

Kettle Moraine Soccer League

Rule Book



Fun, Fitness and Fair Play!

Revised: November 2019

KETTLE MORAINÉ SOCCER LEAGUE

There are 17 rules of soccer. The KMSL rules are based on the FIFA Laws of the Game. Some of the KMSL rules are modified for the small sided game format and younger players.

Rules may not be completely applied at the younger ages in order to permit children to play and learn the skills, as well as to make it easier for referees to be introduced to refereeing.

The following is a summary of the FIFA rules with the KMSL modifications. For the full interpretations of the rules, refer to the official IFAB Laws of the Game, consult with appropriate members of the KMSL, Director of Referees or your referee after the game.

1. The Field of Play

The field of play is marked and divided into various parts by lines. All lines are part of the field of play. Appropriately sized fields are used for each division. See the diagrams at the end of the Parent Handbook for required dimensions.

Goals for U-10 through U-14 must be securely anchored to the ground.

No spectators or coaches are permitted to occupy the area behind either goal line. Spectators and teams should be at least 10 feet behind the sideline to allow space for the assistant referees and for throw-ins. The KMSL requires that teams assemble on one side of the field and spectators assemble on the opposite side. Home clubs determine on which sides teams and spectators are to assemble.

2. The Ball

The legal size for each division is as follows:

U-7	#3
U-8	#3
U-9	#4
U-10	#4
U-12	#4
U-14	#5

3. Number of Players and Substitution

Two teams shall play games, each consisting of:

U-7	Not more than 4 players and not less than 3 players
U-8	Not more than 4 players and not less than 3 players
U-9	Not more than 7 players and not less than 5 players
U-10	Not more than 7 players and not less than 5 players
U-12	Not more than 9 players and not less than 6 players
U-14	Not more than 11 players and not less than 7 players

A team short of players may borrow from same or younger U-division, within the same club, to field a team. When using borrowed players, the roster size must not exceed twice the number of minimum players required to play a game. Players may be borrowed from the opposing team on game day.

Substitutions:

- By the team in possession prior to a throw-in.
 - If the team in possession substitutes prior to a throw-in, the opposing team may also substitute.
- By either team prior to:
 - A goal kick
 - After a goal is scored
 - Between periods
 - Restart after stoppage for an injury to a player.
- Substitutes are to be standing at the halfway line prior to the stoppage and can enter the field of play only after receiving permission from the referee.
- Substitutions are not allowed prior to:
 - Corner kick
 - Direct or indirect free kick
 - Penalty kick

A player sent off prior to the kick-off may be replaced. A player sent off after the kick-off may not be replaced and the team plays short.

A player who crosses a boundary line during the normal course of play does not commit an infringement.

No player is permitted to play only the position of goalkeeper for an entire game. A player who plays one or more quarters as goalkeeper must also play at least one quarter in another position in the field.

U-14 Only: A goalkeeper, at their request, may remain as goalkeeper for a full game.

If during the course of the game there is a five-point spread in the score, the referee will ask the coach whose team is down by 5 points if they want to add a player or play with current number of players. An extra player can be used until there is a four point spread in the score.

4. Player Equipment

All participants in a game must wear shoes. Soccer shoes are recommended. Athletic shoes or turf shoes are allowed. Shoes with soles containing metal (aluminum, magnesium, titanium, etc.), leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable, are allowed as long as the referee does not consider them dangerous. Shoes shall not be altered in any way that makes them unsafe. Baseball and football cleats or shoes with a single large toe cleat are not allowed.

All players on a team must wear the same color jerseys, socks and shorts. Jerseys may be worn over long sleeved shirts of the same or different color. Each goalkeeper wears colors which distinguish them from the other players, the referee and the AR's. When the temperature is below 50 F, team shorts may be worn over any color athletic pants or athletic pants of the same color as the team shorts may be worn over the shorts. Goalkeepers may wear pinnies over their jersey and long pants, regardless of temperature.

Age and size appropriate shin guards are required and must be covered by socks.

No equipment that is considered dangerous to themselves or other players may be worn. Jewelry (rings, wristwatches, earrings, necklaces) is considered illegal equipment. Medical information tags, if worn, have to be taped, with the information exposed against the body. Casts are not allowed under any conditions. Wrist or finger splints with hard pieces (e.g. buckles, splines, knobs, etc.) are not allowed. Artificial limbs are permitted but must be completely padded with no metal or hard material exposed. If your child wears glasses, a strap to hold them in place and/or "sport glasses" are highly recommended. Non-prescription sunglasses are not allowed. Soft hair restraints, headbands and hats are allowed. Plastic, metal or beaded hair restraints or hats with hard portions (e.g. baseball hats) are not allowed. Anti-concussive head gear is allowed.

5. Referees

The referee shall have jurisdiction over a game and shall enforce rules and decide disputes. Decisions will be made to the best of the referee's ability according to the Laws of the Game and the "spirit of the game" and will be based on the opinion of the referee. **The referee's decisions in the game are final.** The referee may only change a decision on realizing that it is incorrect or on the advice of an assistant referee, provided that the referee has not restarted play or ended the period or game. Questions of the referee may be made by the coaches in a civilized manner away from the players and spectators at half-time or end of the game. Serious protests should be discussed with Club or League representatives.

The referee:

- Enforces the Laws of the Game
- Acts as timekeeper and keeps a record of the match, including information on any disciplinary actions
- Stops play for fouls and misconduct
- Stops play for outside interference
- Stops play due to field conditions and severe weather, including following the KMSL's lightning/thunder policy.
- Indicates restart of match after it has been stopped
- Requires a player to leave the field if the player is bleeding or has blood on their uniform
- Prevents anyone from coming onto the field without their permission
- Makes sure the field, ball and player equipment are safe and legal
- Stops play due to serious injury of a player. The referee has the initial responsibility to determine, in their opinion, whether a player is seriously injured, but is not allowed to attend to the injuries. Coaches and parents are to wait for permission to enter the field to attend to the injured player. If the referee stopped play for an injury or permitted someone on the field to attend to an injured player, the injured player must leave the field until play is

restarted. If the player was not substituted, the injured player may reenter the field at the halfway line **with the permission of the referee**. The restart after the referee stops play is a dropped ball.

