

Seacoast Youth Flag Football & NFL Flag Football

Referee Guidelines Training

REFS: Communicating with Coaches

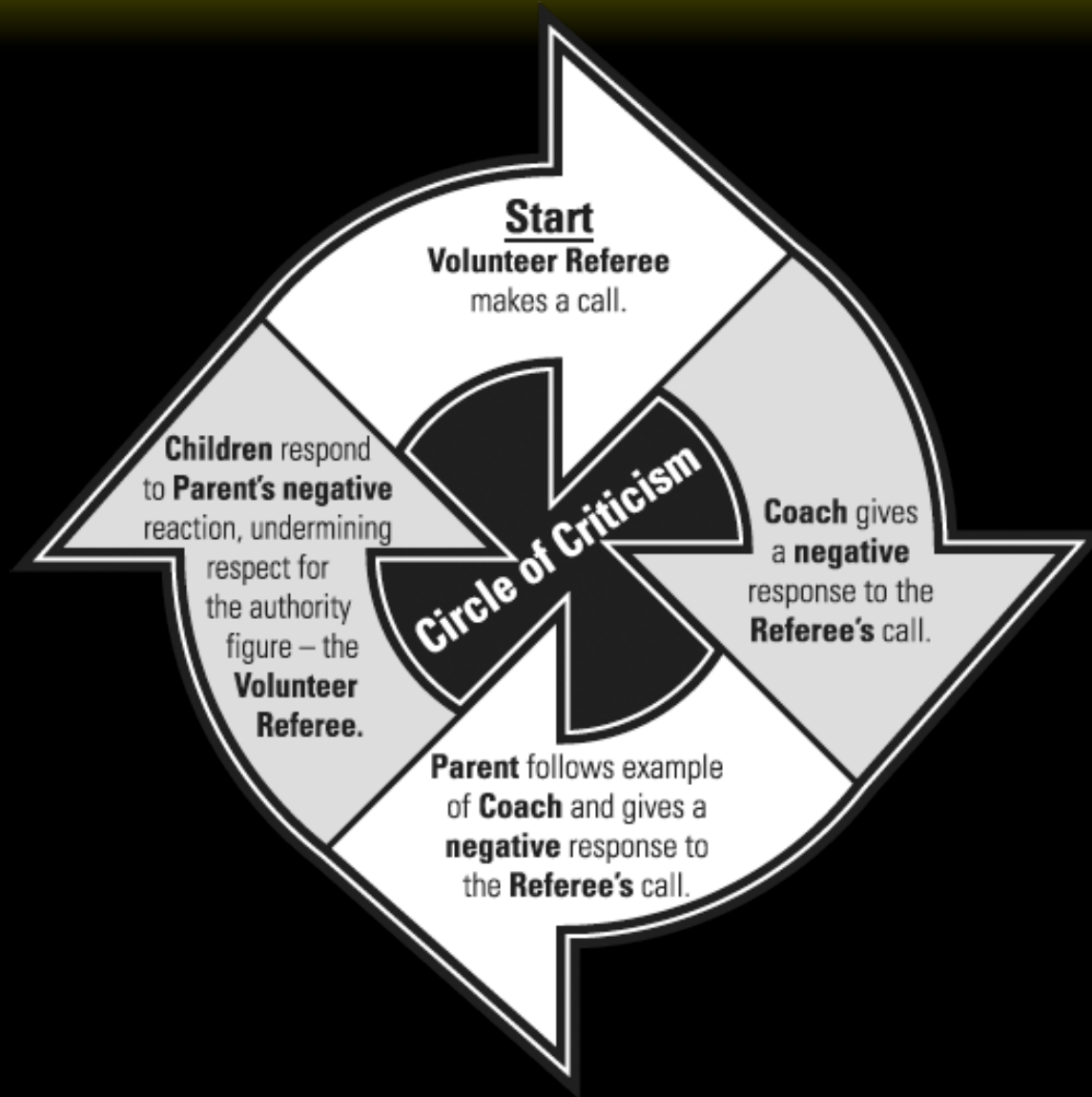
Being an effective referee means being an effective communicator. Here are a few tips about communicating with coaches:

Introduce yourself at pregame.

