

SOCCER REFEREE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Can a goalkeeper handle the ball outside their penalty area?**
 - A. Yes, at all times
 - B. No, unless they are playing with their feet
 - C. Yes, during a goal kick
 - D. No, if the ball is in the air
- 2. What does a yellow card typically indicate?**
 - A. A goal scored
 - B. A warning for unsporting behavior
 - C. A substitution opportunity
 - D. A player is injured
- 3. 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
- 4. What is the restart if a non-encroaching attacker kicks the ball in after the keeper saves a penalty kick?**
 - A. Goal awarded to the attacking team
 - B. Indirect free kick for defenders
 - C. Free kick for the attacking team
 - D. No goal and a drop ball
- 5. What constitutes a violation of the 'back pass' rule?**
 - A. A goalkeeper handling the ball after a defender's header
 - B. Multiple players passing the ball back and forth
 - C. A goalkeeper handling the ball after a deliberately kicked pass from a teammate
 - D. A player intentionally kicking the ball back to the keeper from the sideline

- 6. What is the restart when two substitute teammates fight off the field and the referee intervenes?**
- A. Drop ball after two send-offs
 - B. Direct free kick for the opponents
 - C. Indirect free kick for the defenders
 - D. Penalty kick for the defending team
- 7. 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
- 8. What situation would warrant a suspension of play by the referee?**
- A. Excessive substitutions by a team
 - B. Severe weather conditions or serious injury
 - C. Fans calling out from the stands
 - D. Timeouts requested by the coach
- 9. What do the philosophies of AYSO promote regarding team formation?**
- A. All teams are of equal skill
 - B. Balanced teams
 - C. Teams can be formed based on prior rank
 - D. Selection of players based on skill only
- 10. What constitutes serious foul play in soccer?**
- A. A dangerous play that endangers the safety of an opponent
 - B. Trying to injure an opponent
 - C. Committing a foul without the intention of playing the ball
 - D. All of the above

Answers

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

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Explanations

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1. Can a goalkeeper handle the ball outside their penalty area?

- A. Yes, at all times
- B. No, unless they are playing with their feet**
- C. Yes, during a goal kick
- D. No, if the ball is in the air

The scenario focuses on the specific rules governing a goalkeeper's ability to handle the ball outside their penalty area. The correct answer emphasizes that a goalkeeper is not allowed to use their hands to handle the ball when outside the penalty area unless the ball is being played with their feet. In soccer, the Laws of the Game specify that when a goalkeeper is outside of their own penalty area, they are considered just like any other outfield player. Therefore, if they choose to play the ball with their feet, they are free to do so without restriction. However, if they handle the ball—defined as deliberately playing it with their hands or arms—they will be committing a foul known as "handling," resulting in a free kick for the opposing team. Other options may mistakenly imply that handling the ball may be permissible in certain situations or entirely unrestricted. However, the rule clearly delineates the limitations on goalkeepers handling the ball, making it crucial for players and referees to understand these regulations to ensure fair play.

2. What does a yellow card typically indicate?

- A. A goal scored
- B. A warning for unsporting behavior**
- C. A substitution opportunity
- D. A player is injured

A yellow card is an official caution given to a player by the referee, typically signaling a warning for unsporting behavior. This can include actions such as reckless tackles, dissent towards the referee, or persistent fouling. The purpose of the yellow card is to inform the player that their actions are unacceptable and that continued misbehavior could lead to a more severe punishment, such as a red card, which results in the dismissal of the player from the match. The issuance of a yellow card serves to maintain the integrity of the game and uphold the standards of fair play.

3. 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.

4. What is the restart if a non-encroaching attacker kicks the ball in after the keeper saves a penalty kick?

- A. Goal awarded to the attacking team
- B. Indirect free kick for defenders**
- C. Free kick for the attacking team
- D. No goal and a drop ball

When a non-encroaching attacker kicks the ball in after the goalkeeper saves a penalty kick, the correct restart is an indirect free kick for the defenders. This situation arises because the Laws of the Game stipulate that after a penalty kick is taken, if the ball remains in play and is played by an attacker before it leaves the penalty area, it can result in an infringement. In this case, the attacker has interfered with the play after the penalty kick was taken, which is not allowed. The primary reason an indirect free kick is awarded to the defending team is to restore fairness and ensure that the restart accurately reflects the violation that occurred. If the ball had been played fairly without interference, the attacking team could have resumed play under different circumstances. The other options do not apply here, as a goal cannot be awarded if the play is deemed to have been stopped for the infringement. Additionally, a free kick for the attacking team is not appropriate since they committed an infringement. A drop ball is also not applicable in this context because the restart must reflect the specific situation and the involvement of the players.

