

**COOPERSVILLE AREA
YOUTH SOCCER
ORGANIZATION**



RULEBOOK

Rule 1

The Field of Play

SECTION 1 SIZE OF THE FIELD

Art. 1...The field of play shall be rectangular, 100 to 120 yards long and 55 to 75 yards wide. The following minimum dimensions are recommended:

High Schools – 110 yards by 65 yards;

Junior High Schools – 100 yards by 55 yards.

NOTE: When designing a new athletic facility, consideration should be given to broken back curve tracks to accommodate soccer fields. Broken-back curve tracks are oval in nature and can accommodate a wider soccer field.

SECTION 2 MARKINGS

Art. 1...The field of play shall be marked by the home team with a non-caustic material, in accordance with the diagram.

Art. 2...Boundary lines are a part of the field of play. They should be 4 inches wide and of a non-caustic, distinctive colored material which is not injurious to the participants. The longer boundary lines are the touchline, and the shorter boundary lines are the goal lines.

Art. 3...A halfway line shall be marked across the field, equidistant from the goal lines and parallel to them.

Art. 4...The center of the field of play shall be indicated by a spot 9 inches in diameter or other suitable mark; and, with this spot as the center, a circle with a 10-yard radius shall be drawn around it.

Art. 5...A goal area shall be indicated on each end of the field of play by two lines drawn at right angles to the goal line, 10 yards from the midpoint of the goal line. These lines shall extend into the field of play for a distance of six yards. The ends of these lines shall be joined by a line parallel to the goal line. The lines are part of the goal area.

Art. 6...A penalty area shall be indicated on each end of the field of play by two lines drawn at right angles to the goal line, 22 yards from the midpoint of the goal line. These lines shall extend into the field of play for a distance of 18 yards. The ends of these lines shall be joined by a line parallel to the goal line. The lines are part of the penalty area.

Art. 7...A two-foot penalty kick line or a spot 9 inches in diameter shall be drawn on each end of the field of play at a point 12 yards from the midpoint of the goal line and extending one foot on each side of the undrawn centerline and parallel to the goal line.

Art. 8...The restraining line for penalty kicks shall be indicated by using the center of the penalty –kick line for drawing an arc with a 10-yard radius outside the penalty area.

Art. 9...A corner area shall be indicated on each corner of the field of play by an arc with a radius of 1 yard from the intersection of the goal line and the touchline.

Art. 10...A 1-yard long hash mark may be perpendicular to the goal line outside the field of play 11 yards from the corner of the field to assist the officials in enforcement of encroachment during corner kicks.

Art. 11...When markings become obscured by the elements during the course of the game, the markings shall be assumed to be present and decisions shall be rendered by officials to the best of their ability to interpret original positions of the markings.

NOTE: Where games are played on a field marked for other sports, it is recommended markings which contrast in color to the other sport markings be used to indicate the soccer field area.

SECTION 3 CORNER FLAGS

Art. 1...A flag on a post not less than 5 feet high and having a non-pointed top shall be placed at each corner of the field of play. The post shall be at least 1 inch in diameter. The flag shall be of a bright color, easily distinguished from the surroundings and approximately 2 feet long by 1 foot wide and securely fastened to the post. Similar flag posts may be placed opposite the halfway line near each touchline, not closer than 1 yard outside each touchline.

Art. 2...The posts shall be made of smooth, consistent and/or flexible material such as wood, plastic or plastic foam. The flag post shall not have a pointed top.

Art. 3...The corner flags shall not be removed for any purpose during the game.

SECTION 4 GOALS

Art. 1...The goals shall be placed on the goal line. They shall consist of two upright, 4 inches but not more than 5 inches posts placed an equal distance from the corner flags and 8 yards apart (inside measurement). The rear of each goal post shall be on the outer edge of the goal line. The tops of the posts shall be joined by a 4-inch, but not more than 5-inch horizontal crossbar, the lower edge of which shall be 8 feet from the ground. Soccer goals shall be white. No markings other than a single manufacturer's identification/logo may appear on the goal posts or crossbar.

NOTE: Metal pipes of 3 to 4 inches in diameter may be used. If portable goals are used, they shall be securely anchored to the ground. If used on a football field, they should be anchored 2 yards in front of the existing football goal posts.

Art. 2...Nets shall be attached to the posts and crossbar and be firmly fastened to the ground behind the goals. Each net shall be supported so that it will extend backward at the level of the crossbar for a distance of 24 inches from the crossbar. No advertising, other than a single manufacturer's identification/logo, may appear on the net.

SECTION 5 OFFICIAL AND TEAM AREAS

Art. 1...There shall be designated specific areas for each team's bench, separated by an official area for in going substitutes, scorers and timers. These areas shall be at least 10 feet from the touchline.

Art. 2...The official area shall extend 5 yards on each side of the halfway line.

Art. 3...The team area shall extend from 10 yards on each side of the halfway line for a distance of 20 yards, and each shall be marked by a solid line. Coaches, bench personnel and team members shall be restricted to the team area.

EXCEPTION: When teams are placed on the opposite sides of the field, each team area shall extend 10 yards on each side of the halfway line on each side of the field of play.

PENALTY: A coach, player or bench personnel shall be cautioned for unsportsmanlike conduct for violation of this rule.

SECTION 6 SPECTATORS AREA

Art. 1...Spectators shall be confined to areas at least 10 feet from the touchline, team/official area and goal line. No one shall be permitted directly behind either goal unless seated in bleachers.

