



# PLAYING LAWS RULEBOOK

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# Soccer Association for Youth **PLAYING RULES**

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**SAY NATIONAL  
REFEREE AND RULES COMMITTEE**

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## **RULE CHANGES**

Text highlighted in **GREY** indicates the new changes or clarifications that are effective at the beginning of the 2018-2019 seasons.

## **COMMUNICABLE DISEASE PROCEDURE**

When a player is bleeding, or has an open wound, or has an **excessive** amount of blood on the uniform, the player must immediately leave the game.

The bleeding must be stopped, the wound cleaned and covered, and the bloody uniform changed (or adequately cleaned or covered) before the player may return to the game.

## **LIGHTNING POLICY**

The safety of players and participants is of utmost importance. Soccer fields can be a dangerous place during severe weather.

- A. You are in danger if you can see lightning.
- B. You are in danger from lightning if you can hear thunder.
- C. Lightning often travels sideways as far as 10 miles and can strike away from any rainfall even when skies are blue.

In the event of a storm, games and/or practices must be stopped and suspended until the danger has passed using the following **minimum** criteria:

- (1) The sighting of a lightning flash or the hearing of the sound of thunder shall be reason enough to immediately stop and suspend a game or a practice session;
  - A. Do not wait until it rains.
  - B. Do not try to reach the end of a period or the end of a game.
- (2) Coaches shall take their players to a safe location upon suspension of a game and/or a practice session;
- (3) Following suspension of a game, the referees shall promptly leave the field to a safe location;
- (4) Play and/or practice shall not be resumed prior to 30 minutes after the last sighting of lightning or the last sound of thunder heard.

## **MEDICAL JEWELRY POLICY**

Any piece of clothing or jewelry that is clearly a medical-alert item must be allowed to be worn and must be secured so as not to be dangerous to other players. Refer to **SAY Playing Rules, Law IV-7-A-Notes**.

## **CONCUSSION POLICY**

As outlined in the SAY National Concussion Policy posted on [www.saysoccer.org](http://www.saysoccer.org), all coaches and officials, regardless of their age and/or status, will be required to complete a concussion training course every three (3) years. This training must be completed prior to being able to participate in any SAY activity, whether it be a practice or a game situation.

The policy outlines the “Removal-From” and “Return-to-Play” procedure. Namely, any athlete that exhibits signs and symptoms of concussion either during a practice or during a game, **MUST** be immediately removed. This athlete **MAY NOT** return to play nor participate in any SAY activity on the same day that the player has been removed (even if a written medical clearance is provided).

In addition, the athlete is not permitted to return to play nor participate in any SAY activity until he or she has been assessed and received written clearance by a physician or by another licensed health care provider.

All SAY Areas and Districts are responsible for:

- (1) developing and distributing the specific criteria which referee and coach must follow and
- (2) monitoring and tracking their referees and coaches with regard to their individual compliance with this policy.

## **NO HEADING POLICY**

In order to promote a safer playing environment, all players in the 12-U / Striker and younger age divisions are prohibited from deliberately striking a soccer ball with any portion of their head, (a.k.a. heading) in both games and practices.

- A. It is the responsibility of the coaches to restrict any heading activity during practice sessions and to support this no heading policy at all other times.
- B. If a player in a 12-U / Striker or younger division game deliberately heads the ball, the referee is to stop the game and award an indirect free kick (IFK) to the opposing team in accordance with **Law XII, Section 3-B** of the SAY Playing Rules.

In the 14-U / Kickers age division coaches should limit deliberate heading in practice sessions to a maximum of 15-20 headers and a maximum of 30 minutes total during any 7-day period. There are no limits or restrictions on heading in practice or in games for players in the older age divisions. Coaches should always instruct, teach, and emphasize the importance of proper techniques for the heading of soccer balls.

Heading of the ball is allowed in 14-U / Kickers and older age division games without limitations.

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# SAY ORGANIZATIONAL RULES

This is not a complete listing of the Organizational Rules. This only contains those rules that a referee should know before officiating a game.

For a complete copy of SAY Soccer's Organizational Rules, visit the REFEREE section of [www.saysoccer.org](http://www.saysoccer.org)

## RULE 1 – PLAYER AGE CLASSIFICATIONS

Age divisions are broken down as follows:

CLASS	DIVISION	AGE (at beginning of year)
ST	6-U / Starters	3, 4 & 5
P	8-U / Passers	6 & 7
W	10-U / Wings	8 & 9
S	12-U / Strikers	10 & 11
K	14-U / Kickers	12 & 13
M	16-U / Minors	14 & 15
SR	19-U / Seniors	16, 17 & 18

## RULE 9 – OFFICIAL PROTESTS

- Judgment calls by referees may not be protested. For example, no ***“official protest”*** may be made concerning the referee's judgment as to:
  - who committed the foul, or whether a foul was even committed;
  - whether a goal was or was not scored;
  - which team should be awarded the ball when the ball goes out-of-play over the goal lines or the touch lines;
  - allowing or failing to allow an “advantage”, etc.
- An ***“official protest”*** concerning any incidents which occur during the game may be lodged by the head coach, only if it is alleged that a SAY PLAYING RULE was incorrectly applied or enforced by the referee.
- Official Protest Procedure**
  - An informal, but official, verbal protest must be made to the referee(s) by the head coach at (preferably) or close to, the time of the incident; but in all cases, it must be made before the referee(s) have left the playing area.
  - A simple or vague complaint about a call or calls will not suffice – the words ***“official protest”*** must be used, and the reason for the protest must be made clear. (If this is done at the time of the incident, a mistake by a referee can often be easily rectified without the need for any further action). Any coach who has made an official verbal protest may withdraw that protest at any time.
  - The opposing coach must be notified of the protest by the referee before leaving the playing area.



## **RULE 10 – MINIMUM TEAM FORFEITS**

1. Teams from within the same District must field no fewer than the legally required minimum number of players as stated in the SAY Playing Rules (i.e. seven (7) players for an 11 v. 11 game and a lesser number for small-sided games) at the scheduled starting time.
2. Teams from out-of-District are allowed a 20 minute grace period, and must by then field at least the legally required minimum number of players as stated in the SAY Playing Rules (i.e. seven (7) players for an 11 v. 11 game and a lesser number for small-sided games).

## **RULE 12 – PLAYER PARTICIPATION**

1. Every player present at the start of the game shall play the equivalent of approximately one half of the regulation game unless:
  - A. The player is injured prior to the start of the game, and notification of the injury is given to the referee(s) and the opposing coach before the start of the game.
  - B. The coach has a letter from their District Representative granting permission to withhold the player from the game. This letter must be shown to the referee and the opposing coach prior to the start of the game.

**Note:** Once the letter is presented to the referee(s), the player may not participate in that game under any circumstances.
2. It is **NOT** the responsibility of the referee(s) to keep track of any player's time in the game. That responsibility belongs to the league administrators.



## **RULE 17 - SYSTEMS OF OFFICIATING**

1. In the One Referee (one whistle) system, only the Referee shall have authority and responsibility for the calling of fouls and violations by the use of the whistle. Where club linesmen are used, their duties are to be limited to calling balls in and out of bounds.
2. In the Two Referee (two whistles) system, both authority and responsibility for the calling of fouls and violations by the use of the whistle on any part of the field at any time.
3. In the Three Officials system, two options are available:
  - A. The “Diagonal System” (one whistle) with one Referee and two Assistant Referees where:
    - (1) Only the Referee shall have the authority and responsibility for the calling of fouls and violations by the use of the whistle.
    - (2) The two Assistant Referees shall assist the Referee as described in **LAW VI** of the SAY Playing Rules.
    - (3) The Referee shall accept the calls of an Assistant Referee with regard to incidents that do not come under the personal notice of the Referee. However, at all other times, the Referee is not obligated to, and may or may not accept the calls of an Assistant Referee, in accordance with the Referee’s own judgment, even if the effect is to nullify or grant a goal.
  - B. The “Modified Diagonal System” (three whistles) is where all three officials shall perform as “Referees” and shall have equal authority and responsibility for the calling of fouls and violations by the use of the whistle on any part of the field at any time.

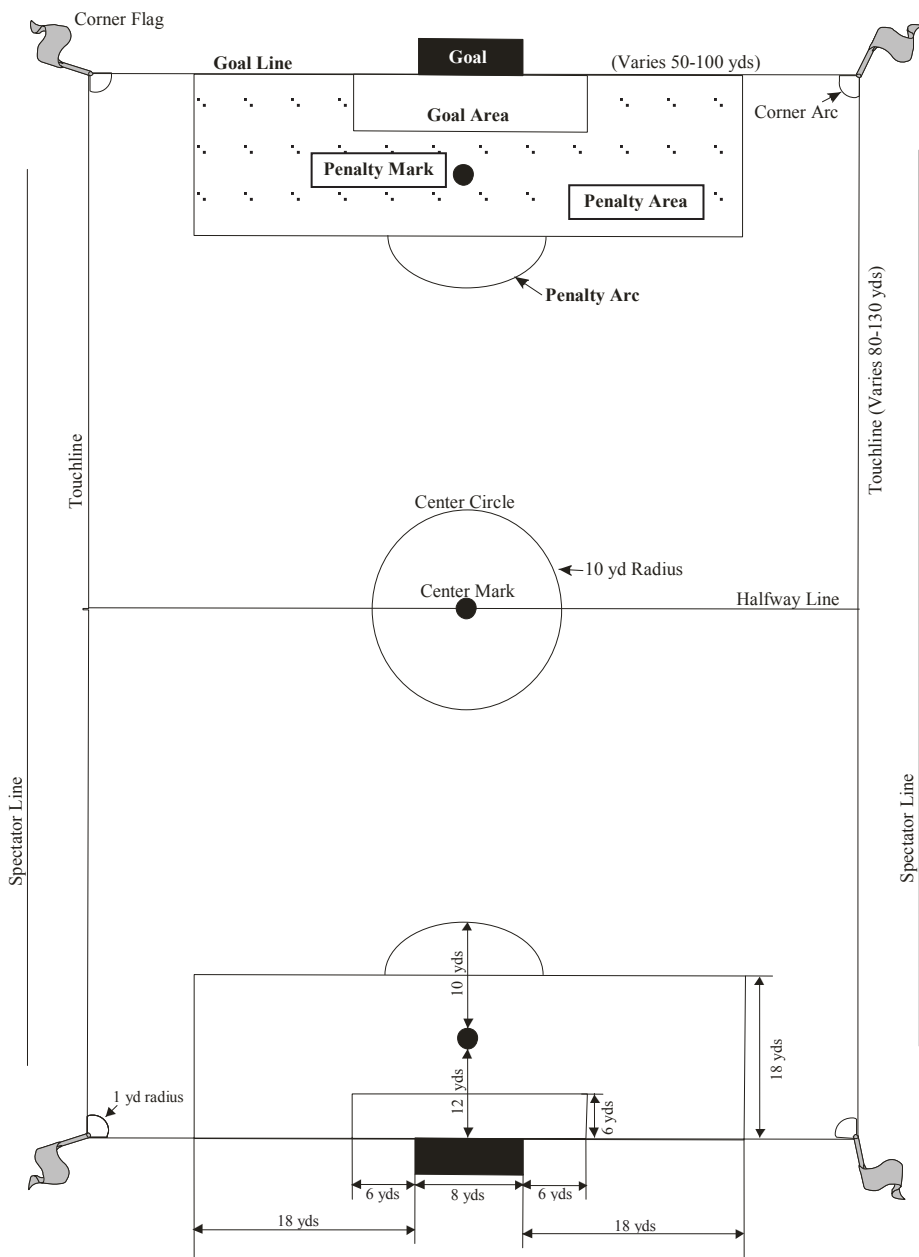
**For a complete copy of SAY Soccer’s Organizational Rules, visit the Referee section of [www.saysoccer.org](http://www.saysoccer.org)**

