



# ***RULE BOOK***

## **Soccer 2022**

***THIS RULEBOOK WILL BE USED FOR THE 2022 SOCCER SEASON.***

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***ARCHDIOCESE OF ST. LOUIS, MISSOURI***

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## **CYC SOCCER SPECIAL NOTES**

It is the responsibility of all participants to know the content of this rule book and all matter contained in the CYC Constitution.

1. To be eligible to participate all teams are required to have present at each match played: an official CYC picture roster (pictures for each participating player, manager and coach are included on the roster). Digital copies of rosters are acceptable for league and district postseason play. A digital copy is a copy that can be viewed on an electronic device. ALL Coaches/Managers (head coaches and assistant coaches) are required to have completed the appropriate CYC training programs and have a valid CYC Coach ID number. The ID number for all coaches must appear on the roster indicating the coach has completed the CYC Coaches Training.

All coaches must have completed the Archdiocesan Safety Training requirements (Prevent & Protect). Contact your parish/organization's Safety Coordinator for information.

2. *Each CYC District's Executive Board Member or their representatives reserves the right to require a mandatory review of rosters prior to each match of normal league play.*
3. *In all Archdiocesan and all District Playoff matches, an official CYC Picture Roster must be presented prior to the start of each match to the appointed official, and on request, to the opposing manager.*
4. *In all contests where Roster checks are required or requested, the appointed match officials must verify each player visually with the official roster. The opposing manager is allowed to observe the verification process. Late players, prior to entering the match, must confirm their identity on the roster to the appointed official.*
5. *CYC official Rosters (for players, managers and coaches) need to be presented prior to the start of the game. If unable to present, that person should not participate.  
If a paper or digital copy of an Official CYC Roster is not presented prior to the game, then the game will be declared a forfeit. The grace period (see Rule 5, Article 5) for the start of the game is available to present the required materials.  
If there are no rostered (or coaches waived by the district for the game) meeting this requirement, then the game will be declared a forfeit and not played. The grace period for the start of the game is available to present the required materials if there are no qualifying coaches.  
If there are not enough players to start the game, players for other teams can be used as long as they are on a current CYC roster and it is provided. (Digital copies can be used.) In that situation, the game is declared a forfeit.*
6. *In High School Divisions, there must be a Coach present on the bench for the entire game that is 21 years of age (or older) and has satisfied all Archdiocesan Safe Environment Program requirements.*
7. *Under Rule X of the CYC Constitution, all players/managers/coaches/spectators could be disciplined for their conduct at tournaments if inconsistent with the philosophy of CYC Soccer.*
8. **MINIMUM PLAYING REQUIREMENT**
  - *All eligible players on the bench must participate in at least 25% of regulation time in each game (league & playoff games). Failure to do so may result in forfeiture.*
  - *The game official and opposing coach/manager must be notified prior to the start of a game of a non-participating player due to injury or disciplinary reasons if said player is to be seated on the bench.*
  - *The game official and opposing coach/manager must be notified prior to the start of a game of a non-participating player due to injury or disciplinary reasons if said player is to be seated on the bench.*
  - *It is the manager's responsibility that each player plays at least 1/4 of each game. Failure to comply with the spirit of this policy may result in disciplinary action by the district/parish.*
9. *Any/all disciplinary action is eligible to be carried over to the next CYC sport played and/or coached*
10. *The Home Team is responsible for leading the Pre-Game Prayer.*

## **2022 CYC SOCCER LAWS/RULES**

### **DEFINITIONS:**

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

## **LAW 1 – THE FIELD OF PLAY**

### **Dimensions**

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

Length: Minimum 90 m (100 yds.)	Width: Minimum 45 m (50 yds.)
Maximum 120 m (130 yds.)	Maximum 90 m (100 yds.)

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

### **Field Markings**

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

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

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

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

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

### **The Goal Area**

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

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

### **The Penalty Area**

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

Two lines are drawn at right angles to the goal line, 16.5 m (18 yds.) from the inside of each goalpost. These lines extend into the field of play for a distance of 16.5 m (18 yds.) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 11 m (12 yds.) from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 9.15 m (10 yds.) from each penalty mark is drawn outside the penalty area.