SECTION 7 FIELD CONDITIONS

Art. 1...It is the responsibility of the host institution, up until the moment the game begins, to judge whether or not the condition of the field, the elements and other conditions affecting the safety of the field of play allow for a safe game to begin. Once the game begins, and until it ends, the determination of whether or not a game may be safely continued shall be made by the referee.

Rule 2

The Ball

SECTION 1 SUPPLY

Art. 1... It is the responsibility of the home team to provide 3 or more official game balls of similar quality. If the home team cannot provide 3 balls, the referee shall choose game balls from those offered by both teams.

SECTION 2 SPECIFICATIONS

Art. 1... Game balls shall be spherical, with a circumference of at least 27 inches but no more than 28 inches. The weight of the balls at the start of the game shall be at least 14 ounces but no more than 16 ounces.

Art. 2... The outer casing of the ball shall be leather or other similar material that is weather resistant.

Art. 3... The ball shall be inflated to the manufacturer's recommended pressure.

Art. 4... If the ball becomes deflated during play, it is declared dead where it was last played and the game is resumed by a drop ball between any 2 opposing players at the spot where it was last played. If the ball becomes deflated within the goal area, then the ball is dropped between 2 opposing players subject to the provisions of rule 9-2-2.

NOTE: The National Federation has established a voluntary program pursuant to which it examines, weighs, measures and field tests soccer balls against rule book standards. Companies whose soccer balls meet rulebook standards are permitted to apply to the National Federation for a license designating their soccer balls as either OFFICIAL or APPROVED. Soccer balls, licensed by the National Federation under this voluntary program, are permitted to display the logo and acronym of the National Federation in packaging and advertising. Soccer balls which are not listed as OFFICIAL or APPROVED, and which meet the rule specifications in Rule 2, Section 2, Article 1 – 4, may be used in competition played under National Federation rules. See back of rulebook for complete listing.

Rule 3

The Players and Substitutions

SECTION 1 NUMBER OF PLAYERS

Art. 1... Each team shall have an equal number of players in the field of play.

Art. 2... There shall be no more than 11 players per team, in the Mid and Senior Divisions, no more than 9 players in the Junior Division and no more than 8 players in the Super Junior Division.

Art. 3... Each team shall have one goalkeeper.

SECTION 2 POSITION OF PLAYERS

Art. 1... The team winning the coin toss shall have the option of:

- a. Choosing which end of the field to defend, or;
- b. Taking the kickoff.

Art. 2... Teams shall exchange goal lines after each regular half.

SECTION 3 SUBSTITUTIONS

Art. 1... Times for substitutions. Either team may substitute an unlimited number of players:

- a. between periods;
- b. on a goal kick;
- c. when a goal is scored;
- d. when an injured player or players is attended to on the field;
- e. when a player is cautioned;
- f. when a player is disqualified

Exception: during a penalty kick situation, the only substitution permitted is for the player that has been injured or cautioned. A substitute entering at this time may not take the penalty kick.

Art. 2...A team must substitute:

- a. When an injured player is attended to on the field. In such a case, the injured player shall leave the field and may be replaced at the next legal opportunity for substitution;
- b. When a player is cautioned. In such a case, the cautioned player shall leave the field and may be replaced at the next legal opportunity for substitution;
- c. When a player is bleeding, or has an open wound, or an excessive amount of blood on the uniform. Such a player shall leave the game. The player may return at the next legal substitution opportunity.

Art. 3...A team shall not substitute for a player who is disqualified during any period of play.

Art. 4...Only the team gaining possession of the ball may substitute on a throw-in or a corner kick.

Art. 5...A substitute becomes a player when he/she is beckoned onto the field of play, at which time the replaced individual is no longer, a player.

SECTION 4 PROCEDURE FOR SUBSTITUTION

Art. 1...To request a substitution, a substitute who desires to enter the game shall report to the centerline.

- a. A substitute may enter the field of play after a score or at the beginning of the period without being beckoned by the official.
- b. If entry is requested at any other time, the coach must signal for the substitution immediately when there is a prescribed substitution opportunity;
- c. When an entry is taking place on a throw-in, a goal kick or a corner kick, the substitute(s) must have reported to the centerline prior to the dead ball situation.

Art. 2...Entry onto the field of play by a substitute is prohibited without the approval of an official.

SECTION 5 GOALKEEPER CHANGE WITH FIELD PLAYER

Art. 1...The goalkeeper may change places with a player on the field whenever the clock is stopped of a substitution takes place, provided the uniforms are legal.

SECTION 6 ILLEGAL PLAYER CHANGES

Art. 1...When a team repeatedly substitutes to consume time, an official shall order the timer to stop the clock during such substitutions and shall notify the coach of the offending team the repetition may be construed as unsportsmanlike conduct.

Art. 2...A player entering or leaving the field of play during the progress of the game without the consent of an official (except through normal movement of play) shall be guilty of misconduct unless stopping play to assess the penalty would be an advantage to the offending team.

Rule 4

Player Equipment

SECTION 1 REQUIRED EQUIPMENT

Art. 1...The required player equipment includes a team shirt, soccer socks, suitable shoes and shin guards, which are commercially manufactured for that purpose and worn under the soccer socks. It is also recommended that male players in the Junior, Mid and Senior Divisions wear a protective cup.

