

2025 FALL LMSA Laws and Modifications

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Review the Laws of the Game at

www.theifab.com/laws

The following are General **LMSA** Laws and Modifications for All Age Groups for the Regular Season. The LMSA Cup has some differences and will be published before the start of the tournament.

HEAD INJURY

- **Stop play immediately if any player appears to have a head injury**
- **If you feel player has possible concussion, the player will no longer be allowed to play in this match**
 - **Only a physician may clear a player to continue during this match**

- Game Card / Match Report
 - Each team to provide to Referee prior to team check-in
 - Post-match, referee will make notes of score and yellow/red cards, sign, and have coach sign
 - U14 – U19, Referee will then return to coach
 - All Recreation games (U12 and below), Referee retain and return to league
- Referee Fees
 - LMSA Board Members, Director of Referees or their designate, will be in charge of paying all referee fees for recreational games. **For U14 and above** (Intercity League) LMSA teams have to pay **HALF** of the referee fees directly to the referee when playing **outside of LMSA fields** (if you are a visitor but playing on LMSA fields you don't have to pay fees referee fees) LMSA teams playing in the Intercity League need to check the Cal South Intercity website for the most current referee fee schedule at
 - **www.calsouth.com/intercity-league**
- Game Time
 - Scheduled with a 10 minute grace period **(15 minutes for Intercity games)**, Failure to pay referee fees (if applicable) or field a team with minimum number of players will result in a forfeit
 - In general, no stoppage time will be added to halves
- Equipment
 - No unsafe knee braces (metal knee braces must have a soft cover)
 - No "hard" casts are allowed, not even with the use of bubble wrap
 - Home team shall change to alternative color jersey if colors conflict with visiting team

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- Player/Coach Discipline
 - Yellow/Red Cards to be displayed to player in U8 – U19 games only (if necessary)
 - Team Officials (coach and assistants in the technical area) guilty of misconduct can be shown a yellow/red card; if an offender cannot be identified, the senior coach in the technical area receives the yellow/red card.
 - Coaches must substitute yellow-carded players at the time the referee shows the yellow card to the player and before restarting the game
 - Ensure to note the reason of said offence on match report
 - Player receiving red card will be removed from remainder of match
 - Ensure to note the reason of said offence on match report and provide a Referee Game Report to Director of Referees for LMSA immediately following match
 - Retention of player cards not necessary (where applicable)
 - If a team official (Coach/Manager) or spectator is shown a red card, the team official must leave the field, play shall not resume until team official has left the field.
 - Referees must ensure to note the reason of said offence on match report and provide a Referee Game Report to Director of Referees for LMSA immediately following match

