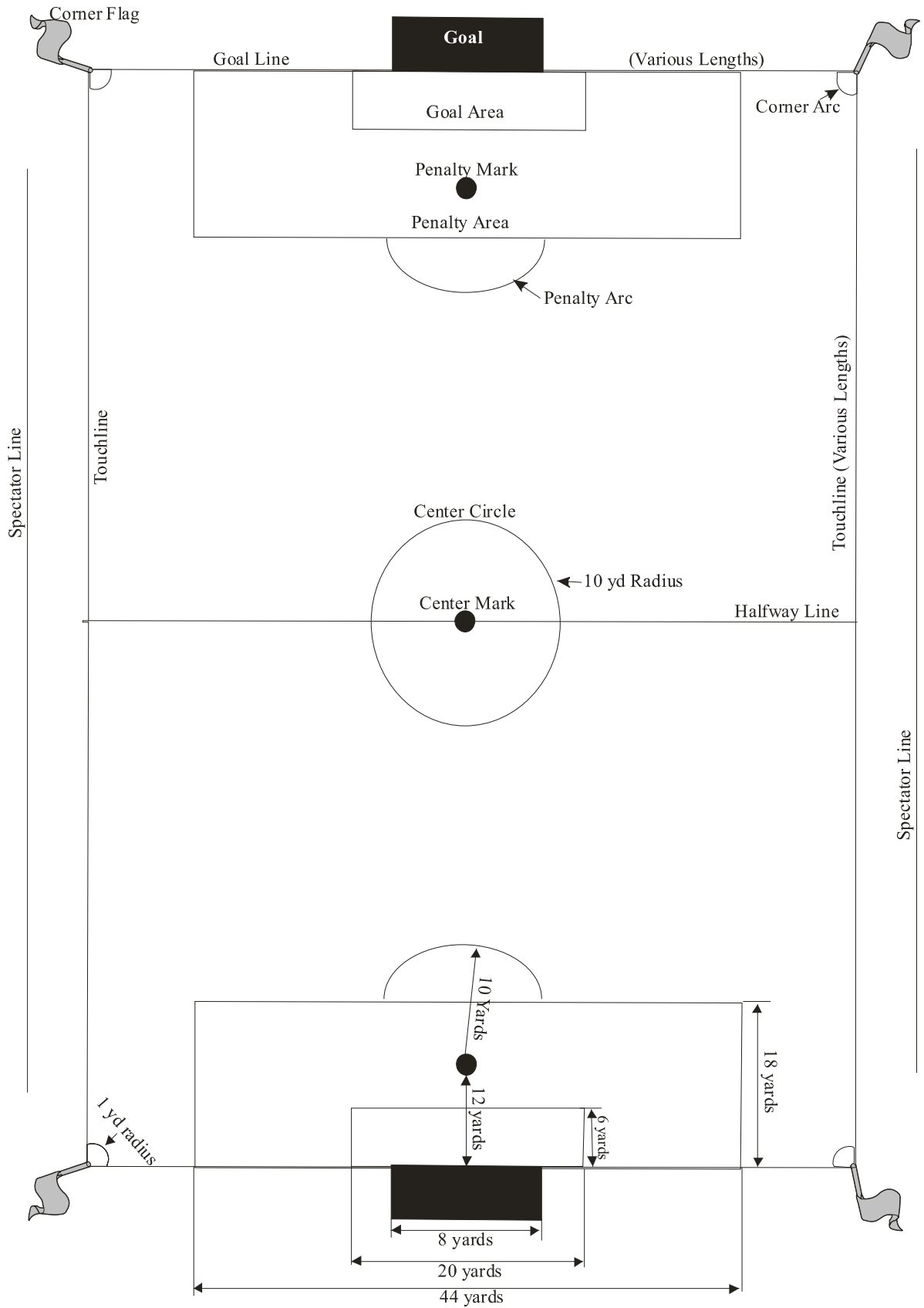


PLAYING RULES
THE LAWS OF THE GAME
GENERAL PREFACE

1. The definitive laws of the game of soccer are those of FIFA, the “Federation International de Football Association” or, in English, the International Federation of Association Football. These laws apply all over the world and provide a standard that governs international competition.
 - A. The USSF (United States Soccer Federation), the NCAA (National Collegiate Athletic Association), and the Federation of State High School Associations all have their own set of laws, or rules, which basically conform to the FIFA laws, but which also have variations unique and appropriate to their Organizations.
 - B. Various youth soccer programs also have made further changes to allow for situations specific to young players.
2. The FIFA Laws of the Game shall apply to SAY play except as may be amended in this book.
3. The interpretations of the Laws of the Game are the responsibility of the Commissioner of SAY and, with the approval of the SAY National Board, are binding upon participants in the SAY program.
4. The SAY Modifications of these Laws are intended to change the nature of the game as little as possible, and are primarily directed toward creating a safer game that is more age appropriate for the participants and a means for all players to participate.
5. When SAY Soccer was founded, it was provided that all teams would be made up of eleven players, regardless of the age of the players. However, a considerable body of opinion has determined that young players would be better served if their teams had fewer players. With such an arrangement, each player has many more opportunities to play the ball, and develop skills at a faster rate. Increased participation will also improve the players’ interest and enjoyment.
6. The Laws have been modified in their application to include provisions for short-sided team games at all levels of play. Most of the standard rules of the game apply.
7. All team members and coaches are subject to these Laws, whether on or off the field of play.
8. Additional explanations and interpretations of these laws are included in the book “Refereeing Youth Soccer”, which is published by SAY. The material in that book is binding in the same way as the material in the Rulebook.

PLAYING FIELD (11 v 11)



LAW I – FIELD OF PLAY

1. Dimensions

A. The field of play shall be rectangular.

For full-sided play:

Length – minimum 80 yards, maximum 130 yards,

Width – minimum 50 yards; maximum 100 yards.

B. Recommended field sizes are as follows:

<u>Division</u>	<u>Full-Sided (11 v 11)</u>	<u>Short-Sided</u>
U8	80 x 60 yards	60 x 40 yards
U10	90 x 60 yards	80 x 50 yards
U12	100 x 60 yards	90 x 60 yards
U14	110 x 65 yards	100 x 60 yards
U16	110 x 70 yards	100 x 60 yards
U19	110 x 70 yards	100 x 60 yards

C. The longer lines shall be called touch lines.

D. The shorter lines shall be called goal lines.

E. The size of the field should be related to the age division using it.

2. Marking

A. General

(1) The field of play shall be marked with distinctive lines, not more than 5 inches in width.