The referee can:

- Apply advantage by allowing play to continue when there is a foul or misconduct and if stopping play would help the team that committed the foul or misconduct.
 - Stops play if the advantage does not materialize within a few seconds
 - Caution or send-off at the next stoppage of play
- Take disciplinary action from when they enter the field for pre-game inspection until they leave after the game has ended
- Caution or send-off a player or substitute
- Require a coach or team official to leave the field if their behavior is not proper
 - A team official guilty of misconduct will be shown a YC (caution) or RC (send-off); if the offender cannot be identified, the senior coach who is in the technical area at the time will receive the YC/RC
- Act on advice from the assistant referee

Referees are certified annually by the KMSL. Equivalent current certification from USSF or WIAA is acceptable. USSF and WIAA certified referees must be made aware of KMSL modifications to the rules. Referees must be at least 12 years old to receive certification. A single center referee is used for the U7/U8 level. Certification is recommended for the U-7/8 referee. A referee that has been trained by a club may be used. A single, certified center referee is required for U-9/10 and above. The center referee should be at least 2 years older than the division, e.g. 14 years old to referee a U-12 game.

6. Assistant Referees / Linesmen

Assistant referees are certified referees and signal when:

- The ball has left the field of play, including in the goal
- Which team gets the throw-in, goal kick or corner kick
- A player should be penalized for offside
- A substitution is requested
- When a foul or misconduct has happened that the referee could not see.

Linesmen are not certified referees and are recommended only for U-10 level and below. Each team may be required to provide one linesman to assist the referee in calling the ball out-of-bounds. Linesmen are not permitted to coach players or make calls other than out-of-bounds. Certified referees may be used as assistant referees for U-9/10. Certified referees are required for the two assistant referees for U-12 and above.

7. Duration of Game

The game is divided into equal halves, the duration of which is determined by the age group involved. Each half may be further divided into quarters.

U-7	Four 10 minute quarters
U-8	Four 10 minute quarters
U-9	Four 12 minute quarters
U-10	Four 12 minute quarters
U-12	Two 30 minute halves
U-14	Two 35 minute halves

Half-Time: No less than 5 minutes, but not more than 10 minutes.

Quarter-Time: No more than 2 minutes.

Allowance for time lost is at referee's discretion for:

- Assessment and removal of injured players
- Substitutions
- Disciplinary sanctions
- Stoppage for drinks
- Wasting time
- Any other cause

A penalty kick called before time runs out must be taken. If needed, the period is extended until the penalty kick is completed.

NO OVERTIMES OR TIE-BREAKERS.

8. The Start and restart of Play

Kick-off

A kick-off starts a period and restarts play after a goal has been scored. Free kicks (direct or indirect), penalty kicks, throw-ins, goal kicks and corner kicks are other restarts (see Laws 13 – 17).

The winner of the referee's coin toss (visitor's call) has the choice of taking the kick-off or which goal to attack. If the winner's choice is to kick-off, the loser of the toss shall choose which goal to attack. At the beginning of the game, half-time, quarters and after goals, the game is started with a kick-off. Goal defending and kick-off are switched at half time at all levels. Team kicking off at start of game will also kick off at start of 2nd quarter where appropriate and opposing team will kick off at start of 2nd half or 3rd and 4th quarters where appropriate.

- All players are in their own half of the field
- The opponents of the team kicking off are outside of the center circle
- The ball is stationary on the center mark
- The referee gives a signal
 - The kick is retaken if it is taken prior to referee's signal
- The ball is in play when it is kicked and clearly moves
 - Players may not cross the center line or into center circle until the ball is in play
- The kicker cannot touch the ball a second time until it has been touched by another player
 - Indirect free kick restart if this happens

Dropped Ball Procedure

- The referee will take the ball in their hands and drop it to one player on the team last in possession when play was stopped.
- The restart will take place where the ball was when play was stopped.
- All other players (both teams) must be 4.5 yards away.
- If play is stopped in the penalty area, the ball will be dropped to the goalkeeper.

Infringements and sanctions

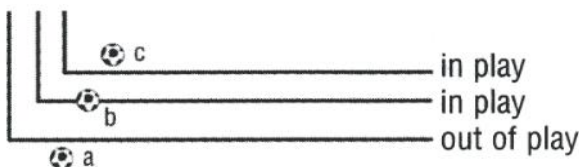
If a dropped ball enters the goal without touching at least two players play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's goal

Any ball that strikes the referee and falls to the opposing team or goes in the goal will be a dropped ball.

9. Ball In and out of Play

If any part of the ball is on the line, it is still in play. The ball is out of play when it has passed completely over the line, either on the ground or in the air.



10. Method of Scoring

The entire ball must completely cross the goal line, between the posts and below the crossbar for a goal. A goal MAY be scored during play directly from a:

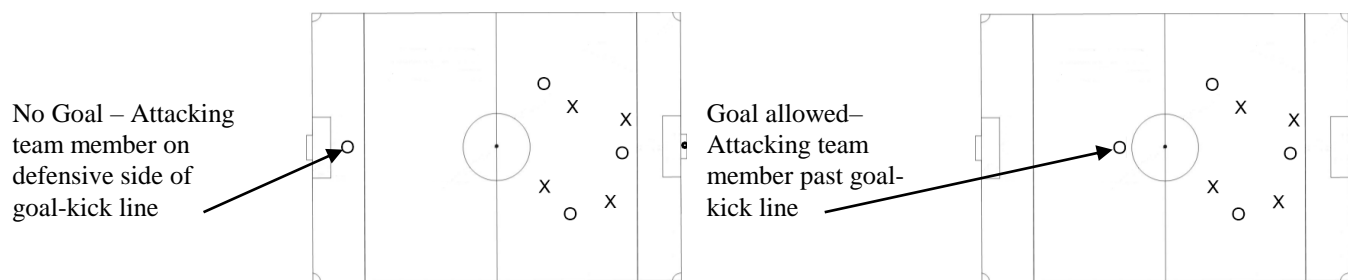
- Kick-off – only against opposing team
- Direct free kick
- Goal kick – only against opposing team
- Penalty kick
- Corner kick – only against opposing team
- Goalkeeper's throw, punt, or drop-kick

U-7/8 variation: Goal may not be scored directly from a kickoff and no direct free kicks.

