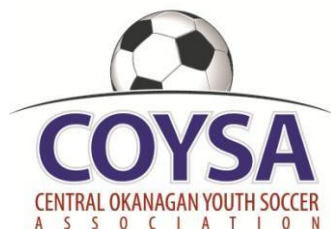


# Central Okanagan Youth Soccer Association



## Indoor Soccer Rules



Revised October 2016

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## RULE 1 – The Field of Play

### Dimensions

The field of play is as shown in the diagram, including the team benches and the penalty box. The boundary lines and the goal lines are defined by a perimeter wall, which is part of the playing area.

### Field Markings

All lines belong to the areas of which they are boundaries. The top of the boards is a part of the playing area.

### Team Benches

An area off the playing surface must be provided for each team. Substitutes for the team must remain in the team bench area. **Penalty Box**

An area off the field of play must be designated for players penalized by a time penalty. The assistant referee is stationed inside the penalty box.

### The Penalty Area

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

### The Penalty Spot

A penalty spot is marked 24 feet from the goal line and equidistant from each goal post.

### The Corner Mark

The corner mark is a 9" circle drawn near the end wall.

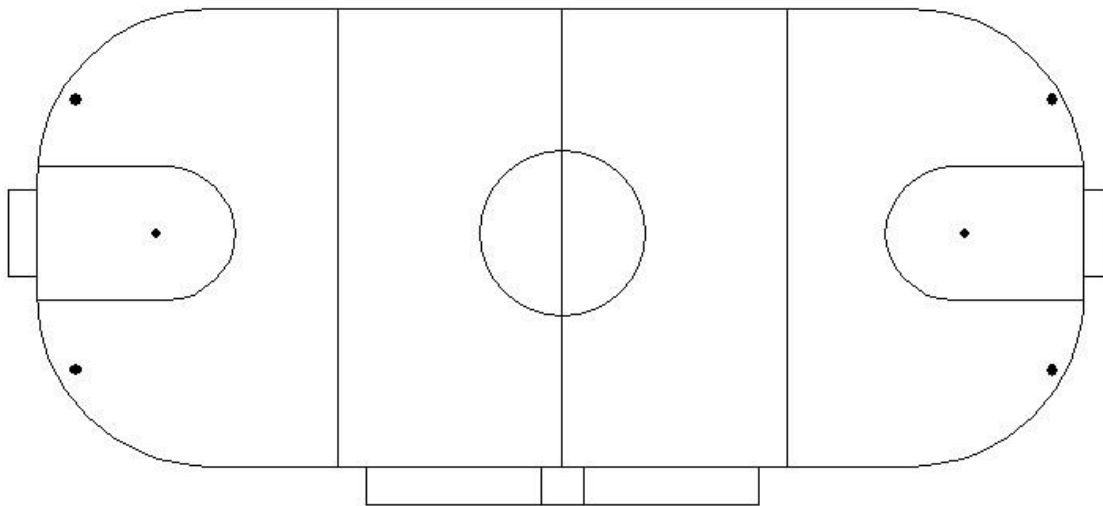


Figure 1: Indoor Field of Play

## **RULE 2 - The Ball**

U12 and under will use a size 4 ball U14 and up will use a size 5 ball

### **Qualities and measurements**

The ball is:

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

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

- The match is stopped.
- The match is restarted by dropping the replacement ball at the place where the first ball became defective (subject to the special circumstances in Rule 8) .

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

- The match is restarted accordingly.

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

## **RULE 3 – The Number of Players**

At U8 a team list is not required.

At U8 a coach may be on the field with the players as long as he does not interfere with play.

### **Players**

A match is played by two teams, each consisting of not more than six players, one of whom must be a goalkeeper. A match may not start if either team consists of fewer than **four** players. A match may not continue if a team is reduced to fewer than four players eligible to be on the field.

Players may only play for the team that they are assigned to by the league.

Players can only play for the team the league assigns them to in that team's scheduled time slot unless the opposition in the same time slot does not have enough players and then players may play for either team as determined by the coaches and referee.

No coaches or spectators can play in the event of one or both teams not having enough players.

