



RULES FOR U10 COED IN-HOUSE DIVISION

LAW I - FIELD OF PLAY

DIMENSIONS

The field of play should be rectangular.

U10 Field Size: 60yds x 40yds

MARKINGS

A. General

1. The field of play shall be marked with distinctive lines, not more than 5 inches in width.
2. Marking must be of some material that is not injurious to eyes or skin.

B. Flags

1. A flag on a post at least five (5) feet high and at least one (1) inch in diameter having a non-pointed top shall be placed at each corner of the field.

C. The Halfway-Line and Center Circle

1. A halfway line shall be marked joining the midpoint of each touch line.
2. From the midpoint of the halfway line, a circle shall be marked with an appropriate radius:
(U10) - eight (8) yards

THE GOAL AREA

A goal area is marked by lines perpendicular to the goal line five yards from the inner side of each goal post, four yards into the field, and joined by a line parallel to the goal line.

THE CORNER ARC

A quarter circle with a radius of one yard shall be drawn inside each of the four corners of the field.

THE GOALS

A. The goals are placed at the midpoint of each goal-line with each upright the same distance from the corner flag.

1. For (U10) the uprights are eighteen (18) feet apart (inside measurement), joined by a crossbar seven (7) feet from the ground (to the lower edge) if goalkeepers are used.

B. Uprights and crossbar should have the same width.

C. Goal nets shall be attached to the post and crossbar and fastened to the ground in such a manner as to not interfere with the goalkeeper.

D. For safety reasons, the goals, including those that are portable, must be anchored securely to the ground.

THE PENALTY AREA

A. (U10):

1. The Penalty Area is marked by lines perpendicular to the goal line ten (10) yards from the inner side of each goal post, twelve (12) yards into the field, and joined by a line parallel to the goal line.

2. A Penalty Mark shall be a spot no larger than nine (9) inches in diameter made eight (8) yards from the goal line, opposite the center of the goal.

3. From the center of the Penalty Mark, an arc of eight (8) yards radius shall be marked outside the penalty area.

----- NOTES -----

1. The goal line should be the same width as the depth of the goal posts.

2. All markings are part of the areas they enclose.

3. If a crossbar becomes damaged and falls, or is in danger of falling, it must be removed. Games may continue with the approval of both coaches. The referee's judgment will determine whether any particular shot would have been under the crossbar, had one been there.

4. Goals should be painted white.

5. If the field is not adequately lined or if there are no nets on the goals, the game will proceed to the best of the referee's judgment.
6. If the Referee determines the field to be unsafe for play, the game shall be abandoned.

LAW II - THE BALL

1. The ball shall be spherical.
2. U10 Shall use a size 4 ball.
3. The ball will not be changed during the game without the approval of the referee(s).

REPLACEMENT OF A DEFECTIVE BALL

1. If the ball bursts or becomes defective during the course of a match:
 - the match is stopped
 - the match is restarted in accordance with Law VIII-7

LAW III - PLAYERS & SUBSTITUTIONS

1. SHORT-SIDED

Short-sided games will be played by two teams each using the following criteria:

A. 7v7 games

1. not more than seven players, and
2. not fewer than five players,
3. Goalkeeper is required.

2. PLAYER

A player is a team member who has been given permission by the referee to enter the field of play. All others are substitutes.

3. SUBSTITUTIONS

The following substitutes may only be made with the permission of the referee:

- A. Both teams may substitute any number of players.
 1. on a goal kick
 2. after a goal
 3. during an extended time out (as for an injury)
 4. between periods

5. when the referee stops the game to issue a caution or a send-off

B. the team in possession of the ball on a throw-in may substitute any number of players. If the team in possession chooses to substitute, the opposing team may also substitute any number of players. A substitute becomes a player when they are acknowledged by the referee.

4. INFRINGEMENTS/SANCTIONS

Any substitute entering the field of play without the permission of the referee, or any substitute who interferes with play whether by upon entering or leaving the field of play shall be subject to punishment for illegal substitution. If the infraction is noted while the ball is in play, the referee shall stop play. Play is to be restarted with an Indirect Free Kick against the offending team at the location where the ball was when play was stopped.

5. CHANGING THE GOALKEEPER

During the progress of the game, the referee must be notified specifically before the Goalkeeper is changed (except when change is made between periods).

6. IMPROPER CHANGING THE GOALKEEPER

Any player on the field changing places with the goalkeeper without the permission of the referee while the ball is in play, shall be subject to punishment for improper change. Play is not stopped. At the next stoppage of play, both players will be cautioned.