A goal MAY NOT be scored during play directly from a/an:

- indirect free kick
- throw-in
- free kick into a team's own goal
- dropped ball

U-7/8 - variation – Push up rule: A goal may not be scored if a member of the attacking team is not on the attacking side of that team’s goal kick line. If a member of the attacking team is on the defensive side of the goal kick line at the time ball crosses the goal line and passes into the goal, the goal will not be scored and the restart will be a goal kick for the defending team.



11. Offside

A player is in an offside position if

- Any part of the head, body or feet is in the opponents' half and
- Any part of the head, body or feet is nearer to the opponent’s goal than both the ball and the second to last defender

It is not illegal to be in an offside position

A player is **penalized** for offside if, in the judgment of the referee, they are

- In an offside position when the ball is played by a team-mate and then:
 - Interferes with the play by playing or touching a ball;
 - Interferes with an opponent; or
 - Gains an advantage from being in an offside position.
- Restart is an indirect free kick where the offense occurred, including if it is in the player’s own half of the field

A player is **not penalized** for offside:

- When receiving the ball directly from a goal kick, corner kick, or throw-in.
- If the player is in their own half of the field.
- If the ball is last played by an opposing player

U-7/8 Variation: No offside, but, offensive or defensive players are not allowed to plant themselves in the marked off goal area. This includes indirect and corner kicks. Continuation of play into the goal area is allowed. A goal may be scored from within the goal area.

U9/10 Variation: No offside, but, offensive players are not allowed to plant themselves in the marked off goal area when the ball is not in the attacking half of the field.

Players are not penalized for planting in the goal area. Players are to be reminded of the rule and asked to move out of the goal area if the situation allows. For U-7/8, indirect and corner kicks are not to be taken until the goal area is clear.

12. Fouls and Misconduct

The player must play the ball, not the other player. The referee will determine whether a play is fair or foul, in accordance with the official rules of soccer. Direct and indirect free kicks and penalty kicks can only be awarded for offenses and infringements committed when the ball is in play.

Direct Free Kick

A direct free kick is awarded when a player commits the following in a manner considered by the referee to be careless, reckless or using excessive force:

- Striking or attempting to strike an opponent
- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Pushing an opponent
- Holding an opponent
- Jumping at an opponent
- Charging an opponent

- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without caution. No disciplinary sanction is needed
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned
- Using excessive force is when a player exceeds the necessary use of force and endangers the safety of an opponent and must be sent off

A direct free kick is also awarded when a player:

- Spits at an opponent or any other person
- Impedes an opponent with contact when the ball is not within playing distance
- Deliberately handles the ball

Indirect Free Kick

An indirect free kick is awarded when a player commits the following:

- Dangerous play – high kick, low header, playing the ball while on the ground and near an opponent
- Misconduct
- Offside
- Intentionally obstructing an opponent without contact when the ball is not within playing distance
- Deliberately wasting time
- Player playing ball a second time when not allowed – the player taking a: kick off, throw-in, goal kick, corner kick, penalty kick, direct or indirect free kick may not be the first player to touch the ball after the restart.
- Goalkeeper touches the ball with their hands after it has been deliberately kicked or thrown-in by a team-mate
- Goalkeeper controls the ball with their hands for more than six seconds
- Goalkeeper touches the ball with their hands after it has been released from their possession and has not been touched by another player
- Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player
- Deliberately heads the ball - U-7 through U-12. Heading is allowed at U-14
- Goalkeeper punting or drop kicking the ball – U-9/10

Goalkeeper in possession of the ball cannot be charged, obstructed or interfered with by opposing players. Possession or control of the ball includes when the goalkeeper is touching the ball with any part of their arms or hands or when bouncing it to the ground or when throwing it into the air and catching it or when releasing the ball into play.

Slide tackling is not encouraged, but is a tool of playing soccer and is permitted at U-12 and U-14 levels if performed properly. Slide tackling is not permitted for U-7/8 or U-9/10 levels and results in an Indirect Free Kick.

A player shall be shown a yellow card and cautioned for:

- Unsporting behavior
 - Showing dissent by word or action
 - Persistently infringing the Laws of the Game
 - Delays the restart of play
 - Failing to respect the required distance when play is restarted with a corner kick, free kick or throw-in
 - Entering, re-entering or deliberately leaving the field of play without the referee's permission
- A cautioned player is not required to leave the field of play. The player may be substituted during the stoppage.

A player shall be shown a red card and sent off the field of play if they:

- Are guilty of violent conduct
- Are guilty of serious foul play
- Use foul or abusive language or gestures
- Spit at an opponent or any other person
- Receive a second caution in the same game
- Deny a goal or goal scoring opportunity by foul or deliberately handling the ball

The following must be considered:

- Distance between the offense and the goal
- General direction of the play
- Is the attacker within playing distance of the ball

- Location and number of defenders

Denying a goal or an obvious goal-scoring opportunity

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate handball offense the player is sent off wherever the offense occurs.

Where a player commits an offense against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offending player is cautioned unless:

- The offense is holding, pulling or pushing or
- The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball or
- The offense is one which is punishable by a red card wherever it occurs on the field of play (e.g. serious foul play, violent conduct etc.)

In all the above circumstances the player is sent off.

