

Clintonville Parks & Recreation Department
Youth Soccer League Rules of the Game

RULE TWO

The Ball

2.1 Size

2.1.1 The size of the ball for the U6 Division should be a size 3. The size of the ball for the U9 Division should be a size 4. The size of the ball for the U13 Division should be a size 5.

2.1.2 The pressure of the ball shall be inflated to the range provided by the manufacture on the ball.

2.2 Defective Ball

2.2.1 In the event the game ball becomes defective, the referee shall suspend play, replace the ball and restart the game by dropping the ball where it was when play was suspended; or, if the ball was inside the goal area, it shall be dropped on the that part of the goal area line that runs parallel to the goal line nearest where the ball was when play was suspended. Exceptions: (1) If the ball is in the goalkeeper's possession, the game shall be restarted with an indirect free kick by the goalkeeper's team. (2) If the ball becomes defective during the taking of a penalty kick, the penalty kick shall be retaken.

RULE THREE

Players and Substitutes

3.1 Number of Players

3.1.1 U6 Division will be allowed five to seven players plus one goalie and at least one substitute on the bench. U9 Division will be allowed eight to ten players plus one goalie and at least one substitute on the bench. U13 Division will be allowed eight to ten players plus one goalie and at least one substitute on the bench.

3.1.2 If a team fails to provide the minimum of players plus one goalie and one substitute, they must forfeit the game. After the forfeit there will be an unofficial game between teams where players will be swapped to even up the teams for play.

3.2 Game Roster

3.2.1 Players not listed on a team's roster cannot participate in the game, overtime period(s) or tiebreaker, unless a game has been decided by forfeit and an unofficial game has been created.

3.2.2 Players must keep the same assigned number throughout the season.

3.3 Goalkeeper Privileges

3.3.1 Within his or her penalty area, the goalkeeper has certain privileges not given to any other player. These privileges include:

3.3.2 Handling. The goalkeeper may catch, carry, strike or propel the ball with the hands or arms; and

3.3.3 Possession

3.3.3.1 The act of distributing the ball after control (for example, dropping the ball for the kick, parrying, throwing, etc.);

3.3.3.2 Tossing the ball into the air and re-catching it as long as the ball is released into play within six seconds; or

3.3.3.3 Pinning the ball to the ground.

3.4 Number of Substitutes

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3.4.1 Either team may substitute up to the allotted number of players on each team for the game being played.

3.5 When Allowed

3.5.1 Substitutes may enter the game under the following conditions:

3.5.1.1 On a goal kick;

3.5.1.2 On a team's either team's throw-in;

3.5.1.3 On a team's either team's corner kick;

3.5.1.4 After a goal has been scored;

3.5.1.5 Between halves;

3.5.1.6 When a player has been cautioned;

3.5.1.7 When a goalkeeper has been ejected;

3.5.1.8 When a player has been instructed to leave the field for an equipment change.

3.6 Re-entry Conditions, Restrictions, Exceptions

3.6.1 All players are allowed to re-enter into the game throughout the game with zero restrictions, unless illness/injury/signs of concussion are apparent with a specific player or multiple players.

3.7 Reporting into the Game

3.7.1 Coaches have to call out to the Referee(s) and get their attention before sending substitutes onto the field.

3.8 Changing Goalkeepers

3.8.1 The referee must be informed by the coach making the goal keeper substitution.

3.8.2 Players on the field or bench can substitute with a goal keeper as long as a mesh jersey is worn over their uniform to separate them from the rest of the players.

3.8.3 Players on the field need to okay a substitution with a goal keeper prior to a penalty kick, but a bench player cannot substitute prior to a penalty kick.

RULE FOUR

Player's Equipment

4.1 Uniform and Equipment

4.1.1 A field player's uniform shall consist of the shirt provided by the league, shorts (athletic pants during colder days), stockings, shin guards and soccer cleats.

4.1.2 No two teammates shall wear the same number.

4.1.3 Goal keepers shall wear mesh jerseys over their uniforms that distinguish them from all field players.

4.1.4 Players shall wear shin guards under the stockings in the manner intended, without exception.

4.1.5 Shoes shall be worn by all participants in a game. Shoes must be soccer cleats (without the front cleat), common in football or baseball. If there is a front cleat, the player must have it removed or they cannot participate.

4.2 Articles

4.2.1 A player shall not wear anything that is dangerous to any player or themselves. The player must remove such an article prior to participating.

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4.3 Jewelry

4.3.1 A player shall not wear jewelry of any type whatsoever. Exceptions: medical alert bracelets. The player must leave the field and remove the jewelry prior to being able to substitute back into the game.

RULE FIVE

The Referee

5.1 Number of Referees

5.1.1 There will 1-4 referees per game and typically a referee will control either the team bench side of the field or the spectator side of the field.

5.1.2 There will not be any referees at the U6 Division. Coaches will give rule interpretations during the game and coaches will be very lenient on calls and provide more of an educational experience with players during calls.

5.2 Uniform

5.2.1 All referees shall dress in the provided shirt given to them by the league. Soccer cleats might be a wise shoe to wear during the game to help with secure footing.

5.2.2 All referees shall comply with the requirements of Rule 4.3.

5.3 Equipment

5.3.1 Referees shall decide whom is the timekeeper and scorekeeper. Timekeepers shall hold onto the stop watch, a whistle and yellow/red cards. The scorekeeper shall hold onto the score sheet, a whistle and yellow/red cards.

5.4 Jurisdiction

5.4.1 A referee's jurisdiction shall begin when he or she arrives at the field of competition and shall end when the referee leaves the field of competition.

5.4.2 The referee, whose decision is final, so far as the result of the game is concerned, shall enforce the rules and decide any disputed point.

5.4.3 The referee's power of penalizing shall extend to offenses committed when play has been suspended or when the ball is out of play. The referee shall, however, refrain from penalizing in cases in which he or she is satisfied that by doing so an advantage would be given to the offending team. When the referee observes a foul that is not to be penalized, the referee shall call out the words "play on" and signal accordingly to indicate that the foul has been acknowledged. However, if the advantage does not materialize, the referee shall then blow the whistle and award a free kick.