In all matches the team sheet listing the names of all the players must be given to the referee prior to the start of the match. Failure to do so will result in a two-minute bench minor misconduct.

### **Substitution Procedure**

To replace a player by a substitute, the following conditions must be observed:

- The player must first leave the field. A player is considered to have left the field if he is within one yard of the perimeter wall between the ends of his team's bench area, and as long as he is not interfering with play.
- Once the player has left the field, the substitute may enter the field from either gate to the team bench.
- A substitution is completed when the substitute enters the field of play.
- All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.

### **Guaranteed substitution opportunity**

Play will be held up for a reasonable length of time to allow teams to substitute:

- After a goal has been scored.

- After a time penalty has been awarded.
- On a serious injury to a player.

In these circumstances, a team cannot be penalized for too many players.

### **Changing the Goalkeeper**

The alternate goalkeeper, or any other player, may change place with the goalkeeper at any guaranteed substitution, provided the referee is notified before the change is made.

### **Infringements/Sanctions**

If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field:

- Play is stopped.
- The team is penalized by a 3 minute minor-misconduct ('too many players').
- Play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in Rule 8).

If a colleague changes places with the goalkeeper without the referee's permission:

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

### **Named Players Sent Off Before the Start of the Game**

If a player named on the game sheet is sent off before the start of the game, the team will nevertheless start the game with six players. No additions may be made to the team sheet to replace a named player who is sent off, whether before or after the start of the game.

### **Bench Personnel:**

A maximum of three non-playing personnel may be on the bench.

All non-playing personnel must be listed on the team sheet given to the referee prior to the start of the match.

### **Applicable decisions of the International F.A. Board**

The coach may convey tactical instructions to the players during the match. He and the other team officials must remain within the confines of the bench area; they must behave in a responsible manner.

## **RULE 4 – The Players' Equipment**

### **Safety**

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

A player may wear a rigid cast at the referee's discretion if properly covered. Players are not allowed to wear the heavy plaster casts, lighter sports casts are allowed. They must still be padded and covered. A player may be permitted to wear a brace at the referee's discretion.

### **Basic Equipment**

The basic compulsory equipment of a player is:

- A jersey or shirt, tucked into shorts. The shirt must be numbered.
- Shorts. If thermal under-shorts are worn, they must be of the same main color as the shorts; otherwise they must not be visible whether the player is stationary or in motion.
- Socks.
- Shinguards.
- Footwear.

## **Shinguards**

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

## **Goalkeepers**

- Each goalkeeper wears colours which distinguish him from the other players, the referee and the assistant referee.
- Goalkeepers may wear track pants and/or kneepads.

## **Infringements/Sanctions**

### **For any infringement of this Rule:**

- Play need not be stopped.
- The player at fault is instructed by the referee to correct his equipment.
- The player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment.
- Any player required to leave the field of play to correct his equipment does not re-enter without the referee's permission.
- The referee checks that the player's equipment is correct before allowing him to re-enter the field of play; this may be delegated to the assistant referee.
- If the referee has to check the player's equipment, the player may only re-enter the field of play when the ball is out of play.
- A player who has been required to leave the field of play because of an infringement of this Rule and who reenters the field of play without the referee's permission is cautioned and shown the yellow card.

## **Restart of Play**

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

- The match is restarted by a free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (subject to the special circumstances in Rule 8).

# **RULE 5 – The Referee**

## **The Authority of the Referee**

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

*In U10, U12, and U14 games there will be 1 referee. In U16 and U18 games there will be 2 referees assigned. Referee 1 will have the ability to make all final calls in the case of discrepancies however in all other aspects both referees are equal and have the same powers and duties.*

## **Powers and Duties of the Referee:**

- Enforces the Rules of the Game.
- Controls the match in co-operation with the second referee.
- Ensures that the ball meets the requirements of Rule 2.
- Ensures that the players' equipment meets the requirements of Rule 4.
- Where there is a time limitation of 5 seconds for some action to be taken, as required elsewhere in these rules, the referee shall indicate both visually and verbally by counting these 5 seconds.
- Stops, suspends or terminates the match, at his discretion, for any infringements of the Rules.
- Stops, suspends or terminates the match because of outside interference of any kind.
- Stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play.

- Allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured.
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped.
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage: but does not reverse that decision if the presumed advantage does not materialize.
- Punishes the more serious offence when a player commits more than one offence at the same time.
- Takes disciplinary action against players guilty of minor misconduct, cautionable and sending-off offenses. He is not obliged to take this action immediately but must do so when the ball next goes out of play.
- Takes action against team officials who fail to conduct themselves in a responsible manner by penalizing the team with by a 3 minute minor misconduct 'to the bench', and additionally, at his discretion, by expelling them from the field of play and its immediate surrounds.
- Ensures that no unauthorized persons enter the field of play.
- Restarts the match after it has been stopped.
- Provides the appropriate authorities with a match report that includes information on any disciplinary action taken against players, and/or team officials and any other incidents that occurred before, during or after the match.

### **Decisions of the Referee**

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of the 2<sup>nd</sup> referee, provided that he has not restarted play.

### **Applicable decisions of the International F.A. Board**

Decision 1: A referee or assistant referee is not held liable for:

Any kind of injury suffered by a player, official or spectator.

Any damage to property of any kind.

Any other loss suffered by any individual, club, company, association or other body, which is due or which may be due to any decision which he may take under the terms of the Rules of the Game or in respect of the normal procedures required to hold, play and control a match. This may include:

- A decision that the condition of the field of play or its surrounds is such as to allow or not to allow a match to take place.
- A decision to abandon a match for whatever reason.
- A decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, and the ball.
- A decision to stop or not to stop a match due to spectator interference or any problem in the spectator area.
- A decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment.
- A decision to request or insist that an injured player be removed from the field of play for treatment.
- A decision to allow or not to allow a player to wear certain apparel or equipment.
- A decision (in so far as this may be his responsibility) to allow or not to allow any persons (including team or stadium officials, security officers, photographers or other media representatives) to be present in the vicinity of the field of play.
- Any other decision which he may take in accordance with these rules or in conformity with his duties under the terms of the league rules or regulations under which the match is played.

## **RULE 6 – The 2nd Referee**

*At U10, U12, and U14 there will be no 2nd Referee. At U16 and U18 the second referee will have the same powers and duties as those of the Referee.*

## **RULE 7 – The Duration of the Match**

### **Periods of Play**

U8 matches are run under the direction of the Mentor at 50 minutes on the field.

U10-U18 matches are two equal periods of 25 minutes, unless otherwise mutually agreed between the referee and the two participating teams. Periods of play may be shortened because of insufficient time left in the booking period. This decision by the referee must be made prior to the start of the match and shall be communicated to both teams.

### **Half-Time Interval**

Players are entitled to an interval between periods:

U10-U18 the interval shall not exceed 3 minutes.

U8 intervals will not exceed 1 minute.

### **Provision for stopped time**

The clock will not be stopped during the game for any reason.

### **Penalty Kick**

If a penalty kick has to be taken or retaken, the duration of either half is extended until the penalty kick is completed.

## **RULE 8 – The Start and Restart of Play**

### **All restarts**

At all re-starts, the team has 5 seconds after the referee gives a signal, to put the ball into play. Sanctions for infringing this time limit are:

- U8: The 5 second time limit will not apply
- U10 & U12: the other team takes the restart.
- U14 & U16 & U18: 3 minute time penalty and the same team takes the restart.

### **Preliminaries**

The team listed as the visitors takes the kick-off to start the match; the home team takes the kick-off to start the second half of the match.

### **Procedure**

- All players are in their own half of the field.
- The opponents of the team taking the kick-off are outside the centre circle until the ball is in play.
- The ball is stationary on the center mark.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves in any direction.
- The kicker does not touch the ball a second time until it has touched another player.
- After a team scores a goal, the kick-off is taken by the other team.



## **Infringements/Sanctions**

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

- A free kick is awarded to the opposing team to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

### **If the player takes more than 5 seconds to put the ball into play:**

- They are assessed a three minute minor misconduct for Delaying the Restart. The same team retakes the kickoff.

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

- The kick-off is retaken. **Dropped Ball**

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

### **Procedure**

The referee drops the ball at the place where it was located when play was stopped (subject to the special circumstances in Rule 8).

