

CATHOLIC YOUTH APOSTOLATE
CATHOLIC YOUTH COUNCIL-SPORTS
ARCHDIOCESE OF ST. LOUIS
2009 SOCCER RULEBOOK



Lori Chalupny of Saint Louis Athletica
Lori played CYC sports at Immacolata

MOLTEN – THE OFFICIAL SOCCER BALL OF CYC SPORTS

THIS RULEBOOK WILL BE USED FOR THE 2009 SEASON.

7/16/09

Soccer Service Award Winners**2008 – Mike Green, South Central**

2007-Greg Hrbacek, South County
2006-Greg Mueller, St. Louis City
2005-Joe Helle, St. Louis City
2004-Joe LoRusso, South County
2003-George Dorenkamp, Metro North
2002-Ron Pimmel, South Central
2001-Skip Stengel, Florissant
2000-Bernie Schepers, South County
1999-Jack Haley, Metro North
1998-Mike Christensen, North Central

1997-Bill Casner, North Central
1996-Don Klaski, South County
1995-Tony Bommarito, South County
1994-Pat McMahon, So. Central
1993-Jim Camilleri, South City
1992-Charlie Cova, South City
1991-Bernie Kilcullen, Florissant
1990-Ken Torretta, South County
1989-Mike Kelly, Florissant
1988-Al Pruesser, South County

2008 SOCCER CHAMPIONS**CLOSED**

Ascension (West County)
 St. Mark (South County)
 St. Dominic Savio
 St. Cecilia
 St. Mark

BOYS

MIDGET
 CRUSADER
 CADET
 INTERMEDIATE
 PAROCHIAL
 JUVENILE
 JUNIOR

OPEN

St. Clare of Assisi
 St. Paul-Fenton
 Mary Queen of Peace
 St. Paul-Fenton
 St. Sabina
 St. Alban Roe and St. Clement
 Ste. Genevieve DuBois

Ascension (West County)

St. Joseph-Cottleville
 St. Margaret Mary Alacoque
 St. Martin of Tours
 St. Francis of Assisi

GIRLS

MIDGET
 CRUSADER
 CADET
 INTERMEDIATE
 PAROCHIAL
 JUVENILE
 JUNIOR

Mary Queen of Peace
 St. Margaret Mary Alacoque
 Holy Redeemer
 Immaculate Conception-Arnold
 St. Sabina
 St. Margaret Mary Alacoque
 Christ, Light of the Nations
 St. Paul-Fenton

CATHOLIC YOUTH APOSTOLATE

CYC SPORTS

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Rick Ulreich

Eric Winschel

DISTRICT

St. Charles

South Central

St. Louis City

South County

North County

West County

SOCCER CHAIRPERSON

Rich Bowler

Mike Andrews

Jerry Berckele

Greg Hrbacek

Eric Winschel

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Sam Scherer

Tony Bommarito

NORTH COUNTY

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CYC SOCCER LAWS/RULES

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There were no rule changes for 2008 or 2009

Changes for 2007 are shown with **bold print & underlined**. Rules, rule changes and/or clarifications that apply specifically to playing in the CYC are **highlighted**. These rules apply to all divisions unless noted otherwise. If any individual and/or team fail to follow these rules, it may result in an ejection and/or forfeiture of the game, unless the individual and/or team have an excuse satisfactory to the District Soccer Chairperson and/or Committee.

C Y C 2009 SOCCER RULEBOOK

SPECIAL NOTES

It is the responsibility of all participants to know the content of this book and all matter contained in the CYC Constitution. References to the male gender in this rule book in respect to referees, assistant referees, players and officials are for simplifications and apply to male and females

1. *To be eligible to participate all teams are required to have present at each game, official CYC receipted roster and a valid CYC ID Card for each participating player, manager and coach. A CYC Coach's Training Card will serve as the manager/coaches official ID Card; they do not need a CYC Photo ID Card. All Kindergarten-8th Grade teams must have a Head Coach/Manager who has attended the CYC Coaches Training Program. This person must be listed on the roster along with their 'Coaches Training' ID number. **All Kindergarten-12th Grade coaches need to have also completed the Archdiocesan requirements on "Protecting God's Children", Missouri Background Check and Code of Ethical Conduct. Check your parish/organization for information on these.***
2. *Each CYC District's Executive Board Member or Sports Chairperson reserves the right to require a mandatory review of rosters and ID cards prior to each contest of normal league play. This practice is recommended to be followed at least during the first three weeks of each league's schedule.*
3. *In all Archdiocesan and all District Playoff games, ID Cards and roster checks are required. The CYC ID Cards and official CYC Receipted Roster must be presented prior to the start of each game to the appointed official, and on request, to the opposing manager.*
4. *In all contests where ID and roster checks are required or requested, the appointed game officials must verify each player visually with ID Card and official roster. The opposing manager is allowed to observe the verification process. Late players, prior to entering the game, must display their ID Card to the appointed official. (SEE THE CYC CONSTITUTION AS TO WHEN AN OPPOSING COACH MAY REQUEST AN ID CARD AND/OR ROSTER CHECK).*
5. *In sections 1 - 4 above, if roster (s) or ID Card (s) are not presented during a roster/ID check, the team will have until the end of the game to present the missing items or the team may suffer a forfeit.*
6. *Pre-Playoff Meeting: All teams entering Archdiocesan Playoffs-(Girls and Parochial Boys) must have a representative at the meeting on Monday, November 16, 2009 at 7:15pm, teams entering Archdiocesan Playoffs-(Boys and Parochial Girls) must have a representative at the meeting on Monday November 30, 2009 at 7:15pm at the CYC Offices in the Cardinal Rigali Center located at #20 Archbishop May Dr., the meetings will be held in the Pope John Paul II Auditorium, located on the first floor. Official receipted rosters and ID Cards should be reviewed for accuracy **prior** to this meeting. If a problem is found, cards and roster should be presented at this meeting.*

