

# AYSO Intermediate Referee Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. When is an offside position judged?**
  - A. When the player kicks the ball**
  - B. When the player is closer to the opponent's goal line than the ball**
  - C. When the player is in the opponent's half of the field**
  - D. At the moment the ball is played by a teammate**
  
- 2. In what situation can a throw-in be awarded?**
  - A. When the ball goes out of play over the sideline**
  - B. When a goal is scored**
  - C. When a foul occurs**
  - D. When play is stopped by the referee**
  
- 3. Which Law defines the "Offside" rule?**
  - A. Law 9**
  - B. Law 11**
  - C. Law 12**
  - D. Law 14**
  
- 4. During a free kick, when must the players stand at least 10 yards away?**
  - A. When play is stopped**
  - B. Only during direct free kicks**
  - C. At all times**
  - D. When a penalty is awarded**
  
- 5. Is a player in an offside position penalized if they do not receive the ball from a teammate?**
  - A. Yes, always**
  - B. No, they must receive the ball**
  - C. Only if they interfere with play**
  - D. Only if they are actively involved in the play**

- 6. What are the four regular substitution opportunities in AYSO matches according to the National Rules and Regulations?**
- A. Midway through the first half, midway through the second half, halftime, and for injuries**
  - B. Only at halftime and for injuries**
  - C. At the beginning of each half, halftime, and for injuries**
  - D. Throughout the game without restriction**
- 7. What is the referee's primary role during a match?**
- A. To coach the players**
  - B. To ensure all rules are followed and maintain fair play**
  - C. To support the home team**
  - D. To entertain the crowd**
- 8. How should a referee respond to persistent fouling by a player?**
- A. Ignore the fouling**
  - B. Issue a warning without consequences**
  - C. Caution the player with a yellow card after the first warning**
  - D. Immediately issue a red card**
- 9. What type of kick is awarded for a foul committed by the defending team within their penalty area?**
- A. Indirect free kick**
  - B. Direct free kick**
  - C. Penalty kick**
  - D. Goal kick**
- 10. What actions can lead to a player receiving a red card?**
- A. Unsportsmanlike conduct**
  - B. Violent conduct**
  - C. Accidental handball**
  - D. Protesting a referee decision**

## Answers

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1. D
2. A
3. B
4. B
5. B
6. A
7. B
8. C
9. C
10. B

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## **Explanations**

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## 1. When is an offside position judged?

- A. When the player kicks the ball
- B. When the player is closer to the opponent's goal line than the ball
- C. When the player is in the opponent's half of the field
- D. At the moment the ball is played by a teammate**

An offside position is assessed at the precise moment the ball is played by a teammate. This is crucial because a player cannot be penalized for offside if they are in an offside position at any time other than when the ball is kicked or played by a teammate. The focus is on this exact moment because it determines whether the player is actively involved in the play or potentially gaining an unfair advantage by being positioned ahead of the defenders. Understanding this timing is essential for referees to make accurate decisions during the game, as players may move freely thereafter, and their positions relative to the ball and opposing players can change significantly. Thus, offside is judged by the player's positioning relative to the ball at the moment it is played, not before or after that instant.

## 2. In what situation can a throw-in be awarded?

- A. When the ball goes out of play over the sideline**
- B. When a goal is scored
- C. When a foul occurs
- D. When play is stopped by the referee

A throw-in is awarded when the ball goes out of play over the sideline. This is a fundamental rule in soccer, where the game restarts after the ball has completely crossed the sideline, either on the ground or in the air. The team that did not touch the ball last before it went out of play is awarded the throw-in. This action is crucial for reintroducing the ball into play and maintaining the flow of the game. Other situations, such as scoring a goal, result in different methods of restarting play, like a kick-off. Similarly, when a foul occurs, the game is usually restarted with a free kick or penalty kick, depending on the nature of the foul. If the referee stops play for any reason, such as an injury or to manage a situation on the field, the restart depends on the specific reason for stopping play, and not all scenarios will result in a throw-in. Thus, the correct context for a throw-in specifically pertains to the ball crossing the sideline.

## 3. Which Law defines the "Offside" rule?

- A. Law 9
- B. Law 11**
- C. Law 12
- D. Law 14

The "Offside" rule is defined in Law 11 of the Laws of the Game. This law outlines the conditions under which a player is considered to be in an offside position and the subsequent implications of being offside during active play. Understanding this law is crucial for referees, as it involves recognizing the position of players relative to the ball and the opponents at the moment when the ball is played to them. Proper application of Law 11 ensures fair play and helps maintain the flow of the game, as it prevents players from gaining an unfair advantage by lingering near the opponent's goal. This makes Law 11 fundamental for both referees and players in understanding game dynamics.

**4. During a free kick, when must the players stand at least 10 yards away?**

- A. When play is stopped**
- B. Only during direct free kicks**
- C. At all times**
- D. When a penalty is awarded**

The correct answer focuses on the specific condition during which players are required to stand at least 10 yards away from the ball—direct free kicks. This rule is in place to ensure that the team taking the free kick can execute it without undue interference from opposing players, thereby promoting fair play and the orderly conduct of the game. For direct free kicks, players of the opposing team must distance themselves by 10 yards from the ball until it is in play to give the attacking team a fair opportunity to score. This distance requirement is crucial in maintaining the flow of the game and allows the attacking player to take the kick with minimal obstruction. In contrast, the requirement does not apply to indirect free kicks, penalty kicks, or during moments when play is actually stopped for other reasons, making the context of where and when these distances need to be respected important to understand the rule fully.

