

## Southwest Region Pocket Guide

*On behalf of the member soccer clubs of the Southwest Region, whose Club logos appear on the cover of this Pocket Guide, we would like to thank Littleton Soccer Club for allowing the Region Clubs to adopt and use this material as our official guide book to the Laws of Soccer as defined by FIFA {Federation Internationale de Football Association} and modified for recreational youth play by CSYSA {Colorado State Youth Soccer Association}. The Laws {rules of the game} are referenced in a format that is easy to use and understandable. The Pocket Guide will be utilized in all sanctioned matches in what is commonly referred to as the "Southwest Quadrant." The intent is that the Pocket Guide be given to all recreational coaches, assistant coaches and referees at the beginning of each seasonal year. We encourage the Guide to be shared with players, parents and spectators to assist all in a better understanding and appreciation of the game.*

*Again, thank you Littleton Soccer for this valuable reference.*

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#### Referee Mechanics

#### **Before leaving home, check that you have:**

Water, Sunscreen, Directions to the Field, Watch, Two Pencils, Red and Yellow Cards, LSC Pocket Guide, Two Whistles, Uniform, Coins, Patience, Good Humor. Keeping it all together in a bag helps avoid forgetting an item.

**Arrive at the field 1/2 hour before scheduled game time:** Introduce yourself to the other officials. Inspect field, goals, and nets for safety issues. Get game ball and a game card from home team and a game card from visiting team. One game card completed by the Referee, one by an Assistant Referee who has agreed to be back-up score keeper.

#### **15 minutes before scheduled game time:**

Equipment and (division appropriate) roster check. Be friendly. Check cleats, shin guards (required), uniforms (all the same including socks), no jewelry, nothing on wrists including bracelets and watches, sharp objects, billed hats or bandannas. Knee pads are legal as are sweat suits worn under shorts and jerseys in cold weather. Check that each team has a goal keeper shirt that is a different color from both teams' jerseys.

### 5 minutes before game:

Introduce captains. Coin toss by the Referee or the Home Team captain. Visiting captain calls. Winner has choice of which goal to attack, loser performs kick-off. Write color and direction on game card (this helps to remember how to line up for second half).

### Game time:

Call players to field. For younger players, check that the coaches are ready. Check that goal keepers and Assistant Referees are ready. Be sure everyone is positioned correctly. Blow whistle to start the game.

### During game:

Manage the game in a friendly but decisive manner that allows for a safe/fair/fun experience for everyone. Be in an appropriate position close enough to the play to see between the players. Do not call trifling fouls. Lots of eye contact with the Assistant Referees. Blow whistle loudly when needed. Keep accurate time that is fairly managed. Use correct signals:

Corner Kick – arm straight at 45 degree up angle towards the corner flag

Direct Kick - arm straight at 45 degree up angle in direction of kick, then down

Goal – arm straight at downward angle toward the middle of the field

Goal Kick – arm straight at downward angle toward goal area

Indirect Free Kick – arm straight at 45 degree up angle to point direction, then straight up until touched by another player after the kick

Play On – (only for older age groups) Advantage is applied by distinctly saying "Play on" and moving both hands forward in a sweeping motion at waist level

Throw-in – arm straight at 45 degree up angle in direction of throw, then down

### After game:

Sign game cards and return one to the Home Team Coach and one to the Visiting Team Coach. (It is the Coach's responsibility to return game cards to LSC.) Be friendly, watch friendship lines and congratulate coaches and players on well-played game. Leave the sports complex. Do not discuss issues or game calls, except in a friendly manner. Remember that your authority extends to the time you leave the parking lot. Contact LSC with any questions or concerns.

### Assistant Referee Mechanics

Review Referee mechanics. Support the Referee at all times. Control your sideline behavior by stopping problems before they start. If you are having a problem with dissent and can not control it, stop and raise your flag. The Referee will see you and come over to discuss the situation and take appropriate action. **DO NOT REFEREE GAMES** unless you are certified. Referees must be certified. If there is no Referee available to manage the game, the game must not be played. Notify the LSC office when a game is terminated for any reason.

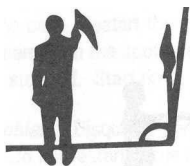
Review flag signals. Meet with the other officials before game, at half time, and at the end of the game to offer feedback and discuss questions.

Decide with the other officials which touch line you will be on. Remember your proper position along the touch line. The Assistant Referee is always across from the next to last defender or the ball whichever is closest to the goal line on their half of the field. Proper position makes the job of an Assistant Referee much easier.

Ask the Referee any questions you might have.

Observe the coin toss and friendship lines with the Referee.

### Assistant Referee Flag Positions



#### Goal Kick

Point to Goal Area



**Substitution** Indicate substitution by holding flag with both hands.



**Throw-in** Linesman indicates direction of throw-in with flag at approx. 45 angle in the direction of throw.



**Offside** Flag overhead to indicate ball over touch or goal line and all violations including offside



**Offside Free Kick** Linesmen indicate offside location far side of field



**Offside Free Kick** Offside occurred near center of field



**Offside Free Kick** Offside occurred near side of field

#### **All Officials**

All officials should always support each other and the spirit of the game. Never second guess an official managing a game when you are a spectator. If you think there are problems with an official, notify the LSC office after the game.

