

10U GOVERNING RULES

AYSO Region 113 encourages small-sided games in the 6U, 8U, 10U and 12U age-groups to help in the development of players' skills and fair play. For the 10U Division, adjustments to the AYSO Edition of the FIFA Laws of the Game are made here to provide a fun and safe environment for our 10U players in the Kaneohe Region. Emphasis should be on fair play and sportsmanship.

Adjustments include but are not limited to:

- Modifications to field size, including goal and penalty area sizes, proportionately smaller compared to full-size field.
- Modifications to distance from penalty mark to goal line and distance opponents must yield on free kicks

Reminder to Coaches:

- INTENTIONAL heading in 10U, 12U and younger age groups is prohibited
- Goalkeeper punt and drop-kicks in 10U are prohibited

References to the male gender in these guidelines in respect to coaches, referees, assistant referees, players and others are for simplification and apply to both males and females

GENERAL GUIDELINES FOR 10U

1. COACHES:

A. To be an AYSO Region 113 10U Head or Assistant Coach, you must:

- be a currently registered AYSO volunteer
- have successfully completed AYSO Safe Haven certification
- have successfully completed the AYSO 10U Coach certification course
- have successfully completed CDC Concussion Awareness training

Important Note: Other individuals are NOT allowed to conduct training sessions without the Head or Assistant Coach present, unless they meet the coach requirements listed above

B. Coaching Guidelines

- To be eligible for post-Fall season Area-sponsored or Section-sponsored play, e.g. Island's Best Tournament, Mililani Makahiki Tournament, Section Spring Season, Kirk Banks Tournament, Hawaii Rainbow Tournament, etc., 10U coaches and assistant coaches must have successfully completed the minimum coach requirements listed above.
- The recommended supervision ratio of adults to children is 1:8 (one adult for every eight or fewer children). Furthermore, at least two adults should be present at all times, one of whom may be the coach and one of whom should be the same gender as the players
- Coaches shall not allow themselves, their assistants or others to be placed in situations where personal and/or Region liability may be compromised
- Coaches should not transport players (except their own child) in their personal vehicles at any time
- Players shall not be left unattended on the field before, during or after training sessions or games

C. Game Conduct

1. Only the head or assistant coach may issue tactical instructions to players during the course of a game on three conditions:
 - that you identify yourself to the referee before the start of the match
 - that you give your instructions from the technical area (see Law 1, The Field of Play below), and
 - that you behave in a responsible manner
2. A rectangular technical area shall exist, whether marked or not, extending 8-yards on each side of the halfway line. The front and back edges, respectively, shall be three (3) and six (6) yards from the touchline.
3. Coaches are responsible for the conduct of their players and spectators.

2. SPECTATORS

- A. Spectators are not allowed behind either goal
- B. A spectator control line shall exist, whether marked or not, parallel to and at a distance of three (3) yards from the touchline, extending up to both penalty areas
- C. Spectators are to encourage players but not coach or instruct players during games
- D. Only game participants are allowed to run the length of the field

LAW 1: THE FIELD OF PLAY

- A. Dimensions: 195-ft. (65-yds.) long touchlines and 105-ft. (35-yds.) long goal lines
- B. Markings:
 - Halfway Line the width of the field, marked equidistant between the goal lines
 - Build Out Line the width of the field marked equidistant between the top of the penalty area and the halfway line
 - Center Circle with a 24-ft. (8-yds.) radius in the center of the field
 - Corner Arcs with a 3-ft. (1-yd.) radius at each corner of the field
 - 24 ft (8-yds.) marks from each corner of the field
 - Goal Area in front of each goal measuring 15ft. (5-yds.) by 48.5-ft. (16.17-yds.)
 - Penalty Area in front of each goal measuring 45-ft. (15-yds.) by 108.5-ft. (36.17-yds.)
 - Penalty Mark 30-ft. (10-yds.) from the midpoint between the goalposts and equidistant to them
 - Penalty Arc with a radius of 24-ft. (8-yds.) from the penalty mark drawn outside the penalty area
 - Technical (Coaching) Area shall exist, whether marked or not, extending 8-yards on each side of the halfway line. The front and back edges, respectively, shall be 3 and 6 yards from the touchline.
- Note: The field markings listed above are part of the areas of which they define
- C. Goals: 6.5-ft. high and 18.5-ft. wide, firmly secured to the ground