**5. Is a player in an offside position penalized if they do not receive the ball from a teammate?**

- A. Yes, always**
- B. No, they must receive the ball**
- C. Only if they interfere with play**
- D. Only if they are actively involved in the play**

A player in an offside position is not penalized simply for being in that position; they must be involved in the play to incur a penalty. Specifically, a player can only be penalized for being offside when they interfere with an opponent or gain an advantage from their position. If they do not receive the ball and do not play a role in the active play, being in an offside position does not result in a penalty. Therefore, if a player remains in an offside position but does not touch the ball or influence the play in any way, they are not penalized. This reinforces the understanding that offside is contingent upon the player's actions during play, not merely their position on the field.

**6. What are the four regular substitution opportunities in AYSO matches according to the National Rules and Regulations?**

- A. Midway through the first half, midway through the second half, halftime, and for injuries**
- B. Only at halftime and for injuries**
- C. At the beginning of each half, halftime, and for injuries**
- D. Throughout the game without restriction**

The four regular substitution opportunities in AYSO matches are specifically designed to ensure that teams have the chance to rotate players effectively while maintaining the flow of the game. These opportunities occur midway through each half, at halftime, and during stoppages for injuries. Midway through each half allows teams to utilize substitutions as a strategic element while also giving players a brief respite. The halftime substitution gives teams the ability to adjust their lineup based on performance during the first half or to substitute players who may need rest or are less effective. Additionally, allowing substitutions for injuries prioritizes player safety and health, permitting coaches to replace players who cannot continue to play. This structured approach to substitutions not only supports the game's competitive balance but also ensures players can be refreshed and engaged throughout the match. The other answer choices either limit the options for substitutions or suggest a level of flexibility not permitted in AYSO matches, which emphasizes the importance of adhering to established guidelines in youth soccer for both the fairness of the competition and player welfare.

**7. What is the referee's primary role during a match?**

- A. To coach the players**
- B. To ensure all rules are followed and maintain fair play**
- C. To support the home team**
- D. To entertain the crowd**

The referee's primary role during a match is to ensure that all rules are followed and to maintain fair play. This involves enforcing the Laws of the Game, making decisions on fouls, and managing the overall conduct of the match. The referee is responsible for creating a safe environment where players can compete fairly, which includes issuing yellow or red cards for misconduct and taking appropriate action to address any rule violations. This impartial enforcement of the rules is crucial in ensuring that the game runs smoothly and that all players have an equal opportunity to compete. In contrast, coaching players or supporting a specific team would introduce bias and conflict with the referee's role as an unbiased official. Entertaining the crowd is not part of the official's responsibilities; the focus must remain on the game and the application of the rules. The primary duty is always centered on upholding the integrity of the match and the sport.

**8. How should a referee respond to persistent fouling by a player?**

- A. Ignore the fouling**
- B. Issue a warning without consequences**
- C. Caution the player with a yellow card after the first warning**
- D. Immediately issue a red card**

When a referee observes persistent fouling by a player, it indicates a pattern of misconduct that disrupts the fairness and flow of the game. Cautioning the player with a yellow card after issuing a warning is an appropriate response because it conveys to the player that their actions are unacceptable and need to change. The yellow card serves as a formal warning that further fouling could result in more severe consequences, including a potential second yellow card leading to a red card and ejection from the match. This approach allows the referee to manage the game more effectively by addressing the problem behavior without escalating immediately to more severe punishments. It encourages sportsmanship and allows the player the opportunity to correct their actions and continue playing. The gradual escalation of consequences is a fundamental part of the referee's role in managing player conduct, aiming to maintain a competitive yet fair atmosphere on the field.

**9. What type of kick is awarded for a foul committed by the defending team within their penalty area?**

- A. Indirect free kick**
- B. Direct free kick**
- C. Penalty kick**
- D. Goal kick**

A penalty kick is awarded for a foul committed by the defending team within their own penalty area. This specific type of kick is designated as a penalty kick because it is a direct opportunity to score a goal, and it is awarded to the attacking team when a defender commits a foul that is punishable by a kick. The key aspect of a penalty kick is that it occurs only within the confines of the penalty area, and it is taken from a designated mark 12 yards from the goal line. The defending goalkeeper must remain on their line until the kick is taken, providing the attacking player a chance to score with minimal interference. This reflects the seriousness of fouls committed in that critical area, as they often prevent clear scoring opportunities. In contrast, other types of kicks, such as indirect and direct free kicks, are awarded for fouls outside the penalty area or in situations that do not have the same implications for goal-scoring chances. A goal kick is also a different scenario, awarded to the defending team when the ball goes out of play after being touched last by an attacking player, which does not relate to fouls committed.

## 10. What actions can lead to a player receiving a red card?

- A. Unsportsmanlike conduct
- B. Violent conduct**
- C. Accidental handball
- D. Protesting a referee decision

Receiving a red card is a serious disciplinary action in soccer, and it is typically reserved for the most egregious offenses. Violent conduct is one of the primary reasons a player can be shown a red card. This type of conduct involves actions that are deemed to be deliberately aggressive and could harm another player, such as striking an opponent or any behavior that displays a lack of respect for the game or its participants. Violent conduct is not just about being rough; it conveys a sense of willful intent to inflict harm or escalate a situation on the field. This ensures that the safety of players is prioritized and that the integrity of the game is maintained. While unsportsmanlike conduct can also result in a red card, it typically refers to serious offenses that don't necessarily involve physical aggression, such as using offensive language or gestures toward another player or the referee. Accidental handball is not a punishable offense leading to a card, as it does not meet the criteria for misconduct. Protesting a referee's decision may result in a yellow card for dissent but not automatically a red card, unless it escalates significantly or involves an outburst. Thus, violent conduct stands out as a clear and serious reason for receiving a red card.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://aysointermediatereferee.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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