(2) Marking must be of some material that is not injurious to eyes or skin.

B. Flags

(1) A flag on a post at least five (5) feet high and at least one (1) inch in diameter having a non-pointed top shall be placed at each corner of the field.

(2) Similar flags may be used to mark the middle of the field, but must be at least one yard outside of the touch lines.

C. The Halfway-Line and Center Circle

(1) A halfway-line shall be marked joining the midpoint of each touch line.

(2) From the midpoint of the halfway-line, a circle shall be marked with an appropriate radius:

(a) U8 - six (6) yards.

(b) U10 - eight (8) yards.

(c) U-12 thru U-19 - ten (10) yards.

3. The Goal Area

The goal area is marked by lines perpendicular to the goal line six (6) yards from the inner side of each goal post, six (6) yards into the field, and joined by a line parallel to the goal line.

4. The Penalty Area

A. U-12 thru U-19

- (1) The Penalty Area is marked by lines perpendicular to the goal line eighteen (18) yards from the inner side of each goal post, eighteen (18) yards into the field, and joined by a line parallel to the goal line.
- (2) A Penalty Mark shall be a spot no larger than nine (9) inches in diameter made twelve (12) yards from the goal line, opposite the center of the goal.
- (3) From the center of the Penalty Mark, the Penalty Arc having a radius of ten (10) yards shall be marked outside the Penalty Area.

B. U-10

- (1) The Penalty Area is marked by lines perpendicular to the goal line fourteen (14) yards from the inner side of each goal post, fourteen (14) yards into the field, and joined by a line parallel to the goal line.
- (2) The Penalty Mark shall be a spot no larger than nine (9) inches in diameter made ten (10) yards from the goal line, opposite the center of the goal.
- (3) From the center of the Penalty Mark, the Penalty Arc having a radius of eight (8) yards shall be marked outside the Penalty Area.

C. U-8

- (1) There is no Penalty Area for Passers. Instead a Goalkeeper Area shall be marked by lines perpendicular to the goal line twelve (12) yards from the inner side of each goal post, twelve (12) yards into the field, and joined by a line parallel to the goal line.**

5. The Corner Arc

A quarter circle of one-yard radius shall be drawn inside each of the four corners of the field.

6. The Goals

A. The goals are placed at the midpoint of each goal-line with each upright the same distance from the corner flag.

- (1) For U-12 thru U-19 the uprights are twenty-four (24) feet apart (inside measurement), joined by a crossbar eight (8) feet from the ground (to the lower edge).**
- (2) For U-10 the uprights may be eighteen (18) to twenty-four (24) feet apart (inside measurement), joined by a crossbar seven (7) to eight (8) feet from the ground (to the lower edge), if goalkeepers are to be used, or about six (6) feet by four (4) feet if goalkeepers are not used.**
- (3) For U-8 the uprights may be twelve (12) to twenty-four (24) feet apart (inside measurement), joined by a crossbar six (6) to eight (8) feet from the ground (to the lower edge), if goalkeepers are to be used, or about six (6) feet by four (4) feet if goalkeepers are not used.**

B. Uprights and crossbar should have the same width.

- C. Goal nets shall be attached to the post and crossbar and fastened to the ground in such a manner as to not interfere with the goalkeeper.
- D. For safety reasons, the goals, including those that are portable, must be anchored securely to the ground.

NOTES:

- 1) The goal line should be the same width as the depth of the goal posts.
- 2) All markings are part of the areas they enclose.
- 3) If a crossbar becomes damaged and falls, or is in danger of falling, it must be removed. Games may continue with the approval of both coaches. The referee's judgment will determine whether any particular shot would have been under the crossbar, had one been there.
- 4) Goals should be painted white.
- 5) If the field is not adequately lined or if there are no nets on the goals, the game will proceed to the best of the referee's judgment.
- 6) The field of play for full-sided games and all related equipment shall be as shown on the preceding diagram (page 32).
- 7) **Except as provided for U-8 and U-10 game fields the penalty-areas, goal-areas, and 10-yard circles may not be reduced in size on smaller fields, nor is the goal size to be reduced from the 8-foot by 24-foot inside measurements.**
- 8) **U-8 and U-10 divisions may opt to play their matches on full-sided fields and goals.**
- 9) If the Referee determines the field to be unsafe for play, the game shall be abandoned.

LAW II – THE BALL

1. The ball shall be spherical.
2. The following will use:

	<u>DIVISION</u>	<u>SIZE</u>
A.	U-8	3
B.	U-10	4
C.	U-12	4
D.	U-14	5
E.	U-16	5
F.	U-19	5

3. The ball will not be changed during the game without the approval of the referee(s).
4. If the ball bursts or becomes deflated during the course of the game, the game shall be stopped. Play is to be restarted in accordance with LAW VIII-7.

LAW III – PLAYERS AND SUBSTITUTIONS

1. **Full-sided games (11 v 11)** will be played by two teams each consisting of:
 - A. not more than eleven (11) players, and
 - B. not fewer than seven (7) players,
 - C. one of whom shall be the Goalkeeper.
2. **Short-sided games** will be played by two teams each using the following criteria:
 - A. 7 v 7 games
 - (1) not more than seven (7) players, and
 - (2) not fewer than five (5) players,
 - (3) **one of whom shall be the Goalkeeper**
 - B. 8 v 8 games
 - (1) not more than eight (8) players and
 - (2) not fewer than five (5) players,
 - (3) **one of whom shall be the Goalkeeper**
 - C. 9 v 9 games
 - (1) not more than nine (9) players, and
 - (2) not fewer than six (6) players,
 - (3) **one of whom shall be the Goalkeeper**
 - D. 10 v 10 games
 - (1) not more than ten (10) players, and
 - (2) not fewer than six (6) players,
 - (3) one of whom shall be the Goalkeeper.
 - E. Short-sided U-8 games may be either 7 v 7 or 8 v 8.**
 - F. Short-sided U-10 games may be either 7 v 7, 8 v 8, or 9 v 9.**
 - G. Short-sided U12 and older, games may be either 8 v 8, 9 v 9 or 10 v 10.**
3. A player is a team member who has been given permission by the referee to enter the field of play. All others are substitutes.
4. The following substitutions may only be made with the permission of the referee:
 - A. Both teams may substitute any number of players:
 - (1) on a goal kick.
 - (2) after a goal.
 - (3) during an extended time out (as for an injury).
 - (4) between periods.
 - (5) when the referee stops the game to issue a caution or a send-off.
 - B. The team in possession of the ball on a throw-in may substitute any number of players. If the team in possession chooses to substitute, the opposing team may also substitute any number of players.
 - C. A substitute becomes a player when they are acknowledged by the Referee **and they step on the field of play.**