LAW 2: THE BALL

- A. Size four (4), approved by the Referee. *Note: Game ball shall be provided by the home team*

LAW 3: THE PLAYERS

- A. Maximum number of players on the roster: ten (10)
- B. Maximum number of players on the field at any time: seven (7), one of whom is the goalkeeper.
- C. Minimum number of players on the field at any time: five (5)
- D. Substitutions:
 - Between periods (quarters) and at halftime
 - For injuries
 - For other situations with the approval of the referee
- E. Playing time:
 - Minimum of 50% (two "quarters") of the total playing time for each player, if possible
 - No player shall play four (4) periods until all players have played three (3) periods. If a player plays two (2) quarters in any game, that player must play three (3) quarters during other games in the season. *The intent of this rule is to give each player equal playing time over the course of the season. Exceptions can be made if a player is physically unable to play three (3) quarters, or gets hurt or sick during the game. The referee must be notified in either of those cases*
- F. Late Arriving Player: If a player arrives late, that player must play half of the remaining time
- G. Goal Keepers: A 10U player shall play a maximum of one (1) quarter in the goal and a minimum of two (2) quarters in a field position
- H. No co-ed teams. Separate girls and boy's teams should be promoted at all levels of play.

LAW 4: THE PLAYERS' EQUIPMENT

Players must not use equipment or wear anything that is dangerous to him or herself or another player. All jewelry (rings, watches, necklaces, bracelets, hard hair accessories, etc.), casts or splints (even if taped or padded) are prohibited in all AYSO practices and games.

- **Exceptions: Medical bracelets and/or medical necklaces shall be allowed, and must be secured (wrist band/fitted undershirt), not taped directly to the skin. Prescription eyewear is allowed.**

- A. Game Uniform: Official AYSO jersey, shorts and socks. No additional markings (player names, sponsor names or logos, autographs, etc.) are allowed on game uniforms.

Bleeding and blood on uniform: Any player or official who is bleeding must leave the field and may not return until the bleeding is stopped, the wound is cleaned and covered. If there is blood on the uniform, that portion of clothing must be replaced or the blood must be neutralized. Bloody materials are a biohazard and must be disposed of properly. Consult local authorities for proper disposal (at a minimum, place in sealed plastic bags).

- B. Undershirts and Undershorts: Undershirts must be the same color as the main color of the shirt sleeve. Undershorts or tights must be the same color as the main color of the shorts or the lowest part of the shorts. All players on the same team must wear the same color
- C. Footwear: Covered tennis or soccer shoes. No bare feet, slippers or sandals. Metal cleats are allowed only if round and smooth.
- D. Shin guards: MANDATORY for practices and games, worn directly on the shin, covered entirely by the socks.
- E. Socks: Tape or any material applied or worn externally must be the same color as that part of the sock it is applied to or covers

LAW 5: THE REFEREE

- A. Referees must be registered AYSO volunteers for the current season and AYSO Safe Haven certified.
 - B. Center referees officiating in 10U matches should be minimum-certified AYSO Regional or Basic Referee
 - C. Each match is controlled by a referee who has full authority to enforce the Laws of the Game and these Rules in connection with the match to which he has been appointed
 - D. The Referee:
 - acts as timekeeper and keeps a record of the match
 - stops, suspends or terminates the match, at his or her discretion, for any infringements of the Laws
 - stops, suspends or terminates the match because of outside interference of any kind, including spectator interference or any problem in the spectator area
 - stops the match if, in his or her opinion, a player is seriously injured and ensures that they are removed from the field of play
 - allows play to continue until the ball is out of play if a player is, in his or her 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 offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time
 - takes action against team officials who fail to conduct themselves in a responsible manner and may at his or her discretion, expel them from the field of play and its immediate surroundings
 - provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players and/or team officials and any other incidents which occurred before, during or after the match.
 - shall submit to the region completed game cards after each game
 - E. Decisions by the referee regarding facts connected with play are final
 - F. Decisions by the referee should not be questioned by players, coaches, assistant referees, parents or spectators
 - G. The referee may only change a decision on realizing that it is incorrect or, at his or her discretion, on the advice of an assistant referee, provided that play has not restarted
 - H. Referees shall emphasize
 - Fun
 - Fairness
 - Safety
- Note: Referees should briefly explain any infringements to 10U players, but refrain from coaching*
- I. The referee and other match officials are discouraged from wearing jewelry or any other electronic equipment