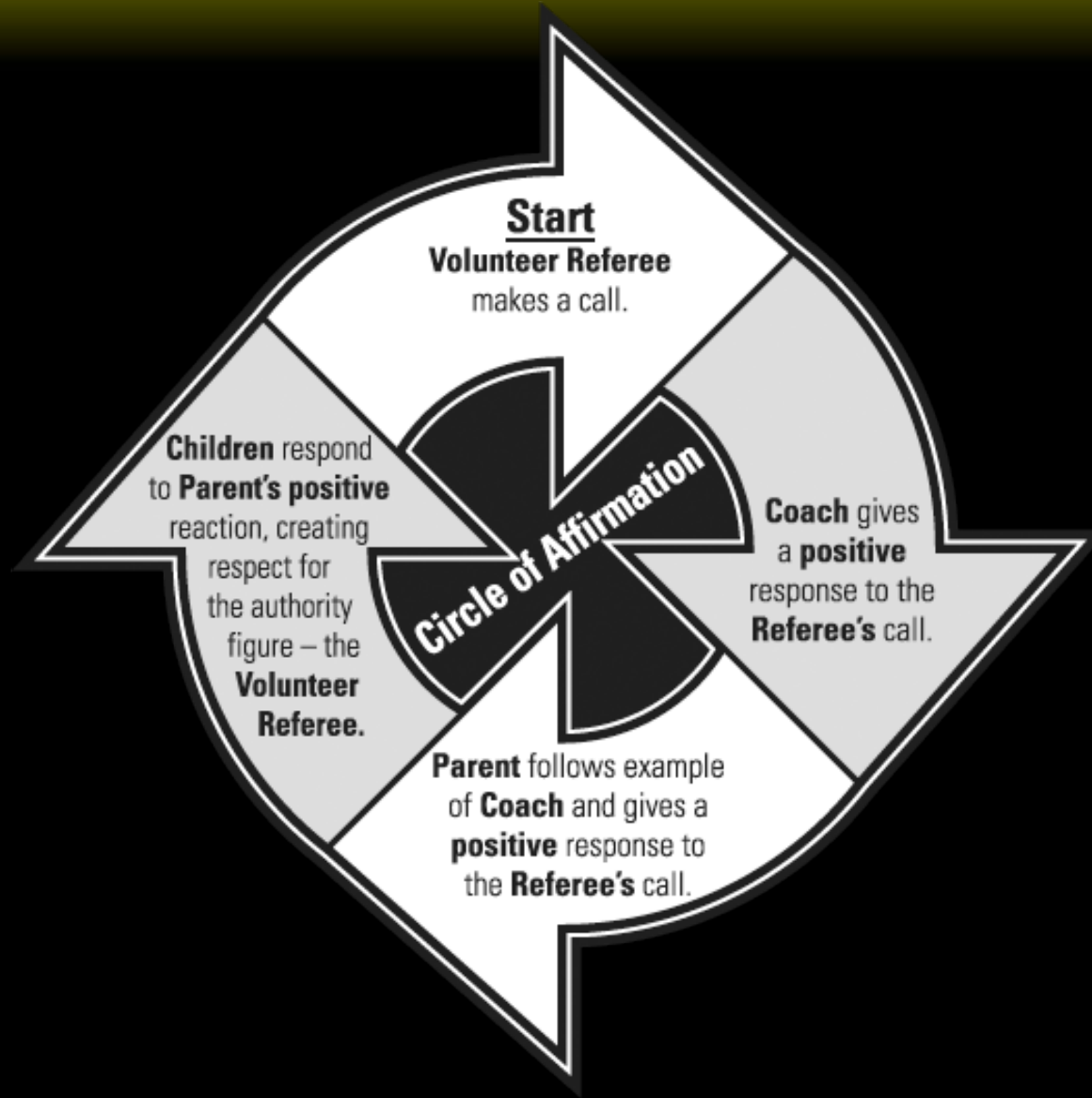
Clearly communicate penalties and give the proper hand signals.