*Any team having any potential religious or school conflict at any time during the dates of playoffs should notify the CYC Office immediately of such potential conflict. Conflicts received after November 12th (Girls and Parochial Boys) and November 24th (Boys and Parochial Girls), may not be able to be accommodated, without a penalty. **** Do not wait until you have received your bracket to notify us of the conflict. If you have an event during time, it is a POTENTIAL conflict. (Will also attempt to consider other conflicts if submitted by the indicated date)***

****ANY conflict brought forth after November 12th for (Girls and Parochial Boys) and November 24th for (Boys and Parochial Girls), will have a \$50.00 fee; this includes religious or school conflicts.**

Conflicts should be emailed to pscovill@archstl.org

7. *In JUNIOR & JUVENILE DIVISIONS there must be one adult, with a CYC ID card, on the bench for the entire game. This adult will be responsible for the team's actions. An adult is considered someone 21 years of age.*

It is a protestable item for any team not complying with the above conditions and may result in forfeiture.

8. *Coaches and players should be aware that according to Rule X of the 2009-2010 CYC Constitution, they could be disciplined for their conduct at tournaments.*
9. *MINIMUM PLAYING REQUIREMENT – All eligible players on the bench must participate in each game. Failure to do so may result in forfeiture. If injury or disciplinary action occurs during a game, the coach must notify the officials prior to the start of the next game. The District Chairman or Sports Chairman has the authority to further discipline the coach or manager. It is the manager's responsibility that each player plays at least 1/4 of each game. Failure to comply with the spirit of this policy may result in disciplinary action by the district/parish.*

The 25% minimum playing time will be mandatory during all "District or Archdiocesan" playoff games. This applies to regulation playing time only.

Failure to comply with the minimum playing time during playoffs will result in a disciplinary hearing for the manager for each player not playing the minimum and may also result in forfeiture of game.

10. *The game official and opposing coach/manager must be notified prior to the start of a game of a non-participating player due to injury or disciplinary reasons if said player is to be seated on the bench.*
11. *SUSPENSIONS MAY CARRY OVER TO THE NEXT SPORT COACHED OR PLAYED.*
12. *The Home Team is responsible for leading the Pre-Game Prayer.*

MOLTEN – THE OFFICIAL SOCCER BALL OF CYC SPORTS

There were no rule changes for 2008 or 2009

Summary of Changes for 2007

LAW 7 – DURATION OF THE MATCH-(MERCY RULE) – PAGE 12

*During Archdiocesan Playoff Games, a game shall be ended, if after 75% of the game has been played and one team is ahead by 5 goals or secures the 5 goals difference anytime after this 75%

LAW 8 – THE START AND RESTART OF PLAY-Special Circumstances

*Restart after temporary suspension: due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play was suspended due to an injury or any usual situation, there will be a drop ball at the spot where the ball was declared dead, subject to any provisions under other rules.

CYC SOCCER LAWS/RULES

DEFINITIONS:

- (1) **WARNING** - A verbal reprimand, not to be considered a "caution" (yellow card).
- (2) **CAUTION** - Yellow Card issued.
- (3) **EJECTION** - Red Card issued.
- (4) **"WHEN PLAY STOPS"** - When the whistle blows.
- (5) **PLAYER** – A team member who has legally entered the game.
- (6) **SUBSTITUTION** – Bench Reserve.

LAW 1 – THE FIELD OF PLAY

Dimensions

The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length:	minimum 90 m (100 yds)		Width:	minimum 45 m (50 yds)
	maximum 120 m (130 yds)			maximum 90 m (100 yds)

Field Markings

The field of play is marked with lines. These lines belong to the areas of which they are boundaries.

2 longer boundary lines are called touch lines. 2 shorter lines are called goal lines.

All lines are not more than 12 cm (5 ins) wide.

The field of play is divided into two halves by a halfway line.

The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 9.15 m (10 yds) is marked around it.

The Goal Area

A goal area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line, 5.5 m (6 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 5.5 m (6 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area

A penalty area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line, 16.5 m (18 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 16.5 (18 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.

Within each penalty area a penalty mark is made 11 m (12 yds) from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 9.15 m (10 yds) from each penalty mark is drawn outside the penalty area.

Flag-posts

A flagpost, not less than 1.5 m (5 ft) high, with a non-pointed top and a flag is placed at each corner.

Flag-posts may also be placed at each end of the halfway line, not less than 1 m (1 yd) outside the touchline.

The Corner Arc

A quarter circle with a radius of 1 m (1 yd) from each corner flagpost is drawn inside the field of play.

Goals

Goals must be placed on the center of each goal line.

They consist of two upright posts equidistant from the corner flag-posts and joined at the top by a horizontal crossbar.

The distance between the posts is 7.32 m (8 yds) and the distance from the lower edge of the crossbar to the ground is 2.44 m (8 ft).

Both goalposts and the crossbar have the same width and depth that do not exceed 12 cm (5 ins). The goal lines are the same width as that of the goalposts and the crossbar. Nets may be attached to the goals and the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper. The goalposts and crossbars must be white.

Safety

Goals must be anchored securely to the ground/ Portable goals may only be used if they satisfy this requirement.

At the discretion of the district, field size and goal post size will be left optional for the purpose of maximum use of area soccer fields and to be in proportion to the age of the children.

The coaching box may be marked as determined by the field. If not marked it is the area 10 yards each side of the center line if the teams are on opposite sides of the field. If teams are on the same side of the field, it is 10 yards from the team's side of the center line.