### **Flag-posts**

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

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

### **The Corner Arc**

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

### **Goals**

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

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

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

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

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

The goalposts and crossbars must be white.

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

### **Coaching Box**

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

Coaches are not permitted to be behind either goal during play.

## **DECISIONS of the INTERNATIONAL F.A. BOARD**

### **\*Decision 1**

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



play was stopped.

**\*Decision 2**

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

**\*Decision 3**

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

## **LAW 2 – THE BALL**

### **Qualities and Measurements**

The ball is:

- spherical
- made of leather or other suitable material
- of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27ins) > not more than 450 g (16 oz) in weight and not less than 410 g (14 oz) at the start of the match
- of a pressure equal to 0.6 - 1.1 atmosphere (600 - 1100 g/cm<sup>2</sup>) at sea level (8.5 lbs/sq in - 15.6 lbs/sq in)

### **Replacement of a Defective Ball**

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

- the match is stopped
- the match is restarted by dropping the replacement ball at the place where the first ball became defective, unless play was stopped inside the goal area, in which case the referee drops the replacement ball on the goal area line parallel to the goal line at the point nearest to where the original ball was located when play was stopped.
- any free kick or penalty kick that caused the ball to burst is to be retaken.

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

- *\*the match is restarted accordingly*

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

### **Appropriate Ball Sizes**

Grades 7 – 12: Size #5

Grades 3 – 6: Size #4

Grades 1 – 2: At the discretion of the individual district

## **LAW 3 – NUMBER OF PLAYERS**

Grades 5 – 12: 11 v 11 (*\*must have at least seven players to start and/or continue a match*)

**Grades K - 4: 8 v 8 (recommended number of players-decision up to the individual district)**

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

### **Substitution**

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

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

- 1) Goal Kick
- 2) Throw in (If the team in possession substitutes player (s) then the opposing team May also substitute player (s). Coaches must have players up and ready to go into the game prior to calling the substitution.)
- 3) Goal
- 4) Half Time
- 5) Injury on the field, if the coach comes on the field. (Substitution for this player is mandatory, even if it is the goalie, if a substitute is available. Both teams may make unlimited substitutions at this time, provided the substitutes are present at the center line, when play is ready to resume.
- 6) If a player, coach or official is bleeding, or any blood is found on a uniform, equipment or field/court, play must be stopped.

- If the blood is on the player, coach/manager or official, that person should be given the appropriate treatment to stop the bleeding and cover the wound. The player must come out of the game/match for treatment. If the bleeding cannot be stopped, they may not continue in the game/match.
- If blood is on the uniform, it must be completely cleaned or the uniform changed before the person can participate in the game/match. In this situation the uniform does not have to match, it can be a t-shirt with a number. If this is a number change, no penalty for changing numbers.
- If the blood is on equipment or the field/court it must be cleaned before play can continue. If a ball cannot be cleaned, it should be replaced.

7) If an official or a coach determines a player to be unconscious or apparently unconscious that player shall be removed from the game and not allowed to return to play in that game.

8) For Yellow Carded Player (Substitution for this player is mandatory if a substitute is available. The opposing team may also substitute an equal number, one for one. In the event that the offending team does not have a substitute available, the opposing team may still substitute one player.

9) Corner Kick (If the team in possession substitutes player(s) then the opposing team may also substitute player(s). Coaches must have players up and ready to go into the game prior to calling the substitution.)

### **Changing the Goalkeeper**

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

- the referee is informed before the change is made.
- the change is made during a stoppage in the match.
- changing the Goalkeeper during any of the nine aforementioned situations implies that referee's permission has been given.

### **Infringements/Sanctions**

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

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

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

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

### **Restart of Play**

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

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

If play is stopped by the referee because of an injury while the goalie has the ball in his possession

- the restart –the goalie will be given possession of the ball and the 6 second rule will apply.