5. Any substitute entering the field of play without the permission of the referee, or any substitute who interferes with play whether upon entering or leaving the field of play shall be subject to punishment for illegal substitution.
 - A. If the infraction is noted while the ball is in play, the referee shall stop play. Play is to be restarted with an Indirect Free Kick against the offending team at the location where the ball was when play was stopped.
 - B. Whether or not the ball is in play, the substitute(s) shall be cautioned.
6. During the progress of the game, the referees must be notified specifically before the Goalkeeper is changed (except when change is made between periods).
7. Any player on the field changing places with the goalkeeper without the permission of the referee while the ball is in play, shall be subject to punishment for improper change.
 - A. Play is not stopped.
 - B. At the next stoppage of play, both players will be cautioned.
8. A player ejected after the game starts may not be replaced.

NOTES:

- 1) If a member of a team is ejected before the game begins, the team does not have to play “short”.
- 2) A player joining or rejoining his or her team that has fewer than eleven players on the field after the start of the match shall first draw the attention of the referee from the touch line; and may enter or re-enter the field only with the permission of the referee. The signal from the referee shall be made by a definite gesture which makes the player understand that he or she may come into the field of play; it is not necessary to wait until the game is stopped (this does not apply in respect of an infringement of Law IV), but the referee is the sole judge of the moment in which he gives his signal of acknowledgment.

LAW IV – PLAYER’S EQUIPMENT

1. Prior to any game the referee shall inspect the players’ equipment and prevent any player whose equipment does not conform to the requirements of this Law from playing until such time as it does comply.
2. A player shall not wear anything that is dangerous to another player or to himself or herself.
3. The basic compulsory equipment of a player shall consist of a shirt, shorts, socks, shin-guards and shoes.
4. Uniform Shirts
 - A. All players on a team must wear shirts of the same color.
 - B. The goalkeeper must wear a color different than that of either team and the referee
 - C. It is the responsibility of the home team to change to a different color if the two teams normally wear the same color.
 - D. Numbers on shirts are required, and must be different for each player. However, when a team must wear alternate shirts, because of a color conflict, such shirts need not be numbered.
 - E. For an unresolved color conflict, the referees may permit the game to proceed.
5. Shin-guards, which must be covered entirely by socks, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.
6. Footwear
 - A. Shoes that meet the following criteria are considered to be legal:
 - (1) shoes that are made by well-known manufacturers and designated as soccer footwear;
 - (2) gym shoes;
 - (3) any type of shoe having any number of cleats (rubber, plastic or metal) that have no sharp edges.
 - B. Shoes shall be properly tied (or otherwise appropriately fastened).
7. Personal Equipment
 - A. Illegal/unsafe equipment: The following shall be considered examples of illegal or unsafe equipment, and shall not be worn by any player.
 - (1) shin-guards with exposed sharp edges;
 - (2) jewelry or watches;
 - (3) face or spectacle guards;
 - (4) helmets of hard material;
 - (5) knee brace(s) – unless wrapped and covered with soft padding and approved by the referee;
 - (6) cleats (rubber, plastic or metal) with sharp or jagged edges;
 - (7) foreign objects in the mouth (such as gum or ice), other than internal orthodontic devices.

NOTE: The foregoing examples are not intended to be all-inclusive. The referee may determine other equipment to be illegal or dangerous. However, the items listed in 7-A. are to be considered illegal equipment (except as noted) at all times. Use of these items shall not be permitted at any time, even by agreement between the coaches and the referee.

- B. **Legal Equipment:** The following shall be considered examples of legal equipment, and as such may (except as noted) be worn by any player:
- (1) soft headwear such as knit caps;
 - (2) goalkeepers may wear gloves
 - (3) a soft-billed cap or a properly fitted and fastened safety helmet, made of foam or other soft material;
 - (4) hearing aids;
 - (5) eyeglasses, with or without strap;
 - (6) contact lenses;
 - (7) soft gloves;
 - (8) warm-up suits, hooded sweatshirts, sweat pants and similar soft apparel – but only if worn under the player’s uniform.
8. **PUNISHMENT:** For any infringement of Law IV:
- A. The player shall be instructed by the referee to immediately:
 - (1) adjust his (or her) equipment or
 - (2) obtain missing equipment, or
 - (3) leave the field of play to do so, if correction on the field is deemed to be impractical.
 - B. A player who has been instructed to leave the field of play shall not return without first reporting to the referee, who shall determine that the player’s equipment is in order.
 - C. The player shall only re-enter the game at a moment when the ball has ceased to be in play and only with the referee’s permission.

LAW V – REFEREES

1. The authority and the exercise of the powers granted to referees by the Laws of the Game commence as soon as they enter the field of play.
 - A. The power of penalizing shall extend to offenses committed when play has been temporarily suspended, or the ball is out of play.
 - B. The referee's decision on points of fact shall be final.
2. The referee shall:
 - A. Enforce the Laws.
 - B. Refrain from penalizing in cases where doing so would be giving an advantage to the offending team.
 - C. Act as timekeeper.
 - D. Have the authority to stop the game for any violation of the Laws and to suspend or terminate the game if weather conditions or actions of spectators or players indicate that a stoppage is necessary. Such stoppage and the reasons therefore should be reported to the league administrator.
 - (1) A referee may refuse to start a game, or may stop it once play has started, if in the referee's judgment, the condition of the field is such as to endanger the players.
 - (2) In event of a storm, play must be stopped and suspended until the danger has passed using the following minimum criteria:
 - (a) The sighting of a lightning flash or the hearing of the sound of thunder shall be reason enough to stop and suspend a game, and
 - (b) Play shall not be resumed prior to 30-minutes after the last sighting of lightning or the last sound of thunder heard.
 - E. Caution, and show a yellow card to any player guilty of misconduct or a cautionable offense; and eject, and show a yellow card and then show a red card to any player who persists in misconduct.
 - F. Allow no one other than the active players and assistant referees to enter the field without permission.
 - G. Stop the game if a player is injured, but not during a drive on goal unless the injury appears to be serious. The referee need only have reason to believe that a player is seriously injured to stop the game, even if there is a drive on goal.
 - H. The referee will insure that any player with visible blood or bleeding leaves the field of play. (See details on page 2).
 - I. Eject, and show a red card to any player who is guilty of a send-off offense. Any ejection should be reported promptly to the league administrator.
 - J. Signal for the restart of the game after any stoppage.
 - (1) A free kick may be taken as soon as the ball is properly placed, without a whistle. However, the referee may delay such a "quick" free kick at his or her discretion.