#### **Referee Procedures for Dissent**

LSC has a zero tolerance policy regarding coach, spectator, and player dissent. If you are uncomfortable with something being said or done, it is dissent. For other than players, (coaches, spectators) use the following steps. .

*First Problem:* Blow whistle to stop play. Stop time. Tell the person responsible that the dissent is a problem. Caution person with a Yellow Card. Note name, team, time, brief details on the game card. Restart the game with an indirect kick to the other team from the spot where the ball was when the game was stopped. Start time.

*Second Problem:* Disqualify person. Show Yellow Card then Red Card. Do not restart game until person has left area. Allow two minutes to be one hundred yards away. If a Coach is disqualified, a person over 21 must be designated acting Coach for the game to continue. Restart game. If person does not leave the area, terminate the game. Note time and details on the game card. Remember a Referee does not decide the outcome of a game.

#### **U19-U9 - RULE 1. The Field**

##### **Field Size and Markings**

A soccer field is always rectangular in shape with the touch lines longer than the goal lines. The goals are set up on the goal lines. All games are played on fields already marked for the various age groups playing. Penalty Marks may not be correct. Always measure 12 yards for U19-U13 and 9 yards for U-12 and younger.

### **Team and Spectator Area**

Coaches, team members, and spectators should stay inside the area defined by red cones (if available) and no nearer the touch lines than five feet. It is preferred coaches and teams be on the opposite side of the field from parents and other spectators. The Referee shall make all final decisions regarding team and spectator areas. See U19-U9 field layout diagram.

### **Corner Flags**

The corner flag is part of the playing field and will not be removed.

### **Goals**

Nets should be attached to the crossbar and posts with no visible holes. Nets should not drape down on the goal line. Nets should be pinned to the ground with stakes.

### **U19-U9 - RULE 2. The Ball**

The home team will provide the game ball. If the ball is not suitable, the visiting team may supply the ball. The Referee shall choose the game ball. The ball size will be:

U19-U13, #5

U12-U9, #4

The ball should be properly inflated.

It is a good idea to have extra game balls in the LSC net storage containers behind each goal for use when the ball gets away.

### **U19-U9 - RULE 3. Players and Substitutions**

The game is played by two teams of eleven (U15-U11) or eight (U10-U9, U16 & above) players on the field. One of the players will be the goalkeeper who will wear a jersey of different color from both teams to be distinguishable. For 11V11 play, a game may be started and played with as few as 7 players. For 8V8 play, a game may be started and played with as few as 6 players. If a team has fewer than the required players, the game shall be terminated. If one-half of the game has been played it shall be official, otherwise the game is forfeited.

Unlimited substitution is allowed at appropriate times.

Substitutions may be made on prior to throw-in's by the team who has possession of the ball. Substitutions may be made by either team after goals, on goal kicks, between periods, or injury time outs. See Rule 12 for substitutions and Cautions (Yellow Cards) or Disqualifications (Red Cards).

To keep the game moving and not use an undue amount of the player's time, it is important substitutions be organized. Ask the coaches prior to the game to call out the number of substitutions and have them come onto the field from the half line if possible. Discuss substitutions with the Assistant Referees prior to the game so they help count players and are ready to let you know a coach wants to substitute players at the proper opportunity. Do not allow a coach to waste time using substitutions. Simply stop time if needed (do not forget to restart). See Rule 7.

Any player on the field may change places with the goalkeeper during any stoppage of play as long as the referee is notified before the change is made. The goalkeeper may be substituted for by a player off the field during legal substitutions. One player must always be designated as the goalkeeper.

Should a player be injured during play, the referee will blow the whistle to stop play, call an injury time out, and allow, if necessary, the player's Coach to attend to the player on the field. If it is determined the player may continue play, the player may remain on the field. If an injured player must leave the field, they may return by legal substitution provided the player did not lose consciousness as a result of the injury. A bleeding player can not continue to play, or re-enter the game. Depending upon the severity of the wound, a player who has been treated, bandaged and is no longer bleeding may return if the referee determines play will be safe.

If play was stopped due to an injury time out, a drop ball is used to restart play. Otherwise the normal restart (goal kick, throw-in, etc.) shall restart play.

### **U19-U9 - RULE 4. Equipment**

The referee will inspect all players and their equipment before the start of the game. All players must wear an approved LSC uniform. The uniform will consist of socks, jersey and shorts. The jersey will have a number different from their team mates. The jersey will be tucked into the shorts, light color for away, dark color or scrimmage vests for home. The socks will be matching color, white or lighter color for away, blue or darker color for home. Socks will be worn over the shin guards. Shorts will be Navy blue or black. No zippers, cut-offs, etc. All players will wear shin guards of suitable material and size to provide adequate protection. All players will wear soft toed athletic shoes or cleated soccer shoes. No metal cleats. Should both teams have similar colored jerseys, the Visiting team shall be the light color and the Home team shall be the dark color.

