For Tips & Tools to create great youth competitive environments & experiences and to find practical, early-step mental health services guidance, visit the BMS project.org.



**#1 Don't Bark, Growl, or Bite, but be Confident and Assertive**Someone has to manage the zoo... and that happens to be you.

**#2 The Commands Came Down Written on Stone for a Reason**Know the rules of the game.

#3 Effective Communications Make for Happy Kickers & Coaches

Everybody knowin' what's up will help your cause...

clearing the fog of competition requires clarity.

#4 Did You Happen to Notice that Plane Dive-Bombing the Goalie?

Stay FOCUSED! Things happen somewhere over yonder,
but stay acutely attuned to the immediate task at hand.

#5 Be Quick & Always Make the Correct Decisions - At Least Be Quick Idle time invites the Devils' their mischief... always call it quick & crisp... look like you got it right too!

#6 It isn't a Great Idea to Wear the Other Team's Spirit Wear... Just Sayin'
We have important matters to attend to here... stay neutral & unbiased.

#7 Pitch Size/Speed of the Games Vary...
Neither Care if You are Worn & Weary

Gasping & staggering just ain't a good look. Stay fit... stay in shape... the rocking chair will wait.

**#8 Constantly Evaluate Yourself... and You'll Never Be Alone**To be an official is to judge... you just well jump in too... it is a VERY large jury pool.

#9 R-E-S-P-E-C-T!

The old timers settled in their rocking chairs know, the Queen of Soul, Aretha, called it a long time ago... show it to the game... the athletes, parents, coaches and other officials... this isn't some kinda chain of fools.

## **#10 The Word Slipped Out**

All kidding aside... no one is perfect. Do the best job that you can and always strive to get better.



EMERGENCY
In a crisis, call "911" immediately
If considering self-harm, call "988"
The National Suicide Intervention Lifeline

SEXUAL MISBEHAVIOR To speak to a counselor, Call (800) 656-4673 RAINN CHILD ABUSE To report suspected child abuse, Call (800) 422-4453 Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement.

Minors should report incidents of misconduct to their parent(s) or guardian(s).