5.4.4 When signaling, the referee shall get used to using "Official Referee's Signals." (See Appendix A.

5.4.5 It is recommended that all referees remain on the field of play after the completion of the game until postgame duties have been completed.

5.4.6 The rules of conduct, including game times, substitutions and overtime procedures, shall not be altered by the referee or the coaches.

5.5 Duties

5.5.1 Pregame duties shall include:

5.5.1.1 Arriving at the game site a minimum of 30 minutes before kickoff.

5.5.1.2 Surveying field conditions (for safety purposes) and report issues to the Parks & Recreation Director;

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5.5.1.3 Inspecting the goals & nets and report issues to the Parks & Recreation Director;

5.5.1.4 Inspecting corner flags and report issues to the Parks & Recreation Director;

5.5.1.5 Inspecting game balls and report issues to the Parks & Recreation Director;

5.5.1.6 Inspecting players' uniforms and equipment;

5.5.1.7 Make sure you have your appropriate equipment to start the game (stopwatch, scoresheet/pencil, whistle and yellow/red cards).

5.5.2 Postgame duties shall include:

5.5.2.1 After the first game make sure the scoresheet is filled out correctly and deposit the scoresheet in the soccer room. You then can take a break until it is time to do pregame duties for the next scheduled game.

5.5.2.2 After in-between games make sure the scoresheet is filled out correctly and deposit the scoresheet in the soccer room. You then can take a break until it is time to do pregame duties for the next scheduled game.

5.5.2.3 After the last scheduled game make sure the scoresheet is filled out correctly and deposit the scoresheet in the soccer room. Pick-up corner flags, game ball, lost and found, stopwatch, pencil, yellow/red cards and deposit it all in the soccer room.

5.6 Discretionary Power

5.6.1 The referee has discretionary power to:

5.6.1.1 Suspend the game whenever, by reason of the elements, interference by spectators or other cause, such action is deemed necessary. A suspended game may be resumed should conditions allow. If the suspended game is not resumed the same day, the referee shall contact the Parks & Recreation Director.

5.6.1.2 Caution any player, coach or other bench personnel for misconduct or unsporting behavior (persistent infringement on any of the rules of the game) and, if the behavior persists, eject that individual from the game. When cautioning a player, coach or other bench personnel, the referee shall display a yellow card and indicate the appropriate person.

5.6.1.3 Multiple Cards to the Same Player. If a previously cautioned player, coach or other bench personnel commits a second cautionable offense, the referee shall display a yellow card followed immediately by a red card. When ejecting a player, coach or other bench personnel, a red card shall be displayed.

5.6.1.4 Terminate the game if:

5.6.1.4.1 In his or her judgment, a coach prolongs a discussion with an official or refuses to leave the field at the request to do so;

5.6.1.4.2 A team refuses to return to the field of play within three minutes after being ordered to do so by the referee;

5.6.1.4.3 A player ejected earlier in the game re-entered the game as a substitute and is later detected as an illegal substitute; or

5.6.1.4.4 Declare a "no contest" when a team without prior notification is not on the field and prepared to play within 15 minutes after the contracted starting time, unless evidence of extenuating circumstances can be provided.

5.6.2 Suspend the game and stop the clock because of injury.

5.6.2.1 General injuries: If the player is not the goalkeeper, and medical personnel are beckoned to attend to the player(s), the referee shall instruct the player(s) to leave or be removed from the field of play. Players leaving the game for illness or injury, provided they have not been replaced, may re-enter the game (after being beckoned by the referee) during the run of play or at any stoppage of play, including times for normal substitutions. If the referee signals the clock to be stopped to assess a

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player's injuries and it is determined that medical personnel are not beckoned, the player(s) does not have to leave the field.

5.6.2.2 Bleeding, blood on uniform or signs of concussion: Summon the coach and a decision whether to administer First Aid must be decided on or contact parent and/or medical personnel to escort or remove the player(s) from the field of play. The player(s) may re-enter the game after the injury has been properly treated, the uniform has been evaluated by appropriate medical personnel for potential issues and changed, if necessary, before return to participation and permission has been granted by the referee.

5.6.3 Suspend the game and stop the clock when a player has been instructed to leave the field for an equipment change or jewelry violation.

5.6.4 Suspend the game if there is lightning in the area. Take shelter immediately. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning flash is witnessed prior to resuming play.

5.7 Other Referee Duties

5.7.1 Indicate when the ball is out of play.

5.7.2 Indicate which side is entitled to a corner kick, goal kick or throw-in;

5.7.3 Indicate when a player may be penalized for being in an offside position;

5.7.4 Indicate when a substitution is desired; and

5.7.5 Assist other referees with rule interpretation;

5.7.6 Helping the other referee(s) with pregame and postgame duties;

5.7.7 Keeping track of the halftime interval, and notifying the referee and teams three minutes before the start of play, and

5.7.8 Give an opinion to the other referee(s) if requested

5.7.9 Timekeeper (one of the referees is responsible for keeping time).

5.7.9.1 The timekeeper shall stop the clock when the any of the referees' signal for any of the following reasons:

5.7.9.2 Because a player has been instructed to leave the field for an equipment change;

5.7.9.3 To assess a player's injuries;

5.7.9.4 Because a player has been instructed to leave the field for a jewelry violation;

5.7.9.5 When a goal is scored;

5.7.9.6 When a penalty kick is awarded; or

5.7.9.7 When a player is carded.

5.7.10 The timekeeper shall start the clock when the ball is put into play.

5.7.11 The timekeeper shall signal with there whistle at the end of each half with 3 long blasts.

5.7.12 Scorekeeper (one of the referees is responsible for keeping score).

5.7.12.1 The scorekeeper shall fill out the following on the scoresheet;

5.7.12.2 Fill out the names of the referees on the field;

5.7.12.3 Record the number of the player whom scored under the appropriate box;

5.7.12.4 Record the individual's number under the yellow/red card box if a card was issued;

5.7.12.5 Add the total number of goals per team in the appropriate box

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RULE SIX

Duration of the Game

6.1 Length of Game

6.1.1 The duration of the games for the U6 division is 2 – 15-minute halves with a 5-minute halftime. The duration of the games for the U9 division is 2 – 25-minute halves with a 5-minute halftime. The duration of the games for the U13 division is 2 – 35-minute halves with a 5-minute halftime.