LAW 6: THE OTHER MATCH OFFICIALS

- A. Duties: Two Assistant Referees, whose duties, subject to the decision of the Referee, are to indicate:
 - when the whole of the ball has passed out of the field of play
 - which side is entitled to a corner kick, goal kick or throw-in
 - when a player may be penalized for being offside
 - when offenses have been committed out of the view of the referee (this includes offenses committed in the penalty area)
 - whether, at penalty kicks, the goalkeeper has moved forward before the ball has been kicked and if the ball has crossed the goal line.
- B. The assistant referees also assist the referee in controlling the match in accordance with the Laws of the Game. In particular, they may enter the field of play to help control the required 8-yd. distance.
- C. Assistance: Assistant Referees will refrain from showing or expressing bias toward any player, coach or team during the match. In the event of undue interference or improper conduct, the referee will relieve the Assistant Referee of his duties and make a report to the appropriate authorities
- D. Referees shall refrain from coaching, using cell phones, umbrellas, etc. during matches

LAW 7: THE DURATION OF THE MATCH

- A. Two 25-minute halves (running time), with brief (one to two minute) "quarter" breaks.
- B. Halftime break, ten minutes (max.).
- C. Allowance can be made for time lost (at the discretion of the referee) to allow for:
 - Assessment of injury to players
 - Removal of injured players from field for treatment
 - Substitution of injured players
 - Time-wasting
 - Penalty Kick to be taken or retaken

LAW 8: THE START AND RESTART OF PLAY

Preliminaries: A coin is tossed (visiting team to call) and the team that wins the toss decides which goal it will defend in the first half of the match. The other team takes the kick-off to start the match. The team that wins the toss takes the kick-off to start the second half of the match. In the second half of the match the teams change ends and attack the opposite goals.

Kick-Off

- A. A Kick-Off is a way of starting and restarting play:
 - at the start of the match
 - after a goal has been scored
 - at the start of the second half of the match
- B. Kick-Off Procedure
 - All players are in their own half of the field
 - Opponents must be at least 24-ft. (8-yds.) from the ball (outside of the center circle) until it is in play
Note: Players on the team taking the kick-off may be within the center circle
 - The ball is stationary on the center mark
 - The referee gives the signal. *Note: The game clock starts with the first touch, not the whistle*
 - The ball is in play when it is kicked and clearly moves in any direction.
- C. The kicker does not touch the ball a second time until it has touched another player. If the kicker touches the ball before it has touched another player, an indirect free kick (see Law 13 below) is awarded to the opposing team taken from where the infringement occurred. *Note: The referee should explain this infringement to the 10U player and may allow the kick to be retaken*
- D. A goal may be scored directly from a kick-off

Dropped Ball

- A. A dropped ball is a way of restarting the match after a temporary stoppage, which becomes necessary, while the ball is in play
- B. Any number of players may contest a dropped ball (including the goalkeepers).
- C. The referee drops the ball at the place where it was located when play was stopped
- D. Play restarts when the ball touches the ground
- E. The ball is re-dropped:
 - 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
- F. A dropped ball inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped
- G. A goal may be scored from a dropped ball only if the ball is touched by at least two players before entering the goal

LAW 9: THE BALL IN AND OUT OF PLAY

- A. The ball is out of play when:
 - it has wholly crossed the goal line or touchline whether on the ground or in the air
 - play has been stopped by the referee
- B. The ball is in play at all other times, including when:
 - it rebounds from a goalpost, crossbar or corner flag post and remains on the field of play
 - it rebounds from either the referee or an assistant referee when they are on the field of play

Note: Players are allowed to step over the goal line or touchline during the course of action, or even run outside of it (while dribbling the ball for example) near the line

Note: In the case of free kicks outside the penalty area, indirect free kicks by the attacking team within their opponent's penalty area, and corner kicks that: "the ball is in play when it is kicked and moves". The current interpretation implies that, after the ball is placed for any of these restarts, and is touched with the foot, no matter how lightly, then it will move and is therefore in play. *Coaches should train their players to place a free kick or corner kick on the ground with their hands before taking a free kick or corner kick*

LAW 10: DETERMINING THE OUTCOME OF A MATCH

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

THE BUILD OUT LINE

- A. The Build Out Line shall be placed across the field equidistant between the top of the penalty area and the halfway line.

