

# Soccer 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

- 1. What is the primary role of the assistant referees?**
  - A. To manage substitutions**
  - B. To call offside violations and assist the main referee**
  - C. To collect statistics during the game**
  - D. To oversee the crowd's behavior**
- 2. Can verbal distraction of the goalkeeper constitute interference with an opponent during a match?**
  - A. Yes, it can**
  - B. No, it cannot**
  - C. Only if the goalkeeper is injured**
  - D. Only if the referee hears it**
- 3. What regulation exists regarding player equipment during a soccer match?**
  - A. Players must wear any costume they like**
  - B. Players must wear appropriate gear, including shin guards**
  - C. Players can wear any items as long as they don't interfere with play**
  - D. Players must wear the same colored socks**
- 4. What must occur for a goal kick to be properly executed?**
  - A. The ball must be kicked directly into the goal**
  - B. The ball must leave the penalty area**
  - C. The ball must be touched by two players**
  - D. The ball must not be kicked by the goalkeeper**
- 5. What is the restart if the ball is out of play and the referee determines it should have been in play?**
  - A. Dropped ball**
  - B. Indirect free kick**
  - C. Free kick**
  - D. Restart with a free play**

- 6. Which of the following elements contributes to a player being offside?**
- A. Being closer to the goalkeeper than the ball**
  - B. Being in the opponent's half of the field**
  - C. Touching the ball by a defender**
  - D. Playing the ball from a throw-in**
- 7. What is a requirement for a valid throw-in?**
- A. The thrower must remain on the field**
  - B. The thrower must use one hand**
  - C. The thrower must deliver the ball from behind their back**
  - D. The thrower must have both feet on the ground or on the touchline**
- 8. What should be the restart when play is stopped for a reason other than misconduct?**
- A. Indirect free kick**
  - B. Direct free kick**
  - C. The original reason for the stoppage**
  - D. Varied kick based on referee's discretion**
- 9. When is a penalty kick awarded during a soccer match?**
- A. When a player handles the ball**
  - B. For any foul committed by a defender in the penalty area**
  - C. When a player is injured**
  - D. For an offside infraction**
- 10. What indicates that the ball is in play on a free kick?**
- A. When the kick is taken**
  - B. When the ball is kicked and moves**
  - C. When the referee blows the whistle**
  - D. When defenders are set**



## **Answers**

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

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## **Explanations**

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**1. What is the primary role of the assistant referees?**

- A. To manage substitutions**
- B. To call offside violations and assist the main referee**
- C. To collect statistics during the game**
- D. To oversee the crowd's behavior**

The primary role of assistant referees is to support the main referee by calling offside violations and providing assistance on various in-game decisions. This includes monitoring the position of players in relation to each other and to the ball to ensure that the rules regarding offside are enforced correctly. In addition, assistant referees may help the main referee by indicating fouls, ball out of play, and other situations that require their attention, particularly those that are difficult for the referee to see from their central position on the field. Their perspective and additional eyes on the game help maintain the flow of play and uphold the integrity of the game.

**2. Can verbal distraction of the goalkeeper constitute interference with an opponent during a match?**

- A. Yes, it can**
- B. No, it cannot**
- C. Only if the goalkeeper is injured**
- D. Only if the referee hears it**

Verbal distraction of the goalkeeper can indeed be considered a form of interference with an opponent during a match. In soccer, players are expected to maintain a level of sportsmanship and fair play. When a player verbally distracts the goalkeeper, it can disrupt their concentration and ability to perform their duties effectively. This type of interference falls under the broader category of unsporting behavior. The Laws of the Game, particularly concerning the protection of players, stipulate that any action that might distract, mislead, or otherwise interfere with an opponent's ability to play the ball is impermissible. Therefore, if a player engages in verbal distraction, it can be deemed as interfering with the goalkeeper's performance, warranting action from the referee. The other choices do not hold up because the ability to distract does not depend on whether the goalkeeper is injured or if the referee personally hears the distraction. The essence of the rule is about the impact of behavior on the performance of players, making the correct answer the acknowledgment that verbal distraction can constitute interference.

**3. What regulation exists regarding player equipment during a soccer match?**

- A. Players must wear any costume they like**
- B. Players must wear appropriate gear, including shin guards**
- C. Players can wear any items as long as they don't interfere with play**
- D. Players must wear the same colored socks**

The regulation regarding player equipment during a soccer match mandates that players must wear appropriate gear, including shin guards. This rule is in place to ensure player safety, as shin guards provide a level of protection against injury during tackles and impacts that are common in the game. Additionally, the Laws of the Game outline specific equipment standards that players must adhere to, which include wearing a jersey, shorts, appropriate footwear, shin guards, and, for goalkeepers, a distinguishing shirt. These regulations help to maintain a standard level of safety across the sport, making it essential for players to be adequately protected during matches. The other options do not align with the established regulations. Allowing players to wear any costume would not support the principles of safety and uniformity in the game. Allowing any items as long as they don't interfere with play could lead to dangerous situations if players wear inappropriate or harmful items. Lastly, while uniformity in color is important, it mainly applies to the team's kit as a whole rather than just sock color. Therefore, the emphasis on appropriate gear, particularly shin guards, is crucial for player safety and adherence to the rules of soccer.

**4. What must occur for a goal kick to be properly executed?**

- A. The ball must be kicked directly into the goal**
- B. The ball must leave the penalty area**
- C. The ball must be touched by two players**
- D. The ball must not be kicked by the goalkeeper**

For a goal kick to be properly executed, the key requirement is that the ball must leave the penalty area before it can be played by another player. This ensures that the goal kick is taken correctly and establishes that the ball is in play. The rule stipulates that once the ball is kicked from within the goal area and it exits the penalty area, the game continues and any player can then touch the ball. It is important for the ball to leave the penalty area as it prevents players from immediately engaging with the ball while it is still in a restricted zone. Understanding this aspect is crucial for maintaining the flow of the game and adhering to the Laws of the Game, which govern soccer matches.