5. What constitutes a violation of the 'back pass' rule?

- A. A goalkeeper handling the ball after a defender's header
- B. Multiple players passing the ball back and forth
- C. A goalkeeper handling the ball after a deliberately kicked pass from a teammate**
- D. A player intentionally kicking the ball back to the keeper from the sideline

The 'back pass' rule is a regulation designed to promote continuous play and discourage the tactic of wasting time by repeatedly passing the ball to the goalkeeper. A violation occurs when the ball is deliberately kicked by a teammate to the goalkeeper, and the goalkeeper subsequently handles the ball. In the situation described, a teammate intentionally kicking the ball back to the goalkeeper constitutes a clear breach of this rule because it signifies an intentional act of passing, which is the key factor in determining a back pass violation. The goalkeeper is not allowed to pick up or handle the ball in this circumstance, leading to an indirect free kick awarded to the opposing team at the spot of the infraction. Other scenarios, such as a defender's header or players passing back and forth without a deliberate kick to the goalkeeper, do not automatically violate the rule, as headers and unforced situations do not involve intentional play aimed at the goalkeeper. Thus, the correct response clarifies the specific conditions under which the back pass rule is enforced.

6. What is the restart when two substitute teammates fight off the field and the referee intervenes?

- A. Drop ball after two send-offs**
- B. Direct free kick for the opponents
- C. Indirect free kick for the defenders
- D. Penalty kick for the defending team

When two substitute players engage in a fight off the field and the referee intervenes, the appropriate restart is a drop ball after both players have been sent off. This action indicates that the situation involved misconduct that warranted the dismissal of both players from the match, thereby leading the referee to pause the game to address the behavior. A drop ball is typically used in scenarios where play has been interrupted due to reasons other than a foul or infringement committed by players on the field. In this case, since the altercation occurred off the field and did not involve active players engaging in play, the drop ball allows for an equitable restart in a situation where the game was halted due to misconduct among substitutes, who are not directly participating in the match at that moment. This method respects the flow of the game and accurately reflects the fact that the incident does not directly affect any current play but still needs to be managed appropriately. Consequently, a drop ball is seen as the most suitable way to resume the game following such misconduct.

7. 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.

8. What situation would warrant a suspension of play by the referee?

- A. Excessive substitutions by a team
- B. Severe weather conditions or serious injury**
- C. Fans calling out from the stands
- D. Timeouts requested by the coach

A suspension of play is warranted in situations that pose a significant risk to the safety of the players or affect the integrity of the match. Severe weather conditions, such as lightning, heavy rain, or extreme heat, can create dangerous playing conditions that threaten the wellbeing of the athletes. Additionally, a serious injury to a player may require immediate medical attention, necessitating a halt in the game to ensure the player's safety and allow for the appropriate response from medical staff. In contrast, excessive substitutions by a team do not typically require a referee to stop the game, as there are specific rules governing substitutions that can be followed without interrupting play. Fans calling out from the stands, while potentially disruptive, do not constitute a valid reason for suspending play, as referees are trained to manage those situations without stopping the match. Similarly, timeouts requested by the coach are not permitted in soccer, and therefore would not be valid grounds for pausing the game.

9. What do the philosophies of AYSO promote regarding team formation?

- A. All teams are of equal skill
- B. Balanced teams**
- C. Teams can be formed based on prior rank
- D. Selection of players based on skill only

The philosophy of AYSO (American Youth Soccer Organization) emphasizes the importance of balanced teams in order to promote fair play and an enjoyable experience for all participants. This approach helps to ensure that no single team is significantly stronger or weaker than its opponents, which can lead to more competitive and engaging matches. By forming balanced teams, AYSO aims to foster an environment that encourages participation, skill development, and sportsmanship, allowing players of varying abilities to thrive in the game. The focus on balance over equal skill or prior rankings highlights AYSO's commitment to inclusivity and development for all players, rather than creating divisions based on skill levels or past performance. This philosophy supports the organization's core values of participation and enjoyment for every child involved in the program.

10. What constitutes serious foul play in soccer?

- A. A dangerous play that endangers the safety of an opponent
- B. Trying to injure an opponent
- C. Committing a foul without the intention of playing the ball
- D. All of the above**

Serious foul play in soccer is understood as actions that not only involve committing a foul but also include the use of excessive force or brutality against an opponent. The correct response encompasses all aspects of serious foul play, which include dangerous actions that threaten an opponent's safety, attempts to intentionally inflict injury, and fouls committed with disregard for the ball's play, displaying a lack of sportsmanship. A dangerous play that endangers the safety of an opponent reflects how certain actions, even without intent to harm, can still jeopardize the well-being of players. Moreover, the notion of trying to injure an opponent is inherently tied to the spirit of the game, where intent plays a crucial role in categorizing a foul as serious. Finally, committing a foul without intending to play the ball indicates a reckless disregard for the game's rules and the safety of others, which elevates the severity of the offense. By understanding that serious foul play encompasses a combination of these elements, one recognizes that the correct choice must be the all-encompassing option, reflecting the comprehensive nature of such fouls in soccer.

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!

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