DECISIONS of the INTERNATIONAL F.A. BOARD

***Decision 1**

If the crossbar becomes displaced or broken, play is stopped until it has been repaired or replaced in position. If a repair is not possible, the match is abandoned. The use of a rope to replace the crossbar is not permitted. If the crossbar can be repaired, the match is restarted with a dropped ball at the place where the ball was located when play was stopped.

***Decision 2**

Goalposts and crossbars must be made of wood, metal or other approved material. Their shape may be square, rectangular, round or elliptical and they must not be dangerous to players.

***Decision 3**

A mark may be made off the field of play, 9.15 meters (10 yds) from the corner arc and at right angles to the goal lines to ensure that this distance is observed when a corner kick is being taken.

LAW 2 – THE BALL

Qualities and Measurements

The ball is:

- spherical
- made of leather or other suitable material
- of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27ins) > not more than 450 g (16 oz) in weight and not less than 410 g (14 Oz) at the start of the match
- of a pressure equal to 0.6 - 1.1 atmosphere (600 - 1100 g/cm²) at sea level (8.5 lbs/sq in - 15.6 lbs/sq in)

Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match:

- the match is stopped
- the match is restarted by dropping the replacement ball at the place where the first ball became defective

If the ball bursts or becomes defective while still not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or throw in:

- **the match is restarted accordingly*

The ball may not be changed during the match without the authority of the referee.

The approved ball sizes are as follows:

Junior, Juvenile, Parochial, Intermediate and Cadet Divisions . . . # 5

Crusader, Midget, and Bantam Divisions # 4

Atom Division.....At District Discretion

MOLTEN – THE OFFICIAL SOCCER BALL OF CYC SPORTS

LAW 3 – NUMBER OF PLAYERS

A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper. A match may not start or continue if either team consists of fewer than seven players. Atom Division, some Districts are playing with less than eleven players. Please contact your District for this information.

All games must start on time. A fifteen minute grace period may be given at district's discretion. If fifteen minutes after the scheduled starting time of each game, a team fails to field at least seven players, the game shall be forfeited to the team having the required number of players unless the team has an excuse satisfactory to the District Soccer Committee.

Unlimited free substitution shall be permitted, subject to the following restrictions:

Free substitution is authorized. Substitutes may enter the game only when beckoned from a designated area by the referee, after being verbally informed by a coach of the desire to substitute at the following times:

- 1) Goal Kick
- 2) Throw in (If the team in possession substitutes player (s) then the opposing team may also substitute player (s). Coaches must have players up and ready to go into the game prior to calling the substitution.)
- 3) Goal
- 4) Half Time
- 5) Injury on the field, if the coach comes on the field. (Substitution for this player is mandatory, **even if it is the goalie**, if a substitute is available. The opposing team may also substitute an equal number, one for one).
- 6) For Yellow Carded Player (Substitution for this player is mandatory if a substitute is available. The opposing team may also substitute an equal number, one for one.
- 7) Corner Kick (If the team in possession substitutes player(s) then the opposing team may also substitute player(s). Coaches must have players up and ready to go into the game prior to calling the substitution.)

Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that:

- the referee is informed before the change is made.
- the change is made during a stoppage in the match.

Infringements/Sanctions

If a substitute enters the field of play without the referee's permission:

- play is stopped
- the substitute is cautioned, shown the yellow card and required to leave the field of play
- play is restarted with a dropped ball at the place it was located when play was stopped

If a player changes places with the goalkeeper without the referee's permission before the change is made:

- play continues
- the players concerned are cautioned and shown the yellow card when the ball is next out of play

Restart of Play

If a play is stopped by the referee to administer a caution:

- the match is restarted by an indirect free kick, to be taken by a player of the opposing team from the place where the ball was located when play was stopped

If play is stopped by the referee because of an injury while the goalie has the ball in his possession: the restart –the goalie will be given possession of the ball and the 6 second rule will apply.

(See Law 12, Page 25.)

Players and Substitutes Sent Off

A player who has been sent off before the kick-off may be replaced only by one of the substitutes.

A substitute, who has been sent off, either before the kick-off or after play has started, may not be replaced.

LAW 4 – THE PLAYERS’ EQUIPMENT

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry).

Basic Equipment--The basic compulsory equipment of a player is:

- a jersey or shirt
- shorts
- stockings
- shin guards
- footwear

Shin guards

- are covered entirely by the stockings
- are made of a suitable material (rubber, plastic, or similar substances)
- provide a reasonable degree of protection

Goalkeepers

- each goalkeeper wears colors which distinguish him from the other players, the referee and the assistant referees

Infringements/Sanctions

For any infringement of this Law:

- play need not be stopped
- the player at fault is instructed by the referee to leave the field of play to correct his equipment
- the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment
- any player required to leave the field of play to correct their equipment does not re-enter without the referee's permission
- the referee checks that the player's equipment is correct before allowing him to re-enter the field of play

A player who has been required to leave the field of play because of an infringement of this Law and who enters (or re-enters) the field of play without the referee's permission is cautioned and shown the yellow card.

Restart of Play

If play is stopped by the referee to administer a caution:

- the match is restarted by an indirect free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match

(A) All teams are required to wear uniforms--shirts of a similar color with a permanently attached number. The shirts must be tucked inside the shorts. The size of the number will be left to the discretion of the district. Players without numbers or with duplicate numbers will not be allowed to participate after their team's first scheduled league game. Players without proper uniforms should not be allowed to play.

(B) In the opinion of the referee, where teams have similar colored uniforms, the home team shall wear a shirt/penny of a contrasting color over their numbered jerseys.