Communicate at halftime about the first half and what you will be looking for in the second half.

Circle of Criticism



Circle of Affirmation



Communicating with Players

The referee sets the tone for the game

Be sure to encourage players. This will go a long way toward building the players' self-esteem.

General Officiating Guidelines

- Don't be afraid to tell a coach or captain that you did not see what they saw
- Be sure to tell the coach what the penalty was and who it was on
- Echo every whistle you hear, even if it is inadvertent
- Try not to focus just on the ball-carrier, but on the whole play
- Misses can be explained, but never guesses.
- No chatting with coaches, players, or fans even if you are family friends

General Officiating Guidelines

- **Plan on being criticized, it is a part of it, but know how to deal with it**
- **Present the proper image of confidence in your calls, but not cockiness**
- **Answer reasonable questions. If asked politely, then answer politely. If you are being yelled at or barked at ignore them or get the ref supervisor**
- **Stay cool and collected, do not try to resolve issues with coaches or players. Just inform them of your decision**

Officiating Mechanics

- **Whistle, use it only when necessary.**
- **Voice, strong, pleasant, firm and controlled**
- **Talk, too much talk leads to trouble. Be brief, but courteous to players and coaches requests**
- **Calls, make sure you know exactly what penalty you are calling.**
- **Position, there is no magic spot, get to the best possible spot to make the call or no-call. This requires good teamwork**

Officiating Mechanics

- **Anticipation, be ready for a change of direction or a penalty at all times**
- **Appearance, always look alert. Don't stand with your hands in your pockets or on your hips.**
- **Hustle, there is no excuse for lack of hustle.**
- **Your partner, communicate with your partner. If a rule needs interpretation, consult each other and then the ref supervisor as last resort.**

Game Worksheet

- Pre game

- o Do I meet with team captains prior to game
- o Set time on scoreboard
- o Do I know who has ball for the second half
- o Do I start my game on time
- o Do I check player equipment before game
- o Did I set-up the playing field

Game Worksheet

- After the game

- o Do I make sure I have all the equipment
- o Did I enter game scores to get credit for the games and to get paid
- o Do I and my fellow refs discuss any possible problems or concerns that occurred during the game
- o If necessary, do I pick up endzones

Responsibilities of a SYFFEL Referee

JR Ref

Primary responsibilities:

- Watch for penalties down field
- In charge of watching rush line
- Mark the rush line after each play
- Call Penalties

SR Ref 1

Primary responsibilities:

- Move the down cone and keep track of down
- 30 Sec Play clock and 7 second quarterback clock
- Watch line of scrimmage and call penalties
- Keep game clock
- Mark spot of the ball
- Call penalties

Controlling the Game

The referee must keep the game under control. The referee's whistle is the main factor in doing this. Anytime a play ends, all referees should blow their whistles and spot the ball.

Clock Management

Managing the clock is an important function for the referees. You will monitor two clocks throughout the game: the game clock and the play clock.

Game Clock Management

The game clock is managed by SR Ref . SYFFL has two halves. Other than timeouts, the game clock only stops in the following instances.

Injury

Coaches Timeout

Game Clock Management

Other things to note

- Officials can stop the clock at their discretion**
- Each team has one 60-second timeout per half**
- In the event of an injury the clock will stop and then restart when the injured player is removed from the field**

Game Clock Management

Overtime

- **Each team is given opportunity to score from their 5 yard line.**
- **Coin toss determines first possession (choice)**
- **Loser of coin toss determines which goal to defend**
- **Each team is required to score in the same direction**
- **Team that scores more points or gains the most yards in a series wins**

Play Clock Management

The play clock is managed by SR Ref 1. An offensive team has 30 seconds to the snap the ball after the referee has declared it ready for play.

If the 30 seconds expires before a play is executed, a delay of game penalty will be administered after one warning.

