

Soccer Referee Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	6
Answers	9
Explanations	11
Next Steps	17

SAMPLE

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

SAMPLE

Questions

SAMPLE

- 1. What is the role of the assistant referee?**
 - A. To monitor the time of the match**
 - B. To assist the main referee in making decisions regarding offside, throw-ins, and other game incidents**
 - C. To replace injured players**
 - D. To evaluate players' performances**
- 2. What restart occurs if, on a goal kick, the kicker touches the ball a second time before it has touched another player?**
 - A. Direct free kick**
 - B. Indirect free kick**
 - C. Penalty kick**
 - D. Dropped ball**
- 3. What action may a referee take if a player shows extreme dissent towards a decision?**
 - A. Ignore the behavior and continue the game**
 - B. Issue a red card immediately**
 - C. Issue a yellow card for unsporting behavior**
 - D. Ask the player to leave the field**
- 4. What happens if the defending team encroaches the center circle before the ball is kicked during a kickoff?**
 - A. Goal kick for the defenders**
 - B. Retake; no penalty**
 - C. Indirect free kick**
 - D. Penalty kick for the attacking team**
- 5. Which of the following is an offense punishable by a caution?**
 - A. Failing to respect the required distance at a free kick**
 - B. Deliberately leaving the field without permission**
 - C. Both A and B**
 - D. Fouling an opponent during a corner kick**

- 6. Can a goalkeeper kick the ball back into the penalty area and subsequently pick it up?**
- A. No, this is not allowed**
 - B. Yes, he can do this**
 - C. Only if he is pressured**
 - D. Only during the game restart**
- 7. Can a goalkeeper handle the ball, then dribble it outside the penalty area, and handle it again?**
- A. Yes, this is permitted**
 - B. No, he cannot handle it again**
 - C. Only if he dribbles quickly**
 - D. Only with a defender nearby**
- 8. Are referees allowed to show a card to a coach during a match?**
- A. Yes, under specific circumstances**
 - B. No, cards are for players only**
 - C. Yes, if the coach is in the technical area**
 - D. No, but verbal warnings are permissible**
- 9. What is the restart if the ball during an indirect free kick was touched but did not leave the penalty area?**
- A. Retake the indirect free kick**
 - B. Goal kick for defenders**
 - C. Indirect free kick for defenders**
 - D. Penalty kick for attackers**
- 10. Which of the following is NOT a penal foul in soccer?**
- A. Kicking or attempting to kick an opponent**
 - B. Charging an opponent**
 - C. Deliberately handling the ball**
 - D. Diving to gain an advantage**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the role of the assistant referee?

- A. To monitor the time of the match
- B. To assist the main referee in making decisions regarding offside, throw-ins, and other game incidents**
- C. To replace injured players
- D. To evaluate players' performances

The role of the assistant referee is primarily to assist the main referee in making critical decisions during the match, particularly concerning offside positions, throw-ins, corner kicks, and other game incidents. This support is invaluable, as assistant referees are positioned along the touchlines, allowing them to have a clear view of the play and the players' positions in relation to each other. Their input helps ensure that the game is officiated accurately and fairly. Monitoring the time of the match is primarily the responsibility of the main referee, who keeps track of the match duration and any stoppage time. Similarly, replacing injured players is not a task designated to the assistant referee, as it's typically the coach or team officials who manage substitutions. Evaluating players' performances is also outside the scope of the assistant referee's duties, as their focus is strictly on game officiating rather than player assessments.

2. What restart occurs if, on a goal kick, the kicker touches the ball a second time before it has touched another player?

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

In the scenario described, where a player taking a goal kick touches the ball a second time before it has touched another player, an indirect free kick is awarded to the opposing team. According to the Laws of the Game, the player must not intentionally play the ball a second time until it has either left the penalty area or been touched by another player. This situation is specifically covered in Law 14 related to goal kicks, where the goalkeeper must ensure that the ball is in play only once it is properly executed. Therefore, any infringement of this rule results in an indirect free kick being awarded to the opposing team from the spot where the second touch occurred. The other options, such as direct free kick, penalty kick, and dropped ball, do not apply to this particular infraction as they address different situations and do not align with the conditions surrounding an improper goal kick execution. Indirect free kicks are uniquely suited for scenarios where the nature of the play requires that the kick be retaken without the opportunity for a direct shot on goal.