- B. There are no restrictions on player location during normal play.
- C. When the goalkeeper has possession of the ball with his/her hands or during goal kicks, opponents shall retreat to beyond the build out line until the ball is put into play.
- D. The ball, following a save, is put into play:
 - 1. when the goalkeeper releases the ball
 - a. The goalkeeper has the option to put the ball into play without waiting for opponents to retreat
 - b. The ball is in play at the moment the goalkeeper rolls, throws, passes or places the ball down
 - c. After the ball is put into play, opponents may cross the build out line and play can resume as normal.
 - d. Opponents who were inside the build out line when the goalkeeper decided to put the ball into play prior to opponents retreating may legally play the ball
 - 2. during a goal kick
 - a. The player taking the goal kick has the option to put the ball into play without waiting for opponents to retreat
 - b. The ball is in play upon leaving the penalty area
 - c. After the ball is put into play, opponents may cross the build out line. Play can resume as normal
 - d. Opponents who were inside the build out line when the player taking the goal kick decided to put the ball into play prior to opponents retreating may legally play the ball
- E. General Considerations
 - 1. The goalkeeper does not need to wait for opponents to retreat, and assumes the risk of interception
 - 2. The 6-second rule for goalkeepers to put the ball into play following a save starts after opponents have retreated beyond the build out line
 - 3. If the ball goes out of play after a goalkeeper's roll, throw or pass, or following a goal kick before crossing the build out line, play resumes with the normal restart
 - 4. If opponents cross the build out line before the ball is put into play by the goalkeeper or the goal kick is taken, the referee shall stop play and ask opponents to retreat before restarting play
 - 5. Referees shall use their best judgment and be consistent when managing build out line situations

GOALKEEPER PUNTS NOT ALLOWED

- A. Goalkeepers in 10U shall NOT punt or drop-kick the ball
 Note: Per National Rules and Regulations, if the goalkeeper punts or drop-kicks the ball, play is stopped and an indirect free kick is awarded to the opposing team at the spot the ball was punted or drop-kicked. (If inside the goal area, then the ball is moved to the goal area line parallel to the goal line at the point nearest to where the punt/drop-kick occurred).
- B. During the Fall Core Season in Region 113, referees are encouraged to be proactive, use their best judgement and to consider other game management alternatives. If a 10U goalkeeper punts or drop-kicks the ball, referees are encouraged to:
 - stop play
 - remind the goalkeeper that punting and/or drop-kicking the ball is not allowed
 - return the ball to the goalkeeper for a proper release
- C. Following a save or having taken possession of the ball with their hands, goalkeepers in 10U shall:
 - roll, throw, dribble or place the ball down and pass it into play
 - NOT be challenged while the ball is in his/her hands within their own penalty area
- D. The ball is in play at the moment the goalkeeper rolls, throws or places the ball down for a pass

LAW 11: OFFSIDE

- A. It is not an offense in itself to be in an offside position
- B. A player is in an offside position if:
 - he is nearer to his opponent's goal line than both the ball and the second-to-the-last defender
- C. A player is not in an offside position if he/she:
 - is **not beyond his/her opponent's build out line (applies to 10U only)**
 - is level with the second-to-the-last defender
 - is level with the last two defenders
- D. A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:
 - interfering with play
 - interfering with an opponent
 - gaining an advantage by being in that position
- E. There is no offside offense if a player receives a ball directly from:
 - a goal kick
 - a corner kick
 - a throw-in

- F. For any offside infraction, the referee awards an indirect free kick to the opposing team to be taken from where the infringement occurred. An indirect free kick awarded to the defending team inside its own goal area is taken from any point within the goal area