Play restarts when the ball touches the ground. **Infringements/Sanctions**

The ball is dropped again:

- If it is touched by a player before it makes contact with the ground.
- If the ball leaves the field of play after it makes contact with the ground, without a player touching it.

### **Special Circumstances**

A dropped ball to restart the match after play was temporarily stopped, takes place on the penalty mark if the ball was anywhere inside the penalty area at the time of the stoppage.

A dropped ball to restart play that would be closer to the end perimeter wall than the imaginary line between the corner marks take place on that imaginary line at the point nearest where the ball was when play was stopped. A free kick awarded to the attacking team for a technical offense (any offense other than one of the eleven penal offenses) committed inside the opponent's penalty area, will be taken from the top of the penalty area.

A free kick to restart play awarded for any incident or stoppage of play closer to the end perimeter wall than the imaginary line between the corner marks, will take place on that imaginary line at the point nearest where the incident occurred.

A free kick awarded if play is stopped because of an offense committed by personnel on the team bench will be taken at the place where the ball was when play was stopped, subject to the preceding paragraphs in this section.

## **RULE 9 – The Ball In and Out of Play**

### **Ball Out of Play**

#### **The ball is out of play when:**

- Play has been stopped by the referee.
- It has wholly crossed the perimeter wall, or has touched the side netting.
- It strikes the netting or any structure above or overhanging the playing surface.

### **Ball In Play**

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

- It rebounds from the boards and remains in the field of play.
- It rebounds from the referee on the field of play.
- It touches a player who has technically left the field by being within the restart line and between the gates to the bench, and who is being replaced by a substitute, but who is in no way attempting to play the ball or interfere with play.

## **RULE 10 - Scoring**

### **Goal Scored**

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Rules of Indoor Soccer has been committed previously by the team scoring the goal.

Scores are not displayed on the time clock at all for U12 and under.

Scores for U14 and up will be displayed to a maximum of 5 goal differential.

## **RULE 11 – Three Line Violation**

### **A three line violation occurs:**

When the ball touches or is played by a player in his own defensive zone, and the ball crosses both defensive zone lines and the centre line, in the air without touching another player, the referee, the field or the boards.

### **No Offense**

When a team has 1 fewer player eligible to be on the field than the opposing team, any player may propel the ball over three lines.

### **Infringements/Sanctions**

For a three line violation, the referee awards a free kick to the opposing team to be taken from any place on the first defensive line the ball crossed.

## **RULE 12 – Fouls and Misconducts**

Fouls and misconduct are penalized as follows:

### **Penal offenses**

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

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.
- Boards an opponent.
- Slide tackles an opponent.

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

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball. □
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

**A free kick is taken from where the offence occurred (subject to the special circumstances in Rule 8).**

### **Penalty Kick**

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

## **Technical offences**

**A free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offences:**

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.
- Commits any other offence not previously mentioned in Rule 12, for which play is stopped to caution or dismiss a player.

**A free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:** At U10, the 4 technical offences that can only be committed by the goalkeeper will not be called unless they are flagrantly committed to waste time.

- If a player intentionally passes the ball back to his own goalkeeper with his feet from any zone of the playing field and the goalkeeper handles the ball. However, the goalkeeper may play the ball in any other manner so long as he does not handle the ball.
- Touches the ball again with his hands after it has been released from his possession and has not touched an opponent.
- Touches the ball with his hands at any time after having had the ball under control and unchallenged for more than 5 seconds.
- Having taken the ball in his hands, fails to release the ball within 5 seconds.

**In all cases, the free kick is taken from where the offence occurred (subject to the special circumstances in Rule 8).**

## **Disciplinary Sanctions**

### **Minor misconduct**

In addition to a free kick, the referee may also penalize an offending player by assessing a minor misconduct, a 3-minute time penalty. \*Any penalty of 3 minutes is over once the team that has the man advantage scores. A referee may assess a 3-minute minor misconduct time penalty to a player who, in the opinion of the referee, is guilty of unsporting behavior.