- a. The goalkeeper shall have a distinctly different shirt from the other players on that team.
- b. Shoes shall meet the following standards:
 1. be constructed of a material which does not chip or develop a cutting edge;
 2. all cleats must be for soccer. Soccer cleats do not have a cleat on the toe of the shoe.

SECTION 2 ILLEGAL EQUIPMENT

Art. 1...Illegal equipment shall not be worn by any player. This applies to any equipment, which, in the opinion of the referee, is dangerous or confusing. Types of equipment which are illegal include the following:

- a. projecting metal or other hard plates, or projections on clothing or persons;
- b. head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials, even if they are covered with soft padding;
- c. Casts, splints or body braces made of a hard substance in its final form;
- d. Shin guards which have exposed sharp edges;
- e. Face or spectacle guards;
- f. Helmets, hats, caps or visors;

EXCEPTION (1): The goalkeeper may wear a head protector made of closed-cell, slow recovery rubber or other similar material that stays soft in its final form. This head protector shall not have a bill, or other protruding design. It shall not cover the face, other than the forehead, and shall be secured by a chinstrap.

EXCEPTION (2): The goalkeeper may wear a soft-billed baseball type hat or soft-billed visor. If worn in conjunction with a head protector, it is to be worn outside and may not be attached to the head protector.

EXCEPTION (3): By state association adoption, player may wear soft and yielding caps during inclement weather. Caps must be alike in color.

- g. Knee braces made of hard unyielding materials, unless hinges are covered on all sides, and all of its edges are overlapped;
- h. Ankle braces, unless covered by a stocking or other suitable material.

NOTE: The wearing of illegal uniforms or equipment is prohibited even though the coaches of both teams approve it.

Art. 2...Hair control devices may be worn if made of a soft material and not for adornment.

Art. 3... Sweatbands may be worn on the head or wrist if made of soft material.

Art. 4... Players shall not wear jewelry with the exception of medical bracelets or medical medals.

Medical medals must be taped to the body.

Art. 5...Hearing aids worn in or behind the ears are legal provided the device does not create a threat of injury.

Art. 6...Mouth and tooth protectors are legal.

SECTION 3 COACHES' RESPONSIBILITIES

Art. 1...Each coach shall be responsible for ensuring that each player is properly equipped. Prior to and during the game, Shirts shall be tucked in the pants, unless manufactured to be worn outside.

PENALTY: a player improperly equipped shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped immediately for an infringement of this rule except that the referee may stop play immediately where there is an immediate dangerous situation. There shall be no replacement until the next opportunity to substitute. However, the removed player may re-enter during a dead ball after reporting to an official who shall be satisfied the player's equipment and uniform is in order.

Rule 5

The Officials

SECTION 1 OFFICIALS

Art. 1...The jurisdiction of the officials begins when they enter the field of play. The official's jurisdiction ends when they leave the field at conclusion of the game. They shall enforce the rules, and their decisions on points of fact are final. The official can only correct a decision so long as the game has not been restarted. The official shall not use tobacco products during this period.

SECTION 2 DURING THE GAME

Art. 1...The official shall:

- a. Sound the whistle to stop, start or re-start as necessary;
- b. The official shall signal the time keeper when the clock is to be stopped and confirm the score when a goal is made;
- c. Sound the whistle when the entire ball crosses a touchline or goal line unless it is obvious the ball is out of play;
- d. Call out "play on" when there is an advantage to the fouled team;
- e. Hold a yellow card with arm fully extended above the officials head and indicate the player or coach cautioned and notify the coach of the opposing team;
- f. Hold a red card with arm fully extended above the official's head and indicate the player or coach disqualified and notify the coach of the opposing team.
- g. Signals timer when there is a time-out or a time-in;
- h. Stop or suspend the game for any infringements of the rules;
- i. Notifies coaches when play is about to begin at the start of the game, following intermission or time-out for injury.
- j. Determine whether a goal shall count;

SECTION 3 AFTER THE GAME

Art 1...Report any disqualifications and unusual incidents to the League Director.

Rule 6

Duration of the Game and Length of Periods

SECTION 1 LENGTH OF PERIODS

Art. 1...Super Junior Division

- a. Shall have four 8 minute quarters.
- b. There will be 5 minutes between quarters.
- c. There will be 10 minutes for halftime.

Art. 2...Junior Division

- a. Shall have four 10 minute quarters.
- b. There will be 5 minutes between quarters.
- c. There will be 10 minutes for halftime.

Art. 3...Mid-Boys Division (**DOES NOT APPLY**)

- a. Shall have four 8 minute quarters.
- b. There will be 5 minutes between quarters.
- c. There will be 10 minutes for halftime.

Art. 4...Senior Girl Division

- a. Shall have two 25 minute halves.
- b. There will be 10 minutes for halftime.

Art. 5...Senior Boy Division

- a. Shall have two 25 minute halves.
- b. There will be 10 minutes for halftime.

SECTION 2 TIE GAME

Art. 1...When the score is tied at the end of the game, the game shall result in a tie. There will be no overtime.

SECTION 3 TIME-OUT AND IN

Art. 1...The clock shall be stopped for a penalty kick, for cautioning (yellow card), for disqualification (red card), following the scoring of a goal and when an official orders a time-out.

Art. 2...The clock shall be restarted when the ball is properly put into play.