LAW 12: FOULS AND MISCONDUCT

- A. A direct free kick (see Law 13 below) is awarded to the opposing team when a player commits any of the following six 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

- B. A direct free kick is also awarded to the opposing team when a player commits any of the following three offenses:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately, except for the goalkeeper in his own penalty area

Note: A handling infraction should only be called if, in the opinion of the referee, a player *deliberately* touches the ball while it is in play with his/her hand or arm (up to the shoulder). *Note: Hand to ball, not ball to hand*

- C. A penalty kick is awarded to the opposing team if any of the above ten offenses is committed by a player inside his own penalty area, provided the ball is in play. See Law 14 below

- D. An indirect free kick shall be awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following five offenses:

- takes more than six (6) seconds while controlling the ball with his hands before releasing it from his possession. Note: The six-second restriction begins after all defenders have retreated beyond the build-out line
- touches the ball again with his hands after it has been released from his possession and has not touched another player
- touches the ball with his hands after it has been deliberately kicked to him by a teammate

Note: Subject to the terms of Law 12, a player may pass the ball to his own goalkeeper using his head, chest, knee or shin (down to the ankle). If, however, in the opinion of the referee, a player uses a deliberate trick while the ball is in play in order to circumvent the Law, the player is guilty of unsporting behavior. He is warned and an indirect free kick is awarded to the opposing team from the place where the infringement occurred. A player using a deliberate trick to circumvent the Law while he is taking a free kick is warned and the free kick is retaken. In such circumstances, it is irrelevant whether the goalkeeper subsequently touches the ball with his hands or not. The offense is committed by the player attempting to circumvent both the letter and the spirit of Law 12

- touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
- wastes time

- E. An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee:

- INTENTIONALLY heads the ball
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his possession
- plays in a dangerous manner.

Examples of dangerous play, in the opinion of the referee, can include attempting to kick the ball while it is in control of the goalkeeper. 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.

Yellow (Cautions) and/or red (Send-Offs) cards should not be shown in 10U. Referees will work cooperatively with coaches and players to minimize or eliminate the need for cautions and send-offs.

LAW 13: FREE KICKS

Free kicks are either **direct** or **indirect**. For both direct and indirect free kicks:

- the kick is taken from the point of the infraction
- the ball must be stationary when the kick is taken
- the player taking the kick may not touch the ball a second time until it has touched another player. If the kicker touches the ball a second time before it has touched another player, an indirect free kick shall be awarded to the opposing team, taken from where the infringement occurred
- the kicker is allowed to kick the ball without waiting

- the kicker is allowed to kick the ball when opponents are closer than the required distance, unless the referee has told the kicker to wait until he or she signals
- if the kicker asks the referee to move opponents back (the kicker should not have to ask), the referee should instruct the kicker to wait for the referee's signal (whistle) before kicking the ball

Note: □ A player who tries to delay the taking of a free kick, or who approaches the ball before it is kicked, must be warned

A. **Direct Free Kick**

- If a direct free kick is kicked directly in the opponent's goal, a goal is awarded
- A goal can only be scored against the opposing team. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team

B. **Indirect Free Kick**

- A goal can be scored only if the ball subsequently touches another player before it enters the goal
- If an indirect kick is kicked directly into the opponent's goal, a goal kick is awarded to the opposing team
- If an indirect kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team
- An indirect free kick awarded to the attacking team inside the opponent's goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred
- The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play. If the referee forgets to raise his arm and the ball enters the goal, the kick is retaken

C. **Direct or Indirect Free Kick Awarded to the Defending Team Inside the Penalty Area**

- All opponents are at least 24-ft. (8-yds.) from the ball. If, when the free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken
- All opponents remain outside the penalty area until the ball is in play. If an opponent touches the ball while in the penalty area, the kick is retaken
- The ball is in play when it is kicked directly beyond the penalty area. If the ball is not kicked directly beyond the penalty area, the kick is retaken
- A free kick awarded inside the goal area is taken from any point within the goal area
 - A. If a direct free kick awarded to the defending team inside its own goal area or penalty area is kicked directly:
 - into the opponent's goal, a goal is awarded
 - over the opponent's goal line without being touched by another player, a goal kick is awarded
 - over either touchline without being touched by another player, a throw-in is awarded to the opposing team
 - over the kicker's goal line after leaving the penalty area without being touched by another player, a corner kick is awarded
 - into the kicker's own goal after leaving the penalty area without being touched by another player (e.g. a strong wind), a corner kick is awarded to the opposing team.

