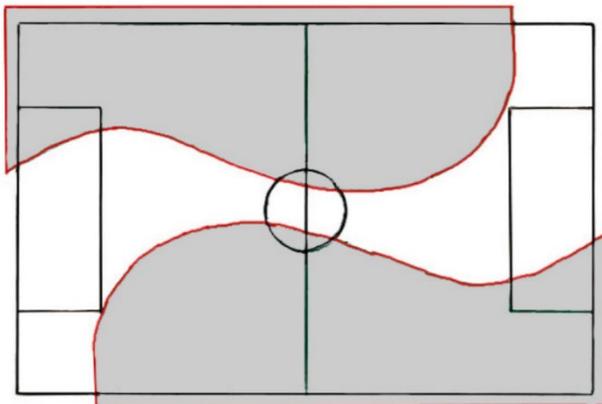
Trail Responsibilities (Green in diagrams):

- Whistles for: kick-off, goal kick, throw-in on their side
- Moves even with the ball on free kicks
- Responsible for out of bounds of **green lines**

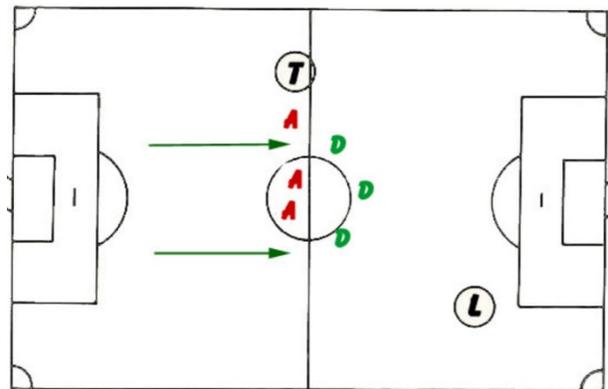


Positioning:

- Subs will be at the discretion of the referee on the team sideline



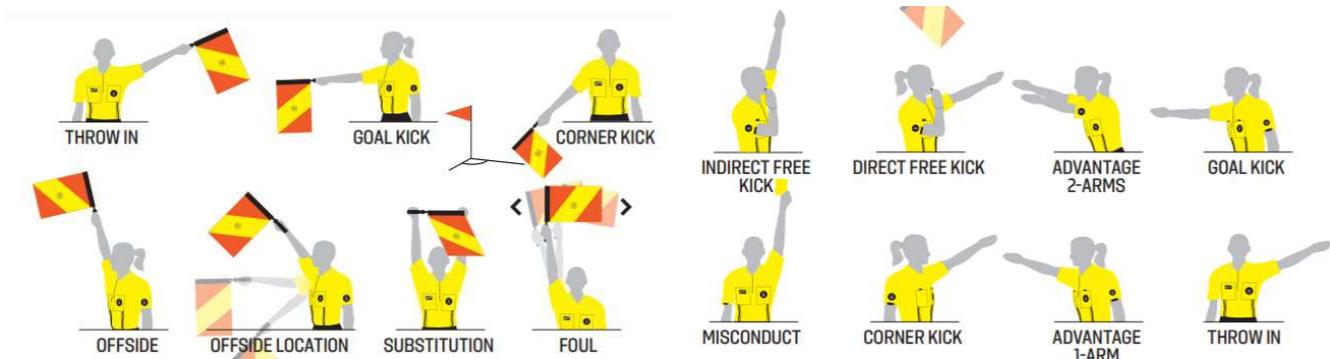
Positioning is flexible instead of staying on the touchline.