# **SAY PLAYING RULES**

## **THE LAWS OF THE GAME GENERAL PREFACE**

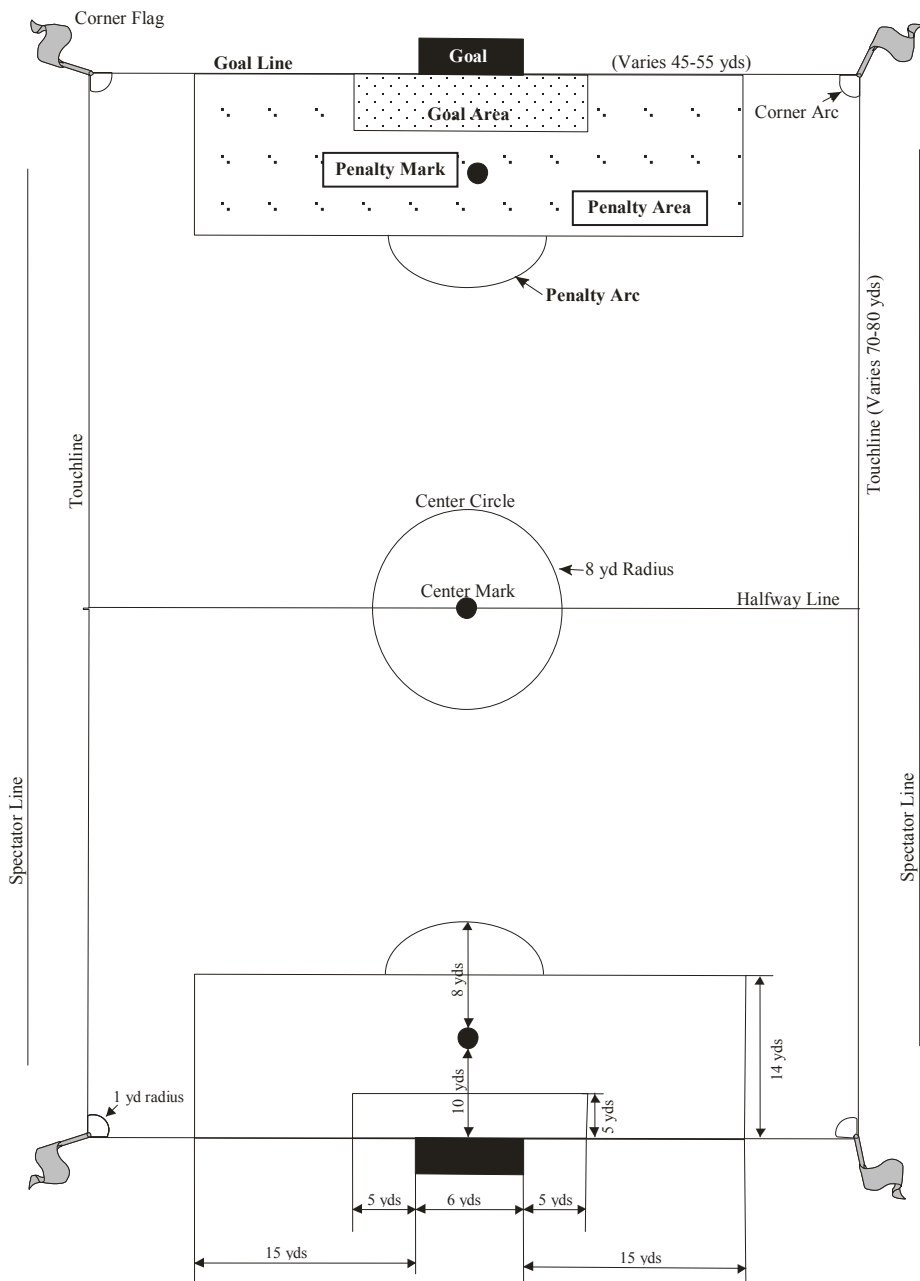
1. The definitive laws of the game of soccer are those of Federation International Football Association Board (IFAB). These laws apply all over the world and provide a standard that governs international competition.
2. The U.S. Soccer, the National Collegiate Athletic Association (NCAA), and the National Federation of State High School Associations (NFHS) all have their own set of laws, or rules, which basically conform to the IFAB laws, but which also have variations unique and appropriate to their organizations.
3. The IFAB Laws of the Game shall apply to SAY play, except as may be amended in these SAY Playing Rules.
  - A. The SAY modifications of the IFAB Laws of the Game are intended to change the nature of the game as little as possible, and are primarily directed toward creating a safer game that is more age appropriate for the participants and a means for all players to participate.
  - B. The interpretations of the SAY Playing Rules are the responsibility of the Director of Officials of SAY and, with the approval of the SAY National Board, are binding upon participants in the SAY program.
4. The SAY Playing Rules have been modified in their application to include provisions for small-sided team games at all levels of play. Most of the standard IFAB Laws of the Game still apply.
5. All team members and coaches are subject to these SAY Playing Rules, whether on or off the field-of-play.

**FULL-SIDED 11 v 11 PLAYING FIELD**  
**13-U thru 19-U / KICKERS, MINORS, SENIORS**



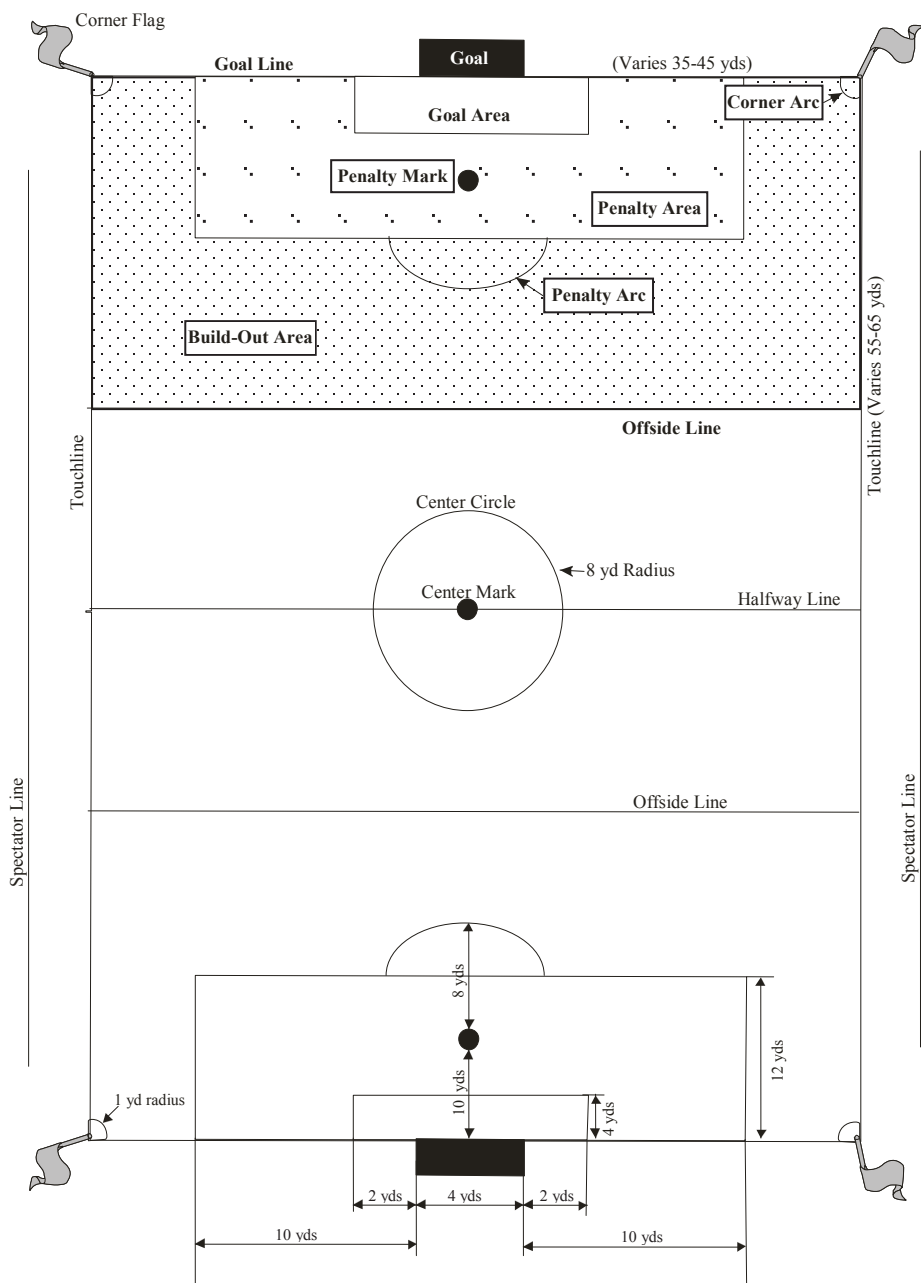
# SMALL-SIDED 9 v 9 PLAYING FIELD

## 12U / STRIKERS



# SMALL-SIDED 7 v 7 PLAYING FIELD

## 8U-10U / PASSERS, WINGS



## LAW I – FIELD OF PLAY

### 1. Dimensions

A. The field of play shall be rectangular.

B. Recommended field sizes are as follows:

**Full-Sided 11v11 Field - 14-U / Kickers, 16-U / Minors and 19-U / Seniors**

Length – minimum 80 yards, maximum 130 yards,

Width – minimum 50 yards, maximum 100 yards.

**Small-Sided 9v9 Field – 12-U / Strikers**

Length – minimum 70 yards, maximum 80 yards,

Width – minimum 45 yards, maximum 55 yards.

**Small-Sided 7v7 Field – 8-U / Passers and 10-U / Wings**

Length – minimum 55 yards, maximum 65 yards,

Width – minimum 35 yards, maximum 45 yards.

C. The longer lines shall be called Touchlines.

D. The shorter lines shall be called Goal Lines.

E. The size of the field should be related to the age division using it.

### 2. Marking

#### 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 1/2-inch to 1-1/2 inch in diameter having a non-pointed top shall be placed at each corner of the field.

(2) Similar flags may be used to mark the middle of the field, but must be at least one yard outside of the Touchlines.

#### C. The Halfway-Line and Center Circle

(1) A halfway-line shall be marked joining the midpoint of each Touchline.

(2) From the midpoint of the Halfway Line, a circle shall be marked with an appropriate radius:

(a) Small-Sided 7v7 Fields - eight (8) yards.

(b) Small-Sided 9v9 Fields - eight (8) yards.

(c) Full-Sided 11v11 Fields - ten (10) yards.

#### D. Offside Lines (Small-Sided 7v7 Fields only)

(1) Offside Lines shall be marked across the full width of the field between each touchline and parallel to the Halfway Line on each half of the field.

(2) The Offside Lines shall be located equidistant between the Halfway Line and the Penalty Area Line.

### **3. The Goal Area**

#### **A. Full-Sided 11v11 Fields**

The Goal Area is marked by lines perpendicular to the Goal Line six (6) yards from the inner side of each goal post, six (6) yards into the field, and joined by a line parallel to the Goal Line.

#### **B. Small-Sided 9v9 Fields**

The Goal Area is marked by lines perpendicular to the Goal Line five (5) yards from the inner side of each goal post, five (5) yards into the field, and joined by a line parallel to the Goal Line.

#### **C. Small-Sided 7v7 Fields**

The Goal Area is marked by lines perpendicular to the Goal Line two (2) yards from the inner side of each goal post, four (4) yards into the field, and joined by a line parallel to the Goal Line.

### **4. The Corner Area**

A quarter circle of one (1) yard radius shall be drawn inside each of the four corners of the field.

### **5. The Penalty Area**

#### **A. Full-Sided 11v11 Fields**

- (1) The Penalty Area is marked by lines perpendicular to the Goal Line eighteen (18) yards from the inner side of each goal post, eighteen (18) 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 twelve (12) yards from the Goal Line, opposite the center of the goal.
- (3) From the center of the Penalty Mark, a Penalty Arc having a radius of ten (10) yards shall be marked outside the Penalty Area.

#### **B. Small-Sided 9v9 Fields**

- (1) The Penalty Area is marked by lines perpendicular to the Goal Line fifteen (15) yards from the inner side of each goal post, fourteen (14) yards into the field, and joined by a line parallel to the Goal Line.
- (2) The Penalty Mark shall be a spot no larger than nine (9) inches in diameter made ten (10) yards from the Goal Line, opposite the center of the goal.
- (3) From the center of the Penalty Mark, a Penalty Arc having a radius of eight (8) yards shall be marked outside the Penalty Area.



### C. Small-Sided 7v7 Fields

- (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) The Penalty Mark shall be a spot no larger than nine (9) inches in diameter made ten (10) yards from the Goal Line, opposite the center of the goal.
- (3) From the center of the Penalty Mark, a Penalty Arc having a radius of eight (8) yards shall be marked outside the penalty area.

## 6. 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 Full-Sided 11v11 Fields** the uprights are twenty-four (24) feet apart (inside measurement), joined by a crossbar eight (8) feet from the ground (to the lower edge).
  - (2) **For Small-Sided 9v9 Fields** the uprights may be eighteen (18) to twenty-one (21) feet apart (inside measurement), joined by a crossbar six (6) to seven (7) feet from the ground (to the lower edge).
  - (3) **For Small-Sided 7v7 Fields** the uprights may be twelve (12) to eighteen (18) feet apart (inside measurement), joined by a crossbar six (6) to seven (7) feet from the ground (to the lower edge).
- 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.**

## 7. The Build-Out Area - Small-Sided 7v7 Fields

- A. The Build-Out Area on each half of the field is located between the Offside Line and the Goal Line and bound by the two touchlines.
- B. The Build-Out Areas are designated for use only on the small-sided 7v7 playing fields and shall only be used for 8-U / Passers and 10-U / Wings matches.

**NOTES:**

- 1) The goal line should be the same width as the width of the goal posts.
- 2) All field 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) The field-of-play for Full-Sided 11v11 games and all related equipment shall be as shown on the preceding diagram (page 9).
- 7) The field- of- play for Small-Sided 9v9 and 7v7 games and all related equipment shall be as shown on the preceding diagrams (pages 10 and 11).
- 8) If the Referee determines the field to be unsafe for play, the game shall be abandoned.

Field Size	Goal (Recommended Dimensions)	
	Height	Width
FULL-SIDED 11 v 11	8 ft	24 ft
SMALL-SIDED 9 v 9	6 ft	18 ft
SMALL-SIDED 7 v 7	6 ft	12 ft

## LAW II – THE BALL

1. The ball shall be spherical.

2. The following will use:

SIZE	DIVISION	AGE
<b>3</b>	6-U / Starters	3, 4 & 5
<b>3</b>	8-U / Passers	6 & 7
<b>4</b>	10-U / Wings	8 & 9
<b>4</b>	12-U / Strikers	10 & 11
<b>5</b>	14-U / Kickers	12 & 13
<b>5</b>	16-U / Minors	14 & 15
<b>5</b>	19-U / Seniors	16, 17 & 18

3. The ball will not be changed during the game without the approval of the Referee(s).

4. If the ball bursts or becomes deflated during the course of the game, the game shall be stopped. Play is to be restarted with a dropped ball in accordance with **LAW VIII**.