7. PLAYERS SENT OFF

A player ejected after the game starts may not be replaced.

----- NOTES -----

If a member of a team is ejected before the game begins, the team does not have to play "short".

A player joining or rejoining his or her team that has fewer than eleven players on the field after the start of the match shall first draw the attention of the referee from the touchline; and may enter or re-enter the field only with the permission of the referee. The signal from the referee shall be made by a definite gesture which makes the player understand that he or she may come into the field of play; it is not necessary to wait until the game is stopped (this does not apply in respect of an infringement of Law IV), but the referee is the sole judge of the moment in which he gives his signal of acknowledgement.

LAW IV - PLAYERS' EQUIPMENT

1. INSPECTION

Prior to any game the referee shall inspect the player's equipment and prevent any player whose equipment does not conform to the requirements of this Law from playing until such time as it does comply.

2. SAFETY

A player shall not wear anything which is dangerous to another player or himself or herself.

3. BASIC EQUIPMENT

The basic compulsory equipment of a player shall consist of:

- jersey
- shorts
- socks
- shin-guards
- cleats

4. UNIFORMS

- A.** All players on a team must wear jerseys of the same color
- B.** The goalkeeper must wear a color different than that of either team, and the referee
- C.** It is the responsibility of the home team to change to a different color if the two teams normally wear the same color
- D.** Numbers on shirts are required and must be different for each player. However, when a team must wear alternate shirts, because of a color conflict, such shirts need not be numbered
- E.** For an unresolved color conflict, the referee may permit the game to proceed.

5. SHIN-GUARDS

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

6. FOOTWEAR

- A.** Shoes shall be made for and designated as soccer footwear
- B.** Shoes shall be properly tied (or otherwise appropriately fashioned)

7. PERSONAL EQUIPMENT

A. Illegal equipment: The following shall be considered examples of illegal equipment, and shall not be worn by any player.

- Shin-guards with exposed sharp edges

- jewelry or watches
- face or spectacle guards
- helmets of hard material
- any type of cast or splint (other than so-called inflated "air" casts or splints), even though covered with soft padding
- knee brace(s) - unless wrapped and covered with soft padding and approved by the referee
- cleats with sharp edges
- foreign objects in the mouth (such as gum or ice), other than internal orthodontic devices

NOTE: The foregoing examples are not intended to be all-inclusive. The referee may determine other equipment to be illegal or dangerous. However, the items listed in 7-A are to be considered illegal equipment (except as noted) at all times. Use of these items shall not be permitted at any time, even by agreement between the coaches and the referee.

B. Legal Equipment: The following shall be considered examples of legal equipment, and as such may (except as noted) be worn by any player:

- soft head wear such as knit cap
- goalkeepers may wear gloves
- a soft-billed cap or a properly fitted and fastened safety helmet, made of foam or other soft material
- hearing aids
- eyeglasses, with or without strap
- contact lenses
- soft glove
- warm-up suit, hooded sweatshirts, sweat pants and similar soft apparel - but **only** if worn **under** the player's uniform.

8. PUNISHMENT

For any infringement of this Law, the player shall be instructed by the referee to immediately:

1. adjust his (or her) equipment or
2. obtain missing equipment, or
3. leave the field of play to do so, if correction on the field is deemed to be impractical

A player who has been instructed to leave the field of play shall not return without first reporting to the referee, who shall determine that the player's equipment is in order.

The player shall only re-enter the game at a moment when the ball has ceased to be in play and only with the referee's consent.

LAW VII - THE DURATION OF THE MATCH

1. PERIODS OF PLAY

All games will be played in quarters with a kick-off to begin each quarter.

- The team kicking off in the 1st half will allow the other team to kick-off in the 2nd half.
- Teams will **change ends at the end of each Half**.

2. TIME OF QUARTERS

- 25-minute halves

3. INTERVALS BETWEEN QUARTERS

The half-time interval will be five minutes.

4. END OF PLAY

Play ends exactly at the instant that time runs out, regardless of the position or motion of the ball at that time.

5. STOPPED GAME

If a game has been stopped for any reason, and it cannot be restarted:

- If less than one-half has been played, it must be rescheduled in its entirety;
- however,
- If at least one-half has been played, it may be considered an official game.

LAW VIII - THE START AND RESTART OF PLAY

1. PRELIMINARIES

A coin is tossed and the team which wins the toss decides the choice of ends. The team winning the toss will decide which goal it will attack during the first period. The other team takes the kick-off to start the match.