(See Law 12, Page 25.) #12 REFEREE INSTRUCTIONS

### **Players and Substitutes Sent Off**

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

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

## **LAW 4 – THE PLAYERS' EQUIPMENT**

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

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

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

### **Shin guards**

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

### **Goalkeepers**

- Each goalkeeper wears colors which distinguish him/her from the other players, the referee and the assistant referees (If the referee(s) or the goalkeeper do not have a different colored shirt, then allowing them to have



the same color shirt is permissible.)

### **Other Equipment/Uniform Rules**

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

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

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

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

*\*Prosthetic limbs may be worn provided a medical statement has been obtained from and signed by a doctor stating that the limb is no more dangerous to the player or other participants than a corresponding natural limb and the first referee determines the player will not gain an artificial advantage.*

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

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

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

(H) Metal spikes and/or detachable spikes are not allowed. Baseball/Softball type cleat shoes are not allowed.

### **Coaches Responsibilities**

- Each head coach shall be responsible for ensuring that each of his/her players is properly and legally equipped.
- The head coach shall receive the first caution issued (yellow card) for an illegally equipped player when:
  1. Player is wearing any type of jewelry (except religious or medical as permitted by CYC rules)
  2. Player wearing illegal shoes (metal studs or baseball shoes)
  3. Player not wearing shin guards

All subsequent cautions (yellow cards) for illegally equipped player (s) shall be issued directly to the player(s) and not to the head coach.

An illegally equipped player shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped of an infringement of this rule except where the referee may stop play immediately where there is a dangerous situation.

The player(s) must be removed and may be replaced at the time of the caution to the coach or player(s).

The removed player(s) may re-enter at the next legal substitution opportunity only after reporting to an official who shall be satisfied the player's equipment and uniform are in order.

### **Infringements/Sanctions**

For any infringement of this Law:

- play need not be stopped
  - the player at fault is instructed by the referee to leave the field of play to correct his equipment
  - the player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment
  - any player required to leave the field of play to correct their equipment does not re-enter without the referee's permission
  - the referee checks that the player's equipment is correct before allowing him/her to re-enter the field of play
- A player who has been required to leave the field of play because of an infringement of this Law and who enters (or re-enters) the field of play without the referee's permission is cautioned and shown the yellow card.

### **Restart of Play**

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

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

## **LAW 5 – THE REFEREE**

### **The Authority of the Referee**

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

### **Powers and Duties**

The Referee:

- enforces the Laws of the Game
- controls the match in co-operation with the assistant referees and, where applicable, with the fourth official
- ensures that any ball meets the requirements of Law 2
- ensures that the players' equipment meets the requirements of Law 4
- acts as timekeeper and keeps a record of the match
- stops, suspends or terminates the match, at his discretion, for any infringements of the Laws
- stops, suspends or terminates the match because of outside interference of any kind
- stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play
- allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured
- ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.

The open wound must be covered with the appropriate bandages.

- allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time
- punishes the more serious offense when a player commits more than one offense at the same time
- takes disciplinary action against players guilty of cautionable and sending-off offenses. He is not obligated to take this action immediately but must do so when the ball next goes out of play.
- takes action against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field of play and its immediate surrounds
- acts on the advice of assistant referees regarding incidents which he has not seen
- ensures that no unauthorized persons enter the field of play
- restarts the match after it has been stopped
- provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occurred before, during or after the match

### **Decisions of the Referee**

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

## **DECISIONS of the INTERNATIONAL F.A. BOARD**

### **Decision 1**

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

#### **This may include:**

- a decision that the condition of the field of play or its surrounds or that the weather conditions are such as to allow or not allow a match to take place
- a decision to abandon a match for whatever reason
- a decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, flag-posts and the ball
- a decision to stop or not to stop a match due to spectator interference or any problem in the spectator area
- a decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment
- a decision to request or insist that an injured player be removed from the field of play for treatment
- a decision to allow or not to allow a player to wear certain apparel or equipment
- a decision (in so far as this may be his responsibility) to allow any persons to be present in the vicinity of the field of play

- any other decision which he may take in accordance with the Laws of the Game or in conformity with his duties under the terms FIFA, confederation, national association or league rules or regulations under which the match is played

**Decision 2**

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

## **LAW 6 – THE ASSISTANT REFEREES (LINESPERSON)**

**Duties**

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

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

**Assistance**

The assistant referees also assist the referee to control the match in accordance with the Laws of the Game.