# LAW III – PLAYERS AND SUBSTITUTIONS

## 1. **Recommended Matches**

- A. Standard Small-Sided 8-U / Passers league matches are to be 7v7 with the league option to play either 4v4 thru 8v8. All matches should be played on Small-Sided 7v7 Fields regardless of number of participating players.
- B. Standard Small-Sided 10-U / Wings league matches are to be 7v7 with the league option to play either 6v6 thru 9v9. All matches should be played on Small-Sided 7v7 Fields regardless of number of participating players.
- C. Standard Small-Sided 12-U / Strikers league matches are to be 9v9 with the league option to play either 7v7 thru 10v10. All matches should be played on Small-Sided 9v9 Fields regardless of number of participating players.
- D. Standard 14-U / Kickers, 16-U / Minors and 19-U / Seniors league matches are to be Full-Sided 11v11 with the league option to play small-sided 8v8 thru 10v10. All matches should be played on Full-Sided 11v11 Fields regardless of number of participating players.

## 2. **Full-Sided 11v11 games** will be played by two teams each consisting of:

- A. not more than eleven (11) players, and
- B. not fewer than seven (7) players,
- C. one of whom shall be the Goalkeeper.

## 3. **Small-Sided games** will be played by two teams each using the following criteria:

- A. 4v4 games
  - (1) not more than four (4) players
  - (2) not fewer than three (3) players
  - (3) without a Goalkeeper
- B. 5v5 games
  - (1) not more than five (5) players
  - (2) not fewer than three (3) players
  - (3) without a Goalkeeper
- C. 6v6 games
  - (1) not more than six (6) players
  - (2) not fewer than four (4) players
  - (3) with or without a Goalkeeper (Only as stipulated by League rules)
- D. 7v7 games
  - (1) not more than seven (7) players
  - (2) not fewer than five (5) players
  - (3) one of whom shall be the Goalkeeper

- E. 8v8 games
    - (1) not more than eight (8) players
    - (2) not fewer than five (5) players
    - (3) one of whom shall be the Goalkeeper
  - F. 9v9 games
    - (1) not more than nine (9) players
    - (2) not fewer than six (6) players
    - (3) one of whom shall be the Goalkeeper
  - G. 10v10 games
    - (1) not more than ten (10) players
    - (2) not fewer than six (6) players
    - (3) one of whom shall be the Goalkeeper
4. A player is a team member who has been given permission by the Referee and has entered the field-of-play. All others are substitutes
  5. The following substitutions may only be made with the permission of the referee:
    - A. Both teams may substitute any number of players only at the following times:
      - (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.
    - C. A substitute only becomes a player upon entering the field-of-play after having been acknowledged by the Referee.
    - D. At the moment an acknowledged substitute becomes a player, the player being replaced becomes a substitute (whether on or off the field-of-play).
  6. If a substitute or a team official enters the field-of-play without the Referee's permission and interferes with play, play shall be stopped. The game is restarted with a direct free kick (DFK) or a penalty kick (PK) depending upon where the interference occurred.
  7. If a player re-enters the field-of-play without the referee's permission, the Referee shall stop play:
    - A. caution the player for entering the field-of-play without permission;
    - B. restart with an indirect free kick (IFK) from the position of the ball if there was no interference;
    - C. restart with a direct free kick (DFK) or penalty kick (PK), if the player interferes with play or a match official at the position where the interference occurred.

8. If, after a goal is scored and before play restarts, the referee realizes that an extra person for the team scoring the goal, i.e. a player, substitute or team official, was on the field-of-play when the goal was scored, the goal must be disallowed. Play is restarted with a direct free kick (DFK) at the location of the extra person at the time of the goal or in the Goal Area if unsure of the location of the extra person.
9. During the progress of the game, the Referees must be notified specifically before the goalkeeper is changed (except when change is made between periods).
10. While the ball is in play, if any player on the field changing places with the goalkeeper without the Referee's permission, the referee:
  - A. will allow play to continue and
  - B. should caution both players when the ball is next out of play.
11. A player ejected (red-carded) after the game starts may not be replaced.

**NOTES:**

- 1) If a player on a team roster is ejected (red-carded) before the game begins, the team does not have to play "shorthanded".
- 2) After the start of the match, a team with a player joining or rejoining the team that has fewer than the maximum number of players allowed in the game on the field is in effect playing "shorthanded".
  - a) To enter the game that player shall first draw the attention of the Referee from the touchline and may then enter or re-enter the field only with the permission of the Referee.
  - b) The signal from the Referee shall be made by a definite gesture, which makes the player understand that permission has been given to come onto the field of play.
  - c) It is not necessary to wait until the game is stopped, but the Referee is the sole judge of the moment in which to give the signal of acknowledgment to enter the game.
  - d) If a team is playing "shorthanded" due to a player having been instructed by the Referee to leave the field-of-play to correct an equipment problem, the player may only re-enter the game when the ball is out of play in accordance with ***Law IV, Section 8.***

## LAW IV – PLAYER’S EQUIPMENT

1. Prior to any game the Referee(s) shall inspect the players’ equipment and ensure that their equipment conforms to the requirements of this Law. Any player(s) with equipment that does not conform will be prevented from playing until their equipment is corrected.
2. A player shall not wear anything that is dangerous to another player or to oneself.
3. The basic compulsory equipment of a player shall consist of a shirt, shorts, socks, shin-guards and shoes.
4. Uniform Shirts
  - A. All players on a team must wear shirts with sleeves (short or long) of the same color.
  - B. The goalkeeper must wear a color different than that of either team and the Referee(s).
  - C. It is the responsibility of the home team to change to a different color if the two teams are wearing 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(s) may permit the game to proceed.
5. Shin-guards, which must be covered entirely by socks, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.
6. Footwear
  - A. Shoes that meet the following criteria are considered to be legal:
    - (1) shoes that are made by well-known manufacturers and designated as soccer footwear; (2) gym shoes; (3) any type of shoe having any number of cleats (rubber, plastic or metal) that have no sharp edges.
  - B. Shoes shall be properly tied (or otherwise appropriately fastened).
7. Personal Equipment
  - A. Illegal/unsafe equipment: The following shall be considered examples of illegal or unsafe equipment, and shall not be worn by any player.
    - (1) shin-guards with exposed sharp edges;
    - (2) jewelry or watches;
    - (3) face or spectacle guards;
    - (4) helmets of hard material;
    - (5) any type of cast or splint (other than so-called inflated “air” casts or “air” splints), even though covered with soft padding;
    - (6) knee brace(s) – unless wrapped and covered with soft padding and approved by the Referee;
    - (7) cleats (rubber, plastic or metal) with sharp or jagged edges;
    - (8) foreign objects in the mouth (such as gum or ice), other than internal orthodontic devices.



### **NOTES:**

- 1) The foregoing examples are not intended to be all-inclusive. The Referee(s) may determine other equipment to be illegal or dangerous.
  - 2) All items of jewelry are normally considered dangerous; however, any item of clothing or jewelry that is clearly medical or religious in nature **must** be allowed to be worn and **must** be secured so as not to be dangerous to other players. For example:
    - a) Bracelet tags should be securely wrapped or taped over so as not to hang loose and to cover any sharp edges.
    - b) Tags worn on a necklace should be taped to the inside of the jersey, so as not to flap loosely during play.
  - 3) Nevertheless, the items listed in 7-A are to be considered illegal equipment (except as noted above) at all times. The wearing or use of these items shall not be permitted at any time, even by agreement between the coaches and the Referee(s).
  - B. **Legal Equipment:** The following shall be considered examples of legal equipment, and as such may, as noted, be worn by any player:
    - (1) soft headwear such as knit caps;
    - (2) goalkeepers may wear goalkeeper gloves;
    - (3) goalkeepers may wear a soft-billed cap or a properly fitted and fastened safety helmet, made of foam or other soft material;
    - (4) hearing aids;
    - (5) eyeglasses, with or without a strap;
    - (6) contact lenses;
    - (7) soft gloves;
    - (8) warm-up suits, 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 IV:***
- A. The player shall be instructed by the Referee to immediately:
    - (1) adjust their 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.
  - B. A player, who has been instructed to leave the field-of-play, shall not return without first reporting to the Referee (or an assistant referee), who shall determine if that the player's equipment is in order.

## LAW V – REFEREES

1. It is the SAYArea’s responsibility to decide the system of refereeing to be used within the SAYArea.
2. At least one referee shall be assigned to officiate at each game.
3. Decisions will be made to the best of the Referee’s ability according to these Laws and the ‘spirit of the game’. Such decisions will be based on the opinion of the Referee who has the discretion to take appropriate action accordingly.
4. The authority and the exercise of the powers granted to Referees by these Laws commence as soon as they enter the field-of-play.
  - A. The power of penalizing shall extend to offenses committed when play has been temporarily suspended, or when the ball is out-of-play.
  - B. A Referee’s decision on points of fact shall be final.
5. 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 violation 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 stoppage 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 field is such as to endanger the players.
    - (2) In event of a storm, play must be stopped and suspended until the danger has passed using the following minimum criteria:
      - (a) The sighting of a lightning flash or the hearing of the sound of thunder shall be reason enough to stop and suspend a game immediately, and
      - (b) Play shall not be resumed prior to 30-minutes after the last sighting of lightning or the last sound of thunder heard. [*See Lightning Policy on page 2*]
  - E. Caution (and show a yellow card) to any player guilty of misconduct or any cautionable offense; and eject (first show a yellow card and then show a red card) to any player who persists in misconduct.
  - F. Allow no one other than the active players and Assistant Referees to 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 reason to believe that a player is seriously injured to stop the game, even if there is a drive on goal.

- H. The Referee will ensure that any player with visible blood or bleeding leaves the field of play. (*See “Communicable Disease Procedure” details on page 2*).
- I. Eject (and show a red card) to any player who is guilty of a send-off offense. Any ejection should be reported promptly to the league administrator.
- J. 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(s) may delay such a “quick” free kick at their discretion, but upon which the restart must be with a whistle.
  - (2) A signal with the whistle
    - (a) may or may not 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.
- K. Restart the game with a dropped ball in accordance with **LAW VIII**:
  - (1) after an injury (no foul having been committed); or
  - (2) after unresolved Referee decisions (such as when the Referee blows the 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).
- L. Use appropriate hand signals... see **Appendix B**.
- M. Approve any ball that is to be used in the game.

#### NOTES:

- 1) ***Referees are discouraged from issuing cautions or ejections to 8-U / Passers and younger players. Referee should talk to the player and/or the coach in an attempt to resolve the misbehavior before the issuing of cards.***
- 2) In 8-U / Passers and 10-U / Wings matches, it is recommended that all infractions be briefly explained by the Referee to the offending player.
- 3) A Referee may reverse a decision as long as play has not been restarted. Also, a Referee’s decision may not be changed once the Referee has signaled the end of a half and left the field-of-play, e.g. during the half-time interval or after the game.
- 4) If the “advantage clause” has been applied, and the advantage that was anticipated does not develop at that time, the Referee shall whistle and penalize the original offense.
- 5) Games should be played with as little interference as possible. It is the duty of the Referee(s) to penalize only deliberate breaches of the 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 spectators.

- 6) Games may not be forfeited by referees. Conditions indicating a possible forfeit must be reported to the District Representative for a decision.
- 7) If a player or players, either on the same team or on opposing teams simultaneously commit two violations, one of which calls for an INDIRECT free kick (IFK) , and the other of which calls for a DIRECT free kick (DFK), the DFK shall be awarded.
- 8) If two players from opposing teams simultaneously commit two violations, each of which calls for the same type of free kick (DIRECT or INDIRECT), the Referee, exercising a reasonable discretion may either:
  - a) allow play to continue, or
  - b) stop play, admonish, caution or eject either or both players, as may be appropriate, and restart the game with a dropped ball, in accordance with **LAW VIII**.
- 9) During the course of the game, all coaches may coach their players from the touchline, subject to the following:
  - a) Coaching shall be limited to verbal communication with the players of the coach's team.
  - b) Megaphones, bullhorns, etc. may not be used.
  - c) No coaching or comments shall be directed to the 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 Halfway Line and the Penalty Area line;
    - (2) if the teams are on opposite sides, between the Penalty Area lines.
  - e) **PUNISHMENT:** For violation of this **LAW V, NOTE 8:**
    - (1) The offending coach shall be cautioned and shown a yellow card.
    - (2) The offending coach shall be ejected from the playing field and shown a red card upon receiving a second caution.
    - (3) The offending coach shall be ejected from the playing field and shown a red card upon exhibiting any excessive unruly behavior.
- 10) Required referee equipment:
  - a) Whistle(s)
  - b) Watch(es)
  - c) Red and yellow cards
  - d) Notebook (or other means to keep a record of the match)
- 11) Guidelines for referee uniforms can be found in **Appendix A**.

## **LAW VI – ASSISTANT REFEREES (AR)**

1. If only one referee is available to officiate a game, the Referee may appoint two “club” linesmen to assist only by indicating when the ball goes out-of-bounds.
2. Two trained, neutral Assistant Referees may be appointed by the referee administrator, whose duty (subject to the decision of the referee) shall be to indicate:
  - A. When the ball is out of play;
  - B. Which side is entitled to a corner kick, goal kick or throw-in;
  - C. When a substitution is desired;
  - D. When a player may be penalized for being in an offside position;
  - E. When a foul, misconduct or other incident has occurred out of the vision of the referee.
3. The Assistant Referee(s) shall operate under the direction of the Referee and also assist the Referee to control the game in accordance with the Laws.
4. The Referee should provide the Assistant Referees with flags to be used in the game.
5. In the event of undue interference or improper conduct by an Assistant Referee, the Referee shall dispense with their services and arrange for a substitute (or club linesman) to be appointed, and the matter shall then be reported to the competent authority.