Restart of play after fouls and misconduct

- If the ball is out of play, play is restarted according to the previous decision
- If the ball is in play and a player commits an offense inside the field of play against:
 - an opponent – indirect or direct free kick or penalty kick
 - a team-mate, substitute, substituted player, team official or a match official - a direct free kick or penalty kick
 - any other person – a dropped ball
- If the ball is in play and a player commits an offense outside the field of play:
 - If the player is already off the field of play, play is restarted with a dropped ball
 - If the player leaves the field of play to commit the offense, play is restarted with an indirect free kick from the position of the ball when play was stopped. However, if a player leaves the field of play as part of play and commits an offense against another player, play is restarted with a free kick taken on the boundary line nearest to where the offense occurred; for direct free kick offenses a penalty kick is awarded if this is within the offender's penalty area

Coaches are responsible for their own conduct and that of their teams, both on the field and on the sidelines. Any player who receives a red card will be suspended for that game. In the event of continued misconduct or unsportsmanlike activity, the referee may ask a coach or spectator to leave the area and may terminate the game. Players and/or coaches involved may be suspended from the league.

KMSL referees are instructed to be more liberal when dealing with the inexperienced, younger players.

13. Free Kick

A free kick may be awarded when an offense has been committed. The ball must be stationary and placed where the foul was committed. Any opponent must be the age appropriate distance from the ball before the kick is taken. A quick free kick may be taken while the opponents are within the required distance. An opponent who deliberately prevents a free kick being taken quickly must be cautioned for delaying the restart of play. Free kicks are direct or indirect. The ball is in play when it is kicked and clearly moves except for a free kick to the defending team in their penalty area where the ball is in play when it is kicked directly out of the penalty area.

Direct Free Kick, from which a goal may be scored by kicking the ball directly into the goal of the opposing team.

U-7/8 variation: No direct free kicks.

Indirect Free Kick, from which a goal may be scored only if the ball is touched by a second player. Second player could be team-mate or opponent.

An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Free kicks for offenses involving a player entering, re-entering or leaving the field of play without permission are taken from the position of the ball when play was stopped. However, if a player leaves the field of play as part of play and commits an offense against another player, play is restarted with a free kick taken on the boundary line nearest to where the offense occurred; for direct free kick offenses a penalty kick is awarded if this is within the offender's penalty area

U-7/8 variation: An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the **line that is parallel and 9 yards from the goal line** at the point nearest to where the infringement occurred.

Distance Variations for Free Kicks – Direct, Indirect & Corner

U-7/8 Opponents must be at least 6 yards away (including goal kicks)

U-9/10 Opponents must be at least 8 yards away.

If the defending team has three or more players in a wall, the attacking team may not have a player within 1 yard of the defending team's wall.

14. Penalty Kick

A penalty kick is awarded if a player commits a direct free kick offense inside their penalty area or off the field as part of play as outlined in Laws 12 and 13.

- The ball must be stationary on the penalty mark.
- The player taking the penalty kick must be properly identified.
- The defending goalkeeper must have one foot on the goal line, facing the kicker, between the goalposts until the ball has been kicked.
- The players other than the kicker and goalkeeper must be:
 - At least 10 yds (8 yds for U-9/10) from the penalty mark
 - Behind the penalty mark
 - Inside the field of play
 - Outside the penalty area & penalty arc
- The player taking the penalty kick must kick the ball forward.
- The ball is in play when it is kicked and clearly moves.
- The kicker must not play the ball again until it has been touched by another player.

Summary table of infringements during Penalty Kick

<u>Outcome of the penalty kick</u>	<u>Goal</u>	<u>No Goal</u>
Encroachment by attacking player	Penalty is retaken	Indirect free kick
Encroachment by defending player	Goal	Penalty is retaken
Offense by goalkeeper	Goal	Penalty is retaken and caution for goalkeeper
Ball kicked backwards	Indirect free kick	Indirect free kick
Illegal feinting	Indirect free kick and caution for kicker	Indirect free kick and caution for kicker
Wrong kicker	Indirect free kick and caution for wrong kicker	Indirect free kick and caution for wrong kicker

U-7/8 variation: No penalty kicks.

15. Throw-In

A throw-in occurs when the whole ball entirely crosses the touchline (sideline) on the ground or in the air. A throw-in is taken by a player of the team opposite to that of player who last touched the ball. Legal delivery: The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground, on or behind the touchline. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement. The thrower cannot be the next player to touch the ball. A goal cannot be scored directly from a throw-in. Opponents cannot distract the thrower and must be at least 2 yards away.

U-7/8 Variation: Allowed two tries.

U-9 and above: A throw-in must be delivered as described above or the ball is awarded to the opponent. If the ball does not enter the field of play, the throw-in is retaken.

16. Goal Kick

When the ball crosses the goal line, a goal is not scored and was last touched by the attacking team, play is restarted with a goal kick. The defending team takes the goal kick anywhere from within the goal area. The ball is in play when it is kicked and clearly moves. Attacking players must remain outside the penalty area until the ball is in play.

U-7/8 Variation: At the U-7/8 level there will be a goal kick line on the field that is 6 yards out from the goal area and will run the entire width of the field. The opposing team (team not taking the goal kick) must stay behind this line until the ball is touched by a teammate of the player taking the kick or the ball crosses the goal kick line. The team in possession can be in front of the line during the kick. The player taking the goal kick may not be the first player to touch the ball after it is kicked.

U-9/10 Variation: At the U-9/10 level there will be a build out line on the field that is halfway between the penalty area and the center line and will run the entire width of the field. The opposing team (team not taking the goal kick) must stay behind this line until the ball is touched outside of the penalty area by a teammate of the player taking the kick or the ball crosses the build out line. The team in possession can be in front of the line during the kick. The player taking the goal kick may not be the first player to touch the ball after it is kicked.

When the goalkeeper is in possession of the ball (held in their hands), the opposing team must move behind the build out line and remain behind this line until a teammate of the goalkeeper touches the ball or the ball crosses the build out line.

The goalkeeper can throw or roll the ball into play. Punts and drop kicks are not allowed. If the goalkeeper punts or drop kicks the ball, play is stopped and restarted with an indirect free kick for the opposing team where the infraction occurred.