(C) Goalies must have a numbered field jersey at the field.

(D) Casts are not legal. A cast is made of plaster, metal or other hard substance in its final form. This applies to players and officials.

(E) Any exposed metal on finger or knee brace may be considered legal if covered by soft material and taped. This applies to players and officials.

(F) No jewelry is allowed even if covered by tape. If a religious or medical medallion is worn it must be taped to the body under the uniform. Seniors may wear flat wedding bands. Only soft pliable hair accessories are permissible.

(G) Properly worn shin guards are required or a player must leave the field at the next stoppage of play.

(H) Metal spikes and/or detachable spikes are not allowed.

LAW 5 – THE REFEREE

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.

Powers and Duties

The Referee:

- enforces the Laws of the Game
- controls the match in co-operation with the assistant referees and, where applicable, with the fourth official
- ensures that any ball meets the requirements of Law 2
- ensures that the players' equipment meets the requirements of Law 4
- acts as timekeeper and keeps a record of the match
- stops, suspends or terminates the match, at his discretion, for any infringements of the Laws
- stops, suspends or terminates the match because of outside interference of any kind
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.
 - The open wound must be covered with the appropriate bandages.
- allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time
- punishes the more serious offense when a player commits more than one offense at the same time
- takes disciplinary action against players guilty of cautionable and sending-off offenses. He is not obligated to take this action immediately but must do so when the ball next goes out of play.
- takes action against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field of play and its immediate surrounds
- acts on the advice of assistant referees regarding incidents which he has not seen
- ensures that no unauthorized persons enter the field of play
- restarts the match after it has been stopped
- provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occurred before, during or after the match

Decisions of the Referee

Decisions of the referee regarding facts connected with play are final. The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of an assistant referee, provided that he has not restarted play.

DECISIONS of the INTERNATIONAL F.A. BOARD

Decision 1

A referee or where applicable, an assistant referee or fourth official) is not held liable for: any kind of injury suffered by a player, official or spectator any damage to property of any kind any other loss suffered by an individual, club, company, association or other body, which is due to any decision which he may take under the terms of the Laws of the Game or in respect of the normal procedures required to hold, play and control a match.

This may include:

- a decision that the condition of the field of play or its surrounds or that the weather conditions are such as to allow or not allow a match to take place
- a decision to abandon a match for whatever reason
- a decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, flag-posts and the ball

- a decision to stop or not to stop a match due to spectator interference or any problem in the spectator area
- a decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment
- a decision to request or insist that an injured player be removed from the field of play for treatment
- a decision to allow or not to allow a player to wear certain apparel or equipment
- a decision (in so far as this may be his responsibility) to allow any persons to be present in the vicinity of the field of play
- any other decision which he may take in accordance with the Laws of the Game or in conformity with his duties under the terms FIFA, confederation, national association or league rules or regulations under which the match is played

Decision 2

Facts connected with play shall include whether a goal is scored or not and the result of the match.

LAW 6 – THE ASSISTANT REFEREES (LINEPERSON)

Duties

Two assistant referees are appointed whose duties, subject to the decision of the referee, are to indicate:

- when the whole of the ball has passed out of the field of play
- which side is entitled to a corner kick, goal kick or throw-in
- when a player may be penalized for being in an offside position
- when a substitution is requested
- when misconduct or any other incident has occurred out of the view of the referee

Assistance

The assistant referees also assist the referee to control the match in accordance with the Laws of the Game. In the event of undue interference or improper conduct, the referee will relieve an assistant referee of his duties and make a report to the appropriate authorities.

LAW 7 – DURATION OF THE MATCH

(1) Period of Play:

LENGTH OF MATCH

SENIOR	45 MINUTE HALVES
JUNIOR, JUVENILE	35 MINUTE HALVES
PAROCHIAL	35 MINUTE HALVES
INTERMEDIATE	35 MINUTE HALVES
CADET	35 MINUTE HALVES
CRUSADER-MIDGET	30 MINUTE HALVES
BANTAM	25 MINUTE HALVES
ATOM	District Discretion

In all divisions, there will be five (5) minutes between halves.

Allowance shall be made in either half for all time lost through substitution, the transport of injured players, time-wasting or other causes, the amount of which shall be a matter for the discretion of the Referee.

NOTE: If a game is suspended by the Referee, before the completion of the time specified in the rules, for any reason stated in Law V, it will be rescheduled as follows:

If suspended in the first half, it will be replayed in full.

If suspended in the second half, (based on the Referee's time) if 75% of the entire game has been completed the game will be considered complete all others will be replayed in full.

Archdiocesan Playoff games will be replayed in their entirety.

Time shall be extended to permit a penalty-kick being taken at or after the expiration of either half.

A game shall be ended, **at the losing team's discretion**, if after 75% of the game has been played and one team is ahead by 5 goals or secures the 5 goals difference anytime after this 75%. This rule applies to all league and district playoff games (District discretion, it does not apply to Atom and Bantam Divisions.

***During Archdiocesan Playoff games, the game will declared over if after 75% of the game has been played and one team is ahead by 5 goals or secures the 5 goals difference anytime after this 75%.**

OVERTIME REQUIREMENT - (PLAYOFFS ONLY) - DURATION OF THE GAME

- a) In the Midget and Crusader Divisions two ten minute and in the Cadet, Intermediate and Parochial Divisions two fifteen minute "Sudden Victory" periods will be played. The first team scoring a goal shall win the game.
- b) A coin flip shall decide choice of goals for the first "sudden death" time period. Goals will be changed at the half time interval.
- c) If the game remains tied after all overtime is played, penalty kicks shall be used to decide the winner. The FIFA/USSF Rule "Knock-Out Competitions" shall be used.
- d) In the final Archdiocesan Championship Game penalty kicks will not be used. If the game has ended in a tie at the end of regulation time and sudden victory, the teams shall be declared Co-Champions.