## LAW VII – DURATION OF THE GAME

1. All games will be played in periods of either four (4) equal quarters or two (2) equal halves, as determined by the leagues, with a kick-off to begin each period.
  - A. Teams will change ends at the beginning of each period.
  - B. Teams will alternate kicking off at the beginning of each period.
    - (1) The team kicking off in the 1<sup>st</sup> quarter will kick-off in the 3<sup>rd</sup> quarter.
    - (2) The team kicking off in the 2<sup>nd</sup> quarter will kick-off in the 4<sup>th</sup> quarter.
2. Time of the periods shall be as follows:

DIVISION	TIME PERIODS
8-U / Passers	10-minute quarters or 20-minute halves
10-U / Wings	12-minute quarters or 24-minute halves
12-U / Strikers	15-minute quarters or 30-minute halves
14-U / Kickers	15-minute quarters or 30-minute halves
16-U / Minors	20-minute quarters or 40-minute halves
19-U / Seniors	20-minute quarters or 40-minute halves

3. Intervals between the 1<sup>st</sup> and 2<sup>nd</sup>, and 3<sup>rd</sup> and 4<sup>th</sup> quarters will be one (1) minute. The half time interval will be five (5) minutes.
4. Allowances shall be made (added time) within each period for time lost through injury or other cause, the amount of which shall be added at the end of the period at the discretion of the Referee. This time may not be added to a different period.
5. Time shall be extended to permit the taking of a penalty kick at the end of a period, which was awarded before time ran out. Time may not be extended for the taking of other free kicks.
6. Play ends when time (which includes added time) runs out, regardless of the position or motion of the ball at that time.
7. If a game has been stopped for any reason, and it cannot be restarted:
  - A. If less than one-half has been played, it must be rescheduled in its entirety; however,
  - B. If at least one-half has been played, it shall be considered an official game.
  - C. The player shall only re-enter the game at a moment when the ball has ceased to be in play, and then only with the Referee's permission.

# LAW VIII – THE START AND RESTART OF PLAY

## KICKOFF

1. Prior to the game, choice of ends shall be decided by the toss of a coin. The team winning the toss will decide which goal it will attack during the first period. The other team will take the kick-off to start the game.
2. Upon the referee's whistle, the game is started or restarted by a player taking a kick from the center mark. For every kick-off:
  - A. all the players of each team, **except the player taking the kick-off**, must be in their team's half of the field, i.e. the kicker (and only the kicker) may be entirely in the opponents' half of the field at the taking of the kick, and
  - B. the players of the opposing team must be outside the center circle.
3. On a kick-off, the ball is in play when it is kicked in any direction and clearly moves.
4. The kicker may not play the ball again until it has been touched by another player.
  - A. **PUNISHMENT:** For playing the ball twice in succession, an INDIRECT free kick (IFK) is awarded to the opposing team at the point where it was touched the second time.
5. A goal may be scored directly (first touch) against the opponents from a kick-off, but if kicked directly in kicker's own goal, a corner kick is awarded to the opponents.
6. After a goal has been scored, the game is restarted with a kick-off by the team scored against.

## DROPPED BALL

7. On any occasion where it is necessary for the Referee to temporarily stop a game, while the ball is in play, for any reason not mentioned elsewhere in these Laws, play is restarted with a dropped ball at the location where the ball was when play was stopped, except as follows:
  - A. If the ball was in play within a 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.



- B. If the ball was in clear possession of the goalkeeper or in clear control of one of the teams when the stoppage occurred, play will be restarted with an indirect free kick (IFK) 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 indirect free kick (IFK) provisions in **LAW XIII**.
8. A dropped ball shall be in play when it makes contact with the ground.
- A. If a player touches the ball before it makes contact with the ground, the Referee shall drop the ball again.
  - B. If a dropped ball leaves the field-of-play (including into the goal) after it makes contact with the ground and before being touched by any player, the Referee shall drop the ball again.
  - C. The ball must be touched by at least two different players in order for a goal to be awarded.
  - D. If a dropped ball is kicked directly (first touch) into the opponents' goal, a goal shall not be awarded, and the game will restart with a goal kick by the opposing team.
    - (1) If a dropped ball is kicked directly (first touch) into the team's own goal, a goal shall not be awarded and the game will restart with a corner kick by the opposing team.
9. Any number of players may be present at the taking of a dropped ball (including the goalkeepers). The Referee cannot decide who may contest the dropped ball or its outcome.

#### **SMALL-SIDED 7 v 7 BUILD-OUT AREA - 8-U / Passers & 10-U / Wings**

10. The opposing team must move outside the Build-Out Area:
- A. on all goal kicks;
  - B. on any defensive free kick taken anywhere within the Build-Out Area (and players must also move and remain at least 8-yards from the ball);
  - C. whenever the goalkeeper gains possession of the ball with their hands during play.
11. The opposing team's players must remain outside the Build-Out Area until the ball is put back into play on all restarts within the Build-Out Area by the defending team.
- A. On goal kicks the ball is in play when it leaves the Penalty Area.
  - B. On free kicks (DFK or IFK) taken from within the Penalty Area the ball is in play when it leaves the penalty area.
  - C. On free kicks (DFK or IFK) taken from outside the Penalty Area the ball is in play when it is kicked and clearly moves.

- D. On goalkeeper possession the ball is play when:
- (1) the ball is placed on the ground and kicked;
  - (2) the goalkeeper releases the ball by rolling it into play
  - (3) the goalkeeper releases the ball by throwing it into play
12. Goalkeepers have six (6) seconds to put the ball back into play once the ball is in their possession and all the opponents have moved outside the Build-Out Area.
13. After the ball is put back into play, the opposing team's players may then move into the Build-Out Area and play resumes as normal.
14. Opponents who enter the Build-Out Area before the ball is put back into play are guilty of encroachment. The Referee should stop play and restart with an indirect free kick (IFK) at the spot of the encroachment.
15. Goalkeepers are not allowed to punt or drop-kick the ball. If the goalkeeper punts or drop-kicks the ball, an indirect free kick (IFK) is awarded to the opposing team at the spot of the offense.
16. At any time the defending team may put the ball back into play before their opponents have moved outside the Build-Out Area, but by doing so they accept the positioning of their opponents and the consequences of how play resumes.

## **OTHER RESTARTS**

17. Offences that occur when the ball is not in play do not change how play is restarted.
18. Free kick (DFK and IFK), penalty kick, goal kick and corner kick restarts are covered in *Laws XIII thru XVII*.

## **LAW IX - BALL IN AND OUT-OF-PLAY**

1. The ball is out-of-play when:
  - A. the whole of the ball completely passes over the entire Goal Line or Touchline, whether on the ground or in the air.
  - B. the game has been stopped by the referee, including when the referee accidentally blows the whistle
2. The ball is in-play at all other times, including:
  - A. If it rebounds onto the field from the goal post, cross bar, or corner flag.
  - B. If it strikes the Referee or Assistant Referee without completely leaving the field of play.
  - C. If there is an apparent violation, but no signal has been given by the Referee.

## LAW X – METHOD OF SCORING

1. Except as otherwise provided by these Laws, a goal is scored when the whole of the ball passes completely over the Goal Line, between the goal posts and under the crossbar.
2. The team scoring more goals shall be the winner. If there are no goals, or an equal number of goals are scored by each team, the game shall be a draw.

### NOTES:

- 1) A goal shall not be allowed if the whole of the ball has not crossed the entire Goal Line.
- 2) If an “outside agent” interferes with play or touches the ball, play shall be stopped. Anyone not named on the team list as a player, substitute or team official is considered to be an “outside agent”, which also includes an extra ball, other object or animal.
  - a) The game shall be restarted with a dropped ball in accordance with *LAW VIII*, where the ball came into contact with the interference.
  - b) If a ball is going into the goal, a goal is allowed (even if contact is made with the ball) if it continues on into the goal and the interference does not prevent a defender from being able to play the ball.
  - c) A goal may not be allowed if the ball touches an outside agent which changes its direction causing the ball to enter the goal.
  - d) A goal may not be allowed if the ball touches an outside agent and never enters the goal.
  - e) The Referee or Assistant Referees are not considered “outside agents”.
- 3) If a substitute or a team official enters the field-of-play without the Referee’s permission and interferes with play, play shall be stopped.
  - a) The game shall be restarted with a direct free kick (DFK) or a penalty kick (PK) depending upon where the interference occurred.
  - b) A goal may be allowed if the ball touches a substitute or team official, but continues on into the goal and the interference does not prevent a defender from being able to play the ball.
  - c) A goal may not be allowed if the ball touches a substitute or team official and never enters the goal.
  - d) A goal may not be allowed if the ball enters the opponents’ goal.
- 4) 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 is in such a position and signals that fact to the Referee.

## LAW XI – OFFSIDE

1. *The Offside rule shall not apply to any 8-U / Passer division games.*
2. A player is in an offside position at the moment the ball is played or touched by a teammate, if any part of their head, body or feet is:
  - A. nearer the opponent's goal line than the ball, **and**
  - B. in the opponent's half of the field (excluding the halfway line) (*Exception: 10-U / Wings division – in the opponent's Build-Out Area*) **and**
  - C. closer to the opponent's Goal Line than the second-last opponent. (A player who is even with the second-last opponent or with the last two opponents is not in an offside position).

**NOTE:** The hands and arms of all players are not included when judging offside position.
3. The offside offense may only be called against a player who is in an offside position and subsequently becomes involved in active play by:
  - A. interfering with play, **or**
  - B. interfering with an opponent, **or**
  - C. having gained an advantage by being in that position. A player gains an advantage by playing (touching) the ball or interfering with an opponent when:
    - (1) the ball rebounds or deflects off the goalpost, crossbar, Referee or an opponent;
    - (2) an opponent (goalkeeper or defender) deliberately stops, or attempts to stop, a ball which is going into or very close to their goal
4. 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
    - (1) a goal kick,
    - (2) a corner kick, or
    - (3) a throw-in, or
  - C. if the player receives the ball having been last played by an opponent.
5. **PUNISHMENT:** If a player is declared offside, the referee shall award an indirect free kick (IFK) to the opposing team subject to the overriding conditions of *Law XIII*.
  - A. The kick shall be taken by an opponent from the place where the offside offense occurred.
  - B. The offense occurs where the offside player becomes involved in active play, e.g. the player touches the ball or interferes with an opponent. This includes if the offense occurs in the player's own half of the field (or in a 10-U / Wings division, outside the opponent's Build-Out Area).

## **NOTES:**

- 1) The ***offside position*** shall be judged at the moment when the ball was last played or touched by a teammate, but the ***offside offense*** occurs where the player in question becomes actively involved in play.
- 2) A player, who is not in an offside position at the moment when the ball is last played or touched by a teammate, does not become offside if they move forward ahead of the ball or past the next to last defender during the flight of the ball.
- 3) A defending player, who leaves the field of play, shall be considered to be on the Goal Line or Touchline for the purposes of judging offside.
- 4) When a player in an offside position, who is moving towards the ball with the intention of playing it, is fouled before interfering with play or an opponent, the foul should be penalized with a free kick, since it occurred before the offside offense materialized.
- 5) ***In 10-U / Wings division games players are not in an offside position when they are completely within the area between the two Offside Lines and thus cannot be guilty of being offside. Attacking players are in an offside position only when they are in an opponent's half of the field between the Offside Line and the Goal Line, i.e. the Build-Out Area.***

## LAW XII – FOULS AND MISCONDUCT

1. Direct and indirect free kicks (*Law XIII*) and penalty kicks (*Law XIV*) can only be awarded for fouls and misconduct offenses committed whilst the ball is in play.
2. *In the Passers 8-U / Passers division all fouls (including within the penalty area) shall result in an indirect free kick (IFK) restart.*
3. **Direct Free Kick (DFK):**
  - A. A direct free kick (DFK) is awarded to the opposing team if a player inside the field-of-play commits any of the following seven (7) offenses, while the ball is in play, in a manner considered by the Referee to be careless, reckless, or involving disproportionate force:
    - (1) kicks or attempts to kick:
      - (a) an opponent, or
      - (b) the ball while in the possession of the goal keeper;
    - (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 goalkeeper throwing the ball vigorously at an opponent, or pushing an opponent with the ball while still holding it;
    - (6) pushes an opponent.
    - (7) when tackling or challenging an opponent, to gain possession of the ball, makes contact with the opponent:
      - (a) before contact is made with the ball, or
      - (b) on any tackle or challenge made from outside peripheral vision (the rear 180 degrees) of the opponent, even if first contact is with the ball.
  - B. A direct free kick (DFK) is also awarded to the opposing team if, while the ball is in play, a player inside the field-of-play commits any of the following four (4) offenses:
    - (1) holds an opponent; or
    - (2) bites or spits at anyone; or
    - (3) handles the ball deliberately, i.e. carries, strikes or propels the ball with hand or arm (this does not apply to a goalkeeper within their own penalty area); or
    - (4) impedes an opponent with contact.
    - (5) Throws an object at the ball, opponent or match official.
    - (6) Makes contact with the ball with a held object (including goalkeeper).