D. **Free Kicks Taken by a Player Other Than the Goalkeeper**

- If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player, an indirect free kick is awarded to the opposing team, taken from where the infringement occurred
- If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:
 - a direct free kick is awarded to the opposing team, taken from where the infringement occurred
 - A penalty kick is awarded if the infringement occurred inside the kicker's penalty area

E. **Free Kicks Taken by the Goalkeeper**

- If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands) before it has touched another player, an indirect free kick is awarded to the opposing team, taken from where the infringement occurred
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:
 - a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area
 - An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area

F. **Indirect free kick awarded to the attacking team inside the opponent's penalty area:**

- All opponents are at least 24-ft. (8-yds.) from the ball until it is in play, unless they are on their own goal line between the goalposts. If an opponent is closer to the ball than the required distance, the kick is retaken
- The ball is in play when it is kicked and moves. See Law 9 note

G. **Free Kick Outside the Penalty Area**

- The free kick is taken from where the infringement occurred

- All opponents are at least 24-ft. (8-yds.) from the ball. If, when the free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken
- All opponents must remain at least 24-ft. (8-yds.) from the ball until the ball is in play
- The ball is in play when it is kicked and clearly moves. See Law 9 note

LAW 14: THE PENALTY KICK

A penalty kick is awarded against a team which commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play

- A. A goal may be scored directly from a penalty kick
- B. Additional time is allowed for a penalty kick to be taken or retaken
- C. Position of the ball and the players
 - 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
- D. The players other than the kicker and the defending goalkeeper are located:
 - inside the field of play
 - outside the penalty area
 - behind the penalty mark
 - at least 24-ft. (8-yds.) from the penalty mark
- E. The Referee:
 - does not signal for the penalty kick to be taken until the players have taken up position in accordance with the Law
 - decides when a penalty kick has been completed
- F. Procedure
 - The player taking the penalty kick kicks the ball forward. If the ball is not kicked forward, the kick is retaken
 - The kicker does not play the ball a second time until it has touched another player. If the kicker touches the ball a second time (except with his hands) before it has touched another player, an indirect free kick is awarded to the opposing team, taken from where the infringement occurred
- G. The ball is in play when it is kicked and moves forward
- H. When the 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
- I. 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 occur:
 1. The player taking the penalty kick infringes the Laws of the Game,
 - the referee allows the kick to be taken
 - if the ball enters the goal, the kick is retaken
 - if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect Free kick to the defending team, taken from where the infringement occurred
 2. The goalkeeper infringes the Laws of the Game,
 - the referee allows the kick to be taken
 - if the ball enters the goal, a goal is awarded
 - if the ball does not enter the goal, the kick is retaken
 3. A teammate of the kicker infringes the Laws of the Game:
 - the referee allows the kick to be taken
 - if the ball enters the goal, the kick is retaken
 - if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect free kick to the defending team, taken from where the infringement occurred
 4. A teammate of the goalkeeper infringes the Laws of the Game:
 - the referee allows the kick to be taken
 - if the ball enters the goal, a goal is awarded
 - if the ball does not enter the goal, the kick is retaken
 5. A player of both the defending team and the attacking team infringe the Laws of the Game:
 - the kick is retaken
- J. If, after the penalty kick has been taken:
 - The kicker touches the ball again (except with his hands) before it has touched another player, an indirect free kick is awarded to the opposing team, taken from where the infringement occurred
 - The kicker deliberately handles the ball, a direct free kick is awarded to the opposing team, taken from where the infringement occurred

- the ball is touched by an outside agent as it moves forward, the kick is retaken
- the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalpost, 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