3. What action may a referee take if a player shows extreme dissent towards a decision?

- A. Ignore the behavior and continue the game**
- B. Issue a red card immediately**
- C. Issue a yellow card for unsporting behavior**
- D. Ask the player to leave the field**

When a player exhibits extreme dissent towards a referee's decision, issuing a yellow card for unsporting behavior is the appropriate action. This response serves multiple purposes: it emphasizes the importance of respect for the referee's authority and maintains the spirit of sportsmanship within the game. Dissent can undermine the referee's control and the overall integrity of the match, so it is crucial to address such behavior promptly. A yellow card serves as a formal warning to the player, signaling that their conduct is unacceptable and needs to change. It reinforces the rules of the game and the expectation that players must conduct themselves in a respectful manner towards officials and opponents. If the dissent continues or escalates, further disciplinary actions could be taken, including the possibility of issuing a red card for more serious or repeated offenses. Other options such as ignoring the behavior or asking the player to leave the field do not address the importance of managing dissent effectively. Issuing a red card immediately may be considered too severe for dissent, particularly if it is the first instance of such behavior, as it is typically reserved for more serious infractions. Therefore, the appropriate and measured response to extreme dissent is to issue a yellow card for unsporting behavior.

4. What happens if the defending team encroaches the center circle before the ball is kicked during a kickoff?

- A. Goal kick for the defenders**
- B. Retake; no penalty**
- C. Indirect free kick**
- D. Penalty kick for the attacking team**

When the defending team encroaches the center circle before the ball is kicked during a kickoff, the proper action is to retake the kickoff. This is because the Laws of the Game state that all players of the defending team must remain outside the center circle until the ball is in play. If they do not adhere to this rule, the kickoff must be retaken, and no penalty is assigned to either team. This process ensures the kickoff is carried out fairly, giving the attacking team the opportunity to start the play under the correct conditions. In this situation, a goal kick, indirect free kick, or penalty kick would not be appropriate actions because they pertain to different circumstances on the field. Thus, the correct procedure following such an infraction is simply to retake the kickoff without further penalties.

5. Which of the following is an offense punishable by a caution?

- A. Failing to respect the required distance at a free kick**
- B. Deliberately leaving the field without permission**
- C. Both A and B**
- D. Fouling an opponent during a corner kick**

A caution, indicated by a yellow card, is issued for various offenses that disrupt the flow of the game or show a lack of sportsmanship. In this case, both failing to respect the required distance at a free kick and deliberately leaving the field without permission are offenses that warrant a caution. Failing to respect the required distance during a free kick affects the attacking team's ability to take the kick quickly and can significantly disrupt the pace of the game. This is why players must maintain the necessary distance—typically 9.15 meters (10 yards) in accordance with the Laws of the Game. Deliberately leaving the field without permission is another critical offense. Players are expected to remain on the field unless they are substituted or have received permission from the referee to leave. This action can disrupt the game or prevent the referee from making accurate judgments about the players on the field. Therefore, recognizing that both of these actions are deemed inappropriate and disruptive, they are appropriately categorized together as offenses punishable by caution.

6. Can a goalkeeper kick the ball back into the penalty area and subsequently pick it up?

- A. No, this is not allowed**
- B. Yes, he can do this**
- C. Only if he is pressured**
- D. Only during the game restart**

The rules of soccer state that a goalkeeper is not permitted to handle the ball if it has been deliberately kicked to them by a teammate. However, if a goalkeeper kicks the ball into the penalty area, they are allowed to handle the ball if it has not been deliberately passed back to them by a teammate; instead, it may be the case that the ball has been unintentionally deflected or misplayed. In this scenario, as long as the ball has not been intentionally kicked back by a teammate, the goalkeeper can legally kick the ball and subsequently pick it up without infringing any laws of the game. Understanding the context of this rule clarifies that if the scenario involves the ball being purposefully played back to the goalkeeper by a teammate, the goalkeeper would not be able to pick it up again. Additionally, the pressure from opposing players or the timing of game restarts has no bearing on this specific rule regarding the action of the goalkeeper, reinforcing that the governing principle hinges on whether the ball was deliberately passed back.

