

Manitoba Soccer Association Inc.

211 Chancellor Matheson Rd | Winnipeg, MB | R3T 1Z2
mbsoccer@manitobasoccer.ca | P: 204.594.5809 | F: 204.594.5139
www.manitobasoccer.ca



REFEREE OUTDOOR HANDBOOK

Contents

REFEREE DEPARTMENT	2
ANNUAL REGISTRATION	2
LOGIN, AVAILABILITY & GAMESHEETS	2
LOGIN	2
AVAILABILITY AND TUTORIAL	2
GAMESHEETS	3
PAYMENT	3
UP FOR GRABS AND TRADING GAMES	3
OPEN GAMES	4
EDUCATION OPPORTUNITIES	4
GUIDANCE AND MENTORSHIP FOR EXCELLENCE (GAME)	4
EDUCATION SESSIONS	4
PROSPECTS	4
OTHER OPPORTUNITIES	5
ASSIGNING POLICIES	5
CODE OF CONDUCT	5
PRE-GAME RESPONSIBILITIES	6
LEAGUE SPECIFIC RULES	7
WINNIPEG YOUTH SOCCER LEAGUE	7
MANITOBA MAJOR SOCCER LEAGUE	11
WINNIPEG WOMENS SOCCER LEAGUE	11
CONFLICTING JERSEY	12
DISCIPLINE	12
DISMISSAL FORM	12
MISCONDUCT TOWARD A MATCH OFFICIAL	12
MATCH INCIDENT REPORT	12
MANDATORY – REFRESHERS AND FITNESS TEST	12
REFRESHER	12
FITNESS TESTS	12

REFEREE DEPARTMENT

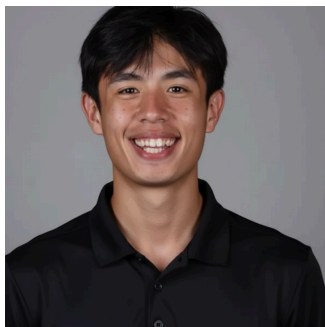
Referee Development Manager & Assignor

Damian Truong

Contact:

dtruong@manitobasoccer.ca

204-594-5813



ANNUAL REGISTRATION

Referees must complete and pay their registration with the MSA every year prior to being assigned to games. It can be done by [clicking here](#).

The fees are as follows:

- District Youth (under the age of 18)	\$36.00
- District Senior, Regional, and provincial	\$95.00
- National	\$125.00

LOGIN, AVAILABILITY & GAMESHEETS

LOGIN

To login you must access through Ramp, [Click here](#) to be taken to the login area.

AVAILABILITY AND TUTORIAL

[Click here](#) to review a video on how to set availability. We use available days, so please set the days and times you can officiate. Also, you can find time stamps to check your assigned games, mentorships and more

GAMESHEETS

Before every game (except when informed not to) you need to download and print a game sheet. It is recommended you download and print the game sheet a few hours before kick-off to ensure you capture the most recent roster should a team have made any last-minute changes. On the game sheet you will find the roster with the players and coaches' information.

To print your gamesheets simply click games, and then click on the printer logo on the right of the game to download a printable pdf.



1. Game sheets must be sent to the leagues no later than 48 hours after the game along with any other relevant form (Dismissal form, Match Incident Report). These forms can be found on the MSA's website.

SEND GAME SHEETS TO:				
WYSA (All youth games)	MMSL (Men's League)	WWSL (Women's League)	Winnipeg Men's Soccer League	MCAC (Dismissal, Misconduct, and Incident forms only)
wysa@wpgsoccer.com	gamesheets@mmsl.ca	admin@winnipegwomenssoccerleague.com	gamesheets@winnipegmenssoccerleague.ca	matt.packwood.bdn@gmail.com AND mcacoperations@gmail.com

PAYMENT

You can check your payroll on your Ramp profile, on the menu on the right side. If there is any game fee that has been omitted or mistakenly reduced from your payment, you can send an email to dtruong@manitobasoccer.ca by the 5th of the following month. Payment will be sent directly to the banking account you provided on your annual registration. If that information was not provided before the 5th, your payment will be delayed until the next month.

Payments are done on the 15th day of every month.

[Click here](#) to learn more about the Outdoor Game Fees and Travel Fees.