LAW 8 – THE START AND RESTART OF PLAY

Preliminaries

A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. *The visiting team should call the coin toss.*

The other team takes the kick-off to start the match.

The team that wins the toss takes the kick-off to start the second half of the match.

In the second half of the match the teams change ends and attack the opposite goals.

Kick-Off

A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, where applicable

A goal may be scored directly from the kick-off.

Procedure

- all players are in their own half of the field
 - the opponents of the team taking the kick-off are at least 9.15 (10 yds) from the ball until it is in play
 - the ball is stationary on the center mark
 - the referee gives a signal
 - the ball is in play when it is kicked and moves forward (Note: the ball does not have to roll its circumference for it to be in play.)
 - the kicker does not touch the ball a second time until it has touched another player
- After a team scores a goal, the kick-off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

- an indirect kick is awarded to the opposing team to be taken from the place where the infringement occurred

For any other infringement of the kick-off procedure:

- the kick-off is retaken

Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage which becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped.

Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground
- if the ball leaves the field of play after it makes contact with the ground, without a player touching it

Special Circumstances

A free kick awarded to the defending team inside its own goal area is taken from any point within the goal area.

An indirect free kick awarded to the attacking team in its opponents' goal area taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

A dropped ball to restart the match after play has been temporarily stopped inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

***Restart after temporary suspension: due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play was suspended due to an injury or any usual situation, there will be a drop ball at the spot where the ball was declared dead, subject to any provisions under other rules.**

LAW 9 – BALL IN AND OUT OF PLAY**Ball Out of Play**

The ball is out of play when:

- it totally crosses the goal-line or touch-line, whether on the ground or in the air
- play has been stopped by the referee

Ball in Play

The ball is in play at all other times, including when:

- it rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play
- it rebounds from either the referee or an assistant referee when they are on the field of play

LAW 10 – METHOD OF SCORING**Goal Scored**

A goal is scored when the whole of the ball has passed over the goal-line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Winning Team

The team scoring the greatest number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

LAW 11 – OFF SIDE**Offside Position**

It is not an offense in itself to be in an offside position.

A player is in an off-side position if:

- he is nearer to his opponents' goal line than both the ball and the second last opponent

A player is not in an offside position if:

- he is in his own half of the field of play or
- he is even with the second last opponent or
- he is even with the last two opponents

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

No Offense

There is no offside offense if a player receives the ball directly from:

- from a goal-kick or
- a throw-in or
- a corner kick

Infringements/Sanctions

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

LAW 12 – FOULS AND MISCONDUCT

Fouls and misconduct are penalized as follows:

Direct Free Kick

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 using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty-area)

A direct free kick is taken from where the offense occurred.

Penalty Kick

A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offenses:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

An indirect free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following five offenses:

- takes more than six seconds while controlling the ball with his hand(s), before releasing it from his possession
- Touches the ball again with his hand(s) after it has been released from his possession and has not touched any player

- touches the ball with his hand(s) after it has been deliberately kicked to him by a team-mate, (applies in Midget division and higher)
- touches the ball with his hand(s) after he has received it directly from a throw in taken by a team-mate, (applies in Midget division and higher)
- wastes time

The indirect free kick is taken from where the offense occurred.

Disciplinary Sanctions

Cautionable Offenses

A player is cautioned and shown the yellow card if he commits any of the following seven offenses:

- is guilty of unsporting behavior
- shows dissent by word or action
- persistently infringes the Laws of the Game
- delays the restart of play
- fails to respect the required distance when play is restarted with a corner kick or free kick
- enters or re-enters the field of play without the referee's permission
- deliberately leaves the field of play without the referee's permission

Two Yellow Cards in one 30-day period may result in a MINIMUM of a one-match suspension [next played soccer match(s)]. Each additional Yellow Card during that period may result in an additional minimum one-match suspension [next played soccer match(s)]. This policy applies to players, coaches, and managers.

Note: A District Representative will confirm that the suspension shall be imposed. However, it is the manager's/coach's responsibility to assure that the player does not participate in the match.

Sending-Off Offenses

A player is sent off and shown the red card (his team will play short) if he commits any of the following seven offenses:

- is guilty of serious foul play
- is guilty of violent conduct
- spits at an opponent or any other person
- denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- uses offensive, insulting or abusive language
- receives a second caution in the same match

DECISIONS of the INTERNATIONAL F.A. BOARD

➤ Decision 1

A player who commits a cautionable or sending-off offense, either on or off the field or play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offense committed.

➤ Decision 2

The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save

➤ Decision 3

Subject to the terms of Law 12, a player may pass the ball to his own goalkeeper using his head or chest or knee, etc. If, however, in the opinion of the referee, a player uses a deliberate trick while the ball is in play in order to circumvent the Law, the player is guilty of unsporting behavior. He is cautioned, shown the yellow card and an indirect free kick is awarded to the opposing team from the place where the infringement occurred.

➤ **Decision 4**

A tackle from behind, which endangers the safety of an opponent, must be sanctioned as serious foul play, (red card, and ejection.)

A player using a deliberate trick to circumvent the Law while he is taking a free kick is cautioned for unsporting behavior and shown the yellow card. The free kick is retaken.

In such circumstances, it is irrelevant whether the goalkeeper subsequently touches the ball with his hands or not. The player commits the offense in attempting to circumvent both the letter and the spirit of Law 12.