6.1.2 The away team on the schedule or the team listed 1st on the schedule will start with the ball at the start of the game.

6.1.3 Regular season games will end in a tie if the score is even after the second half has expired.

6.2 Overtime: to start 5 minutes after the second half

Will take place during the end of the season tournament only.

6.2.1 Via a coin flip the away team calls the flip. The winner of the flip picks whether they want to kick first, defend first, selects a goal to kick at or defend or defers to the opponent to make the first choice.

6.2.2 The coach for each team will pick the 5 players whom will kick at the goal and a goalie to defend the goal.

6.2.3 Teams will alternate kicks.

6.2.4 Once the kickers are selected, they cannot be changed; the coach can change the goalie at any time.

6.2.5 The kick is made from the penalty kick line; if no penalty kick line exists, the kick shall be made from the outside of the penalty box.

6.2.6 If after the first round of 5 kicks a tie exists, a single kick sudden death shootout is held; each coach picks one player to kick and each coach picks a goalie; if needed, for each successive round of one kick, the coach can change the kicker and goalie, if desired.

6.3 Forfeit

6.3.1 If a team forfeits due to lack of players than the coaches have the option to mix players between both teams and play an unofficial game. The team who forfeits will receive a loss on their record and their opponent will receive a win.

6.4 Inclement Weather Policy

6.4.1 Games that are suspended or canceled due to inclement weather can be made up during the weekly practice times with coaches calling the game. If a referee is able to attend these games than a referee will be provided.

RULE SEVEN

Start of Play

7.1 Kickoff

7.1.1 At the referee's signal (whistle), the game shall be started by a player kicking the ball. The ball may be kicked in any direction and must clearly move.

7.1.2 Every player, except the player kicking the ball, shall be in his or her half of the field, and every player of the team opposing that of the kicker shall remain at least 10 yards from the ball until it is kicked off.

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7.1.3 The kicker shall not play the ball again after he or she has kicked off until it has been touched by another player. (Penalty – Indirect free kick).

7.1.4 The game is started only when the ball is properly kicked off. If the ball is not properly kicked off, the ball again shall be placed on the kickoff mark and properly kicked off.

7.2 After a Goal

After a goal is scored, the ball shall be taken to the center of the field and kicked off under the same conditions as when the game is started, by the team against which the goal was scored.

7.3 Change of Ends

7.3.1 Teams shall change ends of the field at the start of the second half, and play then shall start with a kickoff by a member of the team opposite to that of the team taking the kickoff at the start of the game.

RULE EIGHT

Ball In and Out of Play

8.1 In Play

8.1.1 The ball is in play at all times from the start of the game to the finish, including rebounds from a goal post, crossbar or corner flag post into the field of play, except those circumstances in Rule 8.2.

8.1.2 If the ball rebounds from an official, provided that official is in the field of play (for example, a ball in flight strikes an official and goes directly into the goal), it still is in play.

8.1.3 In any instance when play is restarted with a free kick, the ball must clearly move as a result of the first player touching the ball to be in play.

8.2 Out of Play

The ball is out of play in the following circumstances:

8.2.1 It has completely crossed a boundary line whether on the ground or in the air.

8.2.2 The game has been stopped by the referee.

8.3 Restarts

A ball out of play is put back in play in the following ways:

8.3.1 After crossing a boundary line. When the ball crosses a touch line or end line, a throw-in, goal kick, corner kick or kickoff is used to put it in play.

8.3.2 After temporary suspension of play. In case of temporary suspension of play due to an injury or any other cause, there shall be a drop ball at the spot where the ball was located when play was suspended, provided the ball was not in the goal area.

8.3.2.1 If play was suspended with the ball in the goal area, it shall be dropped on that part of the goal area line that runs parallel to the goal line nearest to where the ball was when play was stopped. The ball is in play when it touches the ground; however, if the ball is played before it touches the ground, the referee shall drop it again. Exception: If a goalkeeper is in possession of the ball at the time of a stoppage other than a foul by the goalkeeper or a member of his/her team, the restart shall be an indirect free kick.

8.3.2.2 In any instance when play is restarted with a free kick, the ball must clearly move as a result of the first player touching the ball to be in play.

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RULE NINE

Scoring

9.1 Method of Scoring

9.1.1 A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried or propelled by hand or arm by a player of the attacking side, except as otherwise provided by these rules.

9.1.2 If a defending player deliberately handles the ball in an attempt to prevent a goal, it shall be scored a goal if it goes in.

9.2 Shots

9.2.1 A shot is an attempt that is taken with the intent of scoring and is directed toward the goal.

9.3 Goals

9.3.1 A goal is awarded when a player legally causes the entire ball to completely cross the goal line.

9.3.2 When a defender plays the ball into his or her team's goal, the goal is not credited to an individual opponent, but is recorded as an "own goal."

9.3.3 An offensive player whose shot or pass is deflected into the goal by a defender or is mishandled by the goalkeeper and allowed to cross into the goal shall receive credit for a shot or a goal, provided the momentum of the shot carried the ball into the goal.

9.4 Winning the Game

9.4.1 The team scoring the greater number of goals shall be designated the winner.

9.4.1.1 We will not be keeping score in the U6 Division.

9.4.2 During the regular season, if no goals or an equal number of goals are scored, the game shall be termed a "tie."

9.4.3 In the tournament games in which the tiebreaker procedure described in Rule 6.2 is used.

RULE TEN

Offside

10.1 Offside Position

A player is in an offside position if he or she is nearer to the opponent's end line than the ball, unless:

10.1.1 The player is in his or her own half of the field of play (including the halfway line); or

10.1.2 The player is not closer to the opponent's end line than at least two opponents. Note: The position of any part of the player's head, body or feet will be the deciding factor, not the player's arms.

10.2 When Offside

A player shall be declared offside and penalized only if, at the time the ball touches or is played by a teammate, the player is involved in active play and interferes with play or with an opponent, or gains an advantage by being in that position. **PENALTY**—Indirect free kick from the point of the infraction.