2. KICK-OFF

Upon the referee's whistle, the game is started or restarted by a player taking a kick from the center mark. Until the ball is kicked, the players:

- of each team must be in their team's half of the field, and
- the players of the opposing team must be at least the following distances from the ball:
 - (U10) - eight (8) yards

3. PLAY STARTS

On a kick-off, the ball is in play when it is kicked and moves forward.

4. DROPPED BALL

The kicker may not play the ball again until it has been touched by another player.

PUNISHMENT- For playing the ball twice, an indirect free kick is awarded to the opposing team at the point where it was played a second time.

5. GOAL FROM KICK-OFF

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

6. AFTER GOAL

After a goal has been scored, the game is restarted with a kick-off by the team scored against.

7. TEMPORARY STOPPAGE

On any occasion where it is necessary for the referee to temporarily stop a game, while the ball was in play, for any reason not mentioned elsewhere in these Laws, play is restarted with a drop ball, except as follows:

·If the ball was in play within the goal area and not in possession of the goalkeeper when the stoppage occurred, it shall be dropped on that part of the goal area line which runs parallel to the goal-line at the point nearest to where the ball was when play was stopped.

·If the ball was in the clear possession of the goalkeeper or in clear possession of one of the teams when the stoppage occurred, play will be restarted with an indirect free kick taken by the team in control or in possession of the ball at the place where it was when the stoppage occurred, and in accordance with the overriding conditions of Law XIII.

8. DROP BALL

A drop ball shall be in play when it touches the ground.

9. INFRINGEMENTS

If a player plays the ball before it touches the ground, the referee shall again drop the ball.

LAW IX - BALL IN AND OUT OF PLAY

1. BALL OUT OF PLAY

The ball is out of play when:

the whole of the ball completely passes over the goal line or touch line, whether on the ground or in the air, or when the game has been stopped by the referee.

2. BALL IN PLAY

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

- A.** if it rebounds from a goal post, cross bar or corner flag and remains in the field of play
- B.** if it strikes the referee or assistant referee without leaving the field of play
- C.** if there is an apparent infringement, but no signal has been given by the referee.

LAW X - METHOD OF SCORING

1. GOAL SCORED

Except as otherwise provided by these Laws, a goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

2. WINNING TEAM

The team scoring more goals shall be the winner. If both teams score an equal number of goals, or if no goals are scored, the game shall be a draw.

----- NOTES -----

BALL POSITION

A goal may not be allowed if the whole of the ball has not crossed the goal line.

OUTSIDE AGENT

If the ball is stopped by an outside agent (i.e., dog, spectator), play shall be stopped.

- A.** Then shall be restarted appropriately in accordance with Law VIII-7, where the ball came into contact with the interference.
- B.** A goal may not be allowed if the ball touches an outside agent before entering the goal.
- C.** The referee is not an outside agent.

REFEREE DECISION

The referee may not award a goal unless in a position to observe and be certain that the ball has completely crossed the goal-line, or an assistant referee in such a position and signals that fact to the referee.

LAW XV - THROW-IN

1. RESTART

When the whole of the ball has passed over a touchline, either on the ground or in the air, it shall be put in play by a throw-in in any direction at the point where it crossed the line, by a player of the team opposite to that of the player who touched it last.

2. PROCEDURE

The thrower:

A. At the moment of delivering the ball, must face the field of play and part of each foot shall be either on the touchline or on the ground outside the touchline and part of each foot shall be in contact with the ground, and

B. Shall use both hands, and shall deliver the ball from behind and over his or her head

3. DISTANCE

All opposing players must remain at least two (2) yards from the thrower until the ball is in play.

4. IN PLAY

The ball shall be in play immediately upon entering the field of play after having been released by the thrower, but the thrower shall not again play the ball until it has been touched by another player.

5. GOAL SCORED

A goal may **NOT** be scored directly from a throw-in.

6. OFFSIDE

The Offside Law does not apply at the taking of a throw-in

6. INFRINGEMENTS/SANCTIONS

A. For an improper throw-in, it shall be taken by the other team. The same shall be true if the throw-in is not taken at the point where the ball went out.

B. For playing the ball a second time, an indirect free kick shall be taken by the opposing team at the point of the offense.

NOTES

1. If a player taking a throw-in plays the ball a second time by handling it within the field of play before it has been touched or played by another player, the referee shall award a direct free kick.
2. If, when a throw-in is being taken, any of the opposing players dance about or wave their hands in a way calculated to distract or impede the thrower, it shall be deemed unsporting behavior, for which the offender(s) shall be cautioned.
3. If the ball does not enter the field or hits the ground before entering the field, the throw-in is retaken.
4. In a (U8) division game when an improper throw-in is taken, the referee should stop play, explain the proper procedure to the player and allow the throw-in to be retaken.