**5. What is the restart if the ball is out of play and the referee determines it should have been in play?**

**A. Dropped ball**

**B. Indirect free kick**

**C. Free kick**

**D. Restart with a free play**

When the ball is out of play and the referee determines that it should have been in play, the appropriate restart is a dropped ball. This situation typically arises if the ball goes out of play due to a stoppage for an injury or if the referee stops the game for any reason that didn't involve a foul or a violation of the Laws of the Game. A dropped ball procedure allows the game to resume fairly, as it provides both teams with an opportunity to contest possession in the vicinity where the ball became inactive. The concept behind the dropped ball is to restore fairness, especially when the stoppage was not caused by a foul by either team. The referee drops the ball at the location where it was when play was stopped, and it must be touched by one player from each team before it can be played again. This ensures that neither team is unfairly advantaged or disadvantaged when play resumes.

**6. Which of the following elements contributes to a player being offside?**

**A. Being closer to the goalkeeper than the ball**

**B. Being in the opponent's half of the field**

**C. Touching the ball by a defender**

**D. Playing the ball from a throw-in**

A player being in the opponent's half of the field is indeed an important factor in the context of offside, but it alone does not determine whether a player is in an offside position. The offside rule states that a player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second-to-last opponent (typically the last outfield player) when the ball is played to them. Therefore, while being in the opponent's half of the field means the player can potentially be involved in an attacking play, it does not automatically lead to an offside situation without considering their positioning relative to the ball and the opposing players. The key aspects that lead to a player being ruled offside involve their position relative to the ball and their proximity to defenders at the moment the ball is played, not merely the player's location on the field. This understanding is critical for assessing offside situations accurately during a game.

**7. What is a requirement for a valid throw-in?**

- A. The thrower must remain on the field**
- B. The thrower must use one hand**
- C. The thrower must deliver the ball from behind their back**
- D. The thrower must have both feet on the ground or on the touchline**

A valid throw-in must be executed properly to ensure the restart of play is in accordance with the Laws of the Game. One of the critical requirements is that the thrower must have both feet on the ground or on the touchline when delivering the ball. This ensures that the throw is conducted in a controlled manner, allowing for fair play and minimizing any advantage that could arise from improper execution. Having both feet grounded means that the thrower cannot lift one foot off the ground before or during the throw, which helps maintain equilibrium and stability during the action. It also reinforces the importance of proper technique and adherence to established rules. This requirement not only serves to standardize the procedure but also upholds the integrity of the game by ensuring that all players follow the same rules.

**8. What should be the restart when play is stopped for a reason other than misconduct?**

- A. Indirect free kick**
- B. Direct free kick**
- C. The original reason for the stoppage**
- D. Varied kick based on referee's discretion**

When play is stopped for a reason other than misconduct, the appropriate restart is based on the specific event that caused the stoppage. This could include situations such as a player being injured, the ball being out of play, or other circumstances like a player needing attention for a medical issue. The Laws of the Game dictate that the method of restart should directly relate to the nature of the stoppage. For instance, if the ball went out of play over the goal line, the restart could be a goal kick or a corner kick depending on which team last touched the ball. If the play was stopped due to an injury, the referee may allow the injured player to be removed and would restart play with a drop ball to reintroduce the game in a fair manner. The other options do not accurately represent how restarts are determined in such scenarios. Indirect and direct free kicks pertain specifically to fouls or misconduct, while a varied kick based on referee discretion does not align with the structured protocols of restarts required for specific events in the game. Thus, the answer reflects the understanding that the chosen method of restart must relate to the exact circumstances surrounding the stoppage of play.

**9. When is a penalty kick awarded during a soccer match?**

- A. When a player handles the ball
- B. For any foul committed by a defender in the penalty area**
- C. When a player is injured
- D. For an offside infraction

A penalty kick is awarded for a foul committed by a defender within their own penalty area that results in a direct free kick being granted to the opposing team. This includes actions such as tripping an opponent, pushing, holding, or any other type of foul that would normally see a free kick awarded outside the penalty area. The key point here is that the foul must occur within the specific area defined as the penalty area to trigger this penalty kick scenario. The other options do not accurately reflect the conditions for awarding a penalty kick. Handling the ball by a player could indeed lead to a penalty kick, but it must be a defensive player's infraction within the penalty area. Injuries to a player do not result in a penalty kick unless they are caused by a foul within the penalty area. Similarly, an offside infraction is a separate rule violation that results in an indirect free kick, not a penalty kick. Understanding these specific criteria helps referees make correct decisions during a match.

**10. What indicates that the ball is in play on a free kick?**

- A. When the kick is taken
- B. When the ball is kicked and moves**
- C. When the referee blows the whistle
- D. When defenders are set

The correct answer identifies that the ball is considered in play when it is kicked and moves. According to the Laws of the Game, play officially starts on a free kick when the ball is physically in motion as a result of the kick. This means that a free kick must not only be taken, but the ball must also travel a distance, allowing players from both teams to engage with it. When the referee blows the whistle, this indicates that the kick is to be taken; however, the ball is not yet in play at that moment. Similarly, defenders being set does not affect when the ball is considered in play; it is merely a procedural element before the kick is executed. Understanding the mechanics of a free kick is crucial for both referees and players to ensure that the game flows according to the established rules.



## 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://soccerreferee.examzify.com>**

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