- (2) A signal with the whistle
 - (a) may be given after a substitution,
 - (b) shall be given after an extended time out, or for the taking of a penalty kick, or for the taking of a kick-off.
- K. Restart the game in accordance with LAW VIII-7:
 - (1) after an injury (no foul having been committed); or
 - (2) after unresolved referee decisions (such as when the referee blows the whistle by mistake); or
 - (3) after any stoppage of play due to the condition of the field, its equipment, or the elements, but only after such conditions are remedied or the danger passed to the satisfaction of the referee; or
 - (4) when the referee is uncertain which team last touched the ball prior to it going over the touch line or goal line (but not between the goal posts).
- L. Use appropriate hand signals
- M. Approve any ball that is to be used in the game.

NOTES:

- 1) A referee may reverse a decision as long as play has not been restarted.
- 2) If the “advantage” clause has been applied, and the advantage that was anticipated does not develop at that time, the referee shall penalize the original offense.
- 3) Games should be played with as little interference as possible. It is the duty of the referee to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of spectators.
- 4) Games may not be forfeited by the referee. Conditions indicating a possible forfeit must be reported to the **SAY Premier Program** Representative for a decision.
- 5) If a player or players, either on the same team or opposing teams, simultaneously commit two violations, one of which calls for an INDIRECT free kick, and the other of which calls for a DIRECT free kick, the DIRECT free kick shall be awarded.
- 6) If two players from opposing teams simultaneously commit two violations, each of which calls for the same type of free kick (DIRECT or INDIRECT), the referee, exercising a reasonable discretion may either:
 - a) allow play to continue, or
 - b) stop play, admonish, caution or eject both players as may be appropriate, and restart the game appropriately, in accordance with LAW VIII-7.
- 7) During the course of the game, all coaches may coach their players from the touch-line, subject to the following:
 - a) Coaching shall be limited to verbal communication with the players of the coach’s team by the coaches of that team.
 - b) Megaphones, bullhorns, etc. may not be used.

- c) No coaching or comments shall be directed to the players or coaches of the opposing team.
 - d) All coaches must remain on the side of the field where the team's substitutes are situated, and
 - (1) if both teams are on the same side, between the half-way line and the 18 yard-line;
 - (2) if the teams are on opposite sides, between the 18 yard-lines.
 - e) **PUNISHMENT:** For violation of LAW V, NOTE 8 –
 - (1) The offending coach shall be cautioned, and
 - (2) The offending coach shall be ejected from the playing field upon receiving a second caution.
- 8) Guidelines for Referee Uniforms can be found in Appendix C.

LAW VI – ASSISTANT REFEREES

1. If only one referee is available to officiate a game, the referee may appoint two “club” linesmen to assist only by indicating when the ball goes out-of-bounds.
2. Two trained, neutral assistant referees may be appointed by the referee administrator, whose duty (subject to the decision of the referee) shall be to indicate:
 - A. When the ball is out of play;
 - B. Which side is entitled to a corner kick, goal kick or throw-in;
 - C. When a substitution is desired;
 - D. When a player may be penalized for being in an offside position;
 - E. When misconduct or other incident has occurred out of the vision of the referee.
3. The assistant referee shall also assist the referee to control the game in accordance with the Laws.
4. The referee should provide the assistant referees with flags to be used in the game.
5. In the event of undue interference or improper conduct by an assistant referee, the referee shall dispense with his (or her) services and arrange for a substitute to be appointed, and the matter shall be reported to the competent authority.

LAW VII – DURATION OF THE GAME

1. All games will be played in **two (2) equal halves**, as determined by the leagues, with a kick-off to begin each period.
 - A. Teams will change ends at the beginning of each **half**.
 - B. Teams will alternate kicking off at the beginning of each **half**.
2. Time of **each half** shall be as follows:

A.	U-8	20-minutes
B.	U-10	24-minutes
C.	U-12	30-minutes
D.	U-14	30-minutes
E.	U-16	40-minutes
F.	U-19	40-minutes
3. **The half time interval will be five (5) minutes or as determined by league rules.**
4. Allowances shall be made within each **half** for time lost through injury or other cause, the amount of which shall be at the discretion of the referee. This time may not be added to a different **half**.
5. Time shall be extended to permit the taking of a penalty kick at the end of a **half**, which was awarded before time ran out. Time may not be extended for the taking of other free kicks.
6. Play ends exactly at the instant that time runs out, regardless of the position or motion of the ball at that time.
7. If a game has been stopped for any reason, and it cannot be restarted:
 - A. If less than one-half has been played, it must be rescheduled in its entirety; however,
 - B. If at least one-half has been played, it shall be considered an official game.