LAW XVI - GOAL KICK

1. PROCEDURE

When the ball passes completely over the defending team's goal line and was last touched by an attacking player, and a goal was not scored, it shall be put into play by a kick taken:

- by a player of the defending team
- from a point anywhere within the goal area

2. IN PLAY

The ball shall be in play as soon as the player with the goal kick touches the ball into play. The ball does not have to leave the penalty box. Once the player touches it, it is in play.

If the player is beyond the lines of where they are supposed to be, the goal kick shall be retaken.

3. SECOND TOUCH

If a player taking a goal kick touches the ball again, but before it is touched by another player, an indirect free kick shall be awarded to the opposing team. The kick will be taken from the place where the second touch occurred.

4. GOAL SCORED

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

5. ATTACKER POSITION

In the **U10** Division, players of the opposing team shall remain just beyond the dashed break out line (dashed line) until the player has put the ball in play.

LAW XVII - CORNER KICK

1. PROCEDURE

When the ball passes completely over the defending team's goal line, and was last touched by a defending player, and a goal was not scored, it shall be put back into play by a kick taken:

- by a player of the attacking team,
- from the corner of the field nearest to where the ball crossed the goal line.

2. PLACEMENT

The ball must be placed on or within the Corner Arc.

3. CORNER FLAG

The corner flag may **NOT** be moved by a player for taking of the corner kick

4. GOAL SCORED

A goal **MAY** be scored directly from a goal kick

5. REQUIRED DISTANCE

Defending players must remain the distance noted below from the Corner Arc until the ball has been kicked and moves.

- (U10) - **eight (8) yards**

6. SECOND TOUCH

If the player taking the corner kick touches the ball a second time before it has been touched by another player, an indirect free kick shall be awarded to the opposing team at the point of the offense. The kick will be taken from the place where the second touch occurred.

LAW XI - OFFSIDE

1. OFFSIDE POSITION

A player is in an offside position if the player:

- nearer the opponent's goal line than the ball and ...
- not in his own half of the field ... and ...
- closer to the opponent's goal line than at least two opponents.

NOTE: A player who is even with the second last opponent or with the last two opponents is not in an offside position.

2. OFFENSE

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, in the opinion of the referee, involved in active play by:

- interfering with play ... or ...
- interfering with an opponent ... or ...
- having gained an advantage by being in that position.

3. NO OFFENSE

A player shall not be declared offside:

- A. merely because of being in an offside position, or
- B. if the player receives the ball directly from
 - a goal kick,
 - a throw-in, or a corner kick.

4. PUNISHMENT

If a player is declared offside, the referee shall award an indirect free kick to the opposing team subject to the overriding conditions of Law XIII.

- The kick shall be taken by an opponent from the place where the offside offense occurred.
- The offense occurs where the player is when the teammate played or touched the ball.

----- NOTES -----

1. Offside shall be judged at the moment when the ball was last played or touched by a teammate, not at the moment the player in question receives the ball.
2. A player who is not in an offside position does not therefore become offside if he moves forward ahead of the ball or past the next to last defender during the flight of the ball.

LAW XII - FOULS AND MISCONDUCT

FOULS AND MISCONDUCT ARE PENALIZED AS FOLLOWS:

1. DIRECT FREE KICK

A. 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 involving disproportionate force:

1. kicks or attempts to kick an opponent, or the ball in possession of the goalkeeper; or
2. trips or attempts to trip an opponent; or
3. jumps at an opponent; or
4. charges an opponent; or
5. strikes or attempts to strike an opponent, including a goalie throwing the ball vigorously at an opponent, or pushing an opponent with the ball while still holding it; or
6. pushes an opponent.

B. A direct free kick is also awarded to the opposing team if a player commits any of the following four (4) offenses:

1. Slide Tackling
2. Holds an opponent; or
3. Spits at an opponent; or
4. Handles the ball deliberately, ie, carries, strikes or propels with hand or arm (this does not apply to the goalkeeper within his or her own penalty area)

C. The direct free kick shall be taken by the opposing team from the place where the offense occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free kick shall be taken from any point within the goal area.

D. In the (U8) division, all of the foregoing fouls shall result in an **INDIRECT** free kick.

2. PENALTY KICKS

A. Should a player of the defending team commit one of the above offenses within their own penalty area, he (or she) shall be Penalized by a penalty kick.