Goalkeepers will wear a different colored jersey from either team which clearly identifies them as a goalkeeper. Either team's goalkeeper shall change their jersey as the Referee directs regardless of Home/Visitor status. Goalkeepers may wear a soft billed hat.

Players will not wear anything which in the opinion of the referee is dangerous, including, but not limited to: watches, jewelry, ear rings, posts, etc.

Hard casts or hard knee braces which in the opinion of the referee have been adequately padded may be worn. Taped medical medals may be worn.

During bad weather, players may wear warm up type clothing under their uniform. The color does not have to match. **The referee will make the final decision regarding all equipment and whether a player will be allowed to play.**

*Penalty:* The penalty for wearing illegal equipment during play will be a Caution (Yellow Card) and award of an indirect kick to the other team at the point where play was stopped.

### **U19-U9 - RULES 5 and 6. The Officials**

The officials will be certified by LSC or USSF. There will be a Referee and two Assistant Referees.

The Officials represent the league and are to protect the spirit and rules of the game and the league by enforcing the rules of the game and the league. The authority of the Officials begins at the time they enter the sports complex containing the field to which they have been assigned and does not end until they leave the sports complex.

The game will be officiated by a three person diagonal system. Each team will provide one official to act as an Assistant Referee for their game. The home team will provide an official for the game to act as Referee. The three officials are a team with the Assistant Referees supporting the Referee. All decisions of the Referee regarding facts connected with the game 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 play has not restarted. If there is not a certified Referee to act as an official, the game must be terminated. If there are not certified Assistant Referees, the game may be played with non-certified spectators (Club Linesman). Club Linesman are to signal only when the ball is entirely over the goal line or touch line.

Remember, Assistant Referees are not certified to referee. Do not use a two man system.

The Referee and an Assistant Referee will each complete a game card for an official record of the game. After the game, the Referee will return one game card to each Coach. The coaches are responsible for returning the cards to LSC by the Monday following the game. By mutual agreement between the officials, the Referee will keep the game time with one Assistant Referee as back-up.

The duties of the Assistant Referees, subject to the decision of the Referee, are to indicate: when the whole of the ball has gone 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 substitute is requested, when misconduct or any other incident has occurred out of the view of the Referee.

*Penalty:* If a team does not provide their certified official commitment, they will be penalized 3 points for each certified official not provided. Penalty points will apply to Tournament play. Repeated violations will result in the team being brought before the ISC Board of Directors for possible disbanding.

If the game is played away from LSC, the LSC Assistant Referee will keep a scorecard that is to be sent to LSC under LSC guidelines.

### **U19-U9 - RULE 7. Duration of the Game**

The age divisions within LSC will play the following periods of time:

<b>Age</b>	<b>Game Time</b>
U19-U17	2 x 45 min.
U16-U15	2 x 40 min.
U14-U13	2 x 35 min.
U12-U11	2 x 30 min.
U10-U9	2 x 25 min.

For U19 - U9 play, half-time rest period will be 10 minutes.

With the mutual consent of the Referee, Assistant Referees and Coaches, time may be shortened for weather or other circumstances.

Time may be stopped only for injuries, dissent, time wasting such as extensive substitutions or other causes at the referee's discretion. Other causes may be the ball rolling into the creek...

If a penalty kick is awarded and time then expires before the kick, the kick will be taken. Since there is no time left in the game, play is over once the Referee has decided whether a goal has been scored unless the kick must be retaken due to an infringement.

There will be no overtime periods in regular season play.

Teams will change ends at half-time.

## **U19-U9 - RULE 8. Start & Restart of Play**

At the beginning of the game, choice of ends and kick-off shall be decided by the toss of a coin. The team winning the toss shall decide which goal it will attack in the first half of the game. The other team shall take the kick-off. **(NOTE: the team winning the toss can only decide which end of the field to attack - the team losing the coin toss performs the kick-off.)** When the referee signals with a whistle, the game shall be started with a kick-off by a player taking a place-kick into his opponents' half of the field of play. All players will be on their side of the field separated by the half line. Players from the opposing team will be at least 10 yards (8 yards for U10-U9) away from the ball (outside the center circle). The ball will be kicked from a stationary position and will be in play when it moves forward into the opponents' half of the field of play. (NOTE: As long as there is any forward motion as a result of the kick-off, play has begun.) The opponents may not enter the center circle until the ball has been kicked. If an infraction of the rules occurs, play and time will be started with a new kickoff. The player kicking off will not play the ball a second time until it has been touched by another player. This would be a double touch.

*Penalty:* Award indirect free kick to the opposing team to be taken from the place where the double touch occurred.

After a goal is scored, the game shall be restarted as in the beginning kick-off by a player of the team losing the goal.

After half time, ends shall be changed and the team which won the toss at the beginning of the game takes the kick-off to start the second half of the game.

Restart of play after an injury time out will be a dropped ball dropped at the place where the ball was when play was stopped (subject to Rule 8 Special Circumstances).