LAW 13 – FREE KICKS

Types of Free Kicks

Free Kicks are either direct or indirect

Both direct and indirect free kicks, the ball must be stationary when the kick is taken the kicker cannot touch the ball a second time until it has touched another player.

The Direct Free Kick

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

The Indirect Free Kick

Signal

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball Enters the Goal

A goal can be scored only if the ball subsequently touches another player before it enters the goal.

- if an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded
- if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

Position of the Free Kick

Free Kick Inside the Penalty Area

Direct or indirect free kick to the defending team:

- all opponents are at least 9.15 m (10 Yds) from the ball
- all opponents remain outside the penalty area until the ball is in play
- the ball is in play when it is kicked directly beyond the penalty area
- a free kick awarded in the goal area is taken from any point inside that area

Indirect free kick to the attacking team:

- all opponents are at least 9.15 m (10 yds) from the ball until it is in play, unless they are on their own goal line between the goalposts
- the ball is in play when it is kicked and moves
- an indirect free kick awarded inside the goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred

Free kick outside the penalty area

- all opponents are at least 9.15 m (10 yds) from the ball until it is in play
- the ball is in play when it is kicked and moves
- the free kick is taken from the place where the infringement occurred

Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

- the kick is retaken

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly into play:

- the kick is retaken
 - Free kick taken by a player other than the goalkeeper
 - If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player:
 - an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:
- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
 - penalty kick is awarded if infringement occurred inside the kicker's penalty area

Free kick taken by the goalkeeper

- If, after the ball is in play, the goalkeeper touches the ball a second time before it has touched another player:
- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:
- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
 - an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred

LAW 14 – THE PENALTY KICK

A penalty kick is awarded against a team which commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.

Position of the Ball and the Players

The ball:

- is placed on the penalty mark

The player taking the penalty kick:

- is properly identified

The defending goalkeeper:

- remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked (Note: goalkeepers are allowed to move laterally on the goal line before the ball is kicked.)

The players other than the kicker are located:

- inside the field of play
- outside the penalty area
- behind the penalty mark
- at least 9.15 m (10 yds) from the penalty mark

The referee:

- does not signal for a penalty kick to be taken until the players have taken up position in accordance with the Law
- decides when a penalty has been completed

Procedure

- the player taking the penalty kicks the ball forward
- he does not play the ball a second time until it has touched another player
- the ball is in play when it is kicked and moves forward

When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar:

- the ball touches either or both of the goalposts and/or the crossbar, and/or the goalkeeper

Infringements/Sanctions

If the referee gives the signal for a penalty kick to be taken and before the ball is in play one of the following situations occurs.

The player taking the penalty kick infringes the Laws of the Game:

- the referee allows the kick to proceed
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the kick is not retaken

The goalkeeper infringes the Laws of the Game:

- the referee allows the kick to proceed
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A teammate of the goalkeeper enters the penalty area or moves in front of or within 9.15m (10 yds.) of the penalty mark:

- the referee allows the kick to proceed
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A teammate of the player taking the kick enters the penalty area or moves in front of or within 9.15 (10 yds) of the penalty mark:

- the referee allows the kick to proceed
- if the ball enters the goal, the kick is retaken
- if the ball does not enter the goal, the kick is not retaken
- if the ball rebounds from the goalkeeper, the crossbar or the goalpost and is touched by this player, the referee stops play and restarts the match with an indirect free kick to the defending team.

Player of both the defending team and the attacking team infringe the Laws of the Game:

- the kick is retaken

If, after the penalty kick has been taken:

The kicker touches the ball a second time (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

The kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

The ball is touched by an outside agent as it moves forward:

- the kick is retaken

The ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts, and is then touched by an outside agent:

- the referee stops play
- play is restarted with a dropped ball at the place where it touched the outside agent

LAW 15 – THE THROW-IN

A throw-in is a method of restarting play.

A goal cannot be scored directly from a throw-in.

A throw-in is awarded:

- when the whole of the ball passes over the touch line, either on the ground or in the air
- from the point where it crossed the line
- to the opponents of the player who last touched the ball

Procedure

- at the moment of delivering the ball, the thrower:
 - faces the field of play
 - has part of each foot either on the touchline or on the ground outside the touchline.
 - uses both hands

- delivers the ball from behind and over his head

The thrower shall not again play the ball until it has been touched another player. The ball is in play immediately when it enters the field of play.

A throw-in that fails to enter the field of play, the ball will be awarded to the other team.

Infringements/Sanctions

Throw-in is taken by a player other than the goalkeeper.

If, after the ball is in play, the thrower touches the ball a second time (except with his hands) before it has been touched by another player:

- an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred

If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- a penalty kick is awarded if the infringement occurred inside the thrower's penalty area

Throw-in taken by a goalkeeper

If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands), before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement took place

If an opponent unfairly distracts or impedes the thrower:

- he is cautioned for unsporting behavior and shown the yellow card

An indirect free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area touches the ball with his hands after it has received it directly from a throw-in taken by a teammate.

For any other infringement of the Law:

- a player of the opposing team takes the throw-in

LAW 16 – THE GOAL KICK

A goal kick is a method of restarting play.

A goal may be scored directly from a goal kick, but only against the opposing team.