In the event of undue interference or improper conduct, the referee will relieve an assistant referee of his duties and make a report to the appropriate authorities.

## **LAW 7 – DURATION OF THE MATCH**

(1) Period of Play:

**LENGTH OF MATCH**

HIGH SCHOOL	<b>35 MINUTE HALVES</b>
8TH GRADE	<b>35 MINUTE HALVES</b>
7TH GRADE	<b>35 MINUTE HALVES</b>
6TH GRADE	<b>30 MINUTE HALVES</b>
5TH GRADE	<b>30 MINUTE HALVES</b>
3-4TH GRADE	<b>25 MINUTE HALVES</b>
1ST-2ND GRADE	<b>District Discretion</b>

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

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

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

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

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

*Archdiocesan Playoff games will be replayed in their entirety.*

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

A game shall be ended, **at the losing team's discretion**, if after 75% of the game has been played and one team is ahead by 5 goals or secures the 5 goals difference any time after this 75%. This rule applies to all league and district playoff games (District discretion, it does not apply to 1<sup>st</sup> – 4<sup>th</sup> Grade leagues).

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

**Lightning/Thunder Policy**

Officials will remove all participants from the field of play at the first sign of a lightning flash or thunder.

They will instruct the participants that the game is suspended and that they should move to a place of safety.

A waiting period of 30 minutes will take place after the first flash seen and an additional 30 minutes from the last flash seen before play is resumed. After a maximum of 45 minutes of wait time, the game will be postponed and rescheduled as a rainout. Games played earlier in the day/night will have no effect on the later

games unless there is still lightning in the area. Electronic equipment cannot overrule the mandatory waiting period. If lightning is seen or thunder is heard, the game will be suspended.

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

- a) In 5<sup>th</sup> – 8<sup>th</sup> Grade divisions, teams will play (2) two 15 minute (Golden Goal) overtime periods. A team playing short because of an ejection would continue to play short for all overtime periods.
- b) A coin flip shall decide choice of goals for the first "sudden victory" time period. Goals will be changed for the second overtime period, if needed.
- c) If the game remains tied after all overtime periods have been played, penalty kicks shall be used to decide the winner. Any player on the field or on the bench for that game may take a penalty kick or play goal. Coaches shall give the officials a list of their kickers prior to the start of penalty kicks. An ejected player may not participate.
- d) In the final Archdiocesan Championship Game penalty kicks will not be used. If the game has ended in a tie at the end of regulation time and (2) two sudden victory overtime periods, the teams shall be declared Co-Champions.

### **LAW 8 – THE START AND RESTART OF PLAY**

#### **Preliminaries**

##### **The visiting team should call the coin toss.**

A coin tossed and the team that wins the toss decides which goal it will attack in the first half or if they will kick-off to start the match. The visiting team should call the coin toss.

The team that loses the coin toss either gets to choose direction (if the winner chose to kick-off) or gets to kick-off first.

The teams switch ends to start the second half and the team that did not kick-off to start the first half gets the kick-off for the second half.

#### **Kick-Off**

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

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

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

#### **Procedure**

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

After a team scores a goal, the kick-off is taken by the other team.

#### **Infringements/Sanctions**

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

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

##### **For any other infringement of the kick-off procedure:**

- the kick-off is retaken

#### **Dropped Ball**

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

#### **Procedure**

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

Play restarts when the ball touches the ground.