A 3 minute minor misconduct time penalty must be assessed for the following offences:

1. Delaying the restart of play.
2. Failing to retire the required distance whenever play is started or restarted with kick taken by the opponents.

### **Cautionable Offenses**

**A player is cautioned and shown the yellow card if he commits any of the following offenses:**

1. Is guilty of unsporting behavior.
2. Shows dissent by word or action.
3. Persistently infringes the Rules of the Game.
4. Enters or re-enters the field of play without the referee's permission.
5. Leaves the field of play without the referee's permission.
6. Is assessed a 3rd minor misconduct time penalty.
7. Re-enters the field of play prior to the expiration of a time penalty.
8. Slide tackles an opponent, making contact.

For any of these offenses, the offending player is assessed a 3-minute time penalty.

### **Sending-Off Offenses**

**A player is sent off and shown the red card if he commits any of the following offenses:**

1. Is guilty of serious foul play.
2. Is guilty of violent conduct.
3. Boarding (as defined on page 14).
4. Spits at an opponent or any other person.
5. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).

6. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by any penal offense.
7. Uses offensive, insulting or abusive language.
8. Slide tackles an opponent in a reckless manner or using excessive force.
9. Receives a second caution in the same match.

For any of these offenses except the last, the offending player is assessed a 5 minute major time penalty.

**10. SPITTING.** If a player spits on the field it is a red card and the player misses the rest of that game their team plays down a player for 5 minutes). The player is not suspended for any future games. If a player spits at or on anyone on the field they are ejected and face a 3 to 5 game suspension (determined by the COYSA Discipline Committee).

### **Bench Penalties**

Penalties against the bench can be assessed for the offences listed below. The offence may be committed by a player, a substitute or a team official. If the player or substitute that committed the offence can be positively identified then they must serve the penalty. If the player or substitute cannot be identified, or the offence was committed by a team official, the penalty may be served by any member of the team who was on the floor when the offence occurred. If play is stopped in order to call the penalty, play shall be restarted with a free kick for the opponents at point where the ball was when play was stopped (subject to the special circumstances of Rule 8).

#### **Minor Bench misconduct penalty**

A three minute penalty will be assessed for:

1. Time wasting.
2. Substitutions when entering the game, jumping over the boards.

#### **Caution Bench Penalty**

A three minute time penalty will be assessed for:

1. Dissent.

#### **Major Bench Penalty**

A 5-minute major time penalty will be assessed for:

1. Use of offensive, insulting or abusive language or gestures.
2. Spitting on the playing surface.

#### **Management of Time Penalties Types of time penalty:**

1. A Minor Misconduct Time Penalty, which is 3 minutes in duration, is assessed for any offence that, in the referee's opinion, warrants greater punishment than a free kick or penalty kick. The penalized player serves the penalty time.
2. A Caution/Time Penalty, comprising a minor time penalty (3 minutes) and a yellow card caution, is assessed for any cautionable offence. The penalized player serves the penalty time.
3. A Major Time Penalty, which is 5 minutes in duration and is assessed for any sending-off offence except a second caution. A colleague of the dismissed player must serve the 5-minute major time penalty.

#### **Timing of time penalties:**

The clock will not be stopped when the ball is out of play.

#### **Relief of the balance of a minor time penalty:**

If a team has fewer players on the playing surface than the opponents, because one or more players are serving a minor time penalty, and that team is scored upon by an opponent, then:

- If the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that player shall return to the field.
- If the earliest unexpired minor time penalty is the first of consecutive time penalties, the balance of the earliest unexpired minor time penalty shall be relieved, and next time penalty shall begin.

Only one unexpired minor time penalty will be relieved if the opponents score a goal.

**No relief for a major time penalty:**

If a team is reduced to a lesser number of players on the playing surface than its opponent, and only major time penalties are currently being served, and an opponent scores upon that team, the remaining major penalty time is not voided. The affected team continues to play shorthanded.

**Minor time penalty assessed when a penalty kick is awarded:**

If a player concedes a penalty kick, and is also assessed a minor time penalty, and a goal is scored direct from the penalty kick, that player shall be relieved from serving the penalty.

**No relief where teams are of equal playing strength:**

In situations where both teams have the same number of players on the field and a goal is scored, no penalty time is nullified, regardless of whether the team conceding the goal has more unexpired time penalties than the other.