If the defensive player crosses the goal kick or build out line prior to the ball being touched by a second attacker or crossing the line, the restart is to retake the goal kick or goalkeeper distribution

17. Corner Kick

When the ball crosses the goal line, a goal is not scored and was last touched by the defending team, the attacking team takes the corner kick from within the quarter circle of the nearest corner. Opponents must be at least 10 yards from the ball until it is kicked. The ball is in play when it is kicked and clearly moves, it does not need to leave the corner area.

U-7/8 Variation: corner kicks are not to be taken until all players are out of the goal area.

Distance Variations for Free Kicks – Direct, Indirect & Corner

U-7/8 Opponents must be at least 6 yards away (including goal kicks)

U-9/10 Opponents must be at least 8 yards away.

THE FOLLOWING POLICIES ARE ALSO IN EFFECT FOR THE KMSL

1. A player who consistently attends and effectively participates in practice will play at least half of the game.
2. It is in the interest of the program and players to develop skills and appreciation of every position on the soccer team. It is, therefore, the policy of this program to rotate players in a different position from time to time.
3. A player in the KMSL may not also be registered and participate in a league that uses tryouts, invitations, recruiting or any like process to roster players selectively to any team on the basis of talent or ability.
4. A player in the KMSL may be registered with only one KMSL member team at a time.
5. Opposing players and coaches are to shake hands after each game.
6. No alcoholic beverages will be consumed or allowed near the playing area
7. Smoking or vaping is not allowed near the playing area.
8. Lightning can travel 10 miles from a storm. Thunder can be heard from 10 miles away. The KMSL policy is that games are to be suspended when thunder is heard. Everyone is to leave the field and seek shelter in cars or buildings, not under pavilions. The game is to remain suspended for 30 minutes after the last sound of thunder.
9. U-14 players may practice heading a maximum of 30 minutes a week with no more than 15-20 headers.

GLOSSARY

Advantage Rule:

Applied by the referee when in his judgment penalizing an infraction would give an advantage to the offending team. He signals the play is to continue, and no penalty is called.

Assistant Referee:

Certified referee that assists the referee. Assistant referees patrol the sidelines and signals the referee when the ball goes out of bounds, a goal is scored, and infractions such as offside, fouls or misconduct have occurred.

Caution:

A disciplinary action taken by the referee - signaled with a yellow card and officially recorded - against a player guilty of misconduct;

Centering:

Passing the ball into the goal from a wing area of the field. Also called "Crossing".

Charging:

Use of the shoulder to charge the shoulder of an attacking player in order to dispossess them of the ball - the only time deliberate body contact is allowed in soccer.

Clearing:

Throwing (by the goalkeeper only), kicking, or heading the ball high and wide to move it out of the goal area or the penalty area.

Corner Area:

An area, or quarter circle, with a radius of 1 yard, drawn at each corner of the field, from which corner kicks are taken.

Corner Kick:

A direct free kick taken from a corner area by a member of the attacking team if the ball crosses the goal line, a goal is not scored and was last touched by a member of the defending team.

Direct Free Kick:

A free kick that may score a goal directly *See-Free Kick*.

Dribbling:

Using soft touches of the feet to control and propel the ball on the ground without the aid of teammates

Dropped Ball:

A ball dropped by the referee to restart the game after they have purposely stopped play for a no-penalty situation. The ball is dropped at the spot where the ball was when play was stopped.

Ejection:

Sending a player off the field. A disciplinary action taken by the referee - signaled with a red card and officially recorded against a player guilty of a personal foul or a second caution. Usually results in expulsion from at least one future game.

Forwards:

Players who function primarily in the attacking third of the field and whose main responsibility is to score goals. Also called "*strikers*".

Free Kick:

A place-kick awarded to a team when a player of the opposing team is penalized. A free kick is either a direct kick, called for a serious offense, or an indirect kick, called for minor infraction. Players on the offending team must remain 10 yards away from the ball until it is put into play, unless they are on their own goal line between the goal posts. *See Direct Free Kick, Indirect Free Kick*.

Full Backs:

Players forming the last line of defense, immediately in front of the goalkeeper. Their main job is to repel attacks on the goal.

Goal:

The area into which field players must send the ball in order to score. Two goal posts, a crossbar and netting form the goal, which is positioned midway along each goal line and extends beyond the official playing field.

The method of scoring. The whole ball must cross the goal line between the goal posts and under the crossbar.

Goal Area:

The area directly in front of each goal, from which goal kicks are taken.

Goal Kick:

A place-kick taken from the goal area by a member of the defending team when the ball crosses the goal line, a goal is not scored and was last touched by a member of the attacking team. All opposing players must stay outside the penalty area until the ball is in play. A goal can be scored directly from a goal kick.

Halfbacks:

See *Midfielders*.

Handball or Deliberate Handling:

A major violation, the intentional use of the hands other than by a goalkeeper in their own penalty area. The restart is a direct free kick.

Heading:

Using the forehead, between the eyebrows and the hairline, to direct the ball.

Holding:

Using the hands or arms to impede an opponent's movements. A personal foul and the restart is a direct free kick.

Indirect Free Kick:

A free kick that cannot score a goal without the ball first being touched by a player other than the kicker. See *Free Kick*.

Juggling:

Keeping the ball in the air continuously by using various parts of the body, except the hands. Juggling is a training technique used to teach ball control.

Linesmen:

Linesmen are not certified referees. The linesmen patrol the touchlines and carry flags to signal the referee when a ball has gone out of bounds.

Marking:

Guarding an opponent. Marking may be tight (close) or loose.

Midfielders:

Players who function primarily in the central part of the field and whose main responsibility is to link the defense and the attack. There are three types of midfielders: defending, play making, and attacking. Also called *Halfbacks*.

Offside:

A player shall only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved in active play by: interfering with play or with an opponent or; gaining an advantage by being in that position. They are not penalized for being in an offside position if they receive the ball directly from a corner kick, goal kick, or throw-in. The restart is an indirect free kick.

Offside Position:

A player is in an offside position if they are closer to the opponent's goal line than the ball and second to last opponent. It is not an infraction to be in an offside position

Offside Trap:

A defensive maneuver designed to lure an attacker into an offside position in order to gain ball possession with the penalty call.