SECTION 4 DELAY

Art. 1...If a team refuses to play after being instructed to do so, the game is terminated.

Rule 7

The Start of Play

SECTION 1 KICKOFF

Art. 1...When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.

Art. 2...At the moment of the kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.

Art. 3...The ball shall be kicked while it is stationary on the ground in the center of the field of play. A goal may be scored directly from the kickoff. The ball is in play when it moves forward.

Art. 4...After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played by another player on either team.

PENALTY: Indirect free kick awarded to the opponent at the spot of the foul.

Rule 8

Ball In and Out of Play

SECTION 1 BALL IN AND OUT OF PLAY

Art. 1...The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.

Art. 2...The ball is in play at all times, including:

- a. When it rebounds from a goal post, crossbar or corner flag post;
- b. When it touches an official in the field of play;
- c. Until an official sounds the whistle;
- d. After a free kick or kickoff;
- e. When a drop ball touches the ground;
- f. A player may be out of bounds and legally play a ball, which is on the field of play.

Art. 3...The referee shall sound the whistle when needed to indicate the ball is out of play or for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, disqualification, injury or encroachment.

SECTION 2 DROP BALL

Art. 1...A drop ball occurs:

- a. When the ball is caused to go out-of-bounds by two opponents simultaneously;
- b. When the ball becomes deflated;
- c. Following a temporary suspension of play for an injury or unusual situation and no team has clear possession of the ball;
- d. When simultaneous foul of the same degree occurs by opponents.

Art. 2...The spot of the drop ball is where the ball became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal area line which runs parallel to the goal line nearest to where the ball was when play stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside to boundary line unless this is the goal area.

Art. 3...The ball is dropped by an official from waist level to the ground between two opposing players. Other players may be positioned anywhere on the field of play provided they do not interfere with the drop-ball procedure.

Art. 4...The ball shall touch the ground before it is played.

PENALTY: If the ball is played before it touches the ground, an official shall drop the ball again. A second violation by the same player on the same drop-ball situation may result in a caution to the offending player. Play shall be restarted by a drop ball.

SECTION 3 TEMPORARY SUSPENSION

Art. 1...In case of 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 free 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 is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead.

Rule 9

Scoring

SECTION 1 GOALS

Art. 1...A goal is one point.

Art. 2...A goal is scored when the entire ball passes legally beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried or propelled by hand or arm of a player of the attacking team (except as noted). A ball on the goal line is not considered to have crossed the goal line.

Art. 3...A goal MAY be scored during play directly from a:

- a. Kickoff;
- b. Direct free kick;
- c. Goal kick;
- d. Penalty kick;
- e. Corner kick;
- f. Drop ball;
- g. Goalkeeper's throw, punt or drop-kick.

Art. 4...A goal MAY NOT be scored during play directly from a/an:

- a. Indirect free kick;
- b. Throw-in;
- c. Free kick into a team's own goal.

SECTION 2 FORFEITS

Art. 1...The score of a forfeited game shall be 1-0 if the game is not started, the score is tied or the offending team is ahead at the time. If the offending team is behind at the time of forfeit, the score at that time is the final score.

SECTION 3 WINNER

Art. 1...The winning team is the team scoring the greater number of goals.

Rule 10

Offside

SECTION 1 OFFSIDE

Art. 1...A player is in an offside position when nearer to his/her opponent's goal line than the ball, unless:

- a. The player is in his/her own half of the field of play; or
- b. The player is not nearer to the opponent's goal than at least two opponents.

Art. 2...A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, a corner kick or a throw-in.

Art. 3...It is not an offense in itself to be in an offside position. A player shall only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved in active play by:

- a. interfering with play or with an opponent; or
- b. Gaining an advantage by being in that position.

PENALTY: Indirect free kick at the spot of infraction, subject to provisions in 13-1-1.

Rule 11

Fouls and Misconduct

SECTION 1 KICKING-STRIKING-TRIPPING-JUMPING

Art. 1...A player shall not spit, kick, strike, attempt to kick or strike or jump at an opponent.

Art. 2...A player shall not trip, or attempt to trip, an opponent. This includes tripping or attempting to trip an opponent by using legs, or stopping in front or behind an opponent in such a manner as to cause a fall or loss of balance.

Art. 3...A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.

PENALTY: Direct Free Kick.

SECTION 2 HANDLING

Art. 1...A player shall be penalized for deliberately handling, carrying, striking or propelling the ball with a hand or arm. Exception: Goalkeeper within his/her own penalty area.

PENALTY: Direct Free Kick.

SECTION 3 HOLDING AND PUSHING

Art. 1...A player shall not hold or push an opponent with the hand(s) or arm(s) extended from body.

Art. 2...A player shall not place a hand(s) on an opponent in an effort to reach the ball.

PENALTY: Direct Free Kick.

SECTION 4 CHARGING

Art. 1...A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.

Art. 2...A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

a. An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.

b. Outside the penalty area, the goalkeeper has no more privileges than any other player.

PENALTY: Direct Free Kick (1 & 2b, Disqualification for 2a).

Art. 3...The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to recatch.

PENALTY: Indirect Free Kick.

Art. 4...A player shall not charge into an opponent when neither player is within playing distance of the ball.

PENALTY: Indirect Free Kick.

SECTION 5 OBSTRUCTION

Art. 1...Obstruction is the deliberate act by a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

PENALTY: Indirect Free Kick.

