

# 19-U (Seniors) Condensed Playing



<b>The Field (Law 1)</b>	The field size is 80-130 yards long, 50-100 yards wide. Refer to Full-Sided 11v11 Field Diagram (pg. 7)
<b>Field Markings (Law 1)</b>	Halfway Line - width of field, marked equidistant between Goal Lines Center Circle - 10-yard radius Goal Area - 6 x 20 yards Penalty Area - 18 x 44 yards Penalty Mark - 12-yards from Goal Line Penalty Arc - extends 10-yard radius from Penalty Mark
<b>Corner Flags (Law 1)</b>	Corner Flags - at least five feet high and at least one (1) inch in diameter having a non-pointed top.
<b>Goals (Law 1)</b>	8 feet high and 24 feet wide; must be securely anchored before beginning play.
<b>Ball (Law 2)</b>	Size 5 ball
<b>Number of Players (Law 3)</b>	Eleven (11) per team on field, one of which is goalkeeper; minimum of seven (7) players to continue.
<b>Substitutions (Law 3)</b>	Unlimited for both teams between periods, on goal kicks, after a goal, extended time-out (e.g. injury, cautions, send-offs). <b>No</b> substitutions on corner kicks. Unlimited for team taking throw-in; opponents may only substitute (unlimited) if team taking throw-in substitutes.
<b>Playing Time (Law 3)</b>	All players to play a minimum of half of the game. Preferably all players play equal amount of time.
<b>Player Equipment (Law 4)</b>	Shirts, shorts, shin-guards, socks, shoes. Same color shirts (except goalkeeper). Socks to cover shin-guards. No jewelry/earrings and nothing dangerous
<b>Duration of Game (Law 7)</b>	Two 40-minute halves or four 20-minute periods; halftime interval 5-minutes; 1-minute interval between other periods (teams to just change direction). Team change sides each period.
<b>Referees (Law 5)</b>	As per SAYArea directives, top priority is player safety. Every effort should be made to keep the game moving and free from stoppages for doubtful infractions.
<b>Ball Out-of-Play (Law 9)</b>	Ball is out-of-play when it completely leaves the field-of-play over the Touchline or Goal Line, either on the ground or in the air. Ball is also considered to be out of play whenever the whistle is blown, and the game is stopped.
<b>Restarts (Laws 8, 13, 15, 16 &amp; 17)</b>	Player may not touch the ball again at the taking of a free kick, goal kick, corner kick, kick-off or throw-in until it has touched another player (restart is an IFK to opponents).
<b>Kick-Off (Law 8)</b>	Kicker may stand in opponent's half of field. All other players on both teams must be in own half of field and opponents must be outside the Center Circle. Ball in play when kicked and clearly moves in any direction.
<b>Dropped Ball (Law 8)</b>	Restart when Referee stops game for an injury, outside interference, weather or accidental whistle. Only one player may take part in the dropped ball; all other players to be at least 4-yards away. Ball in play when it makes contact with the ground. Requires touch by two different players for a goal to be awarded.
<b>Corner Kicks (Law 17)</b>	Restart when ball goes over Goal Line (End Line) last touched by a defending player. Opponents must remain 10-yards from the Corner Area. Ball in play when kicked and clearly moves. Goal <b>may be</b> scored directly from a corner kick.

Restart when ball goes over Goal Line (End Line) last touched by an attacking team player.  
Ball in play when kicked and clearly moves.  
All opposing players must remain outside the Penalty Area until the ball is in play.  
If opposing player(s) enters Penalty Area too early, the goal kick is to be retaken.  
Goal **may be** scored directly from a goal kick.

### Goal Kicks (Law 16)

### Free Kicks (Law 13)

Opponents must be at least 10-yards from the ball or on Goal Line between the goal posts.  
Ball in play when kicked and clearly moves.  
Direct Free Kick (DFK) - a goal may be scored on the first touch.  
Indirect Free Kick (IFK) - two touches required for a goal to be allowed.

### Penalty Kicks (Law 14)

Results when a DFK offense is committed inside a player's own Penalty Area.  
All players (except kicker and goalkeeper) to be outside Penalty Area, Penalty Arc and behind the ball.  
Ball must be clearly kicked in a forward direction.

### Fouls (Law 12)

In accordance with criteria defined in **Law 12**.  
Offense involving contact committed on the field-of-play, while the ball is in play and against any opponent, teammate, team official or match official.  
Contact fouls result in a Direct Free Kick (DFK) restart.  
Non-contact fouls and technical infractions result in an Indirect Free Kick (IFK) restart.

### Misconduct (Law 12)

Cautions (yellow card) and send-offs (red card) should be administered as conditions dictate to manage play.

### Throw-Ins (Law 15)

Restart when ball goes over the Touchline (Sideline) and is taken by opponent of player who last touched the ball.  
Thrower must face the field of play with part of each foot on or behind the Touchline, both hands on the ball, and both hands must go behind and over the head.  
Ball is in-play when any portion of the ball breaks the outside plane of the Touchline into the field-of-play after having been thrown.  
When an improper throw-in is taken, the Referee should stop play and award a throw-in to the opponents.  
A goal **cannot be** scored directly from a throw-in.

### Handball (Law 12)

A DFK offense when a player deliberately plays the ball with their hand or arm.  
Accidental contact, i.e. ball striking hand or arm with no intent by player, is not an offense and should not be penalized.  
Instinctive, self-protective reactions are not to be penalized.

### Offside (Law 11)

Players can only be in an offside position in the opponent's half of the field.  
Offside offense occurs when a player in offside position becomes actively involved by interfering with play or an opponent as per **Law 11**.  
Restart is an IFK at location where the player in the offside position commits the interference.

### Scoring (Law 10)

When the whole of the ball completely crosses the Goal Line between the posts and under the crossbar, either in the air or on the ground.