LAW VIII – THE START AND RESTART OF PLAY

1. Prior to the game, choice of ends shall be decided by the toss of a coin. The team winning the toss will decide which goal it will attack during the first **half**. The other team will take the kick-off to start the game.
2. Upon the referee's whistle, the game is started or restarted by a player taking a kick from the center mark. Until the ball is kicked, the players
 - A. of each team must be in their team's half of the field, and
 - B. the players of the opposing team must be at least the following distance from the ball:
 - (1) **U-8 - six (6) yards**
 - (2) **U-10 - eight (8) yards**
 - (3) **U12 thru U-19 - ten (10) yards**
3. On a kick-off, the ball is in play when it is kicked and moves forward.
4. The kicker may not play the ball again until it has been touched by another player.
 - A. **PUNISHMENT**: For playing the ball twice, an INDIRECT free kick is awarded to the opposing team at the point where it was played the second time.
5. A goal may be scored DIRECT from a kick-off.
6. After a goal has been scored, the game is restarted with a kick-off by the team scored against.
7. On any occasion where it is necessary for the referee to temporarily stop a game, while the ball was in play, for any reason not mentioned elsewhere in these Laws, play is restarted with a drop ball, **except as follows**:
 - A. **If the ball was in play within a goal area and not in possession of the goalkeeper when the stoppage occurred, it shall be dropped on that part of the goal area line which runs parallel to the goal –line at the point nearest to where the ball was when play was stopped.**
8. A drop ball shall be in play when it touches the ground.
9. If a player plays the ball before it touches the ground, the referee shall again drop the ball.

LAW IX – BALL IN AND OUT OF PLAY

1. The ball is out of play when the whole of the ball completely passes over the goal line or touch line, whether on the ground or in the air, or when the game has been stopped by the referee.
2. The ball is in play at all other times, including:
 - A. If it rebounds onto the field from a goal post, cross bar, or corner flag.
 - B. If it strikes the referee or assistant referee without leaving the field of play.
 - C. If there is an apparent violation, but no signal has been given by the referee.

LAW X – METHOD OF SCORING

1. Except as otherwise provided by these Laws, a goal is scored when the whole of the ball passes completely over the goal line, between the goal posts and under the crossbar.
2. The team scoring more goals shall be the winner. If there are no goals, or an equal number of goals are scored by each team, the game shall be a draw.

NOTES:

- 1) A goal may not be allowed if the whole of the ball has not crossed the goal line.
- 2) If the ball is stopped by an outside agency (i.e. dog, spectator), play shall be stopped.
 - a) The game shall be restarted appropriately in accordance with LAW VIII-7, where the ball came into contact with the interference.
 - b) A goal may not be allowed if the ball touches an outside agency before entering the goal.
 - c) The referee is not an outside agency.
- 3) The referee may not award a goal unless in a position to observe and be certain that the ball has completely crossed the goal-line, or an assistant referee is in such a position and signals that fact to the referee.

LAW XI – OFFSIDE

1. A player is in an offside position if the player is:
 - A. nearer the opponents goal line than the ball, **and ...**
 - B. not in his own half of the field, **and ...**
 - C. closer to the opponents goal line than at least two opponents.

NOTE: A player who is even with the second last opponent or with the last two opponents is not in an offside position.
2. The offside offense may only be called against a player who is in an offside position at the moment the ball is last touched or played by a teammate. Offside shall be declared if that player subsequently become involved in active play by:
 - A. interfering with play, **or**
 - B. interfering with an opponent, **or**
 - C. having gained an advantage by being in that position.
3. A player shall not be declared offside:
 - A. merely because of being in an offside position, or
 - B. if the player receives the ball directly from
 - a goal kick,
 - a corner kick, or
 - a throw-in.
4. **PUNISHMENT:** If a player is declared offside, the referee shall award an INDIRECT free kick to the opposing team subject to the overriding conditions of Law XIII.
 - A. The kick shall be taken by an opponent from the place where the offside offense occurred.
 - B. The offense occurs where the player is when the teammate played or touched the ball.

NOTES:

- 1) Offside shall be judged at the moment when the ball was last played or touched by a teammate, not at the moment the player in question receives the ball.
- 2) A player who is not in an offside position does not therefore become offside if he moves forward ahead of the ball or past the next to last defender during the flight of the ball.
- 3) **The offside rule shall not apply to any U-8 division games.**

LAW XII – FOULS AND MISCONDUCT

1. Direct Free Kick:

A. A Direct Free Kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless, or involving disproportionate force:

- (1) kicks or attempts to kick:
 - (a) an opponent, or
 - (b) the ball while in the possession of the goal keeper;
- (2) trips or attempts to trip an opponent; or
- (3) jumps at an opponent; or
- (4) charges an opponent; or
- (5) strikes or attempts to strike an opponent; including a goalkeeper throwing the ball vigorously at an opponent, or pushing an opponent with the ball while still holding it;
- (6) pushes an opponent; or
- (7) when tackling, to gain possession of the ball, makes contact with the opponent:**
 - (a) before contact is made with the ball, or**
 - (b) on any tackle made from outside peripheral vision (the rear 180 degrees) of the opponent, even if first contact is with the ball.**

B. A Direct Free Kick is also awarded to the opposing team if a player commits any of the following **three (3)** offenses:

- (1) holds an opponent; or
- (2) spits at an opponent; or
- (3) handles the ball deliberately, i.e. carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeeper within his or her own penalty-area),

C. The Direct Free Kick shall be taken by the opposing team from the place where the offense occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free kick shall be taken from any point within the goal area.

D. In the U-8 division, all of the foregoing fouls shall result in an INDIRECT Free Kick.

2. Penalty Kick:

A. Should a player of the defending team commit one of the above offenses within their own penalty area, **a Penalty Kick shall be awarded to the opposing team.**

B. A Penalty Kick can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty area is committed.

3. Indirect Free Kick:

The commission of any of the following offenses will result in the award of an INDIRECT free kick, taken by the opposing team at the point of the offense subject to the overriding conditions of Law XIII:

- A. **DANGEROUS PLAY:** Playing in a manner that could result in injury to the player or to any other player. “Dangerous Play” is a judgment call. The following examples are not exclusive:
- (1) Raising the foot, in an attempt to play the ball, to the level of another player’s chest or higher when the opponent is in normal position.
 - (2) Using a double kick (scissors, bicycle or hitch kick) within playing distance of an opponent.
 - (3) Lowering the head to the level of the waist or lower in an attempt to head the ball in the presence of another player.
 - (4) Playing or attempting to play the ball while lying on the ground within playing distance of another player.
- B. **CHARGING FAIRLY:** (i.e. with the shoulder to the shoulder of an opposing player, when each player has at least one foot on the ground) when the ball is not within playing distance of the players concerned.
- C. **IMPEDING AN OPPONENT:** When not playing the ball, intentionally interposing the body so as to impede an opponent’s movement.
- D. **FOULS AGAINST GOALKEEPER:**
Charging a goalkeeper:
- (1) while ball is in goalkeeper-possession **or** ...
 - (2) in the goal area – whether or not the ball is in goalkeeper-possession.
- E. **IMPROPER CLEARING OF THE BALL BY THE GOALKEEPER:**
The following rules shall apply to goalkeepers when clearing the ball:
- (1) Goalkeepers may run or walk with the ball and take any number of steps while inside the penalty area, as long as there is no excessive delay in clearing the ball.
The following rules (2) (a), (b) and (c) do not apply in any way to U-8 and U-10 players.
 - (2) **U12 through U19 goalkeepers**
 - (a) The goalkeeper, from the moment he or she takes control of the ball with his or her hands, may take no more six (6) seconds while holding, bouncing or throwing the ball in the air and catching it again without releasing it into play.
 - (b) The goalkeeper, having released the ball into play may not touch the ball again with his or her hands unless it has been touched or played
 - i. by a player of the opposing team (either inside or outside) of the penalty-area, or
 - ii. subject to provision (c) noted below, by another player of the goalkeeper’s team outside of the penalty area.