A goal kick is awarded when:

- the whole of the ball, having last touched a player of the attacking team, passes over the goal-line, either on the ground or in the air and a goal has not been scored in accordance with Law 10

Procedure

- a player of the defending team kicks the ball from, any point within the goal area
- opponents remain outside the penalty area until the ball is in play
- the kicker does not play the ball a second time until it has touched another player
- the ball is in play when it is kicked directly beyond the penalty area

Infringements/Sanctions

If the ball is not kicked directly into play beyond the penalty area:

- the kick is retaken

Goal kick taken by a player other than the goalkeeper

If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Goal kick taken by the goalkeeper

- If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands) before it has touched another player:
- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
- a indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred

For any other infringement of this Law:

- the kick is retaken

LAW 17 – THE CORNER KICK

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

- the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

Procedure

- the ball is placed inside the corner at the nearest corner flag post
- the corner flagpost is not moved
- opponents remain at least 9.15m (10 yds) from the ball until it is in play
- the ball is kicked by a player of the attacking team
- the ball is in play when it is kicked and moves
- the kicker does not play the ball a second time until it has touched another player

Infringements/Sanctions

Corner taken by a player other than the goalkeeper

If, after the ball is in play the kicker touches the ball a second time (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Corner kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands) before it has touched another player:

- an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
- an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred

For any other infringement:

- the kick is retaken

KNOCK-OUT COMPETITIONS

If the game is still tied after playing the prescribed overtime period, the winner shall be determined by the following procedure:

Procedure

Only players who are on the field of play at the end of the match, which includes extra time where appropriate, are allowed to take kicks from the penalty mark. If a team finishes the match with a greater number of players than their opponents, they may reduce their numbers and inform the referee of the name and number of each player excluded.

- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss takes the 1st kick
- The referee keeps a record of the kicks being taken
- Subject to the condition explained below, both teams take five kicks
- The kicks are taken alternately by the teams
- If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
- If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks
- A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a substitute
- With the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are allowed to take kicks from the penalty mark
- Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick
- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
- Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken
- All players, except the player taking the kick and the two goalkeepers, must remain within the center circle
- The goalkeeper who is the kicker's team-mate must remain on the field of play, outside the penalty area in which the kicks are being taken, behind the penalty area border line which runs parallel with the goal line and at least 9.15 m (10 yds) from the penalty mark
- Unless otherwise stated, the relevant Laws of the Game and International F.A. Board Decisions apply when kicks from the penalty mark are being taken
- The defending goalkeeper: remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked. (Note: goalkeepers are allowed to move laterally on the goal line before the ball is kicked)

REFEREE INSTRUCTIONS

The following decisions and instructions to referees conform to the Laws of the Match and the decisions of the International F.A. Board. They are therefore regarded as authoritative and quoted as such.

1. Serious foul play and violent conduct

Soccer being a tough, combative sport - where the contest to gain possession of the ball should nonetheless be fair and gentlemanly - any such moves, even when really vigorous, must be allowed by the referee.

Serious foul play and violent conduct are, however, strictly forbidden and the referee must react to them by stringently applying the Laws of the Match.

These two offenses can be defined as follows:

- (a) it is serious foul play when a player infringes the Laws of the Match and uses intentional violence when challenging for the ball against the opponent.

(b) it is violent conduct when a player is guilty of aggression towards an opponent even when they are not challenging for the ball. The ball can be in or out of play. If the ball is in play he/she shall be sanctioned with a direct free kick in favor of the team of the player who was attacked, from the place where the offense was committed, or with a penalty kick if it took place within the penalty area. If the ball is out of play, the match shall be resumed at the stage where it was interrupted prior to the offense (throw-in, free kick, etc.). Moreover, if a player attacks one of his/her teammates, the referee, a spectator etc., these shall also be considered violent conduct. As mentioned above, this offense can arise when the ball is in or out of play. If the ball is in play, the player shall be sanctioned with an indirect free kick against his/her team from the spot where the violent conduct occurred or with a dropped ball taken at the place where the ball was situated at the time of the offense, if this occurred beyond the boundaries of the field of play. If the ball is out of play, match shall be resumed at the stage where it was interrupted prior to the offense (throw-in, free kick, etc.).

2. Tackling

(a) A sliding tackle with one or both legs is permissible if, in the opinion of the referee, it is not dangerous. If, however, the player making the tackle, instead of making contact with the ball, trips his/her opponent, the referee shall award a direct free kick to the opposing team and shall caution the offending player.

(b) A tackle from behind which is violent with little or no attempt to play the ball is prohibited and will be punished by a **direct kick and ejection**.

3. Offenses against goalkeepers

It is an offense if a player:

- (a) jumps at a goalkeeper under the pretext of heading the ball;
- (b) dodge about in front of a goalkeeper in order to prevent him/her from releasing the ball;
- (c) who is standing in front of a goalkeeper when a corner kick is being taken, takes advantage of his/her position to obstruct the goalkeeper before the kick is taken and before the ball is in play;
- (d) attempts to kick the ball when the goalkeeper is in the process of releasing it.

4. Obstruction

A player who has the ball under control within playing distance (i.e. the distance at which the player is covering the ball for tactical reasons in order to avoid its being played by an opponent, without using his/her arms) is not guilty of obstruction.

Any player who intentionally impedes an opponent by crossing directly in front of him/her or running between him/her and the ball or intervening so as to form an obstacle with the aim of delaying his/her advance, must be sanctioned with an indirect free kick in favor of the opposing team.

However, any player who intentionally impedes the progress of an opponent by physical contact, whether using his/her hand, arm, leg or any other part of his/her body, shall be penalized by the award of a direct free kick to the opposing team, or by a penalty kick, if the offense was committed within the penalty area.

5. Scissors or bicycle kick

Such a kick is permissible, provided that in the opinion of the referee it is not dangerous to an opponent.

6. Jumping at an opponent

A player, who jumps at an opponent under the pretext of heading the ball, shall be penalized by the award of a direct free kick to the opposing team.

7. Prohibited use of body

A player who holds off an opponent using his/her hand, arm, leg or body, is guilty of an infringement of Law XII and shall be punished by the award of a direct free kick to the opposing team.