- C. A direct free kick (DFK) or penalty kick is awarded to the opposing team if the ball is in play and a player inside the field-of-play commits any DFK offense against a teammate, substitute, team official or match official.
- D. If an offense involves contact it is penalized with a direct free kick (DFK) or penalty kick.
  - (1) “Careless” is when a player commits an offense which is typically unintentional and the result of inattentiveness, poor judgement or lack of skill or timing in an attempt to make a play on the ball.
  - (2) “Reckless” is when a player disregards (ignores) the danger to, or consequences for, an opponent. The player should be cautioned.
  - (3) Using “disproportionate force” is when a player exceeds the necessary use of force and endangers the safety of an opponent. The player should be ejected.
- E. The direct free kick (DFK) shall be taken by the opposing team in accordance with criteria outlined in **Law XIII**.

4. **Penalty Kick:**

- A. Should a player of the defending team commit one of the above DFK offenses within their own penalty area, a penalty kick shall be awarded and taken by the opposing team in accordance with criteria outlined in **Law XIV**.
- 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.

5. **Indirect Free Kick (IFK):**

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

- A. **DANGEROUS PLAY:** Playing in a manner that could result in injury to any other player or to oneself. “Dangerous Play” is a judgment call. The following are examples only and 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 any other player is in normal position.
  - (2) Using a double kick (scissors or bicycle) within playing distance another player (teammate or opponent.)
  - (3) Lowering the head to the 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. HEADING THE BALL RESTRICTIONS:** If a player in a 8-U / Passers through 12-U / Strikers game **deliberately** strikes the ball with any portion of their head, an indirect free kick (IFK) is to be awarded to the opposing team from the spot of the infraction. If the infraction is committed by a defensive player within their own Penalty Area the IFK is to be taken with the ball placed on the nearest the part of the **Penalty Area line** which runs parallel to the Goal Line, at the point nearest to where the offense was committed. Such a deliberate act is considered the same as a dangerous play offense.
- (1) If a player does not deliberately play or attempt to play the ball, then no offense has occurred, and play should continue.
  - (2) A player shall **not** be cautioned nor sent-off for persistent infringement, as a result of a heading infraction.
  - (3) A player shall **not** be cautioned nor sent-off for denying an obvious goal scoring opportunity, as a result of a heading infraction.
- C. SLIDE TACKLING FROM BEHIND 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.
- D. 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 involved players
- E. OBSTRUCTION:** When not playing the ball, intentionally interposing the body so as to impede an opponent's movement (without contact).
- F. FOULS AGAINST GOALKEEPER:** Charging a goalkeeper:
- (1) while the ball is in goalkeeper-possession ... **or** ...
  - (2) in the Goal Area – whether or not the ball is in goalkeeper-possession.
- G. 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.
  - (2) 10-U / Wings, 12-U / Striker, 14-U / Kicker, 16-U / Minor and 19-U / Senior goalkeepers
    - (a) The goalkeeper, from the moment they take full control of the ball with his hands, may take no more 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 their hand(s) 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) noted 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 directly to their own goalkeeper:
  - i. goalkeeper is not permitted to touch it with their hands.
  - ii. If, however, the goalkeeper does touch the ball with hands, they shall be penalized by the award of an indirect free kick (IFK) to be taken by the opposing team from the place where the offense occurred, and in accordance with the overriding conditions of LAW XIII.

**Exception:** *The preceding rules 5G(2) (a), (b) and (c) do not apply in any way to 8-U / Passers.*

- (3) ***8-U / Passers and 10-U / Wings goalkeepers are not allowed to punt or drop-kick the ball. An Indirect Free Kick (IFK) is awarded to the opposing team at the spot of this infraction.***

**NOTES:**

- 1) "Possession" by the goalkeeper is having control, even if only with one hand. One hand includes any part of the arm from the fingertips to the shoulder. Holding the ball with both hands, trapping the ball between one hand and any surface (e.g. the ground, a goalpost, the goalkeeper's body), or holding the ball in an outstretched open palm is considered to be in the goalkeeper's possession.
- 2) Charging of the goalkeeper in the Goal Area or when the ball is in goalkeeper's possession, or attempting to kick a ball that is in the goalkeeper's possession **MUST** be punished by a caution or ejection, the choice to be subject to the Referee's judgment.
- 3) If a player impedes the progress of the opposing goalkeeper, in an attempt to prevent the goalkeeper from putting the ball into play, the Referee shall award an indirect free kick (IFK).
- 4) If a player places their body between the ball and an opponent without touching it in an endeavor not to have it played by an opponent, the player is considered to be shielding the ball. As such this player does not violate **Law XII, Section 5-E above**, as long as the ball remains within playing distance
- 5) 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.
- 6) Restarts for offenses which occur off the field-of-play are covered in **Law XIII, Section 9**

6. **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 violates the Laws of the Game.
  - (3) If a player or substitute shows dissent by words or action with any decision of the Referee.
  - (4) If a player or substitute 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.
  - (6) If a player in an attempt to make a play on the ball **within their own Penalty Area** commits an offense that results in a penalty kick (and is not an offense punishable by a red card) but does deny the attacking team an obvious goal-scoring opportunity.
  - (7) If a player deliberately handles the ball
    - (a) in an attempt to score a goal (successful or not)
    - (b) in an unsuccessful attempt to prevent a goal
    - (c) to interfere with or stop a promising attack
  - (8) If a player commits a direct kick offense in a reckless manner.
- 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 solely for the purpose to administer a caution, the game shall be restarted by an indirect free kick (IFK) 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***.
- D. A cautioned player may remain in the game or be replaced at the discretion of the coach. If replaced, the cautioned player may return at the team's next substitution opportunity.

**NOTES:**

- 1) If a player leans on the shoulders of another player of his own team in order to head the ball the player shall be cautioned for unsporting behavior.
- 2) If a player positions his arms to impede 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.
- 3) If a goalkeeper intentionally lies on the ball longer than is necessary, the goalkeeper shall be cautioned for unsporting behavior.

## 7. Send off – Red Card:

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

- (1) violent conduct, i.e. when a player uses or attempts to use excessive force (regardless of whether contact is made) against anyone;
- (2) serious foul play, i.e. a tackle or challenge that endangers the safety of an opponent or uses excessive force;
- (3) deliberately handling the ball, thereby denying his or her opponents a goal, or an obvious goal-scoring opportunity, (other than the goalkeeper within his own Penalty Area);
- (4) impeding an opponent who is **outside the Penalty Area** and moving toward his opponent's goal with an obvious goal-scoring opportunity, by committing any offense punishable by a free kick and thereby denies the attacking team an obvious goal-scoring opportunity;
- (5) denying an obvious goal-scoring opportunity **within the player's own Penalty Area** by committing a direct kick offense that is not considered to be an attempt to or the possibility of being able to play the ball, e.g. deliberate handling, holding, pushing;

***NOTE: Application of provisions 7A (3), (4) and (5) above may be inappropriate for 8-U / Passers, 10-U / Wings and younger divisions***

- (6) spitting at an opponent or any other person;
  - (7) using offensive, insulting or abusive language and/or gestures or other verbal offenses;
  - (8) receiving a second caution.
- B. If the game is stopped to eject the player, no other Law having been violated, an indirect free kick (IFK) shall be awarded to the opposing team from the point of the offense, subject to the overriding conditions of **Law XIII**.

### NOTES:

- 1) While caution and ejection rules also apply to substitutes and coaches, it is recommended that play not be stopped merely to administer such caution or ejection. If play is stopped specifically to administer such caution or ejection, play is to be restarted with an indirect free kick (IFK) at the place where the ball was at the time of the stoppage.
- 2) Any player or substitute, 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.
- 3) If, when a referee is about to caution a player or substitute, and before he has done so, the player commits another offense that merits a caution, the player shall be ejected.

## LAW XIII – FREE KICK

1. Free kicks are awarded to the opposing team of a player, substitute, sent-off player, or team official who is guilty of committing an offense.
2. There are two types of free kicks:
  - A. **DIRECT (DFK)**: from which a goal can be scored without being touched by another player, of either team, against the opposing team only.
  - B. **INDIRECT (IFK)**: 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.

*In the 8-U / Passers division all free kicks will be indirect free kicks (IFK).*

3. All free kicks are taken from the place where the offense occurred, except:
  - A. Any free kick awarded to a team **inside its own Goal Area** shall be taken from a point anywhere within the Goal Area in which the offense occurred.
  - B. Any indirect free kick (IFK) awarded to a team **within their 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.
  - C. Any free kick offenses that occur **off the field-of-play** [*See Section 9 below and Law XIV, Section 10*].
  - D. Any free kick offenses involving a **player entering or leaving the field-of-play** without permission are taken from position of the ball when play was stopped.
4. On all free kicks:
  - A. The ball must be stationary when the free kick is taken.
  - B. The ball is in play when it is kicked and clearly moves, except when taken from within a team's own Penalty Area. [*See Section 6-A below*].
5. When a free kick is being taken by the kicking team **outside their own Penalty Area**
  - A. The ball may be kicked in any direction;
  - B. Players of the opposing team:
    - (1) **Should be** at least the following distance (in all directions) from the ball until it has been kicked:
      - (a) 8-U / Passers thru 12-U / Strikers - eight (8) yards
      - (b) 14-U / Kickers thru 19-U / Seniors - ten (10) yards

- (2) If requested by either the kicker or the Referee (in which case a second whistle should be used to restart play), **must be** at least the following distance from the ball until it has been kicked:
      - (a) 8-U / Passers thru 12-U / Strikers - eight (8) yards
      - (b) 14-U / Kickers thru 19-U / Seniors - ten (10) yards
  - C. The defending players may stand on the Goal Line and between the goal posts (only) in the case where an indirect free kick (IFK) is being taken on or outside the opponent's Goal Area, but within less than the following distance from the opponent's goal:
    - (1) 8-U / Passers thru 12-U / Strikers - eight (8) yards
    - (2) 14-U / Kickers thru 19-U / Seniors - ten (10) yards.
  - D. *In addition, in the 8-U / Passers and 10-U /Wings divisions w hen any free kick is being taken by the kicking team from within their own Build-Out Area, players of the opposing team should move and remain outside the Build-Out Area, as well as being eight (8) yards from the ball. [See Law VIII].*
6. When a free kick is being taken by the kicking team from **inside its own Penalty Area**:
- A. The ball shall be in play when the whole of the ball has left the Penalty Area into the field-of-play.
    - (1) If the ball is not kicked beyond the Penalty Area, the kick shall be retaken, or
    - (2) If the ball is touched by any player (including the kicker) before it leaves the Penalty Area, the kick shall be retaken.
  - B. In 12-U / Strikers thru 19-U / Seniors divisions all of the opposing players should move and remain outside the Penalty Area **and** be at least the following distance from the ball until it is in play:
    - (1) 12-U / Strikers - eight (8) yards
    - (2) 14-U / Kickers thru 19-U / Seniors - ten (10) yards
  - C. If an opponent, who is in the Penalty Area when the free kick is taken or enters the Penalty Area before the ball is in play, touches or challenges for the ball before it has touched another player (even after it has left the Penalty Area), the free kick is retaken.
  - D. *In 8U / Passers and 10-U / Wings divisions all of the opposing players should move and remain outside the **Build-Out Area** until the ball is in play. [See Law VIII].*
7. If players of the opposing team encroach within the minimum distance from the ball noted above [**Sections 5 and/or 6**], the referee may delay the taking of the free kick until the required distance is met. Encroachment should be considered as unsporting behavior. **Exception: 8U / Passers Division.**

8. Once the ball is in play, the kicker may not play (touch) the ball again until it has been touched by another player.
  - A. **PUNISHMENT:** For playing the ball twice in succession, an indirect free kick (IFK) is awarded to the opposing team at the point where it was touched the second time.

## 9. OFF THE FIELD OFFENSES

- A. If, when the ball is in play, a player commits any free kick offense against a match official or an opposing player, substitute, sent-off player, or team official outside the field-of-play, the restart shall be a free kick taken on the boundary line (Goal Line or Touchline) nearest to where the offense occurred. *[Exception: See Law XIV, Section 10.]*
- B. If, when the ball is in play, a substitute, sent-off player, or team official commits an offense against or interferes with, an opposing player or match official outside the field-of-play, the restart shall be a free kick taken on the boundary line (Goal Line or Touchline) nearest to where the offense occurred. *[Exception: See Law XIV, Section 10.]*

### NOTES:

- 1) To indicate an indirect free kick (IFK), the Referee shall raise an arm straight up above his head. The Referee shall keep the arm raised until the ball has been played or touched by another player or leaves the field of play.
- 2) If the Referee does not raise an arm to signal the IFK and the ball is kicked directly into the goal, the IFK is to be retaken because of the Referee's mistake.
- 3) When any 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 dancing about or waving their arms in a way calculated to distract their opponents, shall be cautioned for unsporting behavior.