Art. 2...A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally challenged from behind provided the challenge is not violent or dangerous and the ball is within playing distance.

SECTION 6 DANGEROUS PLAY

Art. 1...A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which could cause injury to self or another player (opponent or teammate).

PENALTY: Indirect Free Kick.

SECTION 7 RESTRICTIONS ON THE GOALKEEPER

Art. 1...From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, the goalkeeper is to be penalized if he/she takes more than four steps 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 it into play before, during or after the four steps, he/she touches it again with the hands, before it has been played or touched 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.

Art. 2...A goalkeeper shall not deliberately parry the ball and then touch it again with his/her hands before it has been played or touched 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.

Art. 3...On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands.

Art. 4...A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate. **NOTE:** Players may not use trickery to circumvent the rule. **EXAMPLE:** Players may not flick the ball with their feet to their own head, chest, knee and then pass it to their own goalkeeper who touches it with the hands.

Art. 5...A goalkeeper shall release the ball into play within five seconds after taking possession/control. **PENALTY:** Indirect Free Kick awarded to the opponent at the spot of the violation, unless in the goal area.

SECTION 8 MISCONDUCT

Art. 1...A player, coach or bench personnel shall be cautioned (yellow card) for:

- a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official;
- b. Persistent infringement of any of the rules of the game;
- c. Objecting by word of mouth or action to any decision given by an official (dissent);
- d. Any incidental use of vulgar or profane language;
- e. Any use of video replays or communicating with other persons by the use of electrical or mechanical amplifying devices, headphones or megaphones during the game or any intervals to assist in coaching;

NOTE: A coach may engage in verbal communications with his or her own team during play.

f. Unsportsmanlike conduct, including, but not limited to:

1. coaching outside the team area;
2. unnecessary delay (kicking, throwing the ball away on a free kick, etc.);
3. holding a shirt, short, etc.;
4. deliberate verbal tactics;
5. encroachment;
6. deliberate handballs to stop an attack;
7. deliberate tactical foul.

g. Use of any tobacco products at the game site during the period of the jurisdiction of the officials.

PENALTY: A cautioned player shall leave the field and may be replaced. 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. An indirect free kick shall be awarded to the non-offending team from the spot of the ball, unless the game had been stopped for some other reason calling for a different restart.

Art. 2...A player, coach, or bench personnel shall be disqualified (yellow and red card) and the number of players on the field shall be reduced for:

- a. Taunting;
- b. Excessive celebration;
- c. A subsequent caution.

PENALTY: An Indirect Free Kick shall be awarded to the non-offending team from the spot of the ball, unless the game had been stopped for some other reason calling for a different restart. **NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

Art. 3...A player, coach or bench personnel shall be disqualified (red card) for:

- a. Exhibiting violent conduct;

PENALTY: Direct or Indirect Free Kick from the spot of the ball.

- b. committing serious foul play;
 1. a player anywhere on the field (other than a goalkeeper within his/her own penalty area) who deliberately handles a ball to prevent it from going into the goal;
 2. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.

PENALTY: Direct Free Kick

- c. spitting at another person.

PENALTY: Direct or Indirect Free Kick depending on the situation.

- d. using insulting or abusive language;
- e. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

PENALTY: Indirect Free Kick from the spot of the ball, unless the game has been stopped for some other reason calling for a different restart. **NOTE:** If a player is disqualified, he will receive a one week suspension. This means the player will be barred from the following week's practices and game.

Art. 4... A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any further contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game.

PENALTY: Indirect Free Kick after the coach complies, the game shall be restarted from the spot of the ball, unless the game has been stopped for some other reason calling for a different restart.

A disqualified player cannot be replaced. **EXCEPTION:** the goalie may be replaced but the team must play a player down.

Rule 12

Free Kick

SECTION 1 DESCRIPTION OF A FREE KICK

Art. 1...Free kicks shall be classified "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is touched or played by another player of either team.

Art. 2...All free kicks, with the exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except certain temporary suspensions of play; e.g. fouls for misconduct committed by bench personnel during a live ball and fouls committed in the goal area by either team.

Art. 3...Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area.

Art. 4...Any indirect free kick awarded to the attacking team within its opponents goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed.

Art. 5...Any player of the offended team may take a free kick.

SECTION 2 WHEN AWARDED

Art. 1...Direct free kicks are awarded:

- a. if a player spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent;
- b. if a player trips or attempts to trip an opponent;
- c. if a goalkeeper attempts to strike, strikes or pushes an opponent with the ball;
- d. if a player, other than the goalkeeper in his/her own penalty area, deliberately handles the ball;
- e. if a player pushes an opponent or places a hand(s) or arm(s) extended from the body;
- f. if a player holds an opponent or places a hand(s) on an opponent in an effort to reach the ball;
- g. if a player charges an opponent in a violent or dangerous manner;
- h. if a player charges into an opponent while the opponent, in the act of playing the ball, has both feet off the ground,
- i. if a player charges into the goalkeeper.