B. A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty area is committed.

C. Penalty kicks only apply to ages U10 and above.

3. INDIRECT FREE KICK

The commission of any of the following offenses will result in the award of an indirect free kick, taken by the opposing team at the point of infringement subject to the overriding conditions of Law XIII.:

A. DANGEROUS PLAY- Playing in a manner that could result in injury to the player or to any other player. "Dangerous Play" is a judgment call. The examples given are not exclusive:

1. Raising the foot, in an attempt to play the ball, to the level of another player's chest or higher when the opponent is in normal position.
2. Using a double kick (scissors, bicycle, or hitch kick) within playing distance of an opponent.
3. Lowering the head to a level of the waist or lower in an attempt to head the ball in the presence of another player.
4. Playing or attempting to play the ball while lying on the ground within playing distance of another player.

B. SLIDE TACKLING FROM THE REAR WITH NO CONTACT- A slide tackle made from outside the peripheral vision (the rear 180 degrees) of an opponent in control of the ball where no contact is made with either the ball or the player.

C. CHARGING FAIRLY- (i.e., with the shoulder to the shoulder of an opposing player, when each player has at least one foot on the ground) when the ball is not within playing distance of the players concerned.

D. OBSTRUCTION- When not playing the ball, intentionally interposing the body so as to impede an opponent's movement.

E. FOULS AGAINST THE GOALKEEPER- Charging a goalkeeper (1) while ball is in goalkeeper possession... or ... (2) in the goal area - whether or not the ball is in goalkeeper possession.

F. IMPROPER CLEARING OF THE BALL BY THE GOALKEEPER- The following rules shall apply to goalkeepers when clearing the ball:

1. Goalkeepers may run or walk with the ball and take any number of steps while inside the penalty area, as long as there is no excessive delay in clearing the ball.

a. The goalkeeper, from the moment he or she takes control of the ball with his or her hands, may take no more than six (6) seconds while holding, bouncing, or throwing the ball in the air and catching it again without releasing it into play.

b. The goalkeeper, having released the ball into play may not touch the ball again with his or her hands unless it has been touched or played.

i. by a player of the opposing team (either inside or outside of the penalty area; or

ii. subject to provision (c) below, by another player of the goalkeeper's team outside of the penalty area.

c. On any occasion when a player deliberately kicks the ball, or throws the ball on a throw-in to his own goalkeeper,

d. the goalkeeper is not permitted to touch it with his (or her) hands.

If, however, the goalkeeper does touch the ball with his (or her) hands, he (or she) 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, and in accordance with the overriding conditions of Law XIII.

4. CAUTION - YELLOW CARD

A. A caution shall be administered:

- 1.** If a player enters or leaves the field of play without the referee's permission
- 2.** If a player persistently infringes the Laws of the Game
- 3.** If dissent is shown by words or action with any decision of the referee
- 4.** If a player engages in unsporting behavior. For example: an attempt to prevent a throw-in from being taken, or to prevent a goalkeeper from clearing the ball, or use of inappropriate language or gestures.
- 5.** If a player fails to respect the required distance when play is restarted, or otherwise delays the restart of play.

B. The referee need not stop the game to administer a caution; the advantage clause may be invoked. The caution will be administered as soon as play stops.

C. If the referee stops the game to administer a caution, the game shall be restarted by an indirect free kick taken by a player of the opposing team from the place where the ball was when the referee stopped the game, subject to the overriding conditions of Law XIII.

A player receiving a caution may be substituted for and may not return until the team's next opportunity for substitution.

5. EJECTION - RED CARD

A. A player will be ejected from the game for:

1. violent conduct
2. serious foul play, including:
 - a. deliberately handling the ball, thereby denying his opponent a goal, or an obvious goal-scoring opportunity, (other than the goalkeeper within his own penalty area) and
 - b. impeding an opponent who is moving toward his opponent's goal with an obvious goal-scoring opportunity, by committing any offense punishable by a free, and thereby denies the attacking team an obvious goal-scoring opportunity

NOTE: Application of provisions 2a & 2b above may be at the ref's discretion for the (U8) division.

3. the use of offensive, insulting, or abusive language
4. An offense requiring a second caution

B. If the game is stopped to eject the player, no other Law having been infringed, an indirect free kick shall be awarded to the opposing team from the point of the offense, subject to the overriding conditions of Law XIII.

----- NOTES -----

"Possession" by the goalkeeper is having control, even if only one hand.

Charging of the goalkeeper in the goal area or when the ball is in goalkeeper possession, or attempting to kick a ball in the goalkeeper's possession **MUST** be punished by a caution or ejection, the choice to be subject to the referee's judgment.

If a player impedes the progress of the opposing goalkeeper, in an attempt to prevent him from putting the ball into play, the referee shall award an indirect free kicks.