If play is stopped due to a Caution, play is restarted with an indirect free kick performed by the opposing team at the place where the ball was when play was stopped (subject to Rule 8 Special Circumstances).

### **Rule 8 Special Circumstances**

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

An indirect free kick awarded to the attacking team in its opponents' goal area is 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 game 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.

## **U19-U9 - RULE 9. Ball In and Out of Play**

The ball is out of play when it has completely crossed the touch line or goal line, whether on the ground or in the air or been whistled dead by the referee. To restart play for a penalty kick, caution/disqualification, encroachment on a free kick, and after a goal, the referee will blow the whistle. Normally, a whistle would not be used to restart play by a throw-in or free kick.

The ball is still in play if it remains in the field after striking a referee or linesman when they are in the field of play, or rebounds from a goal post, crossbar or the corner flag. The ball is out of play if it hits anything "non-standard" on the goal posts.

## **U19-U9 - RULE 10. Scoring**

A goal is scored when the whole of the ball passes completely over the goal line between the goal posts and under the cross bar, provided the team scoring the goal has not previously committed a foul and the ball was propelled in a legal manner. Only the position of the ball determines the legality of the goal, not the position of a goalkeeper's feet, hands, or body. The ball can not be thrown, carried or intentionally propelled by handling by the scoring team. **A goal cannot be scored directly from an indirect free kick, throw-in, or free kick into one's own goal.** After a goal is scored, play will be restarted with a kick-off by a player from the team who was scored upon. The score of a forfeit game will be 1-0. If play is interfered with by an outside agent, there is no score.

## **U19-U9 - RULE 11. Offside**

### **Offside Position**

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

A player is in an offside position if he is nearer to his opponents' goal line than the ball and the second to last opponent including the goalkeeper.

A player is not in an offside position if:

- he is in his own half of the field of play, or
- he is level with the second to last opponent, or

- he is level with the last two opponents.

### **Offside Offense**

A player in an offside position is only penalized if, at any moment after 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.

*Penalty:* indirect free kick by the opposing team at the spot of infraction (subject to Rule 8 Special Circumstances).

A player becomes "actively involved" in the play only when he is in the "area of active play", an area that changes shape according to where the ball is going and what players are "involved". Involvement includes attempting to play the ball or preventing others from having a fair play at the ball.

"Interfering with opponent" means preventing an opponent from moving towards the ball and also includes active physical or verbal distraction of the goalkeeper by an opponent.

"Gaining an advantage" means being near enough to the play to capitalize immediately on a defender's mistake, having gained the advantage solely by the being in the offside position.

### **No Offside Offense**

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

- a goal kick, or
- a throw-in, or
- a corner kick.

### **U19-U9 - RULE 12. Fouls and Misconduct**

#### **Direct Free Kick**

A player who commits or attempts to commit any of the following offenses:

- **spits,**
- **kicks,**
- **trips,**
- **jumps at,**
- **charges in a violent or dangerous way,**
- **strikes,**
- **holds,**
- **pushes,**
- **tackles from the rear 180 degrees,**  
or when slide tackling, a player makes contact with their opponent before the ball, (For player safety, watch slide tackles carefully. The player must contact the ball cleanly. Though it is not a foul if the opponent falls due to contact with the ball, it is a foul for the player to "slide through" the ball and make contact with the opponent),
- **intentionally handles the ball,**  
(except for the goalkeeper in their own penalty area)

shall be punished by awarding a direct free kick to the opposing team from the spot of the foul (see Rule 8 Special Circumstances).

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

*Example:* You see a blue player push a red player. Blow your whistle with a loud sharp blast to stop play. Point to the spot of the foul and say "Red Direct Kick." Give the signal for a Direct Kick by holding your arm at 90 degrees to your body and point in the direction of the Blue Team's goal. Do not restart play by blowing your whistle unless the Red Team asks you to move the Blue Team off the ball ten yards in all directions. If asked for ten yards by the team awarded the free kick, hold play until all defending players are ten yards away from the ball in all directions. Once the defending players are ten yards away, restart play by blowing the whistle.

#### **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 offenses:

- plays in a dangerous manner,
- prevents the goalkeeper from releasing the ball from his hands,
- impedes the progress of an opponent (obstructing when not playing the ball)
- commits any other offense for which play is stopped to caution or dismiss a player (when play is stopped to deal with misconduct, the proper restart

is an indirect free kick awarded to the opposing team unless a foul is also called, then the restart is determined by the foul)

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:

- controls the ball with his hands for more than 6 seconds before releasing it (*NOTE* do not penalize trivial infractions),
- touches the ball again with his hands after it was released and the ball has not been touched by another player,
- touches the ball with his hands after it has been deliberately kicked to him by a team mate,
- touches the ball with his hands after receiving it directly from a throw-in by a team mate,
- wastes time.

The indirect free kick is taken from where the offense occurred subject to Rule 8 Special Circumstances.

*Example:* You see a white player kick the ball above the waist next to a blue player (an example of dangerous play). Blow your whistle to stop play. Point to the spot of the foul and say, "Blue Indirect." Give the signal for an Indirect Kick by holding your arm straight up. Do not drop your arm until the ball has been touched by a player other than the kicker. Dropping your arm lets the players know a goal can be scored. Remember, a goal can not be scored from an indirect kick until touched by another player from either team.

