

Benicia Referees:

Here are links to two instructional videos by US Soccer which describe the proper signal mechanics for referees (7 mins) and assistant referees (10 mins). These quality videos will help you tremendously with your mechanics so you can make signals with confidence.

REFEREE SIGNALS (7 mins)

<https://www.youtube.com/watch?v=7Imz30mNjho>

ASSISTANT REFEREE SIGNALS (10 mins)

<https://www.youtube.com/watch?v=h-XHXTi3OuI>

If you are using any signals that are not in line with what is suggested in the above videos, please stop using them. As referees, we often hear about consistency from players, coaches and spectators. Consistency starts with proper mechanics. In United States and under USSF, the signal for a throw-in is performed at a 45-degree angle. Other countries may have different mechanics for this signal, but let's maintain consistency.

Two additional instructional videos are worth your attention: Guidelines for Referees and Guidelines for Assistant Referees, provided by FIFA and hosted by US Soccer. They provide examples from actual games about how to judge situations. Each video is about 20 minutes long (total 482 MB) and must be downloaded to view (no streaming). Here are the download instructions:

1. Use this link to access the Download Files:
<https://ussoccer.app.box.com/s/ruqcsf0671k1bcf6dzwf/1/1053928017>
2. Download the "Guidelines for Referees and Assistant Referees". Please note that this file is in the Zip format and is approximately 482 MB. It will take sometime for it to download.
3. Unzip the file to find two MP4 files called "Guidelines for Referees" and "Guidelines for Assistant Referees".

Take care and see you on the pitch!

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