- (c) On any occasion when a player deliberately kicks the ball, or throws the ball on a throw-in to his own goalkeeper:
 - i. the goalkeeper is not permitted to touch it with his (or her) hands.
 - ii. If, however, the goalkeeper does touch the ball with his (or her) hands, he (or she) shall be penalized by the award of an INDIRECT free kick to be taken by the opposing team from the place where the offense occurred, and in accordance with the overriding conditions of LAW XIII.

NOTES:

- 1) “Possession” by the goalkeeper is having control, even if only one hand.
 - 2) Charging of the goalkeeper in the goal-area or when the ball is in goalkeeper-possession, or attempting to kick a ball in the goalkeeper’s possession MUST be punished by a caution or ejection, the choice to be subject to the referee’s judgment.
 - 3) If a player impedes the progress of the opposing goalkeeper, in an attempt to prevent him from putting the ball into play, the referee shall award an INDIRECT free kick.
 - 4) If a player places his body between the ball and an opponent without touching it in an endeavor not to have it played by an opponent, he impedes but does not violate LAW XII-3.D while the ball remains within playing distance, and may be fair-charged while playing the ball.
4. **Caution - Yellow Card**
- A. A caution SHALL be administered:
 - (1) If a player enters or leaves the field of play without the referee’s permission.
 - (2) If a player persistently violates the Laws of the Game.
 - (3) If dissent is shown by words or action with any decision of the referee.
 - (4) If a player engages in unsporting behavior. For example: an attempt to prevent a throw-in from being taken, or to prevent a goalkeeper from clearing the ball, or use of inappropriate language or gestures.
 - (5) If a player fails to respect the required distance when play is restarted, or otherwise delays the restart of play.
 - B. The referee need not stop the game to administer a caution; the advantage clause may be invoked. The caution will be administered as soon as play stops.
 - C. If the referee stops the game to administer a caution, the game shall be restarted by an INDIRECT free kick taken by a player of the opposing team from the place where the ball was when the referee stopped the game, subject to the overriding conditions of Law XIII.
 - D. A cautioned player may remain in the game or be replaced at the discretion of the coach. If replaced, the cautioned player may return at the team’s next substitution opportunity.

NOTES:

- 1) If a player leans on the shoulders of another player of his own team in order to head the ball the player shall be cautioned for unsporting behavior.
 - 2) If a player positions his arms to impede an opponent and steps from one side to the other, moving his arms up and down to delay his opponent, forcing him to change course, but does not make “bodily contact” the player shall be cautioned for unsporting behavior.
 - 3) If a goalkeeper intentionally lies on the ball longer than is necessary, the goalkeeper shall be cautioned for unsporting behavior.
5. **Send-off – Red Card:**
- A. A player will be ejected from the game for:
 - (1) violent conduct;
 - (2) serious foul play, including:
 - (a) deliberately handling the ball, thereby denying his opponents a goal, or an obvious goal-scoring opportunity, (other than the goalkeeper within his own penalty-area) and
 - (b) impeding an opponent who is moving toward his opponent’s goal with an obvious goal-scoring opportunity, by committing any offense punishable by a free kick (or a penalty kick), and thereby denies the attacking team an obvious goal-scoring opportunity.
- NOTE: Application of provisions (2)(a) &(2)(b) above may be inappropriate for U-8 and U-10 players.***
- (3) The use of offensive, insulting or abusive language.
 - (4) An offense requiring a second caution.
- B. If the game is stopped to eject the player, no other Law having been violated, an INDIRECT free kick shall be awarded to the opposing team from the point of the offense, subject to the overriding conditions of Law XIII.

NOTES:

- 1) While caution and ejection rules also apply to coaches, it is recommended that play not be stopped merely to administer such caution or ejection. If play is stopped merely to administer such caution or ejection, play is to be restarted appropriately in accordance with LAW VIII-7.
- 2) Any player, whether he is within or outside the field of play, whose conduct is unsporting or violent, whether or not it is directed towards an opponent, teammate, the referee, an assistant referee or other person, or who uses offensive, insulting or abusive language, shall be dealt with according to the nature of the offense committed.
- 3) If, when a referee is about to caution a player, and before he has done so, the player commits another offense that merits a caution, the player shall be ejected.

LAW XIII – FREE KICK

1. There are two types of free kicks:
 - A. **DIRECT**: from which a goal can be scored without being touched by another player, of either team, against the offending team only.
 - B. **INDIRECT**: from which a goal cannot be scored unless the ball has been touched by any other player, of either team, before it enters the goal. **In the U-8 division all free kicks will be Indirect Free Kicks.**
2. When a free kick is being taken by the kicking team **outside their own Penalty Area (or in the U-8 division outside the Goalkeeper Area),**
 - A. The ball may be kicked in any direction;
 - B. Players of the opposing team
 - (1) **Should be** at least the following distance from the ball until it has been kicked:
 - (a) **U-8 - six (6) yards**
 - (b) **U-10 - eight (8) yards**
 - (c) **U-12 thru U-19 - ten (10) yards**
 - (2) If requested by either the kicker or referee (in which case a second whistle should be used to restart play), **must be** at least the following distance from the ball until it has been kicked:
 - (a) **U-8 - six (6) yards**
 - (b) **U-10 - eight (8) yards**
 - (c) **U-12 thru U-19 - ten (10) yards**
 - C. The defending players may stand on the goal line and between the goal posts (only) in the case where an INDIRECT Free Kick is being taken on or outside the opponent's Goal Area, but within less than the following distance from the opponent's goal:
 - (1) **U-10 - eight (8) yards**
 - (2) **U-12 thru U-19 - ten (10) yards.**
3. When a free kick is being taken by the kicking team from **inside its own Penalty Area (or in the U-8 division the Goalkeeper Area),**
 - A. all of the opposing players shall remain outside the Area until the ball has been kicked and travels outside of the Area **and** be at least the following distance from the ball until it has been kicked:
 - (1) **U-8 - six (6) yards**
 - (2) **U-10 - eight (8) yards**
 - (3) **U-12 thru U-19 - ten (10) yards**
 - B. The ball shall be in play when the whole of the ball has left the Area into the field of play.
 - (1) If the ball is not kicked beyond the Area, the kick shall be retaken,
or
 - (2) If the ball is touched by any player (including the kicker) before it leaves the Area, the kick shall be retaken.