### **Cautionable Offenses**

A player, coach, or spectator who commits any of the following seven offenses:

- entering the field without permission of the Referee,
- leaving the field without permission of the Referee,
- unsporting behavior,
- fails to respect the required distance when play is restarted with a corner kick or free kick,
- persistently infringes the rules,
- shows dissent by word or action,
- delays restart of play,

shall be punished by a Caution (yellow card) and by awarding an indirect free kick to the opposing team from the place where the ball was located when play was stopped (subject to Rule 8 Special Circumstances).

Unsporting behavior now also includes simulating action (cheating, diving or feigning injury) anywhere on the field intending to deceive the referee.

*Example:* A player falls feigning injury seeking an injury time out to stop the opponents from pursuing an offensive advantage. This will not be a common occurrence and it is recommended that a yellow card be shown to an offending player in only the most flagrant circumstances

### **Sending-Off Offenses**

A player, coach, or spectator who commits any of the following misconduct: .

- uses offensive, insulting or abusive language,
- a second caution,

shall be shown the red card and punished by being sent off the field and by awarding an indirect free kick at the spot of the offense or where play was stopped (subject to Rule 8 Special Circumstances).

A player who commits any of the following offenses:

- spits at an opponent or another person,
- violent conduct (typically off the ball),
- serious foul play (uses violence while committing a direct free kick foul and competing for the ball),
- 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 penalty kick,

shall be shown the red card and punished by being sent off the field and by awarding a direct free kick at the spot of the offense (subject to Rule 8 Special Circumstances).

A player receiving a Caution (yellow card) must leave the field but can reenter the game on substitution. Players receiving yellow cards can be substituted for. A player sent off due to a red card offense may remain on the touch line. However, the player will not play the remainder of that game and not play in the following game. For the remainder of the game, the team must play short the number of players sent off due to red card offenses. A coach receiving a red card has two minutes to be 100 yards from the field. If there is no one over 21 to act as Coach, the game will be terminated.

A coach or spectator receiving a red card must leave the area and not participate in the remainder of that game or the following game. The Referee should stop the clock and not restart play until the person has left the area. If the person refuses to leave, terminate the game. Note details on game card.

LSC policy allows for the use of yellow and red cards for game and touch line management of not only players but also for coaches and spectators. For all participants in LSC, two yellow cards equal a red card and disqualification from the game. Accumulation of three yellow cards in a season will result in a League disqualification. The minimum penalty will be suspension for the next game.

Red and yellow cards are not shown in U10-U9 and younger except to Coaches. If a player commits an action punishable by a card, enforce all applicable penalties, however, show the card to the Coach for information only.

*Example:* A green player runs at a yellow player and yells "miss it". Blow your whistle with a loud sharp blast to stop play. Point to the spot of the offense and say, "Yellow Indirect Kick." Call the Green player over to you. Note in the game card the green player's name, number, time, offense and color of card. Show the yellow card by holding it straight up above your head. Have the green player leave the field. Allow the Coach to substitute for the player. Remember, a cautioned (yellow card) player can return later at a legal substitution opportunity. A disqualified (red card) player can not return to the game.

Coaches are responsible for the actions of their players on their touch line. Referees should work with Coaches to manage situations that are detrimental to the spirit of the game. Coaches can be cautioned or disqualified for their behavior and (in extreme cases) for the behavior of their touchline. If a Coach is disqualified, a person over 21 must be designated acting Coach for the game to continue.

Spectators may also be disciplined by the Referee to the same extent as a Coach or player.

#### **RESTART OF PLAY AFTER MISCONDUCT.**

If play is stopped for misconduct committed off the field, play is restarted by dropping the ball where the ball was when play was stopped. If play is stopped for misconduct on the field by a player and there was not a foul, the restart is an indirect free kick by the opposing team where the misconduct occurred. If play was stopped and then misconduct occurred, play is restarted as appropriate for the reason it was stopped.

#### **U19-U9 - RULE 13. Free Kick**

There are direct and indirect free kicks. Goals can be scored from direct free kicks without being touched by another player. Goals can not be scored from indirect free kicks until first touched by another player. Free kicks are taken from the spot of the foul except for kicks awarded for misconduct off the field of play or fouls inside the goal box. Free kicks taken for fouls committed inside a team's own goal area by the opposing team may be taken from anywhere within the goal area. For fouls committed inside the opposing team's goal area, the kick will be taken on the goal area line directly out from the spot of the foul. Free kicks taken for misconduct off the field of play will be taken from the spot of the ball at the time play was stopped. Free kicks (except for kick-offs and penalty kicks) can be taken in any direction. Kick-offs and penalty kicks must go forward.

