

And here's a checklist of what you can ask yourself during your self-analysis and what you can also ask of your mentor (taken from various USSF documents):

The successful referee...

- Demonstrates pre-game planning and game preparation skills.
- Recognizes tactical play, player roles, and the tactics the teams are employing to achieve their goals.
- Demonstrates good fitness and a flexible diagonal to stay close to critical play without interfering with players' options and always has the assistant referee in view.
- Exhibits regular and good physical presence, strength of whistle, and body language when making decisions.
- Makes use of personality to manage the game with calculated risk taking, 100% enforcement of misconduct and good game control.
- Demonstrate the ability to open a clear line of communications with players and coaches.
- Demonstrates good eye contact with assistant referees on all dead ball situations and makes good use of their assistance on offside decisions and fouls as appropriate.
- Demonstrates the use of personality to diffuse and prevent escalation of physical play.
- Demonstrates the use of personality to provide a calming influence when the game intensity is increasing.
- Uses personality to help defuse flash points and to manage players.
- Demonstrated consistency in foul recognition, foul discrimination and use of cards.
- Demonstrates the ability to read play and anticipate rather than react to game situations.
- Demonstrates the ability to set the bar for misconduct and violent conduct/serious foul play by "drawing the line in the sand" early so players and coaches know what to expect.
- Demonstrates an understanding of subtle and tactical fouls.
- Demonstrates knowledge of when the game changes, why it changes and acts to control the changing temperature of the game.
- Demonstrates the ability to allow the game to flow, by proper selection of fouls, and distinguishing between trifling fouls and fouls that need to be called
- Demonstrates the use of advantage when appropriate and allows teams to take the quick free kick when they wish to do so.
- Demonstrates the ability to distinguish between trifling fouls and fouls that need to be called based upon the skill level of the players.
- Recognizes fouls that are reckless and meant to injure players and issues the appropriate cards in response to those actions.
- Demonstrates the proper response to 100% misconduct.
- When cards are given, always sees player behavior modification.
- Demonstrates the ability to have a feel for the game and to have flexibility in making sure the punishment is appropriate to the crime.

- Demonstrates management of game techniques in recognizing gamesmanship tactics, simulations, delaying tactics, etc., which results in maximum playing time for both teams.
- Demonstrates the ability to recognize moments of truth and takes appropriate action accordingly.
- Demonstrates the ability to use preventative techniques to eliminate/prevent misconduct and aid in game control.
- Exhibits the ability to deliver the appropriate message in a way (based on the game, the situation and the personality of the player) that results in the desired outcome.
- Demonstrates common sense and consistency in decision making so that players and coaches feel that the decisions are fairly and equally given.
- Manages the game so that the entertainment value is maximized without disregard to game control
- Demonstrates the ability to identify and correctly deal with elbows and tackles that endanger the safety of an opponent or could injure an opponent.
- Demonstrates the ability to use personality and preventative techniques to prevent the escalation of physical play that would result in violence.
- Demonstrates a feel for the game and when to change tactics to head off escalation of physical play.
- Differentiates between fouls/misconduct that are “careless” and “reckless” versus “using excessive force” with the possibility of injuring an opponent.
- Demonstrates proper mechanics and positioning for static restarts.
- Demonstrates the proper response to dealing with bench behavior that is irresponsible or abusive, using the guidance put forth by US Soccer directives.
- Demonstrates the use of techniques to prevent escalation of improper behavior within the technical area.
- Demonstrates full knowledge of and the ability to implement all current U.S. Soccer teachings and directives. Is up to date on all memoranda and position papers and applies them as required during the game.
- Demonstrates knowledge of the Laws of the Game, proper mechanics and procedures, knowledge of recent memoranda, and proper restarts for all situations. Develops a solid and thorough understanding of the most recent teachings and directives from U.S. Soccer.
- Demonstrates a thorough verbal and relatively consistent application of U.S. Soccer teachings and directives on the field and during off-field discussions.
- Demonstrates a high level of fitness and dynamic positioning to ensure a proper view of challenges.
- Is a leader of the officiating team both on and off the field. Takes charge.