4. In the **U-10 division and older**, any free kick awarded to a defending team **inside its own Goal Area** shall be taken from a point anywhere within the Goal Area in which the offense occurred.
5. **In the U-8 division:**
 - A. for games being played on a U8-sized game field, any free kick awarded to a defending team **inside its own Goal Area** shall be taken from a point anywhere within the Goal Area in which the offense occurred.
 - B. for games being played on a full-sized field, with full-sized markings, any free kick awarded to a defending team **inside its own Goal Area (or from a point located in front of the Goal Area within twelve (12) yards from the goal line)** shall be taken from anywhere within the Goal Area (or from a point located in front of the Goal Area within twelve (12) yards from the goal line) in which the offense occurred.
6. On all free kicks:
 - A. The ball is in play when it is kicked and moves, except as noted in Section 3-B above.
 - B. The ball must be stationary when the free kick is taken.
7. If players of the opposing side encroach within the distance noted in Sections 2-B and/or 3-A above, the referee may delay the taking of the free kick until the required distance is met. Encroachment is unsporting behavior.
8. Any INDIRECT free kick awarded to the attacking team within its opponent's goal-area shall be taken from the part of the goal-area line which runs parallel to the goal-line, at the point nearest to where the offense was committed.
9. The kicker may not play the ball again until it has been touched by another player.
 - A. **PUNISHMENT:** For playing the ball twice in succession, an INDIRECT Free Kick is awarded to the opposing team at the point where it was played the second time.

NOTES:

- 1) To indicate an indirect free kick, the referee shall raise an arm above his head. The referee shall retain the signal until the ball has been played or touched by another player or goes out of play.
- 2) When a free kick is being taken, players of the opposing team, who do not retire to the proper distance, or attempt to delay the taking of a free kick by encroaching, or dance about or wave their arms in a way calculated to distract their opponents, shall be cautioned for unsporting behavior.

LAW XIV – PENALTY KICK

1. **There shall be no penalty kicks in the U-8 division.**
2. A penalty kick shall be taken from the penalty-mark.
3. When the penalty kick is taken all players (other than the player taking the penalty kick and the opposing goalkeeper) shall be:
 - A. within the field of play,
 - B. outside the penalty area,
 - C. outside the penalty arc, and
 - D. farther from the goal line than the penalty mark.
4. The goalkeeper (who may be changed with another player on the field for the taking of the penalty kick):
 - A. must remain on the goal-line, between the goal-posts, and may move along the goal-line prior to the kick, but shall not come off the goal-line until the ball has been kicked, and
 - B. is permitted to move the body or arms – but not in an unsporting attempt to distract the kicker.
5. The ball:
 - A. must be kicked forward,
 - B. is in play immediately after it has been kicked and moves, and
 - C. may not be played a second time by the kicker until touched by another player.
6. A goal may be scored DIRECT from a penalty kick.
7. When a penalty kick is being taken a goal shall not be nullified if, before passing between the posts and under the crossbar the ball touches either or both goal-posts, or the crossbar, or the goalkeeper, or any combination of these, providing that no other violation has occurred.
8. **PUNISHMENT:**
 - A. For any **violation** of this Law by the **defending team**:
 - (1) If a goal is scored, the goal is allowed; but
 - (2) If a goal is not scored, the penalty kick MUST BE retaken.
 - B. For any **violation** of the Law by the **attacking team**:
 - 1) If a goal is scored, the goal is disallowed and the penalty kick MUST BE retaken; but
 - 2) If a goal is not scored, play is stopped and an INDIRECT Free Kick is taken by the opposing team at the spot of the violation.
 - C. If **both teams violate this law**, the kick is retaken.
 - D. If the kicker is guilty of playing the ball twice in succession an INDIRECT Free Kick is awarded to the defending team to be taken from the place where the infringement occurred, unless the offense is committed in the opponent's goal-area, in which case the free kick shall be taken from a point anywhere within the goal-area, and in accordance with the overriding conditions of LAW XIII.

NOTES:

- 1) When the referee has awarded a penalty kick, he shall not signal for it to be taken, until the players have taken up position in accordance with the law.
- 2) If, after the kick has been taken, the ball:
 - a) is stopped in its course towards the goal, by an outside agent, the kick shall be retaken.
 - b) rebounds into play from the goalkeeper, the crossbar or goal post, and is then stopped in its course by an outside agent, the referee shall stop play and restart it with a drop ball.
- 3) If, after having given the signal for a penalty kick to be taken and before the ball has been kicked, any of the following situations occur, the referee shall allow the kick to proceed.
 - a) **The goalkeeper** moves off the goal line. If a goal is not scored, the penalty kick shall be retaken.
 - b) **A player of the defending team** encroaches into the penalty area, or within ten (10) yards of the penalty-mark (**eight (8) yards for U-10 players**), or ahead of the ball. If a goal is not scored, the penalty kick shall be retaken.
 - c) **The player taking the kick** is guilty of unsporting behavior.
 - (a) If a goal is scored, the penalty kick shall be retaken.
 - (b) If a goal is not scored, an Indirect Free Kick shall be taken by the opposing team at the penalty mark.
 - d) **A teammate of the player taking the kick** encroaches into the penalty-area or within ten (10) yards of the penalty-mark (**eight (8) yards for U-10 players**), or ahead of the ball.
 - (1) If a goal is scored, the penalty kick shall be retaken.
 - (2) If a goal is not scored, an indirect free kick shall be taken by the opposing team at the spot of the infraction, or in the case of an infraction by the goalkeeper anywhere within the goal area.
 - e) **The goalkeeper** moves off the goal line, **and a teammate of the kicker** encroaches into the penalty area, or within ten (10) yards of the penalty-mark mark (**eight (8) yards for U-10 players**), or ahead of the ball. The penalty kick shall be retaken.
 - f) **A player(s) of each team** encroaches into the penalty area, or within ten (10) yards of the penalty-mark mark (**eight (8) yards for U-10 players**), or ahead of the ball. The penalty kick shall be retaken.