## LAW XIV – PENALTY KICK

1. *There shall be no penalty kicks in the 8-U / Passers division.*
  2. A penalty kick is awarded if a player commits a direct kick offense inside their own penalty area or off the field-of-play within the boundaries of their Penalty Area [*See Law XIV, Section 10*].
  3. A penalty kick shall be taken from the Penalty Mark and the kicker must be clearly identified.
  4. 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, and
    - C. outside the Penalty Arc, and
    - D. farther from the Goal Line than the Penalty Mark, and
    - E. must remain there until the ball is kicked into play.
  5. 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 goalposts, 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.
  6. The ball:
    - A. must be stationary on the Penalty Mark and kicked in a forward direction
    - B. is in play immediately after it has been kicked and clearly moves, and
    - C. may not be touched a second time by the kicker until touched by another player.
  7. A goal may be scored DIRECT (first touch) from a penalty kick.
  8. 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 crossbar, or the goalkeeper, or any combination of these, providing that no other violation has occurred.
9. **PUNISHMENT:**
- A. For any **violation** of this Law by the **defending team**:
    - (1) If a goal is scored, the goal is allowed;
    - (2) If a goal is not scored, the penalty kick MUST BE retaken.
  - B. For any **violation** of the Law by the **attacking team**:
    - (1) If a goal is scored, the goal is disallowed and the penalty kick MUST BE retaken;
    - (2) If a goal is not scored, play is stopped and an indirect free kick (IFK) is taken by the opposing team at the spot of the violation.
  - C. If **both teams violate this law**, the kick is retaken
  - D. If the kicker is guilty of playing the ball twice in succession an indirect free kick (IFK) is awarded to the opposing team to be taken from the place where the infringement (second-touch) 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**.

## **The following is a summary of the stated provisions**

<b>RESULT OF PENALTY KICK</b>	<b>NO VIOLATION</b>	<b>VIOLATION ATTACKING TEAM ONLY</b>	<b>VIOLATION DEFENDING TEAM ONLY</b>	<b>VIOLATION BY BOTH</b>
Enters Goal	Goal	Re-kick** or Indirect Free Kick (IFK)	Goal	Indirect Free Kick (IFK)
Goes Directly Out-of-Bounds	Goal Kick	Indirect Free Kick (IFK)	Re-kick	Re-kick
Rebounds into Play from Goal or from Goalkeeper	Play Continues	Indirect Free Kick (IFK)	Re-kick	Re-kick
Saved & Held by Goalkeeper	Play Continues	Indirect Free Kick (IFK)	Re-kick	Re-kick
Deflected Out-of-Bounds by Goalkeeper	Corner Kick	Indirect Free Kick (IFK)	Re-kick	Re-kick

\*\* Only if teammate of kicker is guilty of encroachment (entering the area before the kick is taken)

### **10. EXTENDED TIME PENALTY KICKS:**

- A. When a period is extended to allow a penalty kick to be taken or retaken, the extension shall last until the moment that the penalty kick has been completed, i.e. until the Referee(s) has decided whether or not a goal is scored, and the period shall end immediately after the Referee(s) has made their 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.
- B. When a penalty kick is being taken in extended time, the kicker may not play the ball a second time.
  - (1) The provisions of all of the foregoing paragraphs shall apply in the usual way, and
  - (2) In an extended time penalty kick the ball remains alive until it's momentum is spent, it goes out of bounds, or is retouched by the kicker, even if the ball has rebounded from the goalkeeper, the crossbar or the goal post in the process.

### **11. OFF THE FIELD OFFENSES**

While the ball is in play, if a player commits a direct free kick (DFK) offense outside the field-of-play against a match official or an opposing player, substitute or sent-off player, or team official and the offense occurs beyond the Goal Line and within the width of that player's own Penalty Area, a penalty kick will be awarded.

## NOTES:

- 1) When the Referee has awarded a penalty kick, a signal for it to be taken shall not be given until all the players have taken up position in accordance with the law.
- 3) If, after the kick has been taken, the ball:
  - a) is touched in its course towards the goal by an outside agent, the kick shall be retaken, unless the ball continues on into the goal and the interference does not prevent a defending player from playing the ball, in which case the goal is awarded.
  - b) rebounds into play from the goalkeeper, the crossbar or goalpost, and is then stopped in its course by an outside agent, the referee shall stop play and restart it with a dropped ball.
- 4) 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 not scored, the penalty kick shall be retaken.
  - b) **A player of the defending team** encroaches into the Penalty Area, Penalty Arc 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 feinting to kick the ball once the kicker has completed the run-up to the ball or a teammate of the identified kicker takes the kick.
    - (1) Play will be stopped and restarted with an indirect free kick (IFK) by the opposing team at the Penalty Mark regardless of whether or not a goal is scored.
    - (2) In each case the player taking the kick should be cautioned.
  - d) **The penalty kick is kicked backwards.** Play will be stopped and restarted with an indirect free kick (IFK) by the opposing team at the Penalty Mark.
  - e) **A teammate of the player taking the kick** encroaches into the Penalty Area, Penalty Arc or ahead of the ball.
    - (1) If a goal is scored, the penalty kick shall be retaken.
    - (2) If a goal is not scored, an indirect free kick (IFK) shall be taken by the opposing team at the spot of the infraction.
  - f) **The goalkeeper** moves off the goal line, **and a teammate of the kicker** encroaches into the Penalty Area, Penalty Arc or ahead of the ball. The penalty kick shall be retaken.
  - g) **A player(s) of each team** encroaches into the Penalty Area, Penalty Arc or ahead of the ball. The penalty kick shall be retaken.

## LAW XV – THROW-IN

1. When the whole of the ball has passed over the entire Touch Line, either on the ground or in the air, it shall be put in play by a throw-in. The throw-in is taken in any direction at the point where the ball left the field-of-play, by a player of the opposing team to that of the player who touched it last.
2. The thrower:
  - A. must face the field-of-play with part of each foot either on the Touch Line or on the ground outside the Touch Line and part of each foot shall remain in contact with the ground at the moment the ball is released, and
  - B. shall throw the ball with both hands (unless a physical impairment would limit use to one hand), and
  - C. shall throw the ball from behind and over the head.
3. All opposing players must remain at least two (2) yards from the thrower until the ball is in play.
4. The ball shall be in play immediately upon any part of the ball breaking the plane of the field-of-play (i.e. the outside edge of the Touch Line) 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. A goal may not be scored directly from a throw-in.
6. The ***Offside Law XI*** does not apply at the taking of a throw-in.
7. **PUNISHMENT:**
  - A. For an improper throw-in, the restart shall be a throw-in by the opposing team. The same shall be true if the throw-in is not taken at the point where the ball went out of play.
  - B. For touching the ball a second time, an indirect free kick (IFK) shall be taken by the opposing team. The IFK will be taken from the place where the second touch occurred.

### **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, a simultaneous foul has been committed, i.e. a second touch of the ball (IFK) and handling (DFK). The referee shall award a DFK.
- 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) should be cautioned. **Exception: 8-U / Passers division.**
- 3) If the ball does not enter the field or hits the ground before entering the field, the throw-in is to be retaken.
- 4) ***In a 8-U / Passers 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. 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:
  - A. by a player of the defending team,
  - B. from a point anywhere within the Goal Area
2. The ***Offside Law XI*** does not apply at the taking of a goal kick.
3. The ball shall be stationary and is in play when it is kicked and the whole of the ball has entirely left the Penalty Area into the field of play.
  - A. The goal kick is to be retaken if:
    - (1) the ball is not kicked beyond the Penalty Area; or
    - (2) the ball is touched by any player (including the kicker) before it leaves the Penalty Area; or
    - (3) an opponent, who is in the Penalty Area when the goal kick is taken or enters the Penalty Area before the ball is in play, touches or challenges for the ball before it has touched another player (even after it has left the Penalty Area), the goal kick is retaken.
  - B. If a player taking a goal kick touches the ball after it has left the Penalty Area, but before it is touched by another player, an indirect free kick (IFK) shall be awarded to the opposing team. The IFK will be taken from the place where the second touch occurred.
4. A goal may be scored DIRECT (first touch) from a goal-kick, but only against the opposing team.
5. Players of the opposing team shall remain outside the Penalty Area, until the ball has left the Area.

**Exception:** *In the 8-U / Passers and 10-U / Wings divisions all opposing players must also remain outside the Build-Out Area, until the ball has left the Penalty Area [See Law VIII].*

## LAW XVII – CORNER KICK

1. When the ball passes completely over the defending team's entire Goal Line, and was last touched by a defending player, and a goal was not scored, it shall be put into play by a kick taken:
  - A. by a player of the attacking team,
  - B. from the corner of the field nearest to where the ball crossed the goal line.
2. The ball must be placed in the Corner Area.
3. A properly positioned corner flag may not be moved by a player for the taking of the corner kick.
4. The *Offside Law XI* does not apply at the taking of a corner kick.
5. The ball must be stationary and is in play when it is kicked and clearly moves.
6. A goal may be scored DIRECT (first touch) from a corner kick.
7. Until the ball has been kicked into play, no opposing player may be closer to the Corner Area than:
  - A. eight (8) yards for 8-U / Passers, 10-U / Wings and 12U / Strikers
  - B. ten (10) yards 14-U / Kickers, 16-U / Minors and 19-U / Seniors
8. 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 (IFK) shall be awarded to the opposing team. The IFK will be taken from the place where the second touch occurred.

## **APPENDIX A**

### **GUIDELINES FOR REFEREE UNIFORMS**

The SAY policy and recommendations regarding the preferred/proper uniform standards for game officials is as published in the SAY Administrator's Handbook and as summarized below.

#### **Basic Uniform**

1. Shoes
  - A. Predominantly black.
2. Socks
  - A. Knee length, black with 3 white stripes or solid black.
  - B. Any sock provided by the local SAYArea/District.
3. Shorts/Pants
  - A. Solid black.
  - B. Any shorts/pants provided by the local SAYArea/District.
4. Shirt/Jersey (short or long sleeves)
  - A. Any referee shirt approved and/or provided by the local SAYArea/District.
  - B. Any referee shirt approved and worn by USSF, High School or Collegiate officials.
  - C. The shirts/jersey of all officials in a game shall be of matching color.

#### **Referee Badge**

1. Any designated SAY Referee badge earned by the official.
2. Any designated local SAYArea/District Referee badge provided to the official.
3. No Referee badge need be worn (U.S. Soccer or NFHS badge should not be worn during a SAY match)

#### **Other Acceptable Apparel**

1. Hat (or visor) with bill
  - A. Solid black, no logo (preferred)
  - B. Black with SAY logo
  - C. Any hat provided by local SAYArea/District
2. Eyeglasses
3. Wristwatch
4. Wedding ring
5. Sunglasses (only as sun protection)

#### **Unacceptable Apparel**

1. Any visible jewelry
2. Ankle socks

## APPENDIX B

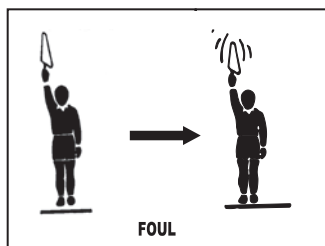
### SAY REFEREE SIGNALS





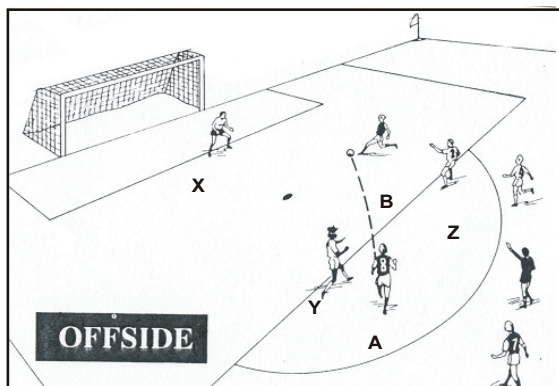
## APPENDIX C

### SAY ASSISTANT REFEREE SIGNALS



## APPENDIX D – OFFSIDE DIAGRAMS

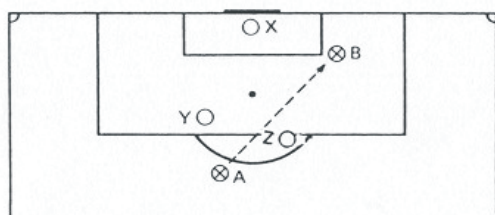
### OFFSIDE - Diagram 1



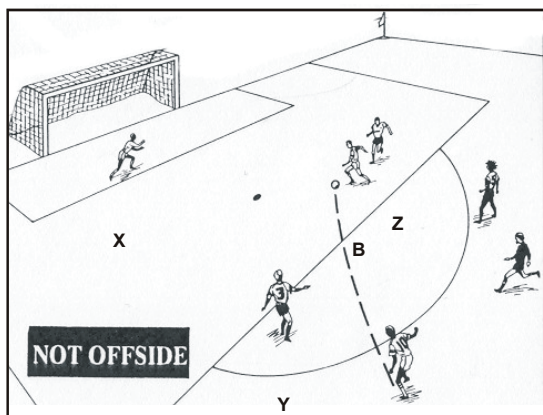
#### Pass to a Teammate

**A** passes the ball to teammate **B**

**B** is offside because he is in front of **A** and is nearer to his opponents' Goal Line than at least two opponents at the moment the ball was played by **A**.



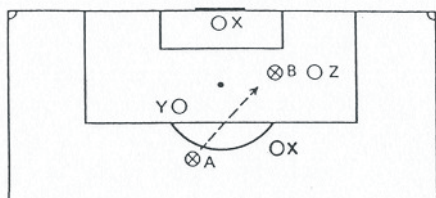
### OFFSIDE - Diagram 2



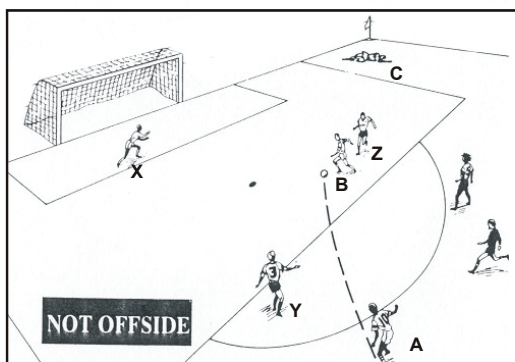
#### Pass to a Teammate

**A** plays the ball forward to teammate **B**, who is even with the second last defender.

**B** is not offside since, at the moment the ball was played **A**, he was not nearer to his opponents' Goal Line than at least two opponents.