10.3 When Not Offside

A player shall not be declared offside by the referee under the following situations:

10.3.1 Merely because of being in an offside position;

10.3.2 If the player receives the ball directly from a goal kick, corner kick or throw-in; or

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10.3.3 If the player receives the ball from a deliberate play from a defender (except a save).

10.3.3.1 A deliberate act is one in which a player chooses to act, regardless of the outcome of that action. This deliberate act is neither a reaction nor reflex. A deliberate action may result in the opponent benefiting from the action (e.g., a deliberate, but misplayed ball that goes directly to an opponent). A reaction or reflex may result in that player benefiting from the action (e.g., a ball inadvertently contacting the arm and falling directly to the player's feet). Note: A deliberate play by the defender may result in an opponent in an offside position receiving the ball directly. This is not to be penalized as offside.

RULE ELEVEN

Fouls and Misconduct

11.1 Direct Free-Kick Offenses

An Offense for which a direct free kick shall be awarded are:

11.1.1 Spitting at an opponent;

11.1.2 Kicking or attempting to kick an opponent;

11.1.3 Striking or attempting to strike an opponent including the use of a ball or piece of equipment;

11.1.4 Tripping or attempting to trip an opponent;

11.1.5 Using blood on a uniform or from a bleeding or oozing injury to assault an opponent;

11.1.6 Jumping at an opponent;

11.1.7 Deliberately handling the ball, that is, carries, strikes or propels it with his or her hands or arms; Note: This does not apply to the goalkeeper within his or her penalty area.

11.1.7.1 Inadvertent touching (the ball touching the hands or arms) shall not be penalized even though the player or the player's team gains an advantage by such inadvertent touching.

11.1.8 Deliberate handling by the goalkeeper outside the penalty area;

11.1.9 Holding an opponent, pulling the uniform or pushing an opponent;

11.1.10 Charging an opponent violently;

11.1.10.1 A fair charge consists of a nudge or a contact with the near shoulder, when both players are in an upright position, within playing distance of the ball, and have at least one foot on the ground and their arms held close to the body.

11.1.11 Violently fouling the opposing goalkeeper while in possession of the ball in the penalty area; or

11.1.11.1 The referee shall eject without previous caution any player who, with obvious intent, violently fouls the goalkeeper who is in possession of the ball in the goalkeeper's penalty area.

11.1.12 Assaulting a referee or game official. All direct free kicks awarded to the offensive team in the penalty area are penalty kicks. (See Rules 13.1 and 13.2)

11.2 Indirect Free-Kick Offenses

An Offense for which an indirect free kick shall be awarded are:

11.2.1 A player playing the ball a second time before it has been played or touched by another player at the kickoff, on a throw-in, on a free kick, on a corner kick, on a goal kick (if the ball has passed outside the penalty area) or on a penalty kick;

11.2.2 A goalkeeper taking longer than six seconds to release the ball;

11.2.3 A goalkeeper repossessing the ball in violation of Rule 10.3.2;

11.2.4 A substitution or re-entry being made at an improper time or without being beckoned by the referee;

11.2.5 Persons other than the players and assistant referees entering the field of play without the

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referee's permission;

11.2.6 Illegal or inappropriate coaching from the touch lines;

11.2.7 Dissenting by word or action with a referee's decision;

11.2.8 Unsporting behavior, including inappropriate language;

11.2.9 Dangerous play;

11.2.9.1 Dangerous play is any action likely to cause injury to oneself or an opponent. Some examples of dangerous play are: raising the foot to the level that may endanger an opponent; lowering the head to a position level with or below the waist in an effort to head the ball in the presence of an oncoming player, which is likely to cause injury to the player heading the ball in such a manner; and a player other than the goalkeeper covering the ball while sitting, kneeling or lying on the ground.

11.2.10 Offside;

11.2.11 Charging (non-violently, consisting of a nudge or contact with the near shoulder, when both players are in an upright position) when the ball is not within playing distance;

11.2.12 Interfering with the goalkeeper or impeding the goalkeeper in any manner until he or she releases the ball, or kicking or attempting to kick the ball when it is in the goalkeeper's possession;

11.2.13 Illegal obstruction other than holding; or

11.2.13.1 Obstruction is the deliberate act of impeding or attempting to impede an opponent from access to a ball that is not within playing distance of either player.

11.2.14 A player leaving the field of play during the progress of the game without the consent of the referee.

11.3 Goalkeeper Violations

11.3.1 Six-second limit. An indirect free kick shall be awarded from the point of infraction if the goalkeeper fails to put the ball back into play once the individual takes control of the ball with the hands within six seconds.

11.3.2 Repossession. After releasing the ball from possession, the goalkeeper may touch or receive the ball with his or her hands only under the following conditions:

11.3.2.1 The ball has been touched by a member of the opposing team, whether inside or outside the penalty area; or

11.3.2.2 The ball has been touched by a member of his or her own team, providing that player is outside the penalty area and the ball has not been deliberately kicked or thrown to the goalkeeper. Bouncing the ball while stationary is permissible; however, throwing the ball into the air and allowing it to hit the ground is considered releasing the ball, and the goalkeeper may not retake possession unless the ball is touched or played by an opponent.

Note: When a player deliberately kicks or throws the ball to his or her goalkeeper, the goalkeeper is not permitted to touch it with his or her hands. PENALTY—Indirect free kick from the point of infraction.

11.3.3 Trickery. A player may pass the ball to his or her own goalkeeper using the head, knee, chest, etc. However, if a player uses trickery in any form (for instance, flicking the ball with the foot in order to head it to the goalkeeper), the player is guilty of unsporting behavior. The referee shall caution the player and award the opposing team an indirect free kick from the point of infraction.

11.4 Cautions

11.4.1 A caution is a formal disciplinary action requiring specific procedures to be followed by the referee, including stopping the clock, suspending play and displaying a yellow card.