Holding or hindering an opponent when the ball is out of play in order to prevent him/her from running into position is an offense (caution).

8. Caution for handling the ball or holding an opponent

While it is not usual for a player to be cautioned for handling the ball or holding an opponent, there are exceptional circumstances in which, in addition to imposing the customary punishment, the referee must caution a player for **unsporting behavior** in these offenses:

- (a) when a player, in order to prevent an opponent from gaining possession of the ball, and because he/she is unable to play it in any other way, stops it with one, or both hands, punches it or catches it, or
- (b) when a player holds an opponent in order to prevent him/her from gaining possession of the ball.

(c) when an attacking player attempts to score a goal by illegal use of the hand. The foregoing is subject to the provisions contained in decision 15 of Law 12.

9. Free kicks

(a) The referee shall indicate the award of an indirect free kick by raising an arm above his/her head. he/she shall keep his/her arm in that position until the kick has been taken and the ball has been played or touched by another player or goes out of play.

(b) Any player who, for any reason, deliberately delays a free kick being taken by the opposing team shall be cautioned (yellow card). For repetition of this offense he/she shall be cautioned. In the event of repetition of this offense, he/she shall be sent off.

(c) Any player who prematurely rushes forward from the defensive wall, formed at least 10 yards (9.15 m) from the ball, before the ball has been kicked, shall be cautioned. In the event of repetition of this offense, he/she shall be sent off.

While the Law states that all opposing players should retire to a distance of at least 10 yards (9.15 m) from the ball, the referee has discretionary power to disregard this requirement to enable a free kick to be taken quickly.

10. Penalty kick

(a) Conduct during a penalty kick:

During a penalty kick, the defending goalkeeper remains on his goal line facing the kicker between the goalposts until the ball has been kicked. Apart from the goalkeeper and the player taking the kick, all the players shall take up position outside the penalty area at least 10 yards (9.15 m) away from the penalty mark and stay there until the kick has been taken.

Any breach of these conditions shall be dealt with in accordance with Law XIV.

(b) Penalty at the end of the first half or at the end of the match

If play is prolonged before half-time or at the end of the match to allow for a penalty kick to be taken or for one to be retaken, a goal shall not be disallowed if, before passing the goalpost under the crossbar, the ball touches one of the two goalpost or the crossbar or goalkeeper, or a combination of these, providing no infringement has been committed.

11. Player in offside position

(a) It is not an offense in itself to be in an offside position.

(b) A player shall be penalized for being offside, if, at the moment the ball touches, or is played by, one of his/her team, he/she is, in the opinion of the referee involved in the active play by

1. interfering with play or with an opponent, or
2. seeking to gain an advantage by being in that position.

(c) A player shall not be declared offside by the referee

1. merely because of his/her being in an offside position, or
2. if he/she receives the ball directly from a goal-kick, a corner kick or a throw-in.

An assistant referee should not signal merely because a player is in an offside position.

12. Goalkeepers

The following principles shall apply:

A goalkeeper who is within his/her own penalty area:

(a) from the moment he/she takes control of the ball with his/her hands, takes more than **6 seconds** in any direction while holding, bouncing or throwing the ball in the air and catching it again, without releasing it into play, or, having released the ball into play before, during or after the **6 seconds**, he/she touches it again with his/her hands, before it has been touched or played by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area subject to overriding conditions of Law 12, or;

(b) indulges in tactics which, in the opinion of the referee, are designed merely to hold up the match and thus waste time and so give an unfair advantage to his/her own team, shall be penalized by the award of an indirect free kick to be taken by the opposing team from the place where the infringement occurred.

13. Persistent infringements

Any player who persistently infringes the Laws of the Match shall be cautioned.

14. Player sent off after receiving two cautions

If a player is sent off for committing a second cautioned offense, the referee shall first show the yellow card followed immediately by the red card (so that it is obvious that the player is being sent off for the second cautioned offense and not for an offense requiring immediate expulsion).

15. Attitude towards referees

Any player who protests at a referee's decision shall be cautioned.

Any player who assaults or insults a referee shall be sent off.

The captain of a team, although responsible for his/her team's behavior, has no special rights.

16. Throw-in

A throw-in may not be taken from a distance of more than one meter outside the touch-line. Players are forbidden from standing directly in front of the player who is taking the throw-in so as to harass him/her.

17. Wasting time

Any player who wastes time shall be cautioned for **unsporting behavior**.

Wasting time occurs whenever;

(a) a player:

- feigns injury
- takes a free kick from a wrong position with the sole intention of forcing the referee to demand a retake;
- appears to prepare for a throw-in but suddenly leaves it to one of his/her team to throw in;
- kicks the ball away or carries it away with the hands after the referee has stopped play for any reason;
- stands in front of the ball when a free kick has been awarded to the opposing team in order to give his/her team time to organize the defensive wall;
- excessively delays taking a throw-in or a free kick;
- moving the ball, after it is set on goal kicks;
- delays leaving the field when being substituted;

(b) a goalkeeper:

Employs all manner of tactics with the sole intention of gaining time for his/her team (keeping the ball longer than necessary, waiting too long before passing it into play etc.).

18. Players Uniforms

The referee shall ensure that each player wears his/her clothes properly and check that they conform to the requirements of Law 4. Players shall be made aware that their jersey remains tucked inside their shorts and that their socks remain pulled up. The referee shall also make sure that each player is shin guards and that none of them is wearing objects that could be potentially dangerous to themselves or others.

(See Law 4)

19. Roster/ID Checks

The game official should follow the procedures adopted by the district and CYC Constitution.

20. Goal, Hand Signal

The game official should signal that a goal has been scored by raising both arms over their head and then pointing to the mid-field spot.