Please be aware that \$1 will be deducted for each game. This is the assigning fee, and it is re-invested into the referee program.

UP FOR GRABS AND TRADING GAMES

District Senior (18 years or older) referees are not allowed to set their games in Up for Grabs. In case you cannot attend a game for a justifiable reason, you must send an email to everyone in the master contact list and inform the Referee Development Manager (dtruong@manitobasoccer.ca) which referee has accepted to cover the game for you. Additionally, you must email the game sheet to the new referee once you have someone to cover for you.

District Youth referees can set the game in “**up for grabs**” directly from Ramp, but are still responsible for their game until a referee has claimed it. Accepting games and setting them up for grabs frequently is not advised, and may lead to fines and/or a suspension

TRAVEL FEES

If you traveled outside the city for a game, simply copy the referee manager dtruong@manitobasoccer.ca onto your email game sheet submission to the respective league within 48 hours of the match. The game will be validated, and the mileage will be added to your next paycheck.

OPEN GAMES

“Open Games” are games that have not yet been assigned to anybody. These games are available on a first-come first-served basis, where any eligible referee has an opportunity to grab it. When games are opened, you will be sent an email and they will be available in the “open / up for grabs games” tab in RAMP.

Be careful, because if you accept an open game it becomes your responsibility. Always double-check your availability and the field location before accepting open games.

EDUCATION OPPORTUNITIES

EDUCATION SESSIONS and LAWS OF THE GAME (LOTG) QUIZ

In the first week of every month, we will send you an email with a link for you to test and develop your knowledge through ClassMarker.

The quizzes are based on the latest version of the FIFA Laws of the Game and feature both written questions and video review exercises. The quizzes are open book, multiple choice, and you can attempt them as many times as you wish.

In the last week of each month, you have a chance to discuss and learn the month’s topic in a classroom environment. These “Education Sessions” are free, but have limited availability. Our instructors teach the content designed by experts at Canada Soccer.

PROSPECTS

A group of the most promising referees in the province are invited to participate in our Prospects Program. Three times a month, our most experienced referees share their experiences by discussing soccer situations, either in a class or on a field.

If you are interested in being a prospect, send an e-mail to dtruong@manitobasoccer.ca. While the Prospects Program is intended to develop promising referees at the early stages of their careers, all registered referees are welcome to attend to expand their knowledge.

OTHER OPPORTUNITIES

Assessors: You may be assigned an assessor from time-to-time. Assessors will watch your game and discuss with you your areas of strength and opportunities for improvement. Assessors are experienced referees, trained to provide objective feedback on where you are on your development pathway as a referee. Assessors will mainly be assigned to referees who are on the development pathway, who wish to be considered for an upgrade, who wish to referee in higher-level competitions, or if there is a particular concern about your performance as a referee.

ASSIGNING POLICIES

To be assigned to games, you must submit your availability for the coming month, prior to the 20th of each month. Games will be assigned on a month-by-month basis. For example, to be assigned games for

July, you must have your availability completed in Ramp by no later than June 20th. Once you have been assigned a game, **you must confirm or decline the assignment within 48 hours after receiving the assignment. If you do not decline the game within 48 hours, you will have been deemed to have accepted that assignment.**

CODE OF CONDUCT

According to Canada Soccer Code of Conduct and Ethics Match Officials must:

- Conduct themselves with dignity both on and off the field of play, and by example seek to inspire the principles of fair play in others;
- Adhere to all standards and directives established by Canada Soccer, International Football Association Board and FIFA;
- Be neat in appearance and maintain a high level of physical and mental fitness;
- Study and enforce the current Laws of the Game and any event-specific rules and regulations;
- Perform his/her designated duties, including attending organized clinics and lectures, etc. and shall assist their colleagues in upgrading and improving their standards of officiating, instructing and assessing;
- Adhere to the Canada Soccer's Anti-Doping Policy;
- Honour any appointments accepted, unless unable to do so by virtue of illness or personal emergency;
- Not publicly criticize other referees or Canada Soccer;
- Not make any statement to the media (newspaper, television, radio, etc.) related to a game in which the referee has officiated, or to the performance of the players or other officials;
- Not accept any appointment to officiate in any competitive game in which an immediate member of his/her family by marriage or common law is a registered player or coach. An immediate member of the family is a parent, a spouse, a son or daughter, a brother or sister;
- Not accept any appointment to officiate in unsanctioned events;
- Be fair, equitable, considerate, independent, honest, and impartial in all dealings with others;
- When writing reports, set out the true facts and not attempt to justify any decisions; and
- Report any approach to fix the result of a match.