Calling the Game

Referees will call all penalties. When a penalty is committed, the referee should throw a penalty flag in the direction of the penalty. Don't blow the whistle unless it is a **dead-ball** penalty before the snap (illegal motion or delay of game).

For penalties during play, the referee should throw the flag to mark where the penalty was committed and let the play continue. After the play is over, the referee should address the penalty.

To promote proper football skills and understanding of the game, referees should call all penalties. Failing to do so creates confusion among players and hinders their understanding of the game.

Calling the Game

In communicating the call, the referee should:

- Quickly explain the penalty to the players by telling them how it can avoided and the result of the penalty.
- Ask the non-offended team if they wish to accept or decline the penalty.
- Let the coach and fans know the reason and consequence of the penalty.

Penalties

If a penalty happens near the end zone where the penalty yardage would place the ball in the end zone, then the penalty will be half the distance to the goal.

Defense

- **Offsides**: The penalty is 5 yards from the line of scrimmage and automatic first down.
- **Illegal rushing** (enforced when players start rushing from inside the 10-yard rush line): The penalty is 5 yards from the line of scrimmage and automatic first down.
- **Defensive Pass Interference**: SPOT FOUL and an automatic first down.
- **Roughing the Passer**: The penalty is 10 yards from the line of scrimmage and an automatic first down.
- **Illegal flag pull** (before the receiver catches the football): The penalty is 5 yards from the line of scrimmage and an automatic first down.

Penalties

If a penalty happens near the end zone where the penalty yardage would place the ball in the end zone, then the penalty will be half the distance to the goal.

Defense: continued

- **Taunting**: The penalty is 10 yards from the line of scrimmage and automatic first down.
- **Holding**: SPOT FOUL, The penalty is 5 yards from the infraction and automatic first down.
- **Stripping**: SPOT FOUL, the penalty is 10 yards from the infraction and an automatic first down.
- **Unnecessary Roughness**: SPOT FOUL, The penalty is 10 yards from the infraction and an automatic first down.
- **Illegal flag pull** (before the receiver catches the football): The penalty is 5 yards from the line of scrimmage and an automatic first down.

Penalties

Offense

- **Illegal motion** (more than one person moving): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal formation** (false start, not enough men on the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal pass** (a pass is caught behind the line of scrimmage or thrown after the ball carrier has crossed the line of scrimmage): The penalty is 5 yards from the line of scrimmage and a loss of down.
- **Delay of game**: The penalty is 5 yards from the line of scrimmage and replay of down.

Penalties continued

Offense Continued

- **Shielding** (a non-contact block that impedes a defender from making a tackle): The penalty is 5 yards from the spot of the foul and loss of down.
- **Illegal run** (a running play in the no-run zone or a quarterback crossing the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Offensive pass interference** (illegal pick play, pushing a defender): The penalty is 10 yards from the line of scrimmage and a loss of down.

Hand Signals

- **Touchdown:** Extend arms straight above head.



- **Safety:** Put palms together above head



Hand Signals

- **First Down:** Point with right arm at shoulder length toward the defensive team's goal.



- **Third Down:** Raise one arm above head with hand in a closed fist.



Hand Signals

- **Completed Pass:** Place hands in front of face, elbows bent. Pulling elbows down, clench hands to form fists.



- **Delay of Game:** Fold arms in front of chest



Hand Signals

- **False Start or Illegal Formation:** Rotate forearms over and over in front of body.



- **Illegal Use of Hands:** Grab one wrist and extend the open hand of that arm forward in front of chest



Hand Signals

- **Incomplete Pass:** Shift arms in a horizontal fashion in front of body



- **Interference:** With open hands vertical to the ground, extend arms forward from shoulders



Hand Signals

- **Illegal Motion:** Flatten out hand and make a horizontal arc with it.



Field Diagram and Field Rules

- The offensive team is awarded a first down when it crosses the midfield line.
- The lines 5 yards from each end zone and on both sides of the midfield line are no-run zones.
- The offensive team begins each possession (except after interceptions) by taking the ball at its 5-yard line.

Field Diagram