If a player places his body between the ball and an opponent without touching it in an endeavor not to have it played by an opponent, he impedes but does not infringe Law XII-3.D while the ball remains within playing distance, and may be fair-charged while playing the ball

Deliberate parrying of the ball by a goalkeeper shall not be considered as goalkeeper possession and, as such, the goalkeeper is free to subsequently pick up the ball without being subject to penalty.

If a player positions his arms to impede the progress of an opponent and steps from one side to the other, moving his arms up and down to delay his opponent, forcing him to change course, but does not make "bodily contact": the player shall be cautioned for

unsporting behavior.

If a goalkeeper intentionally lies on the ball longer than is necessary, the goalkeeper shall be cautioned for unsporting behavior.

While caution and ejection rules also apply to coaches, it is recommended that play not be stopped merely to administer such caution or ejection. If play is stopped merely to administer such caution or ejection, play is to be restarted appropriately in accordance with Law VIII-7

Any player, whether he is within or outside the field of play, whose conduct is unsporting or violent, whether or not it is directed towards an opponent, teammate, the referee, an assistant referee, or other person, or who uses offensive, insulting or abusive language, shall be dealt with according to the nature of the offense committed.

If, when a referee is about to caution a player, and before he has done so, the player commits another offense that merits a caution, the player shall be ejected.

LAW XIII - FREE KICKS

1. TYPES OF FREE KICKS

There are two types of free kicks:

DIRECT: from which a goal can be scored without being touched by another player, of either team, against the offending team only

INDIRECT: from which a goal cannot be scored unless the ball has been touched by any other player, of either team, before it enters the goal.

2. OUTSIDE OWN PENALTY AREA

When a free kick is being taken by the kicking team outside their own Penalty Area (or in the (U8) division outside the Goalkeeper Area,

A. The ball may be kicked in any direction

B. Players of the opposing team

1. Should be at least the following distances from the ball until it has been kicked:

a. (U10) - eight (8) yards

2. Must beat least the following distance from the ball until it has been kicked:

a. (U10) - eight (8) yards, if requested by either the kicker or referee (in which case it is recommended that a second whistle be used to restart play).

C. In the case of an Indirect Free Kick being taken outside the opponent's Goal Area, but within less than the following distance from the opponent's goal

1. (U10) - eight (8) yards

The defending players may stand on the goal line, between the goal posts

If the players of the opposing side encroach within the distance noted in section 2B above of the ball, the referee may delay the taking of the free kick until the required distance is met. Encroachment is unsporting behavior.

3. INSIDE OWN PENALTY AREA

When a free kick is taken by the kicking team from inside its own Penalty Area.

A. all of the opposing players shall remain outside the Area and be at least the following distance from the ball until it has been kicked:

1. (U10) - eight (8) yards

B. to be in play, the ball must travel beyond the Area

C. the free kick must be retaken if the ball does not pass beyond the Area

D. If players of the opposing side encroach in the Area or within the distances noted in section 3A above, the referee may delay the taking of the free kick until the required distance is met. Encroachment is unsporting behavior.

4. ALL FREE KICK

A. The ball is in play when it is kicked and moves, except as noted in Section 3B above.

B. The ball must be stationary when the free kick is taken

5. (U8) AND OLDER

In the (U8) division and older, any free kick awarded to a defending team inside its own goal area shall be taken from a point anywhere within the goal area in which the offense occurred subject to the provision stated in Section 3 above.

7. WITHIN OPPONENT'S GOAL AREA

Any Indirect Free Kick awarded to the attacking team within its opponent's 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.

8. KICKER PLAYS BALL TWICE

The kicker may not play the ball again until it has been touched by another player.

PUNISHMENT: For playing the ball twice in succession, an Indirect Free Kick is awarded to the opposing team at the point where it was played the second time.

----- NOTES -----

1. To indicate an Indirect Free Kick, the referee shall raise an arm above his head. The referee shall retain the signal until the ball has been played or touched by another player or goes out of play.

2. When a free kick is being taken, players of the opposing team, who do not retire to the

proper distance, or attempt to delay the taking of a free kick by encroaching, or dance about or wave their arms in a way calculated to distract their opponents, shall be cautioned for unsporting behavior.

LAW XIV - PENALTY KICK

1. POSITION

A penalty kick shall be taken from the penalty mark.

2. POSITION OF PLAYERS

When the penalty kick is taken all players (other than the player taking the penalty kick and the opposing goalkeeper shall be):

- A. within the field of play,
- B. outside the penalty area,
- C. outside the penalty arc, and
- D. farther from the goal line than the penalty mark.