#### **How Taken**

Opposing players will be at least 10 yards (8 yards for U10-U9) from the ball in all directions unless they are on their own goal line between the goal posts. The team which has been awarded the free kick does not have to wait for opposing players to move 10 yards away. If the kicking team asks for 10 yards, the Referee will stop play until all opposing players have given the 10 yards. Play will be restarted with a whistle from the Referee. The Referee will caution (yellow card) any player who deliberately fails to move or engages in time wasting tactics.

The ball will be kicked while stationary and will be in play when it moves. (*NOTE:* so long as there is motion as a result of the kick, the ball is in play.)

A free kick taken inside a team's own penalty area must leave the area before being in play. All opponents are to be outside the penalty area and at least 10 yards (8 yards for U10-U9) from the ball when the kick is taken. If the ball does not leave the penalty area or is played by an opponent or team mate before it leaves the area, the kick will be retaken.

A player kicking the free kick will not play the ball twice. It must be touched by another player before being played again by the player who took the free kick. Penalty: Indirect Free Kick by the opposing team from the spot of the infraction.

A team performing a free kick can not score for the opposing team as a direct result of the free kick. If a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

#### **U19-U9 - RULE 14. Penalty Kick**

A penalty kick will be awarded against a team whenever an offense which would have resulted in a direct free kick is awarded inside the penalty area while the ball is in play.

#### **How Taken**

All players except the goalkeeper and the player taking the penalty kick will be outside the penalty area and penalty area arc and behind the penalty mark until the kick is taken.

The goalkeeper must remain on his own goal line, facing the kicker, between the goal posts until the ball has been kicked. The goalkeeper is

permitted to move his feet while remaining on the goal line (i.e., moving sideways), but he is not permitted to come off the line until the ball is in play.

The ball is in play once there is forward motion as a result of the kick regardless of the distance traveled.

The player taking the penalty kick will not play the ball again until it has been touched by another player. A ball that rebounds off a goal post or cross bar has not been played. Penalty: Indirect Free Kick awarded to the opposing team unless the player handled the ball, then the penalty is a direct free kick.

Should one of the teams break the rules during the kick, the Referee is to wait until the play has developed to determine if play can continue or must be stopped due to the infraction.

If the attacking team breaks the rules during a penalty kick, the kick will be retaken if a goal is scored. The kick will not be retaken (play will continue) if a goal is not scored.

If the defending team breaks the rules during a penalty kick, the kick will be retaken if a goal is not scored. If a goal is scored, the play will stand.

If both teams break the rules during a penalty kick, the kick will be retaken.

#### **U19-U9 - RULE 15. Throw-in**

A throw-in will be awarded to the opponents of the player who last touches the ball before the entire ball passes over the touch line whether on the ground or in the air. Any player on the team may take the throw-in. The ball may be thrown in any direction from the point where it crossed the touch line. The player will use both hands with equal force and will throw the ball from behind and over the head in one movement while keeping both feet on the ground. A part of each foot shall either be on the touch line or on the ground outside of the touch line. The ball is in play when any part of the ball crosses the exterior plane of the touch line. The player making the throw-in will not play the ball again until another player has touched the ball. *Penalty:* Indirect Free Kick awarded to the opposing team unless the player handled the ball, then the penalty is a direct free kick.

An opposing player will not interfere with the throw-in by standing or moving on or near to the touch line (i.e., as a basketball defensive play). Warn opponents to back away from the player who is putting the ball into play. If extreme and the player will not stop, this is a *Penalty:* a Caution (yellow card) is shown before the ball is put into play, restart with the (interrupted) throw-in.

An improper throw-in shall result in a restart by a throw-in by the opposing team. Please use common sense here. It is appropriate to give the younger players a warning and allow another try with verbal help such as "Keep your feet down, ball back over your head". Be fair and give both teams (if necessary) an opportunity to try again. After a second failed attempt, award the throw-in to the opposing team.

#### **U19-U9 - RULE 16. Goal Kick**

A goal kick will be awarded to the defending team when the attacking team last touches the ball and the entire ball passes over the goal line of the defending team, whether on the ground or in the air, and does not result in a goal.

To restart with a goal kick, the ball will be placed and kicked from the ground anywhere within the goal area. Any player may take the goal kick. The opposing team will stay outside of the penalty area until the ball has crossed the penalty area lines. The team taking the goal kick may be anywhere on the field including the goal or penalty area.

If the ball does not clear the penalty area or is touched by a player before it clears the penalty area, the kick will be retaken.

The player taking the goal kick will not play the ball again until another player from either team has touched the ball. Penalty: Indirect Free Kick taken at the point of the offense.

Once the ball is placed on the ground it will not be moved. Warn players before they have a chance to pick it up once it has been placed. After it is placed, should a player pick it up to move it a significant distance (Example: from one side of the goal area to the other), this is considered time wasting. Blow whistle to stop the player. *Penalty:* Caution (yellow card) for delay of game. Restart play with a goal kick.

If the ball is kicked directly into the opponents goal from a goal kick, a goal is scored.

#### **U19-U9 - RULE 17. Corner Kick**

A corner kick is a direct free kick that is awarded to the attacking team when the defending team last touches the ball before the entire ball passes over the goal line of the defending team, whether on the ground or in the air, and does not result in a goal.