HANDLING THE BALL

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

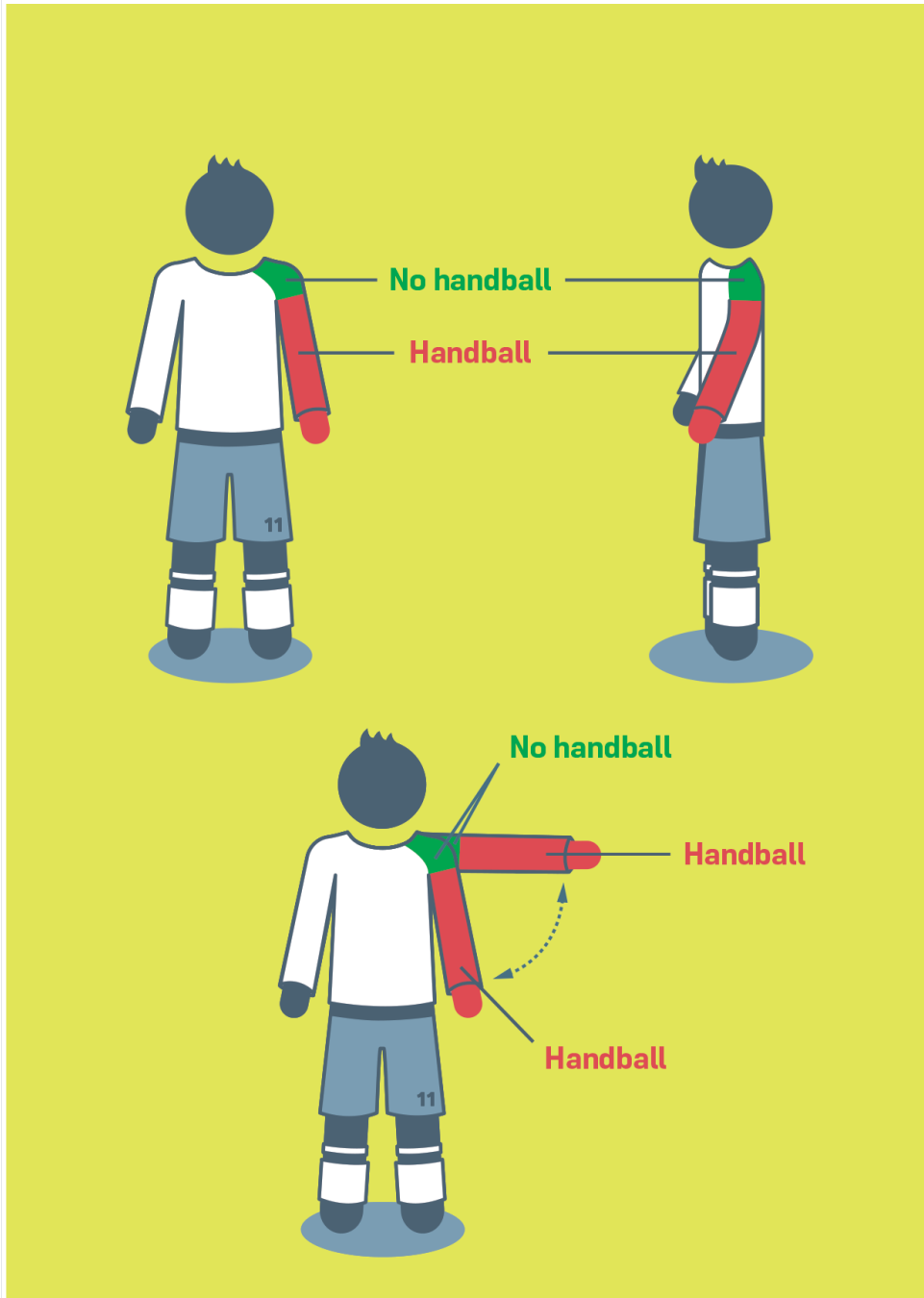
It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized
- scores in the opponents' goal:
 - directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their hand/arm, even if accidental

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The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.



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Individual Law changes

Law 5. The Referee

- Signal to be used by referees to count down the last five seconds of the eight-second restriction on goalkeepers controlling the ball with their hand(s)/arm(s)

Law 8. The Start and Restart of Play – Dropped ball

- If, when play was stopped, the ball was:
 - inside the penalty area – the ball is dropped for the defending team goalkeeper in their penalty area
 - outside the penalty area – the ball is dropped for a player of the team that has or would have gained possession if this is clear to the referee; otherwise, it is dropped for a player of the team that last touched it. The ball is dropped at its position when play was stopped

Law 12. Fouls and Misconduct

- A goalkeeper who controls the ball with their hand(s)/arm(s) for more than eight seconds will be penalized, with a corner kick being awarded to the other team

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The following are Law Modifications for Intercity (U14-U19)

- Cal South Player / Coach / Administrator Cards
 - All Intercity League Divisions (U14 – U19) require player and coach cards and medical release forms
 - All Player / Coach / Administrator cards must have pictures and signed by league official
 - A team without a carded official (coach/administrator) will forfeit the match
 - A player without a card may not play in match
- U14 – U19 Intercity Rec Divisions will play 11 v 11 (minimum 7)
 - U19 – 45 min halves, U16 – 40 min halves, U14 - 35 min halves
 - For LMSA teams, ½ game playing time is mandatory (coach responsibility)
 - Free substitution at any stoppage of play and Referee discretion

Please refer to the rules and regulations of Cal South Intercity League for more information on Rules of Play, League information and procedures and schedules

www.calsouth.com/intercity-league

The following are Law Modifications for the U12 Rec Division:

- U12 Division will play 9 v 9 (minimum 6)
 - The division will play two equal halves of 30 minutes each
 - For LMSA teams, ½ game playing time is mandatory (coach responsibility)
 - Free substitution at any stoppage of play and Referee discretion
- **Deliberate Heading of the ball is NOT permissible and is punishable by a “Indirect” free kick**
 - **The restart for a deliberate header occurring within the penalty area will be an indirect free kick to be taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred**
- Opponents must be 10 yards from the ball for all free kicks and corner kicks. For kick-offs, penalty kicks and goal kicks, the field markings are used.
- **Signal to be used by referees to count down the last five seconds of the eight-second restriction on goalkeepers controlling the ball with their hand(s)/arm(s)**
- **A goalkeeper who controls the ball with their hand(s)/arm(s) for more than eight seconds will be penalized, with a corner kick being awarded to the other team**
- **Punting is allowed**

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The following are Law Modifications for the U10 Rec Division:

- U10 Division will be played 7 v 7 (minimum 5)
 - The division will play two equal halves of 25 minutes with **quarter breaks**. The match is stopped approximately midway in each half for substitution ["quarter break"]. This stoppage is for Substitutions and water only - it is **NOT** a "coaching opportunity" – the clock runs during this player substitution period
 - All players must play 3 quarters before any one player can sit out 2 quarters
 - **CAN NOT have players only play 2 quarters while others play 4 quarters**
 - Playing goalie DOES NOT count as sitting out
- Per LMSA Handbook, all players must play at least 2 quarters on the field besides goalkeeper.
- If a player plays two quarters as a goalie, he has to play 2 quarters on the field also
- **Deliberate Heading of the ball is NOT permissible and is punishable by a "Indirect" free kick**
 - **The restart for a deliberate header occurring within the penalty area will be an indirect free kick to be taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred**
- Opponents must be 8 yards from the ball for all free kicks and corner kicks. For kick-offs, penalty kicks and goal kicks, the field markings are used
- **Goalie punts and drop kicks are not allowed**
- If a goalkeeper punts or drop-kicks the ball *within the penalty area*, an indirect free kick will be awarded to the opponent to be taken from the penalty area line parallel to the goal line at the nearest point to where the offense occurred.
- **Offside rule is enforced from the build-out lines to the goal lines only.**

A Build-Out Line will be used as part of the mandated USSF/Cal South

initiatives. A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the half-way line in each half. They should be equidistant between the penalty area line and the halfway line.

- When the ball goes out of play past the goal line or the goalkeeper has the ball in his/her hands during play from the opponent, the opposing team must move behind the build out line.
 - Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (*punts and drop kicks are not allowed*).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. Goalkeeper has 6 seconds to put ball in play.
- At Goal kicks, the ball is in play once it is kicked and clearly moves. The ball DOES NOT have to leave the penalty area to be in play. All opponents must be behind the build out line until ball is put in play.
- **Signal to be used by referees to count down the last five seconds of the eight-second restriction on goalkeepers controlling the ball with their hand(s)/arm(s)**
- **A goalkeeper who controls the ball with their hand(s)/arm(s) for more than eight seconds will be penalized, with a corner kick being awarded to the other team**

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The following are LMSA Law Modifications for the U8 division:

- Games will be played 7 v 7 (minimum 5)
- The division will play two equal halves of 25 minutes with **quarter breaks**. The match is stopped approximately midway in each half for substitution ["quarter break"]. This stoppage is for Substitutions and water only - **it is NOT a "coaching opportunity"** – the clock runs during this player substitution period
- All players must play 3 quarters before any one player can sit out 2 quarters
 - **CAN NOT have players only play 2 quarters while others play 4 quarters**
 - Playing goalie DOES NOT count as sitting out
- Per LMSA Handbook, all players must play at least 2 quarters on the field besides goalkeeper.
 - If a player plays two quarters as a goalie, he has to play 2 quarters on the field also.
- **Heading of ball is NOT permissible and is punishable by a "Indirect" free kick.**
 - **The restart for a deliberate header occurring within the penalty area will be an indirect free kick to be taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred**
- Opponents must be 8 yards from the ball for all free kicks and corner kicks. For kick-offs, penalty kicks and goal kicks, the field markings are used
- **Offside rule is enforced from the build-out lines to the goal lines only.**
- Slide tackling is not allowed. If a player attempts a slide tackle, the player is to be warned and the other teams is awarded a free kick
 - Direct free kick if there is contact with opposing player
 - Indirect free kick if there is no contact with opposing player
- For the month of September, second chances on all restarts and throw-ins are permissible
 - Beginning in October, second chances are no longer given
- **Goalie punts and drop kicks are not allowed**
- If a goalkeeper punts or drop-kicks the ball *within the penalty area*, an indirect free kick will be awarded to the opponent to be taken from the penalty area line parallel to the goal line at the nearest point to where the offense occurred.