Art. 2...Indirect free kicks are awarded and taken from the point of the infraction:

- a. if the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick or by the thrower following a throw-in;
- b. if a player is penalized for being offside;
- c. if a player fairly charges into an opponent when neither is within playing distance of the ball;
- d. if a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball;
- e. if a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper;
- f. For dangerous play;
- g. if the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball;
- h. If the goalkeeper delays in relinquishing possession of the ball;
- i. If the game is stopped for misconduct of a player and no other restart takes precedence;

The following indirect free kicks are taken from where the ball was when the referee stopped play:

- j. if a player, coach or bench personnel enters or leaves the field of play without permission of an official;
- k. for temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball
- l. if the game is stopped because of misconduct by a person in the team and coaching area.

SECTION 3 HOW TAKEN

Art. 1...Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area in addition to being 10 yards from the ball and must remain there until the ball clears the penalty area.

PENALTY: An official shall caution a player who fails to move the required distance away from the ball or engages in time-wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team.

Art. 2...The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a rekick.

Art. 3...After the free kick, the ball may be played by any player except the one who executed the free kick. The kicker may not play the ball until it has been touched or played by another player.

PENALTY: Indirect free kick awarded to the opponent from the spot of the foul.

Rule 13

Penalty Kick

SECTION 1 PENALTY KICK

Art. 1...A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct kick, occurs within the offending team's penalty area.

Art. 2...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 behind the penalty-mark until the ball is kicked.

Art. 3...The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.

PENALTY: Encroachment by the defending team is not penalized if the goal is scored. If a goal is not scored on the penalty kick, it is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no rekick. If the ball rebounds into play, the game shall be stopped and restarted with an indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

Art. 4...The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty kick mark. To be in play, the ball shall be moved forward. Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a rekick.

Art. 5...After the penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.

PENALTY: Indirect Free Kick awarded to the opponents from the spot of the foul.

Art. 6...If the ball touches the goalkeeper before passing between the goal posts, when a penalty kick is taken at or after the expiration of time, it does not nullify any goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball (once) with the goalkeeper in place.

Rule 14

Throw-In

SECTION 1 THROW-IN FROM THE TOUCHLINE

Art. 1...A throw-in shall be awarded to a team when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.

Art. 2...The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.

PENALTY: Throw-in awarded to the opponents from the spot of the foul.

Art. 3...An opponent shall not interfere with nor in any way impede the actions of the thrower while the throw-in is being taken.

PENALTY: An official shall administer a caution for unsportsmanlike conduct.

Art. 4...On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player. If the ball fails to enter the field of play, it shall be rethrown.

PENALTY: Indirect Free Kick awarded to the opponents from the spot of the infraction.

Art. 5...If the ball fails to enter the field of play on a throw-in, the ball is awarded to the opponent at the spot of the infraction.

Rule 15

Goal Kick

SECTION 1 GOAL KICK

Art. 1...A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal post 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.

Art. 2...Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

Art. 3...Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

Art. 4...After the goal kick leaves the penalty area, 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.

PENALTY: Indirect Free Kick awarded to the opponents from the spot of the foul.

Art. 5...The goalkeeper shall not pick up the ball and play it.

Rule 16

Corner Kick

SECTION 1 CORNER KICK

Art. 1...A corner kick shall be awarded to the attacking team when the entire ball passes over 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 by the defending team. A goal may be scored directly from a corner kick.

Art. 2...Players of the defending team shall be at least 10 yards from the ball until it has been kicked.

Art. 3...The ball shall be kicked from the ground within the quarter circle, including on the lines, nearest where the ball left the field of play. The ball is in play when it is kicked and moves. Failure to kick the ball as specified shall result in a rekick.

Art. 4...An offensive player who is not offside during the corner kick may be put in an offside position during a subsequent play.

Art. 5...After the corner kick, the ball may be played by any player except the one who executed the corner kick. The kicker may not play the ball until it has been touched or played by another player.

PENALTY: Indirect Free Kick awarded to the opponent from the spot of the foul.

Rule 17

Definitions

SECTION SEVENTEEN: DEFINITIONS OF PLAYING TERMS

ADVANTAGE – A discretionary judgment, which allows an official to permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.

AIR DRIBBLE – A maneuver by the goalkeeper whereby he/she tosses the ball in the air and takes one or more steps before catching the ball. While the ball is in the air, he/she is considered to be in control of the ball and it may not be played by an opponent.

BENCH PERSONNEL – Anyone within the team area.

CAUTIONED PLAYER – A player notified by an official that his/her activities are not in the best interest of the contest. Such player must be shown a yellow card and shall leave the field and may be replaced.

CHARGE – An act by a defensive player employing body contact to cause an offensive player to lose or give up possession of the ball. A fair charge must have all the elements present, which are set down in the rules. An unfair charge has one or more of those elements absent.

DEAD BALL – A term used to indicate a time when the ball is out-of-play. A goal can never be scored while the ball is dead.

DEFENSE – Team not in possession of the ball. A team remains on defense until it establishes possession of the ball.

DELIBERATE FOUL – A purposely planned act done to disrupt the game and to gain an advantage through the unfair act.

DIRECT FREE KICK – A free kick from which a goal can be scored without being touched by a second player.

DISQUALIFIED PLAYER – A player barred from further participation in the game. Such player shall be shown a red card and shall not be replaced during the game, except if the red carded player is the goalkeeper.

DRIBBLER – An offensive player in control of the ball who attempts to move the ball by periodic touches with the feet.

DROP BALL – A method by which a dead ball becomes alive. An official drops the ball to the ground. When the ball strikes the ground, it becomes alive and may be played by anyone.

ENCROACHMENT – The act, by one or more defenders, of advancing within 10 yards of the ball prior to the taking of a free kick.