3. THE GOALKEEPER

The goalkeeper (who may be changed with another player on the field for the taking of the penalty kick):

- A. must remain on the goal line, between the goal posts, and may move along the goal line prior to the kick, but shall not come off the goal line until the ball has been kicked, and
- B. is permitted to move the body or arms - but not in an unsporting attempt to distract the kicker.

4. THE BALL

- A. must be kicked forward,
- B. is in play immediately after it has been kicked and moves, and
- C. may not be played a second time by the kicker until touched by another player.

5. GOAL SCORED

A goal may be scored directly from a penalty kick

6. INTERFERENCE

When a penalty kick is being taken a goal shall not be nullified if, before passing between the posts and under the crossbar the ball touches either or both goal posts, or the cross bar, or the goalkeeper, or any combination of these, providing that no other infringement has occurred

7. PUNISHMENT:

- A. For any infringement of this Law by the defending team.

1. If a goal is scored, the goal is allowed; but
 2. If a goal is not scored, the penalty kick **MUST BE** retaken
- B.** For any infringement of this Law by the attacking team.
1. If a goal is scored, the goal will be disallowed, and the penalty kick **MUST BE** retaken; but
 2. If a goal is not scored, play is stopped and an Indirect Free Kick at the spot of the infringement is taken by the opposing team.
- C.** If both teams infringe, the kick is re-taken.
- D.** If the kicker is guilty of playing the ball twice in succession an Indirect Free Kick is awarded to the defending team to be taken from the place where the infringement occurred, unless the offense is committed in the opponent's goal area, in which case the free kick shall be taken from a point anywhere within the goal area, and in accordance with the overriding conditions of Law XIII.

9. EXTENDED TIME PENALTY KICKS

- A.** When a quarter is extended to allow a penalty kick to be taken or re-taken, the extension shall last until the moment the penalty kick has been completed, i.e., until the referee has decided whether or not a goal is scored, and the quarter shall end immediately after the referee has made his decision. After the player taking the penalty kick has put the ball into play, no player other than the defending goalkeeper may play or touch the ball before the kick is completed.
- B.** On a penalty kick taken after time has expired, the kicker may not play the ball a second time.
- C.** When a penalty kick is being taken in extended time:
1. The provisions of all of the foregoing paragraphs, except NOTE 2b, shall apply in the usual way, and
 2. In the circumstances described in NOTES 2b, the game shall terminate immediately if the ball has rebounded from the goalkeeper, the cross bar, or the goal post.

----- NOTES -----

1. When the referee has awarded a penalty kick, he shall not signal for it to be taken, until the players have taken up position in accordance with the law.
2. If, after the kick has been taken, the ball
 - a. is stopped of course towards the goal, by an outside agent, the kick shall be re-taken.
 - b. rebounds into play from the goalkeeper, the cross bar or goal post, and is then stopped in its course by and outside agent,
the referee shall stop play and restart it with a drop ball.

3. If, after having given the signal for a penalty kick to be taken and before the ball has been kicked, any of the following situations occur, the referee shall allow the kick to proceed.

a. The goalkeeper moves off the goal line. If a goal is scored, the penalty kick shall be retaken.

b. A player of the defending team encroaches into the penalty area, or within ten (10) yards of the penalty mark (eight (8) yards or (U10)), or ahead of the ball. If a goal is not scored the penalty kick shall be retaken.

c. The player taking the kick is guilty of unsporting behavior

1. If a goal is scored, the penalty kick shall be re-taken

2. If a goal is not scored, an Indirect Free Kick shall be taken by the opposing team at the penalty mark.

d. A teammate of the player taking the kick encroaches into the penalty area or within ten (10) yards of the penalty mark

(eight (8) yards for (U10)), or ahead of the ball.

1. If a goal is scored, the penalty kick shall be re-taken

2. If a goal is not scored, an Indirect Free Kick shall be taken by the opposing team at the spot of infraction, or in the

case of an infraction by the goalkeeper anywhere within the goal area.

e. The goalkeeper moves off the goal line, and a teammate of the kicker encroaches into the penalty area, or within ten (10)

yards of the penalty mark (eight (8) yards for (U10)), or ahead of the ball. The penalty kick shall be re-taken.

f. A player(s) of each team encroaches into the penalty area, or within ten (10) yards of the penalty mark (eight (8) yards for

(U10), or ahead of the ball. The penalty kick shall be retaken.

LAW V – REFEREES

1. REFEREE SYSTEM

It is the Area's responsibility to decide the system of refereeing to be used within the Area.