A Build-Out Line will be used as part of the mandated USSF/Cal South

initiatives. A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the half-way line in each half. They should be equidistant between the penalty area line and the halfway line.

- When the ball goes out of play past the goal line or the goalkeeper has the ball in his/her hands during play from the opponent, the opposing team must move behind the build out line.
 - Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (*punts and drop kicks are not allowed*).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. Goalkeeper has 6 seconds to put ball in play.
- **At Goal kicks, the ball is in play once it is kicked and clearly moves. The ball DOES NOT have to leave the penalty area to be in play. All opponents must be behind the build out line until ball is put in play.**

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The following are LMSA Playing Rules for U6 and U5 divisions:

- Games will be played 4 v 4 (minimum 3)
 - NO EXCEPTIONS on 4v4 Unless authorized by President or Director of Referees
 - No substitution in between quarters unless its due to an injury and with the permission of the Referee. If player is tired or doesn't want to continue playing then the team will play shorthanded the rest of the quarter.
- Parents may sit on outer side lines (5 yards back) but **NOT** directly behind the goal line.
 - Only coaches and players should be in between the two fields
- The division will play two equal halves of 20 minutes. The match is stopped approximately midway in each half for substitution ["quarter break"]. This stoppage is for substitutions and water ONLY. **Not for game strategy.**
- **Coaches or Parents are not allowed to be on the field during the game**
- All players must play 3 quarters before any one player can sit out 2 quarters
- **Heading of ball is NOT permissible and is punishable by a "Indirect" free kick**
- There are no goalkeepers, and players defending their own goal area must **always stay out of the marked goal area semicircle** unless playing a ball in that area
- There are no goal kicks in this division, when a ball goes out through goal line, **it will result in a throw-in from anywhere behind the build out line in the field of play or from the goal line.**
Opponents should be backed up to the midfield line
- Corner Kicks are to be taken if defending team touches the ball last before going out of bounds through the goal line
- All fouls result in a direct free kick for the opposing team
 - Defensive walls may be formed
- There are no penalty kicks
- Opponents must be 5 yards from ball for free kicks and corner kicks
- A player incorrectly starting / restarting play will be given a second opportunity
 - Referee should explain to player how to restart
- **There is no offside**
- Leniency is to be applied in the application of handling the ball
 - The violation is to be enforced, but only when use of hands is blatant and deliberate
- **Slide tackling is not allowed**
 - The result is a direct free kick to opposing team
 - Referee to explain to offending player what they did to cause infraction.

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All Referees should have pregame discussions with the teams and coaches. After checking player gear and checking for players in attendance, Referee should remind the coach that their duty is for coaching and cheering only and the spectators are to cheer only. Any disagreements with how a referee team is performing should be discussed with the Director of Referees or any LMSA Board Member after the match is completed. The Referee should also remind the coaches of division specific rules like no deliberate heading in U5 - U12 and result of said violation is an indirect free kick. The Referee should also remind the coach and players that hand signals will be used to identify the Direct or Indirect free kick restart (this reminder of hand signals is to try and eliminate prior year's concerns that the coach/spectators didn't know what the restart was). The Referee should also remind the coaches that the clock continues to run during player substitutions (quarter breaks in lower divisions). LMSA does not add time to a half due to delays.

In addition, Referees are instructed to accurately complete the game card (date, division, team name, coach name, score and coach/referee signatures) and to INFORM the coach if there are substitution issues [players sitting out two quarters/goalie time/etc.]. You are to record all unresolved problems on the card if coach does not wish to resolve prior to game restart. All cards are reviewed weekly and any issue involving non-compliance will be addressed by the Board.