EXCESSIVE CELEBRATION – Any delay, excessive or prolonged act(s) by which a player(s) attempt to focus attention upon themselves and/or prohibit(s) a timely restart of the game.

FORFEIT – The loss of a game because of termination.

FREE KICK – A method by which a dead ball becomes alive. The ball is placed on the ground and while motionless; it is kicked unchallenged in any direction prior to being touched by another player. The ball is considered to have moved when it is touched by the kicker's foot.

GOAL LINE – Shorter boundary lines. The entire line is within the field of play.

GOALKEEPER – The only designated player of each team who may handle the ball within his/her own penalty area.

HANDLING – Deliberately playing the ball with one's hand or arm. The hand or arm must move toward the ball or the hand or arm must be carried in an unnatural position before an infraction of the rule can be charged.

HITCH-KICK (SCISSORS-KICK) – A maneuver in which a kicker's feet leave the ground with the feet usually at a higher elevation than the head. The ball may be kicked over the kicker's head in a single motion.

INDIRECT FREE KICK – A free kick from which a goal may not be scored unless the ball is played or touched by another player of either team.

KICKER – A player who attempts to, or does kick the ball.

LIVE BALL – A term which indicates that the ball has been legally kicked or thrown by a player, or dropped by an official and is in play.

OBSTRUCTION – The deliberate act by a player of running between an opponent and the ball, or using the body as an obstacle when not in possession of the ball, or not attempting to play the ball.

OFFENSE (ATTACKING TEAM) – Team which is in possession of the ball.

OFFSIDE – An infraction which occurs when an official judges a player in an offside position involved in active play by interfering with play or with an opponent, or gaining an advantage by being in an offside position.

PARRYING – The clear attempt by the goalkeeper to control and/or deflect the ball down or out with the hands or arms.

PASS – The movement of the ball from one player to another by foot, head, or other portion of the body (other than the hand).

PENALTY KICK – A kick awarded to a team because an opponent was charged with one of the offenses, within his/her own penalty area, which requires a direct free kick.

PLAYER – A team member who occupies a position on the field of play during the actual playing time limits of the game, beginning with the opening kickoff and ending with the conclusion of the game, excluding intervals between periods. A substitute becomes a player when he/she is beckoned onto the field of play by an official, at which point the replaced individual is no longer a player.

PLAYING DISTANCE – The distance between the player and the ball, which the official judges to be adequate to control the ball. It will seldom exceed two steps (six feet).

POSSESSION – A live ball controlled by a team, player or a goalkeeper. A controlled ball is one, which may be passed, thrown, dribbled or shot on goal by a player.

SERIOUS FOUL PLAY – A play in which a player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense takes place in the penalty area) and uses disproportionate and unnecessary force when playing for the ball against an opponent. Serious foul play also includes the following:
A player anywhere on the field (other than a goalkeeper within his/her own penalty area) deliberately handling a ball to prevent it from going into the goal;
a foul by a player against an opponent who is moving toward a goal with an obvious opportunity to score.
Spitting at or on another person.

SHIELDING – Movement by a player in control of the ball (within playing distance) designed to prevent an opponent from gaining possession or prevent him/her from tackling the ball.

SLIDE TACKLE – A maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in possession of an opponent.

SUBSTITUTION – The replacement of at least one player by a substitute.

SUSPENDED – A term which indicates that a game has been interrupted by the referee because of conditions which make it impossible to continue play but are not the fault of the participants or spectators. Examples of such conditions include inclement weather, power failure, or other emergency affecting playing conditions.

TACKLE – The use of feet to take a ball away from a player in control.

TAUNTING – Use of word or act to incite or degrade an opposing player, coach, referee or other individual.

TERMINATED – A term which indicates that a game has been ended by the referee for action of the participants or spectators such as refusal to play or disorder. The status of the game, which may include forfeiture, shall be determined by proper authority.

THROW-IN – A method by which a dead ball becomes alive. A player throws the ball using both hands with equal force. The ball must be delivered from behind and over the head in one continuous movement, while both feet are on the ground on or behind the touchline and the player must be facing the field.

TOUCHLINE – Longer boundary lines. The entire line is within the field of play.

VIOLENT CONDUCT – The commission of a violent act against an opponent, an official, a spectator, teammate or other individuals when the ball is in or out of play.

WARNING – A verbal admonition to a coach or player for conduct not in the best interest of the game. Repeat warning(s) necessitates an official caution.

COACHES CODE OF ETHICS

The function of a coach is to properly educate students through participation in interscholastic competition. Each child should be treated as though they were the coaches' own and their welfare shall be uppermost at all times. In recognition of this, the following guidelines for coaches have been adopted.

The coach must be aware that he or she has a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning over the value of instilling the highest desirable ideals of character.

The coach must constantly uphold the honor and dignity of the profession. In all personal contact with the players, parents, other coaches and officials, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall avoid the use of tobacco products when in contact with players.

The coach shall be thoroughly acquainted with the contest rules and is responsible for their interpretation to team members. The spirit and letter of rules should be regarded as mutual agreements. The coach shall not try to seek an advantage by circumvention of the spirit or letter of the rules.

Coaches shall actively use their influence to enhance sportsmanship by their spectators.

Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct, which will incite players or spectators against officials. Public criticism of officials or players is **unethical**.

Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.