Penalty Arc:

The arc at the top of the penalty area. This area is not part of the penalty area. The purpose of the arc is to maintain the proper distance at the taking of a penalty kick.

Penalty Area:

The rectangular area located directly in front of each goal. The goalkeeper may handle the ball in this area, and direct free kick fouls committed in a team's own penalty area result in a penalty kick

Penalty Kick:

A direct free kick taken from the penalty spot. A penalty kick is awarded to the attacking team if a defender commits a direct free kick foul within their own penalty area. A goal can be scored directly from a penalty kick. Except for the goalkeeper and kicker, all players must be outside of the penalty area and outside the penalty arc until the ball is in play.

Penalty Spot:

The place 12 yards in front of the center of the goal line from which penalty kicks are taken. Also called the "*penalty kick mark*".

Pitch:

The traditional name for the soccer field.

Punching:

A mean of serving a goal or deflecting a ball by hitting it with the fists. Can only be used by the goalkeeper, but they must be in the penalty area.

Referee:

The official in complete charge of the soccer game.

Shielding:

When dribbling, staying between the ball and an opponent to prevent them from claiming the ball. Also called "*screening*".

Slide Tackle:

Dispossessing an attacker of the ball by sliding into the ball and kicking it away. The slide tackle can be executed from the front and side of an opponent.

Stopper:

One of the central defenders. The main responsibility is to mark the central striker of the opposing team. Also called the "*center fullback*".

Tackling:

Trying to dispossess an opponent of the ball by using the feet or a shoulder charge. See *Charging* and *Slide Tackle*.

Throw-In:

The method of putting the ball back into play after it has gone out-of-bounds over the touchline.

Touchlines:

The boundary lines at each side of the field. If a ball goes completely over the touchline, play is stopped and restarted by a throw-in from the place where it went out-of-bounds. Also called "*sidelines*".

Wall:

A human barrier of players used to aid the goalkeeper in defending against free kicks. Players may line up 10 or more yards from the ball to form a barrier between the kicker and the goal.