**Co-incident minor time penalties:**

In situations involving an equal number of minor time penalties arising from the same incident or at the same stoppage in the game, the players involved will go to the penalty box to serve the penalties. The teams shall play with the same number of players on the field as there was when the coincidental time penalties were called. The offending players shall be released from the penalty box at the first opportunity after the penalty time expires that play is held up, and with the referee's permission.

Coincidental minor penalties are not relieved by a goal being scored, even if the team is playing shorthanded and the coincidental penalty is the only minor time penalty being served.

**Co-incident major time penalties:**

In situations involving coincidental and/or simultaneous major penalties because of players from each team being sent off, an equal number of penalties (e.g. 1 or 2 from each team) shall cancel one another. If, however, one team incurs more major penalties than the other team, each remaining 5-minute penalty must be assessed and served.

**Limit on time penalties assessed to a player at a single stoppage in play:**

When a player is assessed a series of minor time penalties in succession arising from a single incident or during the same stoppage in play, the time served by the team or player shall not exceed one double minor time penalty (2 three minute penalties). When a player is assessed a series of minor and major time penalties in succession arising from a single incident or during the same stoppage in play, and no time penalty is assessed to an opponent, the time served by the team or player shall not exceed one major time penalty.

When a player is assessed a series of minor and major time penalties arising from a single incident or at the same stoppage in play, and an opponent is also assessed one or more minor penalties, the player dismissed may be assessed both minor and major penalties, to a maximum of 5 minutes (a major penalty) more than the opponent. No additional time penalties will be assessed against a player who commits further misconduct after having been assessed a major time penalty. Rather, the referee shall record and report the misconduct in writing to the appropriate league.

**Multiple major and minor time penalties in the last 5 minutes of a match:**

In the situation where a player is assessed both a major time penalty, and one or more minor time penalties, and there are fewer than 5 minutes remaining in the match, 2 players from that team will go to the penalty box, one to serve the major penalty, and the other to serve the minor penalty(s). Two players will go to the box, even if neither can begin to serve a time penalty because of other time penalties currently being served.

If only one player can begin serving a time penalty, because one other player from the penalized team is currently serving a time penalty, the major penalty will be served first.

**Time penalties assessed to a player already serving a time penalty:**

When a player is serving one or more minor time penalties, and after play has restarted commits another offence warranting additional penalty time, that penalty time shall be in addition to the penalty time already assessed, and shall commence after all penalty time to the penalized player has expired.

However, if the additional penalty is a major penalty and there are fewer than 5 minutes remaining, or if the additional penalty is one or more minor penalties, then a colleague of the player will go to the penalty box to serve the additional penalty.

**Third (or subsequent) penalized player from the same team:**

If a team has two players each serving one or more time penalties, and a third player of that team receives one or more time penalties, the third player must go to the penalty box. If the time penalty resulted from a dismissal, a colleague of the dismissed player must go to the penalty box.

The penalty time of the third player shall not commence until all penalty time assessed to one of the other penalized players has elapsed. He must, however, be replaced by a substitute since four players must be on the playing field at all times.

If the non-offending team scores, having more players on the field, the earliest minor time penalty being served (if any) is relieved. If that completes all penalty time assessed to that player, he may return to the team bench.

The penalty time assessed to the third player may then commence.

If all the penalty time assessed against one penalized player expires, because the non-offending team does not score, the penalty time assessed to the third player may commence. However, the player whose time penalty has expired may not be released from the penalty bench until play has been stopped in accordance with the Rules. He may then go directly to the bench.

#### **Injury to a penalized player:**

If a penalized player is injured, a colleague may serve the time penalty for the injured player, who may go to the team bench for treatment. The player originally penalized may not return to the playing surface until after all penalty time assessed to him has expired.

#### **Time penalties assessed to a goalkeeper:**

A colleague of the goalkeeper will serve any minor time penalties assessed against a goalkeeper.