Positioning for kickoffs

Hand Signals

- Flags are not used



Baseball/Softball

Field Umpire:

-Start positions on diagram:

- No runners on base: A
- Runner on first base only: B
- Runners on first and third: B
- All other configurations: C

-Rotations:

- Starting at A, ball to the infield: Step into fair territory and establish a good view of first base. See the runner's foot hit the bag and hear the ball hit the glove. On an overthrow or runner advancing, get inside the basepath.
- Starting at A, ball to the outfield: get inside basepath and watch runner touch first. Advance with runner inside basepath if necessary.
- Starting at B, ball to the infield: responsible for runners, stay with batter-runner on overthrow
- Starting at B, ball to the outfield: calls catch/no catch within "The Cone," stay with batter-runner on advance
- Starting at C, ball to the infield: slide into working area, responsible for all runners at all bases
- Starting at C, ball to the outfield: calls catch/no catch within "The Cone," slide into working area to see tag-up at second base and catch simultaneously

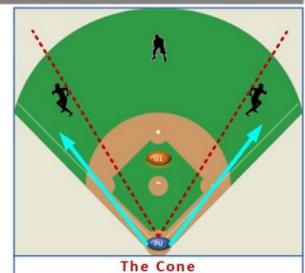
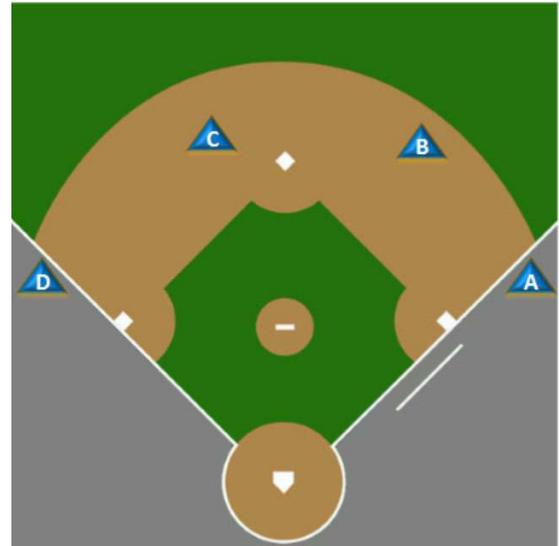
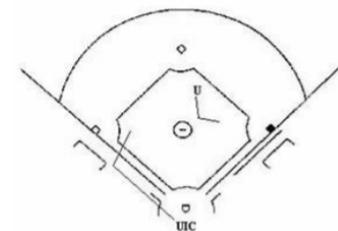


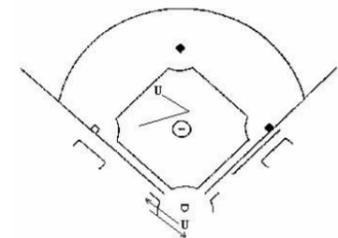
Plate Umpire:

-Rotations:

- Ball to the infield, no runners on: trail runner halfway to first base, watching for (1) pulled foot by the first baseman; (2) swipe tag; and (3) running lane violation
- Ball to the outfield, no runners on: call catch/no catch, move to position on infield to see catch
- Ball to the infield, runner on first: calls interference at second base, covers any play at third base
- Ball to the outfield, runner on first/first & third: catch/no catch outside of "The Cone," covers play at third base *after* watching running on third score (if runner on third base), watches tag-up on third base runner
- Ball to the infield, runners on second/third: runner is in scoring position, so stay at the plate, watches tags at third base
- Ball to the outfield, runners on second/third: runner is in scoring position, catch/no catch outside of "The Cone,"



Runner at 1st Rotations



Runner at 3rd Rotations

-Additional responsibilities: ball/strikes, fair/foul calls, ball out of play, time in/out

Solo Officiating:

-Hustle!: people are less likely to be argumentative if you are hustling to the best position to see plays

-Watch the ball, glance at the runners. Never lose track of the ball!

-Remember: angle > proximity

-Remember priorities, in order: fair/foul, catch/no catch, safe/out, runners touching bases, tag ups, lead runner/other runners, interference/obstruction

-Can call from behind the plate or move to calling from behind the pitcher's mound

If calling from behind the plate still:

- Ball in play, no runners on: move down the first-base line
- Runner on first base: hustle out to just left of the pitcher's circle
- Bases loaded: move down third-base line (if no chance for play at plate, move to the center)

If calling from behind the mound, make sure you get to the plate to cover passed balls

Common Mistakes/Misconceptions:

-The hands are *not* part of the bat; they are part of the batter. If a pitched ball hits the batter's hands while trying to avoid being hit, it is a batter hit-by-pitch. If the batter is swinging at the pitch when hit, it is a strike.