11.4.2 There are eight types of behavior that the referee shall penalize by caution.

11.4.3 Any player, coach, team representative or participant listed on the official roster shall be cautioned a maximum of one yellow card per game for committing any of the following offenses:

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- 11.4.3.1 Joining the team after the kickoff and leaving or returning to the field of play (except through the normal course of play) without first reporting to the referee or assistant referee;
- 11.4.3.2 Persistently infringing upon any of the rules of the game;
- 11.4.3.3 Showing dissent by word of mouth or action to decisions made by the referee;
- 11.4.3.4 Using profane language in an incidental manner;
- 11.4.3.5 Engaging in other acts of unsporting behavior, including taunting, excessive celebration, simulating a foul, exaggerating an injury, baiting, substituting illegally or ridiculing another player, bench personnel, officials or spectators;
- 11.4.3.6 Delaying the restart of play;
- 11.4.3.7 Failing to respect the required distance when play is restarted with a corner kick, free kick or throw-in; or
- 11.4.3.8 Denying an obvious goal-scoring opportunity by committing an offense against an opponent in the penalty area where the referee awards a penalty kick, except those outlined in Rule 11.7.4.6, which require an ejection.

11.5 Accumulated Cautions — Regular Season

- 11.5.1 Any player(s), coach(es) or other bench personnel who has received a total of five cautions in one season shall be suspended and shall not participate in the next regularly scheduled game, including postseason games. Three additional cautions shall result in additional one-game suspensions. Each two additional cautions shall result in additional one-game suspensions.
- 11.5.2 If the total is reached in the final regular-season game of the season, the player(s), coach(es) and/or bench personnel shall not participate in the first postseason game and/or the first regularly scheduled game of the next season if his/her team does not participate in postseason play.

11.6 Accumulated Cautions — Postseason

- 11.6.1 Caution accumulation will carry over into the tournament play.
- 11.6.2 Players or coaches participating in tournament play will receive a one game suspension when a total of eight cautions have been accumulated. Further, each two additional cautions shall result in additional one-game suspensions.

11.7 Ejections

- 11.7.1 An ejection is a formal disciplinary action requiring specific procedures to be followed by the referee, including stopping the clock, suspending play, displaying a red card and ejecting the offender.
- 11.7.2 For all ejections, the referee shall record the number of the player or coach and indicate red card on scoresheet immediately after issuing it.
- 11.7.3 There are 10 types of behavior that the referee shall penalize by ejection.
- 11.7.4 The referee shall eject from the game a player, who cannot be replaced, a coach or any team representative for committing any of the following offenses:
 - 11.7.4.1 Serious foul play;
 - 11.7.4.1.1 Serious foul play must be against an opponent, between players competing for the ball, committed on the field of play, and a direct free-kick foul.
 - 11.7.4.2 Violent behavior;
 - 11.7.4.2.1 Violent behavior may be against anyone (for instance, opponent, teammate, official or spectator) not competing for the ball and may be on or off the field of play. The ball may be in or out of play.
 - 11.7.4.3 Spitting at an opponent or any other person;
 - 11.7.4.4 Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball, wherever the offense occurs (except a goalkeeper within their own penalty area);

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11.7.4.5 Denying an obvious goal-scoring opportunity outside the penalty area to an opponent whose overall movement is toward the offender's goal by an offense punishable by a free kick;

11.7.4.6 Denying an obvious goal-scoring opportunity by committing an offense against an opponent in the penalty area where the referee awards a penalty kick if:

11.7.4.6.1 The offense is holding, pulling or pushing;

11.7.4.6.2 The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball; or

11.7.4.6.3 The offense is one that is punishable by a red card wherever it occurs on the field of play (e.g., serious foul play, violent conduct, etc.).

11.7.4.7 Engaging in hostile or abusive language or harassment that refers to race, religion, sex, sexual orientation or national origin, or other abusive, threatening or obscene language, behavior or conduct;

11.7.4.8 Receiving a second caution in the same game;

11.7.4.9 Fighting; or

11.7.4.9.1 A fight is defined as a deliberate strike or punch or an attempt to strike or punch another player, official, coach or bench personnel. These acts include, but are not limited to, kicking, head-butting, hair pulling or an open-handed strike if done deliberately and in a malicious manner.

11.7.4.9.2 A player, coach or bench personnel shall be ejected if he or she is guilty of fighting or leaves the coaching area to participate in an altercation.

11.7.4.9.3 A coach or team representative may leave the coaching area during an altercation, providing it is an attempt to restore order.

11.7.4.9.4 The referee shall inform, the head coach(s) and the Parks & Recreation Director, that an ejection for fighting has been issued.

11.7.4.10 Assaulting a referee.

11.7.4.10.1 Referee assault is defined as physical contact with game officials or any threat of physical intimidation or harm. These acts include, but are not limited to, pushing, shoving, spitting, kicking, throwing at or attempting to make physical contact.

11.7.4.10.2 The referee shall inform the head coach(s) and the Parks & Recreation Director, that an ejection for referee assault has been issued. **PENALTY**—(11.7.4.1 to 11.7.4.10)—A player, coach or other bench personnel ejected from the game must leave the venue, be out of sight and sound and is prohibited from any communication or contact, direct or indirect, with the team, coaches and/or bench personnel until the completion of the contest, including all overtime periods. Exception: If the ejected individual(s) is a player of record in the game at the time of the ejection, the player, who cannot be replaced, shall leave the game and his/her team shall play short. Ejections also result in a subsequent game(s) suspension as outlined in Rule 11.8.

11.8 Ejected and Suspended Personnel

11.8.1 A player, coach or bench personnel ejected from a game under Rules 11.7.4.1 to 11.7.4.8 cannot participate in the next regularly scheduled game, including postseason games. Each successive red card ejection shall result in an additional one-game suspension. For example, a second red card shall result in a two-game suspension, a third red card shall result in a three-game suspension, etc.

11.8.1.1 A player, coach or bench personnel ejected from a game for fighting under Rule 11.7.4.9 cannot participate in the next two regularly scheduled games (one game for the red card ejection and one additional game for fighting), including postseason games. A player, coach or bench personnel ejected for fighting a second time in the same season shall not compete for the remainder of the season, including postseason games. If the first fighting ejection in a season occurs after any nonfighting ejection, the result is a three-game suspension (two games for the second red card ejection and one additional game for fighting).