#### **Delayed calling of time penalties:**

Where an offence warrants a time penalty, but the referee wishes to apply the advantage clause, the referee will acknowledge the offence and signal by holding his arm in the air with two fingers extended, until one of the following occurs:

- The offending team gains possession of the ball. The referee will stop play, penalize the offending player, and restart by a free kick where the original offence took place-subject to the special circumstances in Rule 8
- The non-offending team scores a goal. The offence is recorded, but no penalty time is served as long as the offending team does not have two players currently serving major time penalties. Play is restarted with a kick off.
- Either team commits any other offence. The referee will stop play, penalize the original offender and any other player, if appropriate, and restart play according to the nature of the offence.
- The ball goes out of play. The referee will penalize the original offender and any other player, if appropriate, and restart play accordingly for the stoppage.

Referees are advised to use discretion in the calling of delayed time penalties, to include only situations where obvious advantages or goal scoring opportunities present themselves.

If during the delayed penalty the original offender is guilty of a further offence that warrants a time penalty, that time penalty will be assessed in addition to the time penalty for the original offence.

#### **Applicable decisions of the International F.A. Board**

##### **Decision 1**

A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him.

##### **Decision 2**

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

##### **Decision 3**

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

#### **Decisions of COYSA:**

- If a goalkeeper is dismissed, any other player from that team not currently serving a time penalty can replace him. The goalkeeper must be replaced before play can be restarted. The referee may award a further time penalty against the bench, if the team delays replacing a dismissed goalkeeper.
- Any simulating action anywhere on the field, which is intended to deceive the referee, must be sanctioned as unsporting behaviour.

**Definition of Slide Tackle:**

Players may slide to play the ball with the following exceptions:

- An opponent is within playing distance of the ball (Direct Free Kick).
- Contact is made with an opponent (Direct free kick and Caution).
- Contact is made with an opponent in a reckless manner, using excessive force and from behind (Direct free kick and a Dismissal).

If the slide tackle happens in the Penalty Area, a Penalty Kick will also be awarded.

**Definition of Boarding:**

Any contact by a player that forces an opponent to hit the perimeter wall, that in the opinion of the referee is careless, reckless or using excessive force, will result in the offending player being sent off for boarding. Any other contact by a player that indirectly results in an opponent hitting the perimeter wall will result in the offending player being penalized by a caution for unsporting behavior.

**Kicking a player from behind:**

An attempted tackle from behind, which is careless, reckless or using excessive force, with little or no attempt to play the ball will result in the offending player being sent off for serious foul play.

**Time wasting**

For the purpose of assessing a bench minor, the following are some of the activities considered to be time wasting:

- Failure to have a team list ready prior to kick-off.
- Excessive or slow substitutions.
- Excessive delays in nominating a player to serve a bench penalty.
- Excessive delay in providing a replacement ball when a ball has gone over the boards.

**RULE 13 – Free Kicks**

At U10 all free kicks will be indirect.

At U12 and up all free kicks will be direct.

**Types of Free Kicks**

All free kicks are direct.

- If a free kick is kicked directly into the opponents’ goal, a goal is awarded.
- If a free kick is kicked directly into the team’s own goal, a corner kick is awarded to the opposing team. For all free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

For all free kicks, the referee will give the signal for the taking of the kick. The kicker shall have five (5) seconds to put the ball into play, and the referee shall indicate visually (gesture) and verbally the five (5) second count.

**Procedure**

**Free kick to the defending team inside their own penalty area:**

- All opponents are at least five yards from the ball.
- All opponents remain outside the penalty area until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked directly beyond the penalty area.
- The free kick may be taken from anywhere inside the penalty area.

**Free kick elsewhere:**

- All opponents are at least five yards from the ball, or not closer than the nearest goalpost if the free kick is within five yards from the nearest goalpost, until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves.
- The free kick is taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

**Infringements/Sanctions**

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

- The kick is retaken.

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

- If the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

**If the player takes more than 5 seconds to put the ball into play:**

- They are assessed a two minute minor misconduct for Delaying the Restart. The same team retakes the kickoff.

## **RULE 14 – The Penalty Kick**

A penalty kick is awarded against a team that commits one of the eleven penal offenses, inside its own penalty area and while the ball is in play.