PRE-GAME RESPONSIBILITIES

Before traveling, check your referee bag for:

- Whistle
- Cards set.
- Black shorts.
- Referee jersey and badge.
- Pump and gauge.
- Coin
- Game sheet and a pen.
- AR Flags

You can purchase these items online, or find them in our [store](#).

Referees must arrive to the field 30 minutes before the kick-off time. Before travelling, it is important to check your email and the league website in case the game has been cancelled or rescheduled.

Once on the field you should check:

FIELD	PLAYER'S EQUIPMENT
Check that there is any hazard on the field that cannot be removed like glass, rocks, broken goals.	There are different methods to do this. We suggest to line the players before the game, and while checking their game cards (or guest player permits), you can make sure that they have shin guards, that the number on their jersey matches the one on the game sheet, and they have no jewelry.
Check the condition of the field. If the grass is too long, the field is underwater or unlined.	Turbans/Patkas/Keski are allowed.
Check for goal nets, and corner flags.	Players will be allowed to wear synthetic plastic covers in their ears when having stretched ear holes.
When you feel the game can be played without endangering the safety of the players or losing control of it, you can be flexible and let the game continue, but always report that on the game sheet.	Modern protective equipment made of soft, lightweight, padded materials are not considered dangerous and are therefore permitted. Read the cast policy here to know what is permitted.
GAME BALLS	A player wearing an insulin pump because of a medical condition is permitted to play providing he/she has received written medical clearance and is able to provide the referee with a note indicating such. Read the policy here .
Ask two game balls to the home team.	
Inflate them to acquire the pressure indicated on the ball.	

LEAGUE SPECIFIC RULES

Before going to a game, you should read the competition rules. You can find them here:

Winnipeg Youth Soccer Association - [Click here](#).

Manitoba Major Soccer League - [Click here](#).

Winnipeg Women's Soccer League – [Click here](#).

Any other sanctioned league not contemplated here will follow FIFA Laws of the Game, or will be updated before the tournament.

WINNIPEG YOUTH SOCCER LEAGUE (WYSA)

*Review retreat line and attacking line before your game at WYSA's rules.

Recreation Outdoor League Match Standards								
Division	# of players	# of players to start	Match Duration	Field Size	Extra-time (Finals -Only)	Ball Size	Subs	Retreat line / Offside
U9 Rec	6v6 (5+1 GK) Roster of 6-12 players	4 – at no time can the # be below 4	2x25-min halves 5-min halftime	Width: 33Y-40 Y Length: 44Y-60 Y	None	Super Light 4 (8.1-11.6 PSI) recommended; Regular 4 accepted	Unlimited at any stoppage; Unlimited throughout match	Retreat Line Enforced
U10 Rec	6v6 (5+1GK); Roster of 6-12 Players	4 – at no time can the # be below 4	2x25 Halves. 5 Min Halftime	Width: 33Y-40 Y Length 44Y-60 Y	None	Super Light 4 (8.1-11.6 PSI) recommended; Regular 4 accepted	Unlimited at any stoppage; Unlimited throughout match	Retreat Line Enforced
U11 Rec	9v9 (8+1GK) Roster of 9-16 Players	7 – at no time can the # be below 7	2x30 Halves; 5 Min Halftime	Width: 40Y-50 Y Length 55Y-71 Y	None	Size 4	Unlimited at any stoppage; Unlimited throughout match	Attacking Line Enforced
U12 Rec	9v9 (8+1GK) Roster of 9-16 Players	7 – at no time can the # be below 7	2x30 Halves; 5 Min Halftime	Width: 40Y-50 Y Length 55Y-71 Y	None	Size 4	Unlimited at any stoppage; Unlimited throughout match	Attacking Line Enforced
U13 Rec	9v9 (8+1GK) Roster of 9-16 Players	7 – at no time can the # be below	2x35 Halves; 5 Min Halftime	Width: 40Y-50 Y Length 55Y-71 Y	2 x 5 Mins Played in Full	Size 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced

		7						
U14 Rec	11v11 (10+1GK) Roster of 11-20 Players	8 – at no time can the # be below 7	2x35 Halves; 5 Min Halftime	Width: 50Y-100Y Length 100Y-130Y	2 x 5 Mins Played in Full	Size 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U15 Rec	11v11 (10+1GK) Roster of 11-20 Players	8 – at no time can the # be below 7	2x40 Halves; 5 Min Halftime	Width: 50Y-100Y Length 100Y-130Y	2 x 5 Mins Played in Full	Size 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U16 Rec	11v11 (10+1GK) Roster of 11-20 Players	8 – at no time can the # be below 7	2x40 Halves; 5 Min Halftime	Width: 50Y-100Y Length 100Y-130Y	2 x 5 Mins Played in Full	Size 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U17 Rec	11v11 (10+1GK) Roster of 11-20 Players	8 – at no time can the # be below 7	2x45 Halves; 5 Min Halftime	Width: 50Y-100Y Length 100Y-130Y	2 x 5 Mins Played in Full	Size 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U18 Rec	11v11 (10+1GK) Roster of 11-20 Players	8 – at no time can the # be below 7	2x45 Halves; 5 Min Halftime	Width: 50Y-100Y Length 100Y-130Y	2 x 5 Mins Played in Full	Size 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced

DEVELOPMENTAL LEAGUE MATCH STANDARDS							
DIVISION	# OF PLAYERS	# OF PLAYERS TO START	MATCH DURATION	FIELD SIZE	BALL SIZE	SUBS	RETREAT LINE / OFFSIDE
U9 DL	6v6 (5+1GK); 12 Player Max Roster	4 – at no time can the # be below 4	2x25 Halves. 5 Min Halftime	Width: 33Y-40Y Length: 44Y- 60Y	Super Light 4 (8.1-11.6 PSI)	Unlimited at any stoppage; Unlimited throughout match	Retreat Line Enforced
U10 DL	6v6 (5+1GK); 12 Player Max Roster	4 – at no time can the # be below 4	2x25 Halves. 5 Min Halftime	Width: 33Y-40Y Length: 44Y- 60Y	Super Light 4 (8.1-11.6 PSI)	Unlimited at any stoppage; Unlimited throughout match	Retreat Line Enforced
U11 DL	9v9 (8+1GK) 16 player Max Roster	7 – at no time can the # be below 7	2x30 Halves. 5 Min Halftime	Width: 40Y-50Y Length: 55Y- 71Y	Regular 4	Unlimited at any stoppage; Unlimited throughout match	Attacking Line Enforced
U12 DL	9v9 (8+1GK) 16 player Max Roster	7 – at no time can the # be below 7	2x30 Halves. 5 Min Halftime	Width: 40Y-50Y Length: 55Y- 71Y	Regular 4	Unlimited at any stoppage; Unlimited throughout match	Attacking Line Enforced

PREMIER LEAGUE MATCH STANDARDS							
DIVISION	# OF PLAYERS	# OF PLAYERS TO START	MATCH DURATION	FIELD SIZE	BALL SIZE	SUBSTITUTIONS	OFFSIDE
U13 PREMIER	9v9 (8+1GK) 16 player Max Roster	7 – at no time can the # be below 7	2x35 Halves; 5 Min Halftime	Width: 40Y-50Y Length: 55Y- 71Y	Regular 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U14 PREMIER	11v11 (10+1GK) 18 Player Max Roster	8 – at no time can the # be below 7	2x35 Halves; 5 Min Halftime	Width: 50Y-100Y Length: 100Y-130Y	Regular 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U15 PREMIER	11v11 (10+1GK) 18 Player Max Roster	8 – at no time can the # be below 7	2x40 Halves; 5 Min Halftime	Width: 50Y-100Y Length: 100Y-130Y	Regular 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U16 PREMIER	11v11 (10+1GK) 18 Player Max Roster	8 – at no time can the # be below 7	2x40 Halves; 5 Min Halftime	Width: 50Y-100Y Length: 100Y-130Y	Regular 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced
U17 PREMIER	11v11 (10+1GK) 18 Player Max Roster	8 – at no time can the # be below 7	2x45 Halves; 5 Min Halftime	Width: 50Y-100Y Length: 100Y-130Y	Regular 5	Unlimited at any stoppage; Unlimited throughout match	Traditional Offside Enforced

*For Premier games, the older PR1 team decides what set of rules the referee will officiate with.