#### **Infringements/Sanctions**

The ball is dropped again:

- if it is touched by a player before it makes contact with the ground

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

### **Special Circumstances**

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

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

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

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

## **LAW 9 – BALL IN AND OUT OF PLAY**

### **Ball Out of Play**

The ball is out of play when:

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

### **Ball in Play**

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

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

## **LAW 10 – METHOD OF SCORING**

### **Goal Scored**

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

### **Winning Team**

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

## **LAW 11 – OFF SIDE**

### **Offside Position**

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

A player is in an off-side position if:

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

A player is not in an offside position if:

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

### **Offense**

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

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

### **No Offense**

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

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

### **Infringements/Sanctions**

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

## **LAW 12 – FOULS AND MISCONDUCT**

Fouls and misconduct are penalized as follows:

### **Direct Free Kick**

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

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

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

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

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

### **Penalty Kick**

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

### **Indirect Free Kick**

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

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- in grade four and younger grade levels, intentionally (in the referee's opinion) strikes the ball with his head (persistent infringement of this rule shall **NOT** result in a caution)
- commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

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

- takes more than six seconds while controlling the ball with his hand(s), before releasing it from his possession
- Touches the ball again with his hand(s) after it has been released from his possession and has not touched any player
- touches the ball with his hand(s) after it has been deliberately kicked to him/her by a teammate, (**excludes Kindergarten, 1st & 2nd grades**)
- touches the ball with his hand(s) after he has received it directly from a throw in taken by a team-mate, (**excludes Kindergarten, 1<sup>st</sup> & 2<sup>nd</sup> grades**)
- wastes time

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

### **Disciplinary Sanctions**

#### **Cautionable Offenses**

A player, coach or bench personnel shall be cautioned (yellow card) for:

- Entering or leaving the field of play (except through the normal course of play) without the permission of an official;
- Persistent infringement of any of the laws/rules of the game;
- Objecting by word of mouth or action to any decision given by an official (dissent);
- Any incidental use of vulgar or profane language;
- Unsporting conduct, including, but not limited to:
  - a. Coaching outside the team area;
  - b. Unnecessary delay (kicking, throwing the ball away on a free kick, etc.);



- c. Holding a shirt, short, etc.;
- d. Deliberate handball to stop an attack;
- e. Deliberate tactical foul;
- f. Faking an injury;
- g. Simulating a foul;
- h. Player who displays reckless play;
- i. Illegally equipped player, per law 4;
- j. Any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game;
- k. A player (other than the goalkeeper within his/her own penalty area) deliberately handles the ball, attempting to prevent a goal, and the goal is scored;
- l. A player commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is scored;
- m. Use of any tobacco products or electronic cigarettes at the game site during the period of jurisdiction of the officials;
- n. fails to respect the required distance when play is restarted with a corner kick or free kick

**PENALTY:** A cautioned player shall leave the field if his/her team has any available substitute players, who may replace the cautioned player. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

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

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

### **Sending-Off Offenses**

A player, coach or bench personnel shall be disqualified (red card) for:

- exhibiting violent conduct;
  - taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual;
- NOTE: The CYC disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including the basis of race, religion, gender or national origin.*
- subsequent (second) caution in the same match;
  - committing serious foul play
    1. any play in which the player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense takes place by a defender in the penalty area) and uses disproportionate and unnecessary force against and opponent while playing for the ball.
    2. A player (other than a goalkeeper within his/her own penalty area) deliberately handles the ball, attempting to prevent a goal and the goal is not scored;
    3. A player commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is not scored.
  - Spitting at an opponent, teammate, game official or other individual;
  - Using insulting, offensive or abusing language or gesture;
  - Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official;

**PENALTY:** A disqualified player must leave the field and may not return or be substituted for, and the player's team must play short. The disqualified player is restricted to the team area. Disqualified team members who are not players are restricted to the team area and may not enter the game. Disqualified adult team are personnel must leave the vicinity of the playing area.