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

**Position of the Ball, the kicker and the Goalkeeper** □

- The ball is placed on the penalty mark.
- The player taking the penalty kick is properly identified.
- The defending goalkeeper remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked.

**Position of the other players**

□ On the field of play.

- 10 feet away from the penalty mark.
- Outside the penalty area and behind the penalty mark.

**The Referee**

- Does not signal for a penalty kick to be taken until the players have taken up position in accordance with this rule.
- Decides when a penalty kick has been completed.

**Procedure**

- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The player taking the penalty kicks the ball forward.
- He does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.

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

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



## **Infringements/Sanctions**

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

**If the player takes more than 5 seconds to put the ball into play:**

- They are assessed a two minute minor misconduct for Delaying the Restart. The Penalty Kick is retaken.

**The player taking the penalty kick infringes the Rules of the Game:**

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

**The goalkeeper infringes the Rules of the Game:**

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

**A team-mate of the player taking the kick enters the penalty area or moves in front of or within 10 feet of the penalty mark:**

- The referee allows the kick to proceed.
- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.
- If the ball rebounds from the goalkeeper or the boards and is touched by this player, the referee stops play and restarts the game with a free kick to the defending team.

**A team-mate of the goalkeeper enters the penalty area or moves in front of or within 10 feet of the penalty mark:**

The referee allows the kick to proceed.

- If the ball enters the goal, a goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

**A player of both the defending team and the attacking team infringe the Rules of the Game:**

- The kick is retaken.

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

- If the kicker touched the ball with his hands inside his own penalty area, and was not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

**An outside agent touches the ball as it moves forward:**

- The kick is retaken.

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

- The referee stops play.
- Play is restarted with a dropped ball at the place where it touched the outside agent (subject to the special circumstances in Rule 8).

## **RULE 15 – Ball Out of Play: Ceiling or Side**

### **Side:**

When the ball has wholly crossed the side perimeter wall or has touched the side netting, other than for a goal kick or corner kick, play shall be restarted with a kick-in. The kick-in shall be:

- Taken by an opponent of the team that touched or played the ball last.
- Taken one yard from the point closest to where the ball left the field of play.

**Ceiling:**

When the ball strikes the netting or any structure above or overhanging the playing surface play shall be stopped and restarted by a free kick. The free kick shall be:

- Taken by an opponent of the team that touched or played the ball last.
- Taken from the center of the defensive line closest to where the ball was last touched or played. The procedures of Rule 13 will apply.

**Kick-in procedure**

- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves.

**Infringements/Sanctions**

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

- If the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

**If the player takes more than 5 seconds to put the ball into play:**

- They are assessed a three minute minor misconduct for Delaying the Restart. The kick-in is retaken.

## **RULE 16 – The Goal Kick**

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

**A goal kick is awarded when:**

- The whole of the ball, having last touched a player of the attacking team, passes over the perimeter boards between the corner marks, and a goal is not scored in accordance with Rule 10.

**Procedure**

- A player of the defending team kicks the ball from any point within the penalty area.
- Opponents remain outside the penalty area until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked directly beyond the penalty area.
- The kicker does not play the ball a second time until it has touched another player.

**Infringements/Sanctions**

**If the ball is not kicked directly into play beyond the penalty area:**

- The kick is retaken.

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

- If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

**If the player takes more than 5 seconds to put the ball into play:**

- They are assessed a three minute minor misconduct for Delaying the Restart. The goal kick is retaken.

## **RULE 17 – The Corner Kick**

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

### **A corner kick is awarded when:**

- The whole of the ball, having last touched a player of the defending team, passes over the perimeter boards between the corner marks, and a goal is not scored in accordance with Rule 10.

### **Procedure**

- The ball is placed at the nearest corner mark.
- Opponents remain at least five yards from the ball until it is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- A player of the attacking team kicks the ball.
- The ball is in play when it is kicked and moves.
- The kicker does not play the ball a second time until it has touched another player.

### **Infringements/Sanctions**

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

- If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

#### **If the player takes more than 5 seconds to put the ball into play:**

- They are assessed a three minute minor misconduct for Delaying the Restart. The corner kick is retaken.

#### **For any other infringement:**

- The kick is retaken.