7. Can a goalkeeper handle the ball, then dribble it outside the penalty area, and handle it again?

- A. Yes, this is permitted**
- B. No, he cannot handle it again**
- C. Only if he dribbles quickly**
- D. Only with a defender nearby**

The situation presented revolves around the laws governing a goalkeeper's handling of the ball. According to the Laws of the Game, a goalkeeper is allowed to handle the ball during active play, but there are specific restrictions once they have released it. When a goalkeeper handles the ball and then dribbles it outside the penalty area, they are allowed to touch the ball again as long as it has been deliberately released and they are now playing the ball as a regular player. The key point here is that once the goalkeeper has released the ball from their hands, they are treated like any other player and can legally touch the ball again with their feet. This means that there are no restrictions on how they can control it next, provided they have not committed any infractions, like a back-pass violation. The options regarding the quickness of the dribble or proximity to a defender do not factor into this particular rule; the primary focus is on the handling and release of the ball. Thus, the first choice is valid within the context of the laws that govern gameplay.

8. Are referees allowed to show a card to a coach during a match?

- A. Yes, under specific circumstances**
- B. No, cards are for players only**
- C. Yes, if the coach is in the technical area**
- D. No, but verbal warnings are permissible**

Referees have the authority to manage the conduct of all individuals involved in a match, which includes the coaching staff. While it's true that players typically receive cards as a means of disciplinary action, the correct understanding is that referees can show a card to team officials under certain circumstances. For instance, if a coach is demonstrating unsporting behavior or failing to comply with the rules, the referee may issue a yellow card as a warning or a red card for more serious offenses. This is a key aspect of maintaining discipline and ensuring fair play throughout the match. Referees must manage not just the players but the entire environment of the game to uphold the integrity and respect of the sport. Thus, while the assertion that cards are exclusively for players might seem logical at first glance, it overlooks the comprehensive authority that referees wield concerning the match on and off the field. Therefore, cards can indeed be shown to coaches, which is captured in the correct response regarding the specific conditions under which they may do so.

9. What is the restart if the ball during an indirect free kick was touched but did not leave the penalty area?

- A. Retake the indirect free kick**
- B. Goal kick for defenders**
- C. Indirect free kick for defenders**
- D. Penalty kick for attackers**

When an indirect free kick is awarded and the ball is touched but does not leave the penalty area, the restart requires that the kick be retaken. According to the Laws of the Game, for an indirect free kick to be properly completed, the ball must leave the penalty area. If the ball is touched but remains inside the penalty area, the referee must call for the kick to be retaken to ensure that the proper procedures are followed and that the game is played fairly. This is important for maintaining the integrity of the free kick and ensuring that all players are aware of the restart procedure and the conditions that must be met for a valid play to commence.

10. Which of the following is NOT a penal foul in soccer?

- A. Kicking or attempting to kick an opponent**
- B. Charging an opponent**
- C. Deliberately handling the ball**
- D. Diving to gain an advantage**

Diving to gain an advantage is not considered a penal foul in the same category as the others listed. While it is an act of simulation or attempting to deceive the referee for a possible free kick or penalty, it is classified as a different type of foul known as unsporting behavior. The primary focus is that diving does not involve direct physical contact with an opponent aimed at gaining an unfair advantage. In contrast, the other scenarios described—kicking or attempting to kick an opponent, charging an opponent, and deliberately handling the ball—are all categorized as penal fouls because they involve direct contact and infringement of the laws of the game. These actions typically result in a free kick or penalty kick awarded to the opposing team, depending on the situation's context. Understanding these distinctions is crucial for recognizing how different actions are judged during a match.

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.

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

<https://soccerreferee.examzify.com>

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

SAMPLE