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11.8.1.2 A player, coach or bench personnel ejected from a game for assault on a referee under Rule 11.7.4.10 cannot participate in the next three regularly scheduled games (one game for the red card ejection and two additional games for referee assault), including postseason games. A player(s), coach or bench personnel ejected for assault on a referee a second time in the same season shall not compete for the remainder of the season, including postseason games. Game suspensions for assault on a referee are in addition to suspensions resulting from other card accumulations. **PENALTY 1**—If an ejected or suspended player, assistant coach or other bench personnel illegally participates in any game, the game shall be forfeited to the opposing team. In addition to the forfeit: (1) the original term of suspension for the player, assistant coach or other bench personnel shall be doubled, and (2) the head coach shall be suspended for doubled the term of the enhanced suspension for the player, assistant coach or other bench personnel. For the penalty on a head coach illegally participating, see Rule 11.8.1 **PENALTY 2**. **PENALTY 2**—If an ejected or suspended head coach illegally participates in any game, the game shall be forfeited to the opposing team. In addition to the forfeit, the head coach shall be suspended for four (4) games. For the penalty on an assistant coach illegally participating, see Rule 11.8.1 **PENALTY 1**.

11.8.2 A player or other bench personnel serving a game suspension(s) may be in the team area, provided he/she is not in uniform.

12.8.2.1 A player serving a game suspension(s) may not participate in any pregame activities.

PENALTY—See Rule 11.8.1 **PENALTY 1**.

11.8.3 A coach serving a game suspension(s) shall not be in the venue from one hour before the scheduled start of the game until 30 minutes after the completion of the contest. During the suspension, the coach must be out of sight and sound and is prohibited from any communication or contact, direct or indirect, with the team, coaches and/or bench personnel until the completion of the contest, including all overtime periods.

11.8.3.1 A coach serving a game suspension(s) may participate in any pregame activities up until one hour before the scheduled start time. **PENALTY**—See Rule 11.8.1 **PENALTY 1** for assistant coach or Rule 11.8.1 **PENALTY 2** for head coach.

RULE TWELVE

Free Kicks

12.1 Types, When Taken

12.1.1 A free kick is taken to resume play after play has been stopped by the referee for any of the offenses listed in Rules 11.1 and 11.3 The kick is taken by a member of the team against which the offense is committed and is taken from the point where the infraction occurred, unless otherwise specified in the rules.

12.1.2 Direct free kick. A direct free kick is one from which a goal can be scored directly from the kick against the offending team.

12.1.3 Indirect free kick. An indirect free kick is one from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before going into the goal.

12.2 How Taken

12.2.1 When a free kick is being taken, no player of the opposing team shall encroach within 10 yards of the ball until it is in play, unless the player is standing on his or her goal line, between the goal posts. The kick shall be retaken if a player is within 10 yards of the ball and intentionally interferes with the kick. If a player tries to slow the game by standing or moving closer than 10 yards from the

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ball, the player shall be cautioned. If the individual repeats the infraction, that player may be ejected from the game.

12.2.2 As soon as the ball is in position to be played, the referee shall give a signal, which may be a whistle. The ball may be kicked in any direction. The ball shall be stationary when the kick is taken and is not in play until it has clearly moved. The kicker shall not play the ball a second time until it has been touched or played by another player. **PENALTY**—Indirect free kick from point of infraction.

12.2.3 When a free kick is awarded to the defending team in the penalty area, the ball is not in play until played beyond the penalty area. The goalkeeper may not receive the ball into his or her hands from a free kick in order to thereafter kick the ball into play, or the kick shall be retaken. All opponents shall be outside the penalty area and at least 10 yards from the ball, or the kick shall be retaken.

12.2.4 Any free kick awarded to the defending team, within its goal area, may be taken from any point within the goal area.

12.2.5 Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from a point on that part of the goal area line that runs parallel to the end line nearest where the offense took place.

RULE THIRTEEN

Penalty Kicks

13.1 When Taken

13.1.1 A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area that is penalized by a direct free kick. The ball must be in play when the infringement is committed in order for a penalty kick to be awarded.

13.1.2 A penalty kick may be awarded regardless of the location of the ball if the violation by the defending team is committed within the penalty area. A goal may be scored directly from a penalty kick.

13.1.3 A penalty kick is not awarded for offenses that call for an indirect free kick, regardless of where or by whom the offense is committed.

13.2 How Taken

13.2.1 The penalty kick is taken after the referee's whistle from any place on the penalty line or spot. Only those players on the field at the time the penalty kick is awarded may take the penalty kick. The referee shall identify the penalty kicker by handing the kicker the ball.

13.2.2 When the penalty kick is being taken, all players (except the kicker and the opposing goalkeeper) shall be within the field of play, but outside the penalty area and at least 10 yards from and behind the penalty line or spot.

13.2.3 The opposing goalkeeper, who shall remain on the goal line facing the kicker, between the goal posts, is permitted to move laterally (that is, from side to side) but shall not step or lunge forward until the ball is kicked.

13.2.4 The player taking the penalty kick is permitted to use a stutter step or a hesitation move provided there is no stopping and there is continuous movement toward the ball.

13.2.5 The player taking the kick shall kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick shall be retaken.

13.2.6 The kicker shall not play the ball a second time until it has been touched by another player. If the ball hits the goal posts or the crossbar and rebounds into play, the kicker still shall not play the

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ball until it has been touched by another player. **PENALTY**—If the ball is kicked a second time before it has been touched by another player, an indirect free kick shall be awarded to the opposing team and shall be taken from the spot where the infraction occurred.

13.3 Infringements

13.3.1 On a penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal has not resulted.

13.3.2 On a penalty kick, for any infringement by the attacking team other than by the player taking the kick, the kick shall be retaken if a goal has resulted.

13.3.3 On a penalty kick, for any infringement by the player taking the kick committed before the ball is in play, the player shall be cautioned or ejected as appropriate, and the kick taken. For any infringement by the player taking the kick committed after the ball is in play, the player shall be cautioned or ejected as appropriate, and the game shall be restarted with a free kick as appropriate to the disciplinary actions.