Indirect free kick



Advantage



Caution



Direct free kick



Sending off

ASSISTANT REFEREE SIGNALS



Substitution



Offside



Throw-in



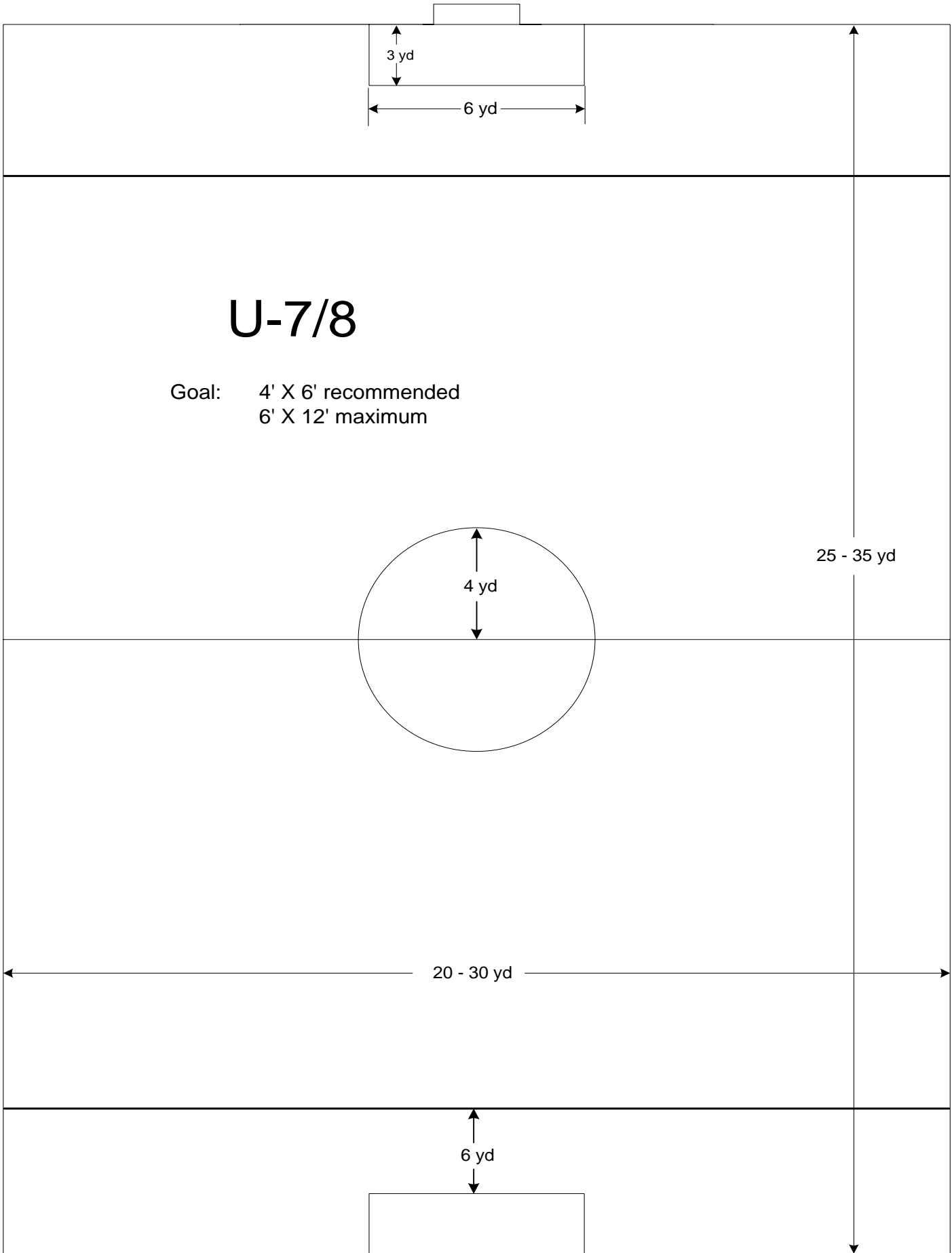
Offside on the near side of the field



Offside on the centre of the field



Offside on the far side of the field



U-7/8