## OFFSIDE - Diagram 3

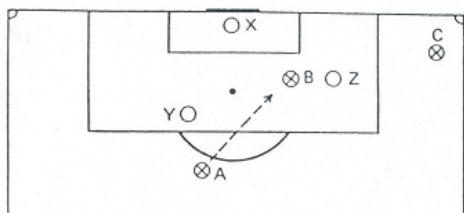


### Pass to a Teammate

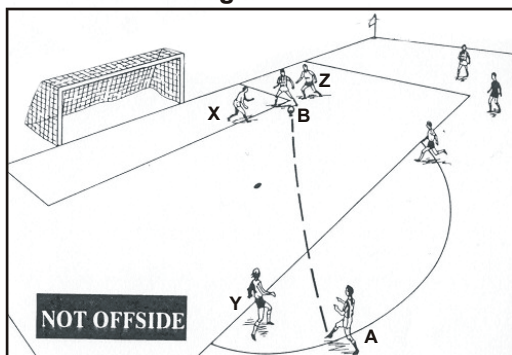
**A** plays the ball forward to teammate **B**, who is even with the second last defender.

**B** is not offside since, at the moment the ball was played by **A**, he was not nearer his opponents' Goal Line that at least two of his opponents.

Teammate **C**, lying injured outside the penalty area, is in an offside position but would not be penalized since he is not involved in active play.



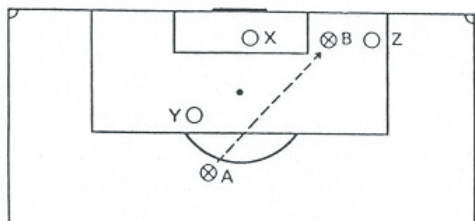
## OFFSIDE - Diagram 4



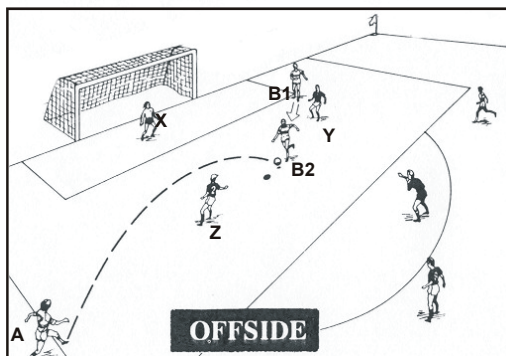
### Pass to a Teammate

**A** plays the ball to team mate **B**, who is even with the last two defender.

**B** is not offside since, at the moment the ball was played by **A**, he was not nearer his opponents' Goal Line that at least two of his opponents.



## OFFSIDE - Diagram 5

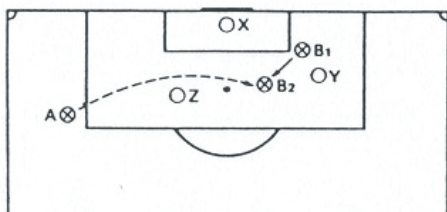


### Pass to a Teammate

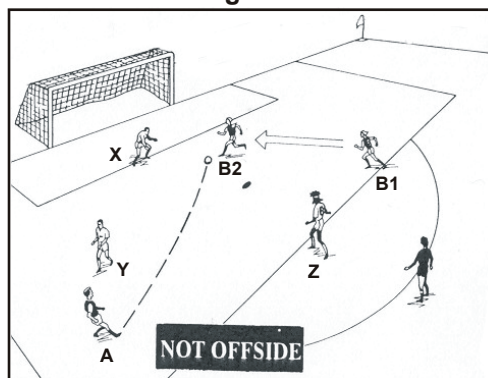
**A** crosses the ball forward from outside the penalty area.

Teammate **B** then runs from position 1 and collects the ball as it lands at position 2.

**B** is offside since, at the moment the ball was played by **A**, he was nearer to his opponents' Goal Line than at least two of his opponents and gained an advantage by being in active play.



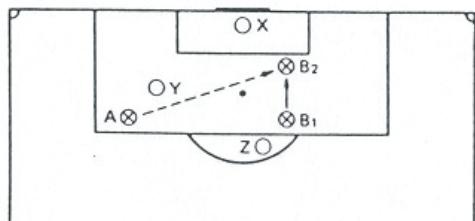
## OFFSIDE - Diagram 6



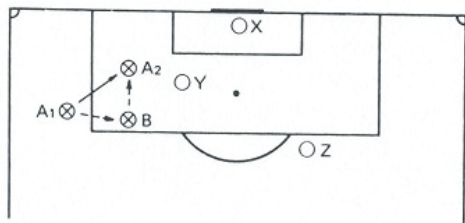
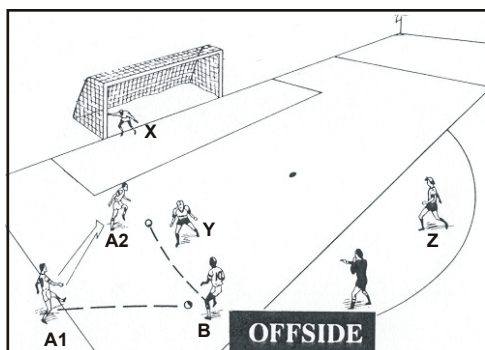
### Pass to a Teammate

**A** passes the ball to teammate **B**, who runs from position 1 to position 2 to play it.

**B** is not offside because at the moment the ball was played by **A**, he was not in an offside position since he was not in front of the ball and was not nearer to opponents' Goal Line than at least two of his opponents.



## OFFSIDE - Diagram 7

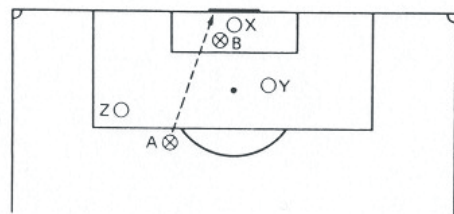
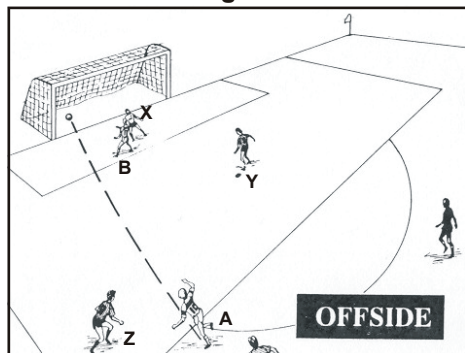


### Inter-Passing with a Teammate

**A** plays the ball to teammate **B** from position 1 and runs forward to receive the return pass. **B** then plays the ball to **A** who is now in position 2.

**A** is offside since at the moment the ball was played forward to him by **B**, he was nearer his opponents' Goal than at least two of his opponents and gained an advantage by being in active play.

## OFFSIDE - Diagram 8



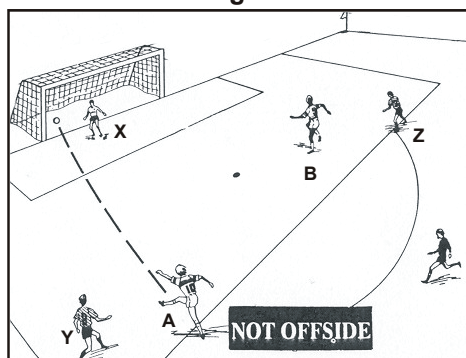
### Interfering with an Opponent

**A** shoots for goal and the ball enters the net.

Teammate **B** is standing in front of the goalkeeper.

The goal would not be allowed since **B**, who is in an offside position, is involved in active play and is interfering with an opponent.

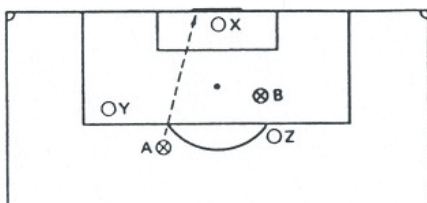
**OFFSIDE - Diagram 9**



## Shot at Goal

**A** shoots for goal and scores.

Although teammate **B** is in an offside position, he is not involved in active play and the goal would be allowed.



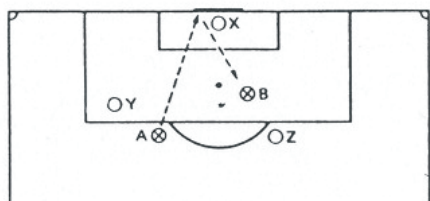
**OFFSIDE - Diagram 10**



## Ball Rebounding from Goal Posts or Crossbar

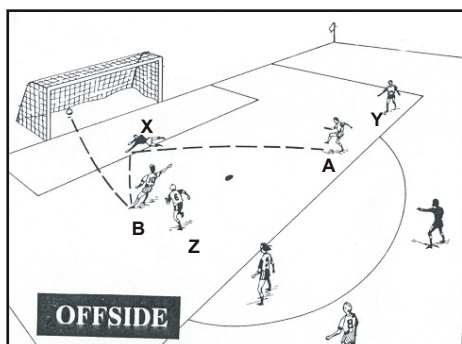
**A** shoots for goal and the ball rebounds from the post to teammate **B**, who kicks the ball into the goal.

The goal is disallowed since **B**, who was in an offside position, when the ball was last played by **A** was in active play and gained an advantage by being in that position.





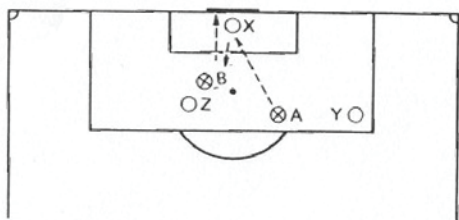
## OFFSIDE - Diagram 11



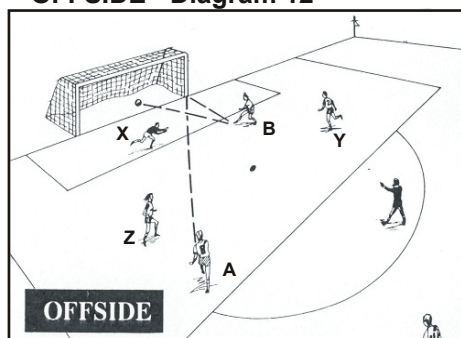
### Shot Rebounds from Goalkeeper

**A** shoots the ball at goal and the ball rebounds from the goalkeeper to teammate **B**.

The goal is disallowed. Since **B**, who was in an offside position, when the ball was last played by **A** was in active play and gained an advantage by being in that position.



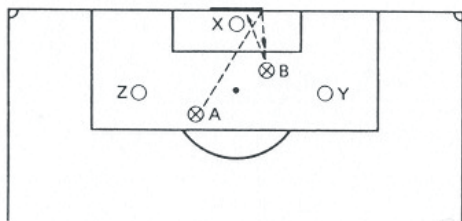
## OFFSIDE - Diagram 12



### Ball Rebounding from Goal Posts or Crossbar

**A** shoots for goal and the ball rebounds from the post to teammate **B** who kicks the ball into the goal.

The goal is disallowed since **B**, who was in an offside position, when the ball was last played by **A** was in active play and gained an advantage by being in that position.



### OFFSIDE - Diagram 13

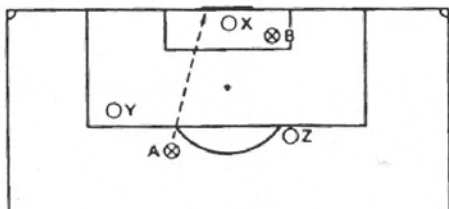


### Not Interfering with an Opponent

**A** shoots for goal and scores.

Although teammate **B** is lying injured in an offside position, he is not involved in active play.

The goal would be allowed.



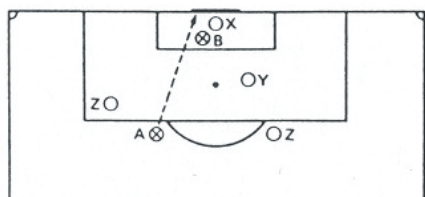
### OFFSIDE - Diagram 14



### Interfering with an Opponent

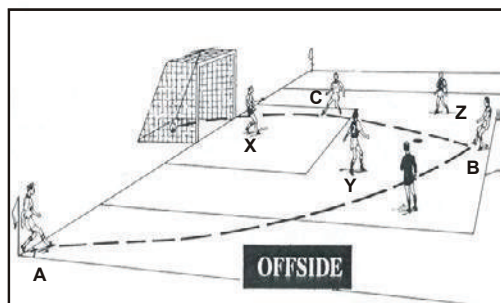
**A** shoots for goal and the ball enters the goal.

Teammate **B** is who lying injured in the goal area and in the path of the ball, would be penalized for offside. By his presence, however accidental, he is involved in the active play and is interfering with an opponent.





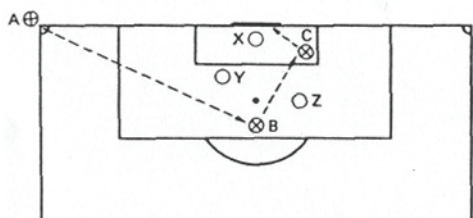
## OFFSIDE - Diagram 15



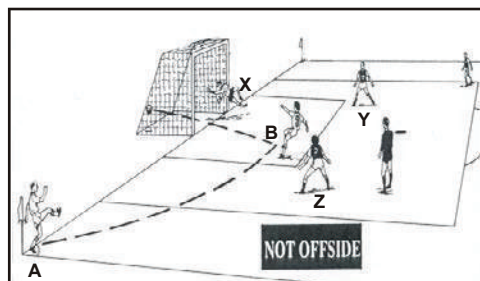
### Corner Kick

**A** takes a corner kick and the ball goes to teammate **B**.

Then **B** shoots for goal and the ball is touched by teammate **C** and enters the goal. The goal is not allowed, since **C** was in front of the ball and there were not at least two opponents between him and the Goal Line when it was last played by teammate **B**.