It is unethical for a coach to scout opponents.

Dealing with Parents

Coaching a Youth League team is exciting and rewarding. But from time to time, you may experience difficulty with parents. Some may want their children to play more or they might question some of your judgments as a coach. This is normal, so don't feel that you are alone if this happens.

Here are a few thoughts to remember when dealing with parents:

1. Always *listen* to their ideas and feelings. Remember that they are interested and concerned because it is their children that are involved. Encourage parental involvement.
2. Express appreciation for their interest and concern. This will make them more open and at ease with you.
3. No coach can please everyone. Don't Try.
4. Know what your objectives are and do what you believe to be of value to the team, not the parents
5. Make certain all parents know *your* ground rules. Have rules, regulations, your philosophy, practice dates and times, etc. printed on a sheet of paper you can pass out to *all* parents. Have a parent meeting before the season begins to discuss your operating procedures if necessary.
6. Resist unfair pressure. You are the coach and it's your responsibility to make the final decisions.
7. Most important, be fair. If you treat all players equally, you will gain respect.
8. Be consistent! If you change a rule or philosophy during the season, you may be in for some trouble. If you *do* change something, make *sure* the parents are informed as soon as possible.
9. Handle any confrontation one-on-one and not in a crowd situation. Don't be defensive. Don't argue with a parent. Listen to their viewpoint, and thank them for it.
10. Don't discuss individual players with *other* parents. The grapevine will hang you every time.
11. Ask parents *not* to criticize their children during a practice or a game. Don't let your players be humiliated, even by their own parents. Explain that you must be under *complete* control of your team when they are on your "turf".
12. Don't blame the players for their parents' actions, if negative. Try to maintain a fair attitude.
13. Parents must accept the fact that referees, coaches and other league officials are *volunteers* and should not be subjected to criticism during games.

Always remember that you will be dealing with all types of children and parents with different backgrounds and ideals. One of your main challenges as a coach is to deal with these differences in a positive manner so the team's season will be an exciting and enjoyable experience for all.

General Guidelines for Parents, Players and Coaches

To avoid disagreements, frustrations, and questions of proper conduct, it is necessary to state clearly what role parents; players and coaches play in organized soccer. Each group should understand the philosophy of the league, and if they wish to participate, they must follow the rules for the league. Following are some basic, common sense expectations of parents, players and coaches about to become involved in youth soccer.

Parents

1. The primary reason children play is to have fun, not so much to win or to be with their friends.
2. Demand that your child play fairly, within the rules of the game.
3. Help the coaches in any way possible. Remember that they are volunteers and usually parents, too.
4. Don't make negative comments to any child, especially your own. Understand that when one of the players makes a mistake, he didn't do it on purpose; your method of correction should reflect that.
5. Praise the effort of every player; remember the lesser skilled players are just as important as the superstars.
6. Be a parent who leads by example. Don't say one thing and do another.

Players

1. Always play fairly within the rules.
2. Maintain poise under difficult conditions. It's very easy to maintain composure when things go right; when they don't, real athletes step forward and stand up to the test.
3. Control your emotions, even if you feel your opponent is playing unfairly.
4. Support and encourage your teammates at all times. Any mistakes they make are surely not done on purpose.
5. Play as hard as you can in practice and games. Don't let your teammates down because of your lack of effort.
6. Show respect to your coaches and referees. Without them you would not be playing the game.

Coaches

1. Kids play soccer to have fun, so any decision you make concerning them should reflect that.
2. Be a knowledgeable coach. Read about soccer; discuss soccer with other coaches; go to clinics. You must know what you are talking about.
3. Demand that your players play within the rules of the game. If they win dishonestly, they haven't won at all.
4. Set a positive example for your players. Respect isn't given to anyone; it must be earned.
5. The safety of your players must be a priority. Don't take chances with their health or well being. Winning the game means little when compared to overall safety.
6. Respect the opposing team and the referees, whether you approve of their actions or not.

Important Things Your Player Should Know

1. A good soccer player must have skills, conditioning and tactical knowledge. A player must work on all three to be the best they can be.
2. When your team has the ball, everyone is on offense; when your opponent has the ball, everyone is on defense.
3. In most sports you need to be balanced on both feet. In soccer, you must also have superior balance (to shoot, pass, receive, etc.) on one foot. The best way to develop and improve balance on one foot is by juggling.
4. If you lose the ball, you should be the first person on defense. Giving immediate chase is the first rule of defense.
5. When changing from offense to defense, sprint to get between your person and the goal you are defending.
6. Beat your opponent to the ball. It is more difficult for you opponent to score a goal if they don't have the ball.
7. If your opponent has the ball and their back is to you, do not let them turn with the ball or they can pass or dribble forward and shoot.
8. After a goal, always thank your teammate for the assist. Quite often that player has made the tougher play.
9. Never criticize the goalie after a goal; before the ball got by them, ten players also let the ball get by them.
10. In a soccer game, only one team plays soccer. The other team chases. What would you like to do? Maintain possession of the ball.
11. **Good dribblers give up the ball before they are in trouble, not after they are in trouble.**
12. Do not say anything to a referee. They are not dishonest, but sometimes they will make mistakes, just as we do.
13. An effort of 99 percent or less will not win championships or ball games against good competition.
14. Win, lose, or tie, if you have given 100% when you walk off the field, you have nothing to be ashamed of and should not have any regrets.