LAW 15: THE THROW-IN

- A. A goal cannot be scored directly from a throw-in
- B. A throw-in is awarded:
- when the whole of the ball passes over the touch line, either on the ground or in the air
 - from the point where it crossed the touch line
 - to the opponents of the player who last touched the ball
- C. At the moment of delivering the ball, the thrower:
- faces the field of play
 - has part of each foot either on the touchline or on the ground outside the touchline
 - uses both hands
 - throws the ball with both hands from behind and over his or her head
- D. At the moment of the thrower's delivery of the ball, opponents of the thrower shall remain at least two (2) yds. away from the thrower. An opponent attempting to impede or prevent a throw-in shall be warned for failing to respect the required distance.
- E. The thrower may not touch the ball again until it has touched another player. If the thrower touches the ball before it has touched another player, an indirect free kick is awarded to the opposing team, taken from where the infringement occurred
- E. The ball is in play immediately upon entering the field of play
- F. If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player:
- a direct free kick is awarded to the opposing team, taken from where the infringement occurred
 - a penalty kick is awarded if the infringement occurred inside the thrower's penalty area

LAW 16: THE GOAL KICK

- A. A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- B. A goal may be scored directly from a goal kick, but only against the opposing team. If the ball is kicked into the kicker's own goal after leaving the penalty area and is not touched by another player (e.g. a strong wind), a corner kick is awarded to the opposing team
- C. The ball is kicked from any point within the goal area by a player of the defending team
- D. Opponents must remain outside the build-out line until the ball is in play
- E. The ball is in play when it is kicked directly beyond the penalty area
- F. The kick is retaken:
- if the ball is not kicked directly into play (beyond the penalty area)
 - if the ball is touched by any player, including the kicker, before it is kicked beyond the penalty area
 - if the ball enters the kicker's goal before being kicked into play
 - if opponents cross the build-out line before the kick is taken or before the ball is in play

LAW 17: THE CORNER KICK

- A. A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored
- B. The ball is in play when it is kicked and moves. See Law 9 note
- C. A goal may be scored directly from a corner kick, but only against the opposing team. If the ball enters the kicker's own goal, a corner kick is awarded to the opposing team
- D. The ball is placed inside the corner arc at the nearest corner flag post
- E. The corner flag post is not moved
- F. Opponents remain at least 24-ft. (8-yds.) from the ball until it is in play
- G. The ball is kicked by a player of the attacking team
- H. The kicker does not play the ball a second time until it has touched another player
- I. If the kicker plays the ball a second time before it has touched another player, an indirect free kick is awarded to the opposing team, taken from where the infringement occurred

LIGHTNING POLICY and PROCEDURES (adopted from AYSO Severe Weather Play National Policies and Associated Guidelines)

Regional officials, including the Regional Commissioner, Regional Safety Director, Age-group Coordinators and others involved with games and practice sessions within the Region will be aware of the possibility of lightning in the area. When thunder is heard, lightning is assumed to be within striking distance. The referee or other official will immediately suspend the game or practice session and all persons should seek shelter immediately. Activities may resume only when the Regional Commissioner, the Regional Safety Director or designated agent gives the all-clear. In most cases, activities may be resumed when lightning or thunder has not been observed for thirty minutes. Refer to the AYSO Severe Weather Play National Policies and Associated Guidelines for more information.

Areas considered safe

- Inside a fully enclosed metal vehicle with windows up
- Inside a substantial building (roof and four walls)

Unsafe Areas

- Small buildings including picnic shelters and the open area of a concession stand
- Anywhere near metallic objects like flagpoles, soccer goals, metal bleachers, electric equipment
- Open fields, trees and water

Open area without shelter

- Avoid standing in groups
- Spread out to reduce risk
- Crouch on your feet, keep your head low
- Avoid being the tallest object
- Avoid lying on the ground

If a strike occurs to an individual

- Call 911.
- If you are qualified to do so, apply First Aid or CPR immediately.
- People struck by lightning do not carry an electrical charge and are safe to touch.

Restarting after the All-Clear

- Games which have completed the first half will be considered finished and the score at the time play was suspended shall be the final score.
- Games which have completed less than one half; the referee will resume by starting the second half, reducing the remaining time if necessary so that the match ends at the scheduled time.
- Games that cannot start within 15 minutes of the scheduled start time may be rescheduled.

Questions? Contact your Regional Referee Administrator