-If a batted ball hits home plate, it is *not* a foul ball. Home plate is in fair territory.

-A foul-tip (caught by the catcher) is *not* a foul ball, and the ball is *not* dead. It is a live ball strike.

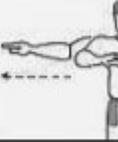
-If an appeal of a missed tag-up results in a third out, any runs that scored on the play (except runs scored by the offending runner and any runners following that runner) count.

- If there is a successful appeal of a runner at a base to which he was forced (missed base), then the successful appeal results in a force out. Therefore, if the appeal results in the third out, then no runs score on that play.

-Runners *may* still advance when an infield fly is called (still must tag if the ball is caught).

-The batter *is* still awarded first base if hit by a pitch after it bounces (if the batter is not swinging and tries to avoid being touched by the ball).

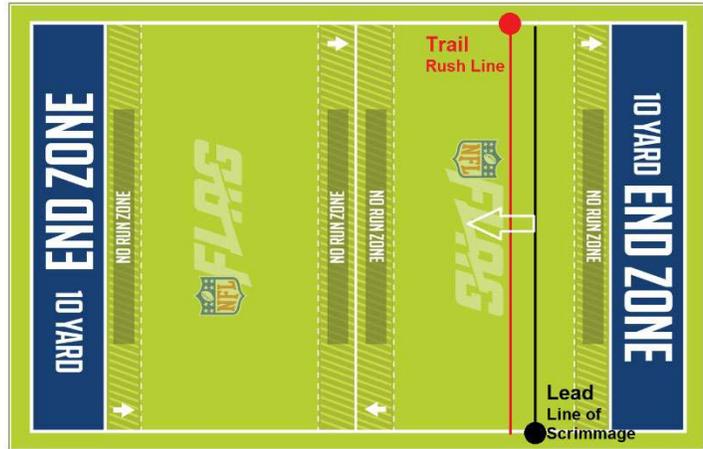
Hand Signals

			
Do Not Pitch	Play Ball	Time-Out, Foul Ball or Dead Ball	
			
Foul Tip	Fair Ball	Safe	
			
Strike or Out	Infield Fly	Count	Time Play

Flag Football

Lead Responsibilities (Black in diagram):

- Pre play: announce down, check offensive players flag belts, watch offense and defense positioning for offsides, watch offense motion and false starts
 - In-play: watch the snap, start pass clock on snap, follow QB's movement until ball is gone, watch quarterback position with regard to line of scrimmage, call play dead at end of pass clock
 - Post-play: retrieve ball and set the LOS cone and ball
- Both: keep game clock*



Trail Responsibilities (Red in diagram):

- Pre play: Make sure blitzers start behind the rush line cone
 - In-play: move downfield with play, watch downfield activity (blocking, pass interference, flag guarding)
 - Post-play: signal the new down, monitor player interactions after the play is over, guide lead official to appropriate ball spot if necessary, walk off steps to set new rush line
- Both: keep game clock*

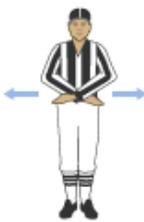
Solo Officiating:

- Start position, each down: on the line of scrimmage, about halfway between the center and the sideline
- Stay with the ball as much as possible: at the line of scrimmage on passes before going downfield on once the ball is thrown and on runs
- Always set the line of scrimmage cone first before walking off the rush line steps. You can hold on to the ball while you do if needed to make sure you are ready before the offense is
- On runs to the opposite side, run diagonally back behind the line of scrimmage to make sure you can see the sideline *before* moving forward with the play

Hand Signals



Holding



Penalty declined, incomplete pass, missed field goal, missed extra point, no play



Pass interference



First down (one arm pointing)



Facemasking



Time out



Offside



Clipping



Touchdown, successful field goal, successful extra point



Personal Foul



Illegal motion

Volleyball

Positioning:

On the sideline even with the net (on the ground, not on a stand)

Solo Officiating:

Games are officiated solo

Hand Signals