The following is a summary of the stated provisions

RESULT OF PENALTY KICK	NO VIOLATION	VIOLATION ATTACKING TEAM ONLY	VIOLATION DEFENSE ONLY	VIOLATION BY BOTH
Enters Goal	Goal	Re-kick	Goal	Re-kick
Goes Directly Out-of-Bounds	Goal kick	Indirect Free Kick	Re-kick	Re-kick
Rebounds into Play from Goal or from Goalkeeper	Play Continues	Indirect Free Kick	Re-kick	Re-kick
Saved & Held by Goalkeeper	Play Continues	Indirect Free Kick	Re-kick	Re-kick
Deflected Out-of-Bounds by Goalkeeper	Corner Kick	Indirect Free Kick	Re-kick	Re-kick

9. EXTENDED TIME PENALTY KICKS:

- A. When a period is extended to allow a penalty kick to be taken or retaken, the extension shall last until the moment that the penalty kick has been completed, i.e. until the referee has decided whether or not a goal is scored, and the period shall end immediately after the referee has made his decision. After the player taking the penalty kick has put the ball into play, no player other than the defending goalkeeper may play or touch the ball before the kick is completed.
- B. On a penalty kick taken after time has expired, the kicker may not play the ball a second time.
- C. When a penalty kick is being taken in extended time:
 - (1) The provisions of all of the foregoing paragraphs, except NOTE 2- B. shall apply in the usual way, and
 - (2) In the circumstances described in NOTE 2-B. the ball remains alive until it's momentum is spent, it goes out of bounds, or is retouched by the kicker, even if the ball has rebounded from the goalkeeper, the crossbar or the goal post in the process.

LAW XV – THROW-IN

1. When the whole of the ball has passed over a touch-line, either on the ground or in the air, it shall be put in play by a throw-in in any direction at the point where it crossed the line, by a player of the team opposite to that of the player who touched it last.
2. The thrower,
 - A. At the moment of delivering the ball, must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line and part of each foot shall be in contact with the ground, and
 - B. Shall use both hands, and
 - C. Shall deliver the ball from behind and over his or her head.
3. All opposing players must remain at least two (2) yards from the thrower until the ball is in play.
4. The ball shall be in play immediately upon entering the field of play after having been released by the thrower, but the thrower shall not again play the ball until it has been touched by another player.
5. A goal may not be scored directly from a throw-in.
6. The Offside Law does not apply at the taking of a throw-in.
7. **PUNISHMENT:**
 - A. For an improper throw-in, it shall be taken by the other team. The same shall be true if the throw-in is not taken at the point where the ball went out.
 - B. For playing the ball a second time, an INDIRECT Free Kick shall be taken by the opposing team at the point of the offense.

NOTES:

- 1) If a player taking a throw-in plays the ball a second time by handling it within the field of play before it has been touched or played by another player, the referee shall award a DIRECT Free Kick.
- 2) If, when a throw-in is being taken, any of the opposing players dance about or wave their hands in a way calculated to distract or impede the thrower, it shall be deemed unsporting behavior, for which the offender(s) shall be cautioned.
- 3) If the ball does not enter the field or hits the ground before entering the field, the throw-in is retaken.
- 4) **In a U-8 division game when an improper throw-in is taken, the referee should stop play, explain the proper procedure to the player and allow the throw-in to be retaken.**

LAW XVI – GOAL KICK

1. When the ball passes completely over the defending team's goal-line, and was last touched by an attacking player, and a goal was not scored, it shall be put into play by a kick taken:
 - A. by a player of the defending team, and
 - B. from a point anywhere within the goal area

Exception: In the U-8 division the kick shall be taken from anywhere within the defined Goal Area (or from anywhere in front of the goal area and within twelve (12) yards from the goal line on a full sized field with full sized markings.)
2. The Offside Law does not apply at the taking of a goal kick.
3. The ball shall be in play when the whole of the ball has left the penalty area **(or in the U-8 division the Goalkeeper Area)** into the field of play.
 - A. If the ball is not kicked beyond the area, the goal kick shall be retaken, or
 - B. If the ball is touched by any player (including the kicker) before it leaves the area, the goal kick shall be retaken.
4. If a player taking a goal kick touches the ball after it has left the penalty area, but before it is touched by another player, an INDIRECT Free Kick shall be awarded to the opposing team. The INDIRECT Free Kick will be taken from the place where the second touch occurred.
5. A goal may be scored directly from a goal-kick, but only against the opposing team.
6. Players of the opposing team shall remain outside the penalty area **(or in the U-8 division the Goalkeeper Area)**, until the ball has left the area.

LAW XVII – CORNER KICK

1. When the ball passes completely over the defending team's goal-line, and was last touched by a defending player, and a goal was not scored, it shall be put into play by a kick taken:
 - A. by a player of the attacking team,
 - B. from the corner of the field nearest to where the ball crossed the goal line.
2. The ball must be placed on or within the Corner Arc.
3. The corner-flag may not be moved by a player for the taking of the corner kick.
4. The Offside Law does not apply at the taking of a corner kick.
5. The ball is in play when it is kicked and moves.
6. A goal may be scored directly from a corner kick.
7. Defending players must remain the distance noted below from the Corner Arc until the ball has been kicked and moves.
 - A. U-8 - six (6) yards**
 - B. U-10 - eight (8) yards**
 - C. U-12 thru U-19 - ten (10) yards**
8. If the player taking the corner kick touches the ball a second time before it has been touched by another player an INDIRECT Free Kick shall be awarded to the opposing team at the point of the offense. The INDIRECT Free Kick will be taken from the place where the second touch occurred.