## **DECISIONS of the INTERNATIONAL F.A. BOARD**

### **➤ Decision 1**

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

### **➤ Decision 2**

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

➤ **Decision 3**

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

➤ **Decision 4**

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

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

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

### **LAW 13 – FREE KICKS**

#### **Types of Free Kicks**

Free Kicks are either direct or indirect

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

#### **The Direct Free Kick**

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

#### **The Indirect Free Kick**

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

#### **Ball Enters the Goal**

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

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

#### **Position of the Free Kick**

Free Kick inside the Penalty Area

Direct or indirect free kick to the defending team:

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

Indirect free kick to the attacking team:

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

Free kick outside the penalty area

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

#### **Infringements/Sanctions**

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

- the kick is retaken

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

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

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

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

#### **Free kick taken by the goalkeeper**

If, after the ball is in play, the goalkeeper touches the ball a second time before it has touched another player:

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

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

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

### **LAW 14 – THE PENALTY KICK**

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

A goal may be scored directly from a penalty kick.

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

#### **Position of the Ball and the Players**

The ball:

- is placed on the penalty mark

The player taking the penalty kick:

- is properly identified

The defending goalkeeper:

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

The players other than the kicker are located:

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

#### **The referee:**

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

#### **Procedure**

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

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

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

#### **Infringements/Sanctions**

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

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

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

The goalkeeper infringes the Laws of the Game:

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

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

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

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

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

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

- the kick is retaken

If, after the penalty kick has been taken:

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

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

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

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

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

- the kick is retaken

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

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

### **LAW 15 – THE THROW-IN**

A throw-in is a method of restarting play.

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

**A throw-in is awarded:**

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

**Procedure**

- at the moment of delivering the ball, the thrower:
- faces the field of play
- has part of each foot either on the touchline or on the ground outside the touchline.
- uses both hands
- delivers the ball from behind and over his head

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

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

**Infringements/Sanctions**

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

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

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

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

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

#### **Throw-in taken by a goalkeeper**

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

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

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

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

If an opponent unfairly distracts or impedes the thrower:

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

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

#### **For any other infringement of the Law:**

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

### **LAW 16 – THE GOAL KICK**

A goal kick is a method of restarting play.

#### **A goal kick is awarded to the defending team when:**

- the entire ball crosses the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team.
- A goal may be scored directly from a goal kick, but only against the opposing team.

#### **Procedure**

- Players opposing the kicker shall remain outside the penalty area until the ball is in play
- Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves.
- After the goal kick is properly taken, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.
- The goalkeeper shall not pick up the ball to put it into play

#### **Infringements/Sanctions**

On a goal kick, an opponent who remains inside the penalty area when the ball was put into play deliberately touches or challenges for the ball

- the goal kick is retaken.

On a goal kick, an opponent enters the penalty area before the ball was put into play and touches or challenges for the ball

- the goal kick is retaken.

## **LAW 17 – THE CORNER KICK**

A corner kick is a method of restarting play.

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

**A corner kick is awarded when:**

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

**Procedure**

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

**Infringements/Sanctions**

**Corner taken by a player other than the goalkeeper**

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

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

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

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

**Corner kick taken by the goalkeeper**

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

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

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

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

**For any other infringement:**

- the kick is retaken

## **PENALTY KICK PROCEDURES**

If the game is still tied after playing the prescribed overtime period, the winner shall be determined by the following procedure (Playoff games are also governed by Law 7, page 12.):

**Procedure**

Any player on the field or on the bench for that game may take a penalty kick or play goal. An ejected player may not participate.

- The referee chooses the goal at which the kicks will be taken
- The referee tosses a coin and the team whose captain wins the toss takes the 1st kick
- The referee keeps a record of the kicks being taken
- Subject to the condition explained below, both teams take five kicks
- The kicks are taken alternately by the teams
- If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken
- If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks
- Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick



- An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken
- Only the eligible players and match officials are permitted to remain on the half of the field where kicks are being taken.
- All players, except the player taking the kick and the two goalkeepers, must remain within the center circle
- The goalkeeper who is the kicker's team-mate must remain on the field of play, outside the penalty area in which the kicks are being taken, behind the penalty area border line which runs parallel with the goal line and at least 9.15 m (10 yds.) from the penalty mark
- The defending goalkeeper: remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked. (Note: goalkeepers are allowed to move laterally on the goal line before the ball is kicked)
- Unless otherwise stated above, the relevant Laws of the Game and International F.A. Board Decisions apply when kicks from the penalty mark are being taken.