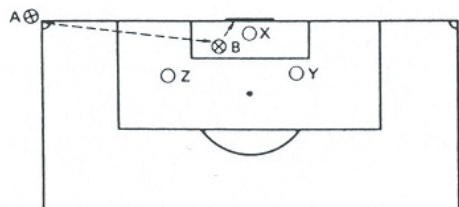
## OFFSIDE - Diagram 16



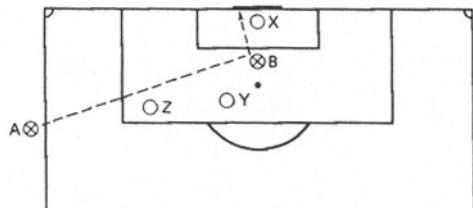
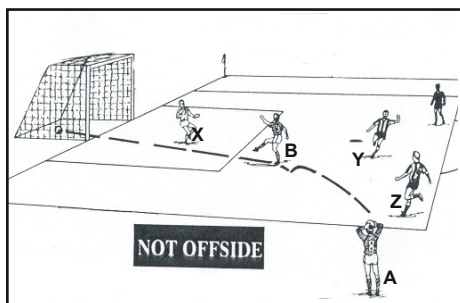
### Corner Kick

**A** takes a corner kick and the ball goes to teammate **B**, who shoots for goal and score.

Although **B** has only one opponent between him and the Goal Line, the goal is allowed since a player cannot be off-side if he receives the ball direct from a corner kick.



## OFFSIDE - Diagram 17

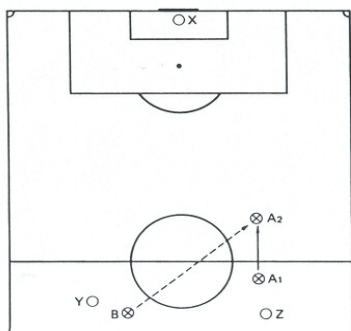
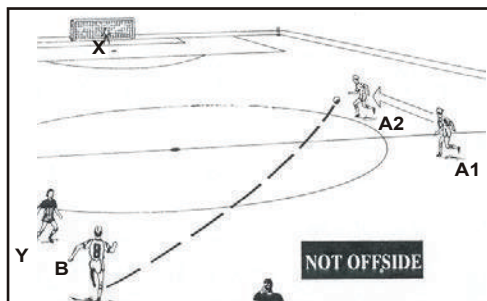


## Throw-in

**A** throws the ball to teammate **B** who shoots and scores. The goal is allowed.

Although **B** is in front of the ball and there is only one opponent between him and the Goal Line, he is not offside because a player cannot be offside if he receives the ball direct from a throw-in.

## OFFSIDE - Diagram 18



## Pass to a Teammate

**B** plays the ball ahead of teammate **A** who is in his own half of the field at position **A1** at the time of the pass. **A** then runs forward to position **A2** to collect the ball.

Although there are not at least two opponents nearer their own Goal Line at the moment when **B** played the ball, **A** is not offside since a player cannot be offside when in his own half of the field of play.

## APPENDIX E - 6-U / STARTERS GUIDELINES

Many SAYAreas have extended their services by offering soccer to three, four and five-year-olds. The objectives are to have fun, learn some soccer basic skills, and receive an introduction to team play. However, the competitive aspects are minimized; games are simple scrimmages, with sides chosen at random at game time. There are no formally rostered teams or fixed schedules of games, and no standings are kept.

Some SAYAreas set up their own program structures. The following are some guidelines, as proposed by the U.S. Soccer's Player Development Initiatives and, as derived from successful programs.

### The Field:

The field should be about 25-35 yards long and 15-25 yards wide (Diagram A). The goals are to be a maximum of 4-ft. high and 6-ft. wide, and must be securely anchored.

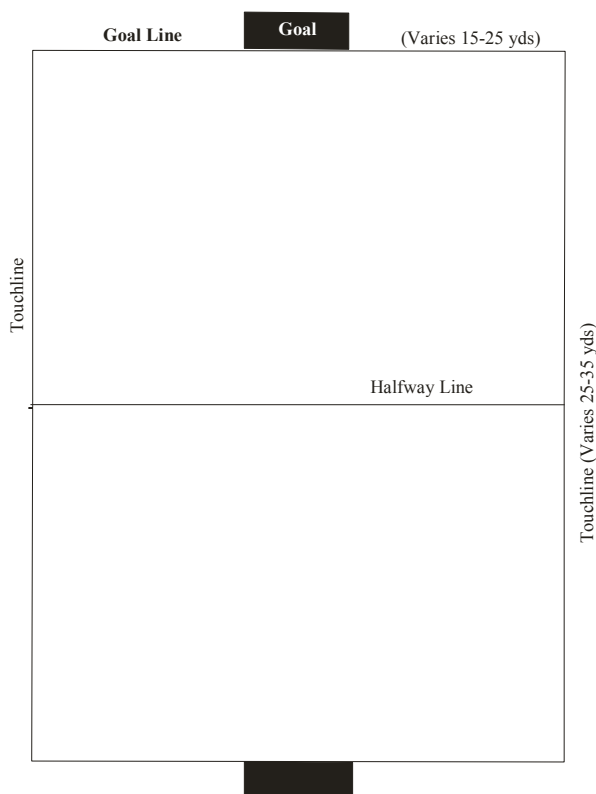


Diagram A

**The Ball:**

- A number 3 ball should be used.

**The Players:**

- In the scrimmage games, play should be (4 v 4) with up to four (4) substitutes and no goalkeepers.
- Substitutions are unlimited and can occur at any time. All players should play approximately an equal amount of time.

**Equipment:**

- Teams should be different colored shirts, so that members of each team can be identified;
- Shinguards covered with socks are required;
- Soft footwear with no cleats is recommended.

**Referee:**

- Registered and certified referees are not needed at this level. A coach from each team should be on the field to instruct the players and enforce the rules.

**Duration of Game:**

- There should be four (4) quarters of eight (8) minutes each with 5-minute breaks between quarters.

**Kick-Off:**

- All players must be on own half of field with the ball placed at midpoint of Halfway Line. Ball may be kicked in any direction.

**Ball Out of Play:**

- When the ball completely leaves the field-of-play either on the ground or in the air. Restart by opponents of player who last touched the ball.

**Restarts:**

- All restarts are indirect, i.e. two touches required for a goal to be allowed.
- Opponents to be at least 10-ft. away from the ball.
- For a ball over the Touch Line, free kick from one yard inside the Touch Line.
- For a ball over the goal line: Corner Kick from the corner of the field, and Goal
- Kick from any point in the vicinity of the goal.
- Ball is in play when it is kicked and clearly moves.
- Player taking the kick may not touch the ball again until it has touched another player (restart is free kick to opponents).

**Offside:**

- The offside rule does not apply in these games.

**Fouls and Misconduct:**

- All fouls should result in a free kick, after the nature of the foul has been explained to the player.
- All free kicks to be indirect taken at the spot of the offense.
- There will be no cautions, ejections or penalty kicks.

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## Restarts - When Play is Stopped

Restart	Situation	From Where	By Whom	Position of Opposing Players	How?	Penalty for Improper Restart	Can a Goal be Scored Directly?	Can a Player be Declared Offside?
Kick-Off (Law 8)	Start of Game or Start of Quarter	Center Mark	Determined by coin toss Other Team	Anywhere on their half of the field and outside the Center Circle	Ball is kicked and moves in any direction	Kick is retaken	Yes	Does not apply
Direct Free Kick (Law 13)	Goal Scored	Anywhere within Goal Area	Any player of the opposing team	Outside the Penalty Area	Ball is kicked and moves in any direction (and leaves the kicker's own Penalty Area into play)	Kick is retaken	Yes	Yes
	DFK Foul committed on the field, but not by a defender in own Penalty Area	At spot on field where the offense occurred		At least 10-yds** from the ball (and outside the kicker's Penalty Area)				
Indirect Free Kick (Law 13)	Minor Foul, Misconduct, Offside or certain Technical Offenses are committed	Within own Goal Area	Any player of the opposing team	At least 10-yds** from the ball (or on the goal line between the goal posts)	Ball is kicked and moves in any direction (and leaves the kicker's own Penalty Area into play)	Kick is retaken	No	Yes
		Within opponent's Goal Area		Outside the Penalty Area				
		Anywhere else		At least 10-yds** from the ball (and outside the kicker's Penalty Area)				
Penalty Kick (Law 14)	Major Foul is committed by a defender in own Penalty Area	Penalty Mark	Any player of the opposing team	Outside the Penalty Arc and behind the Penalty Mark	Ball is kicked and moves forward	Kick is retaken	Yes	Does not apply
Dropped Ball (Law 8)	Any temporary stoppage of the game by the Referee	On the Goal Area line Location of ball when play was stopped	The Referee	All player's may be anywhere on the field of play	As soon as the ball hits the ground	Dropped ball is retaken	No	No ... Player receives ball directly from the Referee

\*\*For 8-U / Passers and 10-U / Wings at least 8-yds.

## Restarts - Ball Out-of-Play

Situations	Ball Last Touched By	Play Resumes With	From Where	By Whom	Position of Opposing Players	How?	Penalty for Improper Restart
Whole ball passes over a Touchline	Any Player	Throw-In (Law 15)	Where the ball passed over the Touchline	Player of opposing team	Anywhere on the field-of-play and at least 2-yards away from the thrower	Ball thrown into play in any direction	Throw-in taken by player of opposing team
Whole ball passes over a Goal Line, but not into the goal	Players on the attacking team	Goal Kick (Law 16)	Any point within the Goal Area	Player of defending team	Outside the Penalty Area until the ball has completely left the Penalty Area	Ball kicked into play beyond the Penalty Area	Goal Kick is retaken
Whole ball passes over a Goal Line, but not into the goal	Players on the defending team	Corner Kick (Law 17)	The nearest Corner Arc	Player of attacking team	At least 10-yards from the ball until the ball is kicked (At least 8-yards for 8-U and 10-U)	Ball kicked and moves	Corner Kick is retaken

**NOTE:** After the ball is in play, the kicker or thrower may not touch the ball again (second time), until it has been touched by any other player. Punishment is an indirect free kick (IFK) to the opposing team.

## RESTARTS - WHEN OFFENSE COMMITTED

OFFENSE (While the Ball is in Play)		WHERE	RESTART LOCATION	PENALTY
<b>DFK OFFENSES</b>	<b>When any player, in a manner considered to be careless, reckless, or involving excessive force against an opponent:</b>	Within that player's own Penalty line	From the Penalty Mark	Penalty Kick
	<ul style="list-style-type: none"> <li>- Kicks or attempts to kick</li> <li>- Strikes or attempts to strike</li> <li>- Trips or attempts to trip</li> <li>- Pushes</li> <li>- Charges</li> <li>- Makes contact with an opponent before making contact with the ball when making a challenge on the ball.</li> </ul>	In the opponent's Goal area	From any point within that Goal Area	<b>Direct Free Kick (DFK)</b>
<b>IFK OFFENSES</b>	<b>When any player:</b> <ul style="list-style-type: none"> <li>- Holds an opponent</li> <li>- Bites or spits at anyone</li> <li>- Slide tackles from the rear and makes contact with an opponent</li> <li>- Throws an object at an opponent, the ball or an official</li> <li>- Makes contact with the ball with a held object (including the GK)</li> <li>- Impedes an opponent with contact</li> <li>- Deliberately handles the ball (except the GK in own Penalty Area)</li> </ul>	Anywhere else on the field	At the place where the offense occurred	
	<b>When any player:</b> <ul style="list-style-type: none"> <li>- Plays in a dangerous manner</li> <li>- Slide tackles from the rear with no contact with ball or player</li> </ul>	In the opponent's Goal area	From any point from within that Goal Area	<b>Indirect Free Kick (IFK)</b>
	<ul style="list-style-type: none"> <li>- Fair charges an opponent when ball is not within playing distance</li> <li>- Obstructs an opponent (without contact) when ball is not within playing distance</li> <li>- Fair charges the GK when the ball is in GK's possession</li> </ul>	Within that player's own Goal Area	At the nearest point on that Goal Area line	
	<ul style="list-style-type: none"> <li>- Fair charges the GK in the Goal Area</li> <li>- Heads the ball (only 8-U thru 12-U players)</li> <li>- Commits any offense for which play is stopped specifically to caution or dismiss that player</li> </ul>	Anywhere else on the field	At the place where the offense occurred	
<b>IFK OFFENSES</b>	<b>When the GK in possession of the ball:</b> <ul style="list-style-type: none"> <li>- Takes more than 6-sec. to release the ball back into play</li> <li>- Illegally re-touches the ball with their hand(s)</li> </ul>	Anywhere within that GK's own Goal Area	At the nearest point on that Goal Area line	<b>Indirect Free Kick (IFK)</b>
	<ul style="list-style-type: none"> <li>- Touches the ball with their hand(s) from a throw-in by a teammate</li> </ul>	Anywhere within that GK's own Penalty line	At the place where the offense occurred	

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