To restart with a corner kick, the ball will be placed on or in the corner arc on the corner of the field nearest where the ball went over the goal line and played from the ground. All defending players will be at least 10 yards from the ball until it has been kicked.

There can be no offside offense against a player that receives the ball directly from a corner kick.

The player taking the corner kick will not play the ball again until another player from either team has touched the ball. Penalty: Indirect Free Kick at the point of the offense.

So long as there is motion as a result of the kick, the ball is in play.

### Glossary

**Advantage** - A judgment by the referee to permit play to continue rather than stopping play to call a foul because stopping play would put the team which has been fouled at a disadvantage. (When this happens, the Referee should hold his hands out in front of his body, palms up, and say, "Advantage," to acknowledge the foul has been seen but play not stopped.) If the advantage does not develop in two or three seconds, stop the game and penalize the foul.

**Air Dribble** - When the goalkeeper tosses the ball in the air and takes one or more steps before catching it. The ball is considered still in the goalkeeper's control and will not be played by an opponent.

**Attacker** - Any member of the team that has possession of the ball.

**Cautioned Player** - A player, coach, or spectator notified by the Referee that the rules have been broken which results in a caution (yellow card).

**Charge** - When a defending player uses body contact to cause an offensive player to lose possession of the ball. A fair charge must be shoulder to shoulder contact and non-violent. An unfair charge is a charge where the body contact is not shoulder to shoulder or where body contact is violent.

**Corner Kick** - Restart of play after the defending team last touches the ball and the entire ball passes over the goal line of the defending team, whether on the ground or in the air, and does not result on a goal. See Rule 17.

**Dangerous Play** - A foul resulting in an indirect free-kick that is called because the player's effort caused danger to the opponent or to himself. It is possible to bring a foul against oneself, for example placing the head too close to the foot of someone playing the ball.

**Dead Ball** - When the ball is out of play.

**Defender** - Any member of the team not in possession of the ball.

**Deliberate Foul** - An extreme and purposeful act done to disrupt the game and gain advantage.

**Direct Free Kick** - A free kick from which a goal may be scored without a second player touching the ball.

**Disqualified Player** - A player on the field or sideline barred from further participation in the game by Disqualification (dismissal due to a red card offense).

**Dribbler** - A player in control of the ball moving it with the feet.

**Drop Ball** - A way of restarting the game after a temporary stoppage due to any reason not mentioned elsewhere in the rules such as after an injury time out or when the officials do not know which team should have possession of the ball after it has left the field of play. The Referee should hold the ball in his palm, then drop (not throw) the ball to the ground. Once the ball touches the ground it is live and may be played. If a player plays the ball before it touches the ground, the drop ball will be restarted. There is no requirement that players from both teams - or that any player - must take part at a dropped ball.

**Double Touch** - occurs when a player taking a free kick or throw-in puts the ball legally into play then plays the ball again before another player from either team has touched it.

**Encroachment** - When a defender is within 10 yards (U19-U9) 6 yards (U8-U7) 3 yards (U6-U5) of the ball prior to taking a free kick.

**Foul** - When a rule is broken during play which requires a penalty resulting in a direct free kick or penalty kick restart. An action that breaks the rules is a foul when committed by a player against an opponent on the field while the ball is in play. When play is stopped as a result of a foul, play is restarted with a direct free kick or penalty kick by the other team where the foul happened. Some actions resulting in violations can be both fouls and misconduct. See Misconduct, Serious Foul Play and Rule 12.

**Free Kick** – when the ball is put into play by kicking without interference by opponents. Used to begin all periods of play, restart for goal and corner kicks, and restart after a foul is called. For all free-kicks:

*before*

The ball is placed on the ground and is stationary. Opponents must be 10 yards away in all directions (if the kicking team asks for this formality)

*during*

when kicked, the ball is in play when it has moved and out of one's own penalty area

*after*

the kicker may not play the ball a second time until played or touched by another player

A player may not score directly on his own team on a free-kick. A free-kick from one's own penalty area must leave that area before it is in play. Defensive players may be closer than ten yards to a free-kick if they are standing on their goal line between the goal posts. At his own risk, the kicker may take the kick before all opponents are 10 yards from the ball. See Rule 12.

**Goal Kick** - restart of play after the attacking team last touches the ball and the entire ball passes over the goal line of the defending team, whether on the ground or in the air, and does not result in a goal. See rule 16.

**Goal Area** - rectangular area one side of which is on the goal line centered between the corners of the field. Smaller than the penalty area that contains it, the goal area boundary marks the area where the ball may be placed when the restart of play is to be a goal kick or indirect free kick from within the team's own goal area.

**Goal Line** - The boundary lines at the ends of the field which run through the goal posts. The goal line is always shorter than the touch line.

**Goalkeeper** - The only player of each team who may legally (within their own penalty area) play the ball with their hands. Each team must have a designated goalkeeper identified by a jersey that is a different color from both teams. The goalkeeper can play anywhere on the field the same as all other players, but can only legally use his hands to play the ball inside his own penalty area. The goalkeeper may legally maintain possession of the ball for up to approximately 6 seconds. Possession includes bouncing the ball, moving while holding the ball, or throwing it to one's self.