Goal: 4' X 6' recommended
6' X 12' maximum

25 - 35 yd

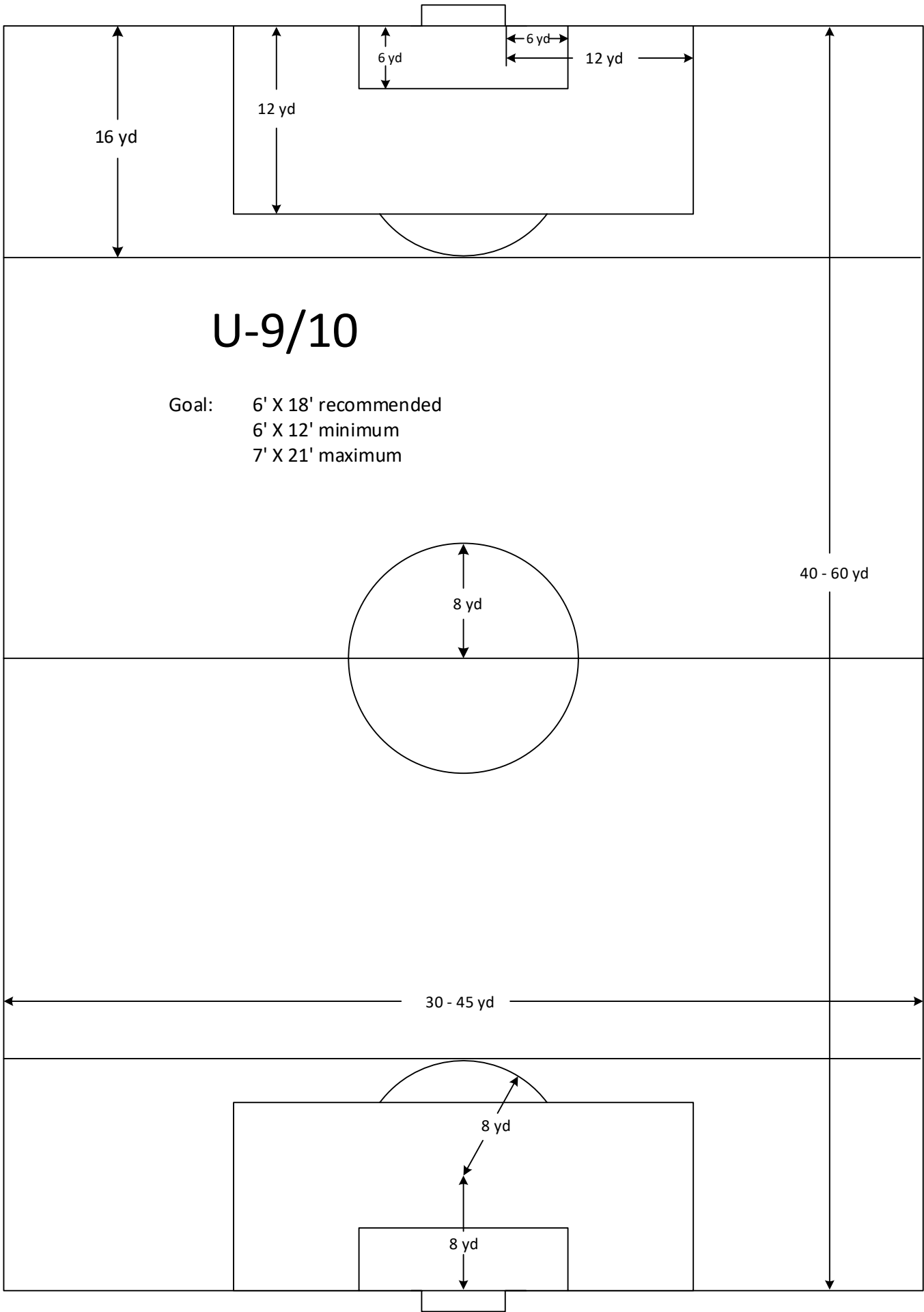
20 - 30 yd

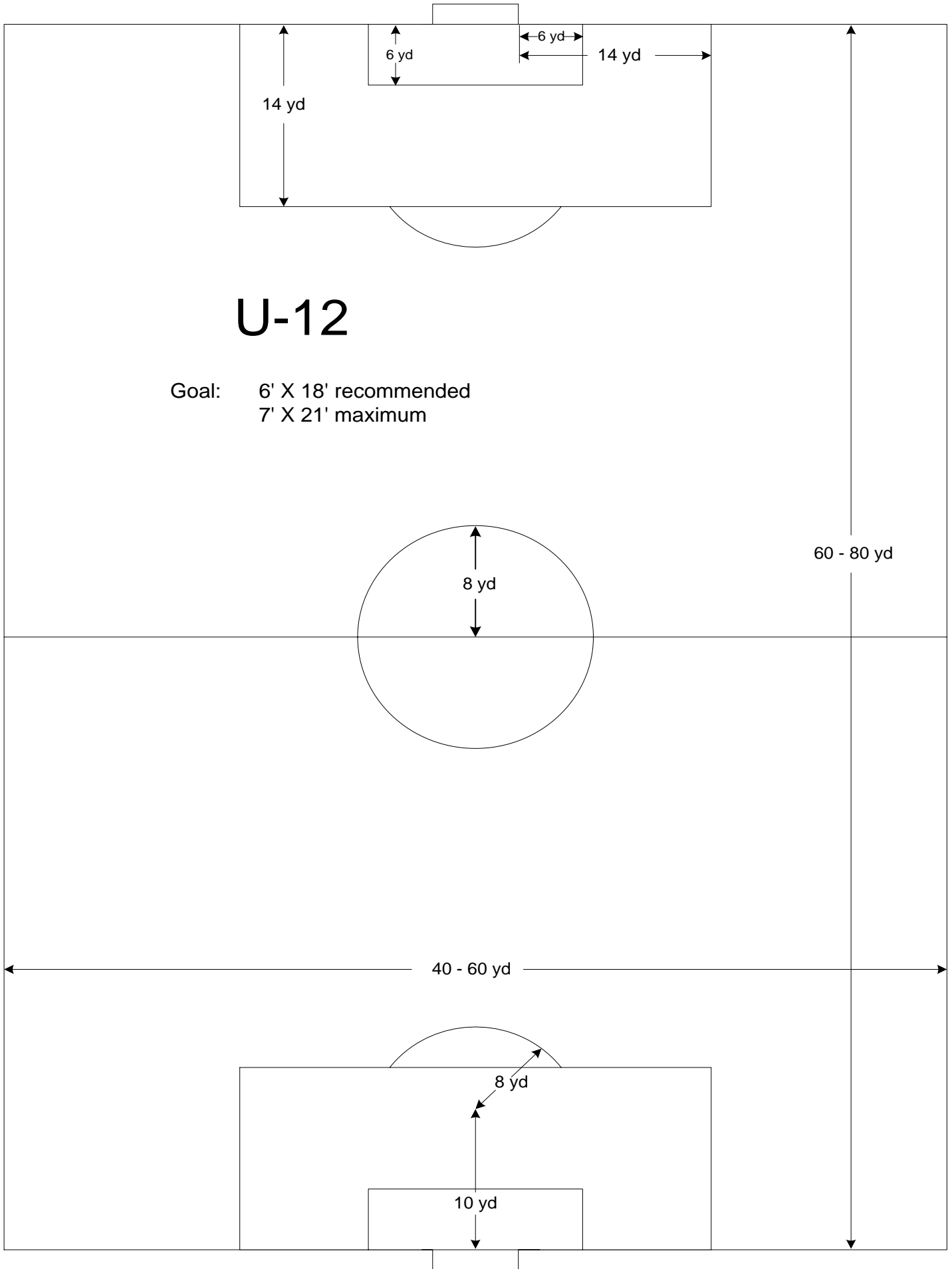
6 yd

3 yd

6 yd

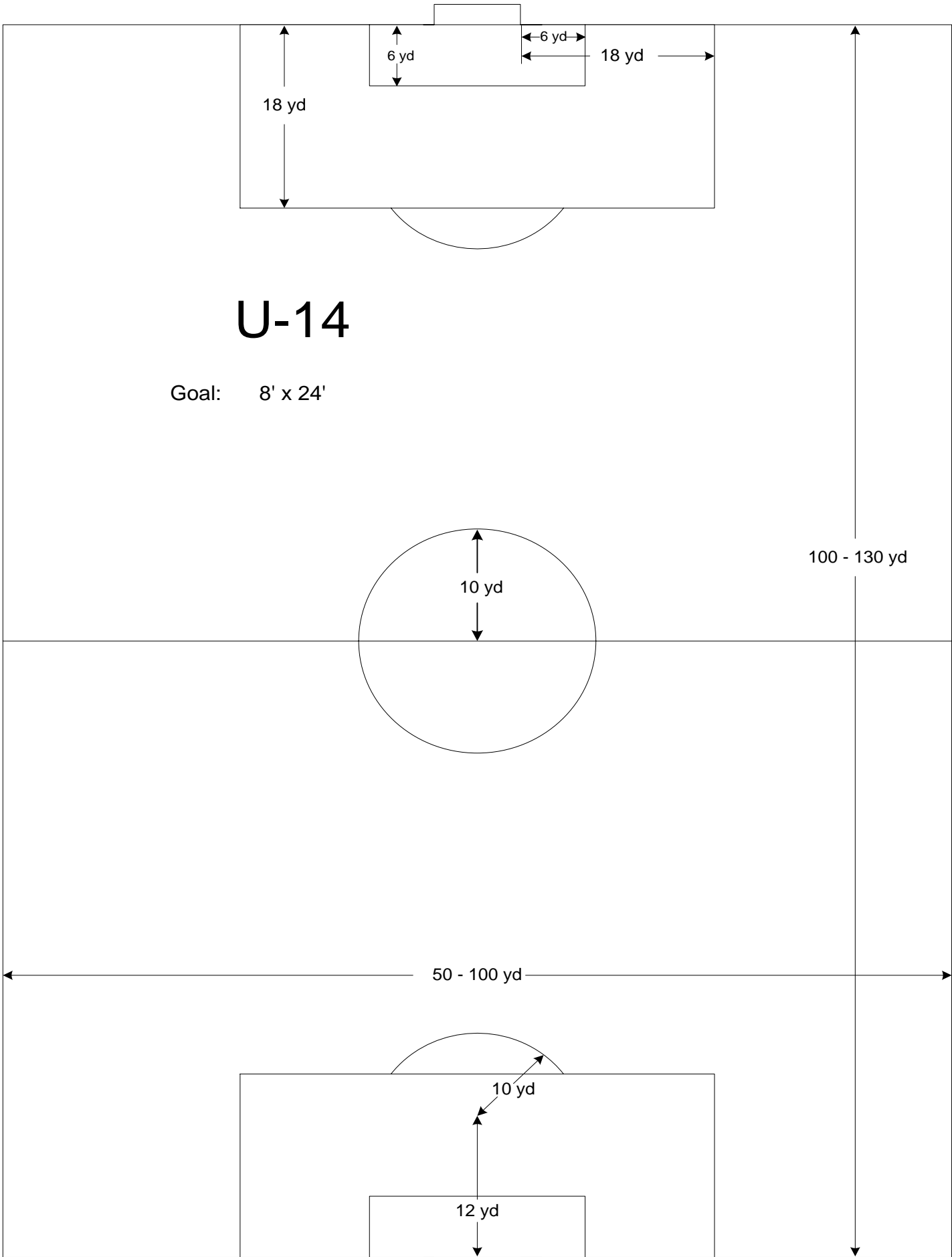
4 yd





U-12

Goal: 6' X 18' recommended
7' X 21' maximum



U-14

Goal: 8' x 24'

100 - 130 yd

50 - 100 yd