2. NUMBER OF REFEREES

At least one referee shall be assigned to officiate each game.

3. REFEREE AUTHORITY

A. The power of penalizing shall extend to offenses committed when play has been temporarily suspended, or the ball is out of play.

B. The referee's decision on points of fact shall be final.

4. POWERS AND DUTIES

The referee shall:

- A.** Enforce the Laws
- B.** Refrain from penalizing in cases where doing so would be giving an advantage to the offending team.
- C.** Act as timekeeper
- D.** Have the authority to stop the game for any infringement of the Laws and to suspend or terminate the game if weather conditions or actions of spectators or players indicate that a stoppage is necessary. Such stoppages and the reasons therefore should be reported to the league administrator.

1. A referee may refuse to start a game, or may stop it once play has started, if in the referee's judgment, the condition of the ground is such as to endanger the players.

2. In the event of a storm, play must be stopped and suspended until the danger has passed using the following minimum criteria:

a. The sighting of lightning flash or the hearing of the sound of thunder shall be reason enough to stop and suspend a game, and

b. Play shall not be resumed prior to 30-minutes after the last sighting of lightning or the last sound of thunder heard.

E. Caution and show a yellow card to any player guilty of misconduct; and eject, and show a yellow card and then show a red card to the player who persists in misconduct. Any ejection should be reported promptly to the league administrator.

F. No one other than the active players and assistant referees can enter the field without permission.

G. Stop the game if a player is injured, but not during a drive on goal unless the injury appears to be serious. (The nearest official is obliged to quickly check the condition of the injured player.) The referee need only have reasons to believe that a player is seriously injured to stop the game, even if there is a drive on goal. The referee will ensure that any player bleeding from a wound leaves the field of play.

H. Eject and show red card to any player who is guilty of

1. violent conduct,

2. serious foul play, or

3. the use of offensive, insulting, or abusive language

I. Signal for the restart of the game after any stoppage.

1. A free kick may be taken as soon as the ball is properly placed, without a whistle. However, the referee may delay such a "quick" free kick at his or her discretion.

2. A signal with the whistle

a. may be given after a substitution

b. shall be given after an extended time out, or for the taking of a penalty kick,

or for the taking of a kick-off.

J. Restart the game appropriately, in accordance with Law VIII-7.,

1. After an injury (no foul having been committed); or
2. after unresolved referee decisions (such as when the referee blows his or her whistle by mistake); or
3. after any stoppage of play due to the condition of the field, its equipment, or the elements, but only after such conditions are remedied, or the danger passed to the satisfaction of the referee; or
4. when the referee is uncertain which team last touched the ball prior to it going over the touch line or goal line (but not between the goal posts).

K. Use appropriate hand signals.

L. Approve any balls to be used in the game.

----- NOTES -----

1. In (10) matches, it is recommended that all infractions be briefly explained by the Referee to the offending player.

2. A referee may reverse a decision as long as play has not been restarted.

3. If the "advantage" clause has been applied and the advantage that was anticipated does not develop at that time, the referee shall penalize the original offense.

4. Games should be played with as little interference as possible. It is the duty of the referees to penalize only deliberate breaches of Law. Constant whistling for trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of the spectators.

5. Games may not be forfeited by referees. Conditions indicating a possible forfeit must be reported to the District Representative for decision.

6. If a player or players, either on the same team or opposing teams, simultaneously commit two infringements, one of which calls for Indirect Free Kick, and the other of which calls for a Direct Free Kick shall be awarded.

7. If two players from opposing teams simultaneously commit two infringements, each of which calls for the same type of free kick (Indirect or Direct), the referee, exercising a reasonable discretion may either:

- a.** allow play to continue, or
 - b.** stop play, admonish, caution, or eject both players as may be appropriate and restart the game appropriately, in accordance with Law VIII-7

8. During the course of the game, all coaches may coach their players from the touch line, subject to the following:

- a.** Coaching shall be limited to verbal communication with the players of the coach's team by the coaches of that team.

- b.** Megaphone, bullhorns, etc. may not be used.

- c.** No coaching or comments shall be directed at players or coaches of the opposing team.

- d.** All coaches must remain on the side of the field where the team's substitutes are situated, and

- 1.** if both teams are on the same side, between the half-way line and the 18-yard line.

- 2.** if the teams are on opposing sides, between the 18-yard lines.

- e.** PUNISHMENT: For violation of Law V, Note 8

- 1.** The offending coach shall be cautioned, and

- 2.** The offending coach shall be ejected from the playing field upon receiving a second caution.

9. Guidelines for Referee Uniforms can be found in Appendix B or the Laws of the Game.