### **REFEREE INSTRUCTIONS**

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

#### **1. Serious foul play and violent conduct**

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

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

These two offenses can be defined as follows:

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

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

#### **2. Tackling**

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

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

#### **3. Offenses against goalkeepers**

It is an offense if a player:

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

#### **4. Obstruction**

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

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

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

### **5. Scissors or bicycle kick**

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

### **6. Jumping at an opponent**

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

### **7. Prohibited use of body**

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

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

### **8. Caution for handling the ball or holding an opponent**

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

- (a) when a player, in order to prevent an opponent from gaining possession of the ball, and because he/she is unable to play it in any other way, stops it with one, or both hands, punches it or catches it, or
- (b) when a player holds an opponent in order to prevent him/her from gaining possession of the ball.
- (c) when an attacking player attempts to score a goal by illegal use of the hand. The foregoing is subject to the provisions contained in decision 15 of Law 12.

### **9. Free kicks**

- (a) The referee shall indicate the award of an indirect free kick by raising an arm above his/her head. he/she shall keep his/her arm in that position until the kick has been taken and the ball has been played or touched by another player or goes out of play.
  - (b) Any player who, for any reason, deliberately delays a free kick being taken by the opposing team shall be cautioned (yellow card). For repetition of this offense he/she shall be cautioned. In the event of repetition of this offense, he/she shall be sent off.
  - (c) Any player who prematurely rushes forward from the defensive wall, formed at least 10 yards (9.15 m) from the ball, before the ball has been kicked, shall be cautioned. In the event of repetition of this offense, he/she shall be sent off.
- While the Law states that all opposing players should retire to a distance of at least 10 yards (9.15 m) from the ball, the referee has discretionary power to disregard this requirement to enable a free kick to be taken quickly.

### **10. Penalty kick**

- (a) Conduct during a penalty kick:

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

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

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

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

### **11. Player in offside position**

- (a) It is not an offense in itself to be in an offside position.
- (b) A player shall be penalized for being offside, if, at the moment the ball touches, or is played by, one of his/her team, he/she is, in the opinion of the referee involved in the active play by
  - 1. interfering with play or with an opponent, or
  - 2. seeking to gain an advantage by being in that position.
- (c) A player shall not be declared offside by the referee
  - 1. merely because of his/her being in an offside position, or
  - 2. if he/she receives the ball directly from a goal-kick, a corner kick or a throw-in.

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

### **12. Goalkeepers**

The following principles shall apply:

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

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

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

### **13. Persistent infringements**

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

### **14. Player sent off after receiving two cautions**

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

### **15. Attitude towards referees**

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

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

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

### **16. Throw-in**

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

### **17. Wasting time**

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

Wasting time occurs whenever;

(a) a player:

-feigns injury

-takes a free kick from a wrong position with the sole intention of forcing the referee to demand a retake;

-appears to prepare for a throw-in but suddenly leaves it to one of his/her team to throw in;

-kicks the ball away or carries it away with the hands after the referee has stopped play for any reason;

-stands in front of the ball when a free kick has been awarded to the opposing team in order to give his/her team time to organize the defensive wall;

-excessively delays taking a throw-in or a free kick;

-moving the ball, after it is set on goal kicks;

-delays leaving the field when being substituted;

(b) a goalkeeper:

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

### **18. Players Uniforms**

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

### **19. Roster Checks**

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

### **20. Goal, Hand Signal**

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

Visit [playcyc.org/rulebooks](https://playcyc.org/rulebooks) to view and download:

- Soccer Officials' Signals
- Soccer Offside Diagrams
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