

Introduction: Ken Aston Cup is like being assessed. Not only are we assessed as individuals but we are assessed as a team. There will be four to six assessors for each match. We will be debriefed as a team after each match. Remember style counts as much as technical abilities. Relax, call your game, and have FUN.

- A. Team Pre-game/Prep
 - 1) Uniforms – Neat, clean. Approved vendor (Score, Law5 etc)
 - 2) Shoes shined if possible or at least free of dust/dirt
 - 3) Socks worn at proper height
 - 4) No ball caps
 - 5) No sun glasses
 - 6) Center's pre-game instructions should be complete. A/Rs should ask questions to cover all bases if the center missed something.
 - 7) We enter/depart the field as a team. Center in the middle (carries the ball), ARs carry flag on the outside.
- B. Assistant Referee
 - 1) ALWAYS follow the ball to the goal line (if it travels that far), when your left shoulder is even with the corner flag, then you can stop. Turn towards the field and give the appropriate signal(s).
 - 2) Crisp flag signals (quick going up, slow coming down)
 - 3) Demonstrate you can side step (both directions) at least twice in each half.
 - 4) Eye contact and hand signals with the center often.
 - 5) At beginning of game and before start of second half, from the center circle go check the goal on your end first then around the corner flag to take up your position. (then check subs if necessary).
 - 6) ***Proper application of the law is critical.*** If you are going to invoke Law 18 (spirit of the game) you should be prepared to defend your decision during the debrief.
 - 7) Make sure you follow referee's pre-game instructions.
 - 8) Mirror other AR if required.
- C. Center Referee
 - 1) Know your pre-game instructions.
 - 2) Designate senior AR in case you get injured.
 - 3) Keep moving during the match (walking is ok, just keep moving)
 - 4) Move wide and deep. Try to cover the maximum amount of field space (going outside the touch/goal lines is ok).
 - 5) Presence leads conviction.
 - 6) Keep up with play, anticipate the player's next moves
 - 7) Stop momentarily (if play allows) to give hand signals then move to where you want to be.
 - 8) Talk to the players (but not too much).
 - 9) If you blow your whistle to stop play, blow the whistle to start play.
 - 10) ***Proper application of the law is critical.*** If you are going to invoke Law 18 (spirit of the game) you should be prepared to defend your decision during the debrief.
 - 11) Eye contact and hand signals with the ARs often.