**Hand Ball** - does not exist in the game of soccer. See Handling.

**Handling** - Intentionally playing the ball with one's own hands or arms. The hand or arm must deliberately move toward the ball and carry, strike, or propel it. A ball which strikes the unsuspecting hand (or any part of the arm up to the shoulder) should not result in a foul. There is no "hand ball" in soccer. See Rule 12.

**Impeding** – Getting in the way of an opponent while not playing or attempting to play the ball. This used to be called Obstruction. See Rule 12.

**Indirect Free Kick** - A free kick from which a goal can not be scored until the ball touches another player of either team.

**Intentional Foul** - A foul which is premeditated. See Rule 12.

**Kicker** - A player who attempts to kick or kicks the ball.

**Kick-Off** - is used to start the game, start the second half, and restart play after goals. See Rule 10.

**Live Ball** - A ball in play.

**Misconduct** – includes specific categories of action for which a game participant may be shown the yellow card and cautioned and specific categories of action for which a game participant is shown the red card and disqualified (sent off the field). Actions resulting in Misconduct can be by anyone, can occur anytime during the game whether the ball is in play or not, can occur on or off the field, and usually involves the loss of personal control. See Rule 12.

**Obstruction** – now called Impeding. See Impeding and Rule 12.

**Offense** - The team which has possession of the ball.

**Offside Violation** - After the ball is last played by a team mate, an offside violation occurs when a player in an offside position plays the ball, is part of the play or attempts to gain an advantage by being in an offside position. See rule 11.

**Parrying** - The clear attempt by the goalkeeper to intentionally control the ball by deflecting it and then picking it up with his hands. See rule 12.

**Pass** - Moving the ball from one player to another.

**Penalty Kick** - A free kick awarded to a team when an opponent commits a foul which would result in a direct kick restart inside the opponent's penalty area. See rule 14.

**Place Kick** - A kick at the ball while it is stationary on the ground.

**Player** - A member of the team legally on the field.

**Playing Distance** - The distance between the player and the ball within which the officials judge the player to be able to play the ball (a usable concept of this distance is the distance a player can cover in two strides at the speed the player is moving at the time).

**Possession** - A live ball controlled by one team during the game.

**Serious Foul Play** - When a player uses violence / excessive force totally beyond the bounds of normal play while committing a direct free kick foul against an opponent when challenging for the ball during play. The Referee must show the red card, send off the player and restart with a direct free kick (penalty kick if the foul was committed by a team in its own penalty area). See Foul, Misconduct and Rule 12.

**Shielding** - A legal play where a player in control of the ball keeps their body between the ball and an opponent to not lose possession or be tackled.

**Sliding Tackle** - A play where a player uses one or both feet to slide on the ground and makes contact with the ball to gain control of the ball. The tackle is legal only: if initiated from the front 180 degrees of the player with the ball, if the feet are to the ground and if contact is made only with the ball when the tackle takes place. The tackle is illegal: if the feet are not to the ground, if contact is made with the player and not the ball, if after contact with the ball, the feet continue through the ball and strike the other player, or if the tackle is from the rear 180 degrees of the player being tackled. It is not a violation if a legal slide tackle causes the player who was tackled to fall due to contact with the ball. Example: The ball is suddenly stopped due to a legal slide tackle and the player being tackled, unable to stop, trips over the ball and falls onto the player who is tackling him. This is a legal play.

**Stoppage** - Whenever play of the game is stopped requiring a restart.

**Substitute** - A member of the team who legally enters the field of play and becomes a player. See rule 3.

**Substitution** - The replacement of a player. See Rule 3.

**Striking** - Slapping or punching another player. Striking can include the use of any object (including the ball) as well as hands, arms, head, or knees. If feet are used, the offense is called kicking. See Rule 12.

**Tackle** - a play where a player using their feet and body position attempts to take the ball from an opponent who has possession of it. Legal tackles can only occur from the front 180 degrees of an opponent and incidental and shoulder to shoulder body contact may occur. See Sliding Tackle.

**Terminated** - When the referee ends the game due to inappropriate actions of the participants or spectators or too few players or weather.

**Throw-in** - A restart when the ball goes entirely out of the field of play over the touch-line.

**Unsporting Behavior:** a category of specific actions that if used by a player participant are considered misconduct violations for which the participant can be cautioned. This is a very broad category. Specific examples are faking a foul or injury, verbally distracting an opponent during play, and generally anything that is deemed by the Referee as bringing the game into disrepute (undermining the spirit of the game).

**Violent Conduct** - when a player is guilty of aggression towards an opponent when not challenging for the ball or any other person. The ball can be in or out of play. The aggression can occur either on or off the field. If committed by a player when the ball is on play, play must be stopped, the player shown a red card and sent off the field. See rule 12.

**Warning** - A verbal remark to a player, coach or spectator regarding conduct not in the spirit of the game. A repeat warning requires a caution (yellow card).

## **U19 - U9 Field Diagram**