13.4 End-of-Time Variations

13.4.1 If the ball touches the goalkeeper before passing between the posts and completely over the goal line when a penalty kick is being taken at or after the expiration of time, it does not nullify a goal.

13.4.2 If necessary, play shall be extended at the end of any period of play to allow a penalty kick to be completed.

13.4.3 If a penalty kick is taken after the expiration of time, only the kicker and the goalkeeper may play the ball.

RULE FOURTEEN

The Throw-In

14.1 When Taken

A throw-in is taken to put the ball back into play after it has passed completely over a touch line, either on the ground or in the air.

14.2 How Taken

14.2.1 The thrower, at the moment of delivering the ball, shall face the field of play and part of each foot shall be either on the touch line or the ground outside the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over his or her head.

14.2.2 The throw-in shall be taken from the point where the ball crossed the touch line, being thrown in any direction by a player of the team opposite to that of the player who last touched the ball.

14.2.3 All opponents shall be a minimum of two yards from the touch line when a throw-in is attempted. The ball shall be in play from the throw as soon as it enters the field of play. If, on the throw-in, the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of the initial throw-in.

14.2.4 A goal may not be scored directly from a throw-in.

14.2.5 The thrower shall not play the ball a second time before it has been touched by another player.

Note: The player taking the throw-in may not use stickum or adhesive material of any kind (including gloves with an adhesive surface) to enhance the grip on a throw-in. **PENALTY**—If the ball is improperly thrown in, the throw-in shall be taken by a player of the opposing team.

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14.3 Throw-in to Goalkeeper, Violation

A goalkeeper may not catch with his or her hands, a ball passed from a teammate taking a throw-in.

PENALTY—Indirect free kick from the point of contact.

RULE FIFTEEN

The Goal Kick

15.1 When Taken

A goal kick is taken by a member of the defending team when the ball passes completely over its end line (except when a goal is scored [see Rule 9.1.1]), either in the air or on the ground, having last been touched by a member of the attacking team.

15.2 How Taken

15.2.1 The ball is placed on the ground at any point within the goal area and is kicked directly into the field of play beyond the penalty area, or the kick shall be retaken.

15.2.2 Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area until the ball goes over the penalty-area line after the kick has been taken, or the kick shall be retaken.

15.2.3 The goalkeeper shall not receive the ball into his or her hands from a goal kick. The goalkeeper cannot pick up the ball and kick it. The ball must be placed on the ground and kicked from there.

15.2.4 The kicker may not play the ball a second time after it has passed beyond the penalty area and before it has touched another player. **PENALTY**—Indirect free kick from point of infraction.

15.2.5 A goal may be scored directly from a goal kick.

RULE SIXTEEN

The Corner Kick

16.1 When Taken

A corner kick is taken by a member of the attacking team when the ball passes completely over the end line (except when a goal is scored [see Rule 9.1.1]), either in the air or on the ground, having last been played by a member of the defending team.

16.2 How Taken

16.2.1 A member of the attacking team shall take a kick from within the quarter circle at the nearest corner flag post, which shall not be removed.

16.2.2 Players of the defending team shall not approach within 10 yards of the ball until the ball is in play, that is, has clearly moved, or the kick shall be retaken.

16.2.3 The kicker shall not play the ball a second time after the ball is in play until it has been touched by another player. If the ball hits the goal post and rebounds toward the kicker, that player still shall not play the ball until it has been touched by another player. **PENALTY**—Indirect free kick from point of infraction.

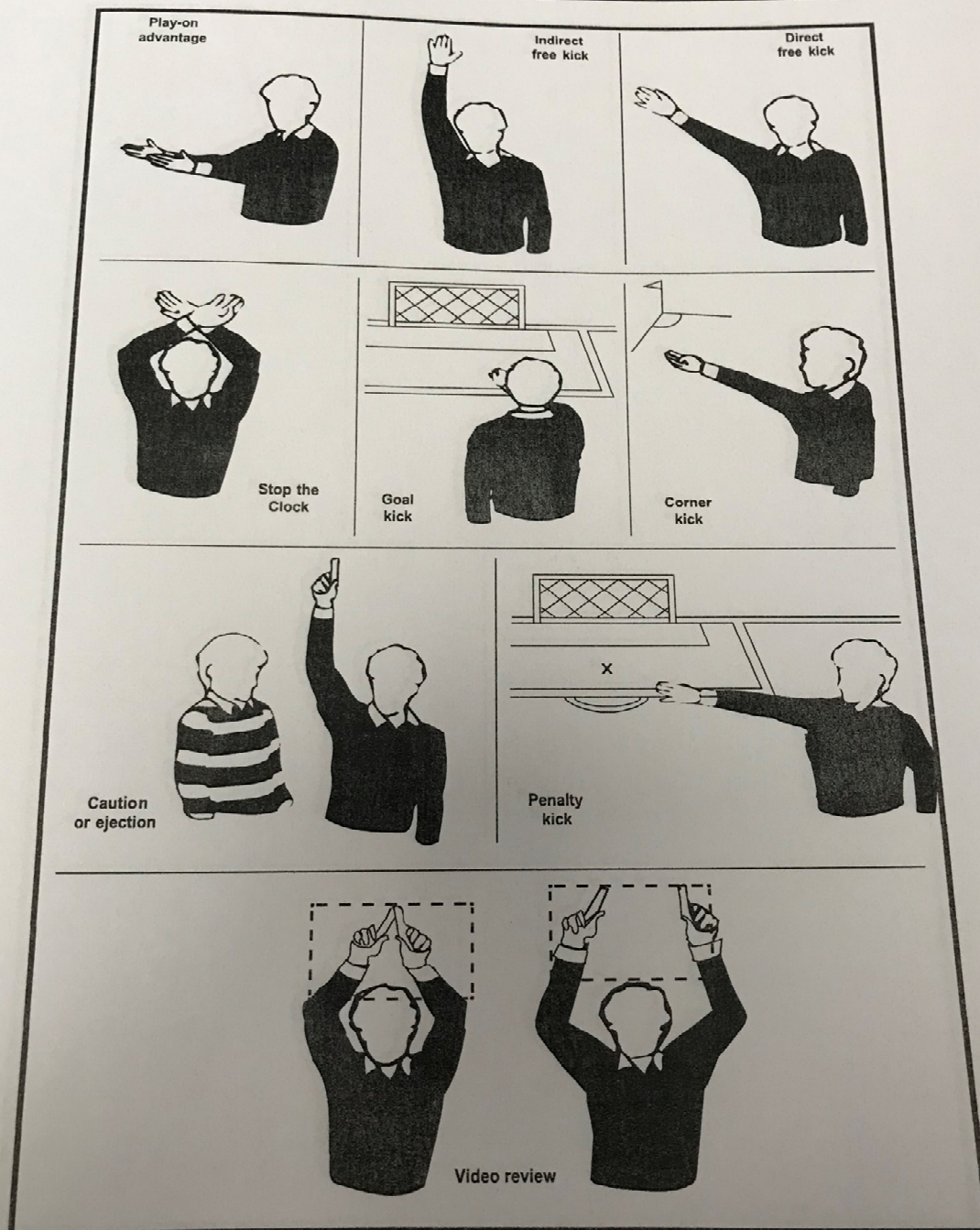
16.2.4 In any instance when play is restarted with a corner kick, the ball must clearly move as a result of the first player touching the ball to be in play.