MANITOBA MAJOR SOCCER LEAGUE (MMSL)

Division	Maximum players on game sheet	Halves duration	Halftime duration	Substitution	Minimum players on field
Premier	20	45 minutes	5 minutes	Limit of 5 substitutions in a game. Unlimited substitutions at half-time	No fewer than 7
First	20			Limit of 7 substitutions in a game. Unlimited substitutions at half-time	
Second	20			Unlimited substitutions, with an unlimited amount of players substituted at any one time. Substitutions will only be made with the consent of the Referee during a stoppage of play.	
Third	20				
Fourth	20				
Fifth	20				
Sixth	20				
Seventh	20				
Eighth	20				

WINNIPEG WOMEN'S SOCCER LEAGUE (WWSL)

Division	Maximum players on game sheet	Halves duration	Halftime duration	Substitution	Minimum players on field
Premier	20	45 minutes	5 minutes	Unlimited substitutions, with an unlimited amount of players substituted at any one time. Substitutions will only be made with the consent of the Referee during a stoppage of play.	No fewer than 8
First					
Second					
Third					
Fourth					
Fifth					
Masters					

CONFLICTING JERSEYS POLICIES

WYSA	MMSL	WWSL
Away team must change	Home team must change	Home team must change

DISCIPLINE

At MSA and at our member leagues, we care about you and your safety as a referee. We do not tolerate any form of violence or harassment towards you. If something does happen, we strongly encourage you to report it. This way, we can take action to prevent it from happening again in the future. You can find [here](#) a document provided by our neighbours in Saskatchewan on how to fill those forms accurately.

DISMISSAL FORM

Whenever a player or team official has been dismissed, a Dismissal Form is necessary, it must be sent to the league where the dismissal occurred no more than 48 hours after the occurrence. [Click here](#) to get the form.

MISCONDUCT TOWARD A MATCH OFFICIAL

If you were abused by a player, or team official, you must fill this report and a dismissal form if the person received a red card for it. [Click here](#) to access the form. This report should be sent to the league no later than 24 hours after the problem occurred.

MATCH INCIDENT REPORT

Incidents including but not limited to events such as abandonment of matches, reporting misconduct or interference by spectators and issues with facilities, venues or fields should be described on this form. A separate form must be completed for each incident. Get the form by [clicking here](#).

MANDATORY – REFRESHERS AND FITNESS TEST

REFRESHER

All referees must register and attend an in-person refresher before each outdoor season. Failing to attend may result in a great or complete reduction in assignments. Information surrounding refreshers will be shared with all returning referees when it becomes available.

FITNESS TESTS

All MSA Referees are annually required to attend a fitness test correlated to their classification. Fitness testing typically occurs in March-May, but there will be opportunities year-round to show your improvements. Referees who pass their fitness test will be assigned to games on a priority basis, ahead of referees who do not pass their tests.

See the fitness test associated with each classification below:

Fitness Test Standards by Category Select either FIFA or Beep Test as applicable			
Category	FIFA Test		Beep Test
	Sprints 6x40m (60 sec rest)	Interval Test x40 (4000m)	Continuous Run 20m
Women FIFA/National	6.40 sec	17 / 20 sec	n/a
Women Provincial	6.60 sec	17 / 22 sec	n/a
Women Regional	6.80 sec	17 / 24 sec	n/a
Women District	n/a	n/a	Stage 6
Men FIFA/National	6.00 sec	15 / 18 sec	n/a
Men Provincial	6.40 sec	15 / 20 sec	n/a
Men Regional	6.60 sec	17 / 22 sec	n/a
Men District	n/a	n/a	Stage 6
FIFA & National Assistant Referees	CODA	Sprints 5x30m (30 sec rest)	Interval Test x40 (4000m)
Women	11.00 sec	5.10 sec	17 / 22 sec
Men	10.00 sec	4.70 sec	15 / 20 sec

* Last updated October 7th, 2025.