16.2.5 A goal may be scored directly from a corner kick.

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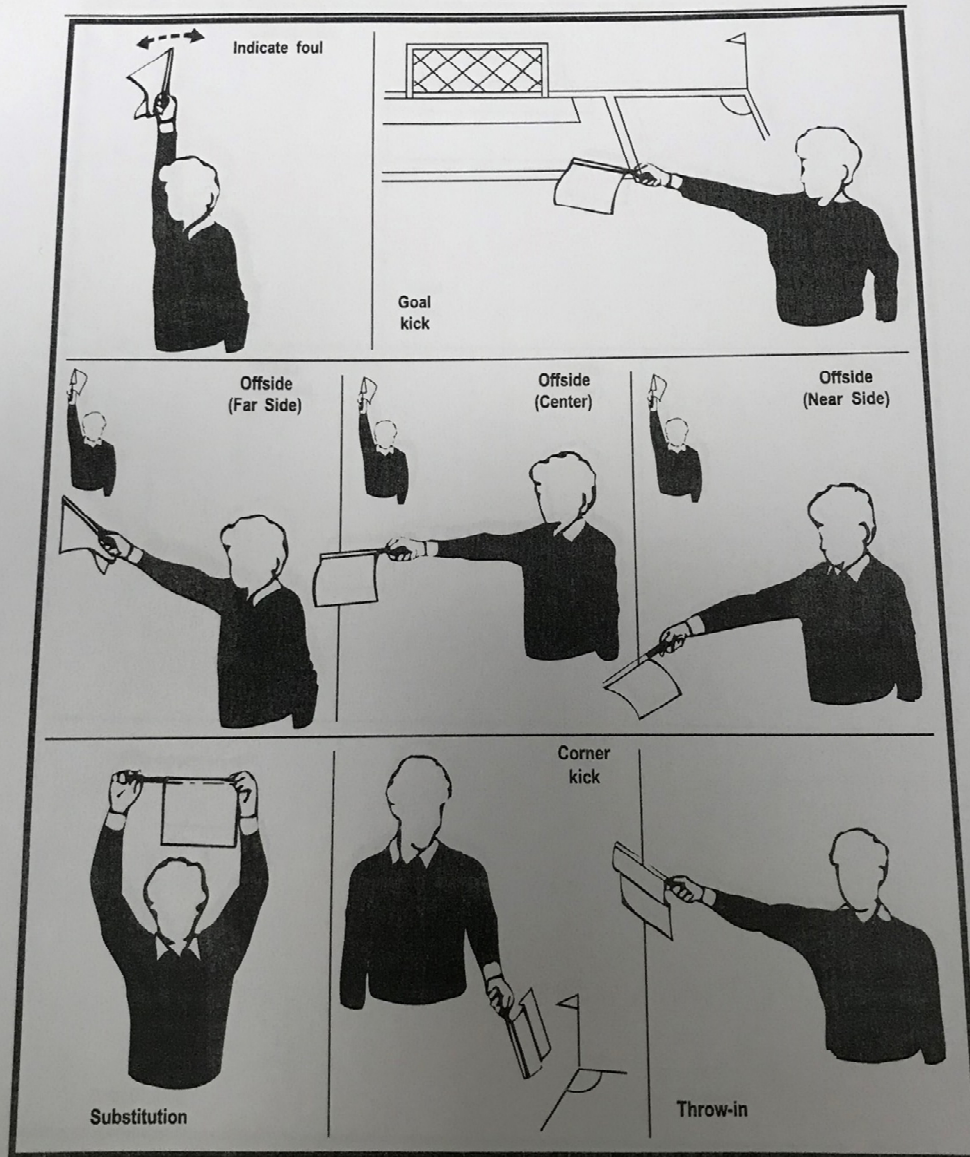
Appendix A

Official Referee's Signals



Appendix B

Official Assistant Referees' Signals



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Appendix C

Concussions

Revised April 2016

A concussion is a brain injury that is most commonly caused by a blow to the head or trunk, or by the head or body forcefully impacting the ground. Concussions most commonly occur without loss of consciousness. Typically, there are subtle indications that a concussion has occurred, such as the student athlete shaking his head, stumbling, or appearing dazed or stunned. Game officials are often in a best position to observe student-athletes up-close, and may be the first to notice the unusual behaviors that indicate a concussion may be present. Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics health care provider (i.e., athletic trainer or team physician). Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any unusual behavior, the official should stop play immediately and call an injury timeout so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury timeout." An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be removed immediately from practice or competition and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation. IF A CONCUSSION IS SUSPECTED:

1. Remove the student-athlete from play. Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do not allow the student-athlete to just "shake it off." Each student-athlete will respond to concussions differently.
2. Ensure that the student-athlete is evaluated immediately by an appropriate health care professional. Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. Allow the student-athlete to return to play only with permission from the primary athletics health care provider. Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate time to return to play.