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REC SPORTS OFFICE
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REC SPORTS 11V11 SOCCER RULES

The UCD Rec Sports Soccer rules will be based on the rules elaborated by the National Collegiate Athletics Association (NCAA), with modifications deemed necessary by conditions of Rec Sports competition. Any rules not covered by this supplement shall be governed by the NCAA Soccer Rule Guide.

RULE 1. The Field and Equipment

1.1 Field of Play

- a. **Field size is designed to accommodate 11V11.** All games must be played on the fields indicated on the schedule. Changes may only be made by the Rec Sports Office staff.
- b. The referee and supervisor shall decide in the case of unfavorable atmospheric conditions hampering the commencement of a game whether the game will start.

1.2 The Ball

- a. Each team is responsible for furnishing at least one ball that may be used as the game ball.
- b. Balls belonging to competing teams will be used upon consultation with the referee and with agreement by both teams.
- c. Defective ball - If one team is in clear possession when the ball becomes defective, the game is restarted by an indirect free kick. If one team is not in clear possession, the game is restarted by a drop ball at that spot or at the nearest point outside goal area.

If the ball becomes defective during a stoppage of the game; i.e., kickoff, goal kick, corner kick, penalty kick, direct kick or throw-in, the game shall be restarted accordingly.

1.3 Players Equipment

- a. Shoes must be worn by all participants in a game. Shoes with soles containing leather, rubber, nylon or plastic cleats, studs or bars, whether molded as part of the sole or detachable, are allowed so long as judged to be not dangerous by the referee. The use of metal cleats, whether detachable or otherwise, is not permitted. No shoes with toe cleats may be worn.
- b. Illegal Equipment - A player may not wear anything which is dangerous to another player (rings, metal belts, casts, watches, earring, etc.). If the referee considers any article other than shoes liable to cause injury to another player, the referee must require the removal of that article; if the player fails to remove it, the referee must order the player off the field.

The use of any hard or dangerous head, face or body protective equipment is illegal. Knee or wrist braces with any metal parts are permissible provided all metal is covered with cushioning material. No player wearing a hard cast of any kind will be allowed to play. It is mandatory that the referee in each game examine the equipment of each player to see that it complies with the foregoing standards. A player wearing any equipment not in compliance shall be sent off the field temporarily. The player shall not return without first reporting to the referee, who shall be satisfied that the player's equipment is in order. Then the player may re-enter the game only at a moment when the ball is not in play. The referee shall be the sole judge of what is called "dangerous."

- c. It is highly recommended that a player wear shin guards of a type commonly manufactured for that purpose (not required).

RULE 2. The Players and Substitutes

2.1 The Players

- a. A game shall be played by two teams, each of which shall consist of not more than eleven (11) players at one time, one of whom shall be the goalkeeper. Open leagues have NO gender ratio requirements
- b. No more than twenty (20) players may sign up with a team over the entire season. Players may register up until the conclusion of the last regular season game. No player may change teams at any time once a player has signed up for one team, unless granted permission by the Rec Sports Office.
- c. New players may be added to the team roster at any time before the individual(s) is (are) to play. No additions may be made after the team plays its last regularly scheduled game (game before playoffs begin) or the last day of the regular season (date TBA), whichever comes first. A team can add new players the following ways:
 - 1. Sign the player(s) up in person in the Rec Sports Office between 10 a.m. - 5 p.m., Monday - Friday.
 - 2. Add player(s) to online roster.
- d. All players must comply with the official Rec Sports eligibility rules. (These are available in the Rec Sports Office.) Penalty for ineligible players: forfeit of the contest in the sport concerned and disqualification of the violator and knowing team members from further Rec Sports participation in that sport.
- e. A forfeit constitutes: (1) non-appearance, (2) less than 9 players on the field at game time (this applies to all leagues), (3) late appearance (games must begin at the given game time; game time is forfeit time, no more 5 minute grace period) (4) use of an ineligible player (5) cancellation of contest with less than 24 business hours' notice to the Rec Sports office. A forfeit by a team will result in a fine of \$10.00 being assessed. Team managers will be held responsible for the payment of the fine, which will be billed directly to their student account. A single forfeit will not necessarily eliminate a team from playoffs. If a team forfeits more than half of their season games, they will not be allowed to participate in playoffs.
- f. Rescheduling: It will cost \$10 per reschedule. Captains must contact the Rec Sports office 48 business hours before their scheduled game for this request. Both team captains must agree to the reschedule time for request to be honored.

g. Eligibility

1. Available to all undergraduate and graduate students who have paid full registration fees for the current term, as well as University Affiliates (staff, faculty, alumni, IEPP, etc.) with a current **CR Card**. Proper identification is required to participate in all Rec Sports activities.
2. All participants must have a current Rec Sports ONE Pass to participate.
3. If a team is found to be playing with more than the allowed eight players on the field at one time, the referee shall stop the game immediately and remove that extra player from the field. The team that did not have the extra player will be awarded an indirect free kick taken from the location of the ball when the whistle was blown.
 - a. A team that has less than nine (9) players at game time will forfeit the game.
 - b. If the winning team goes down to less than nine (9) players due to an injury or ejection then the forfeit score (3-0) is used. If the losing team goes down by injury or ejection to less than nine (9) players on the field then the score at that moment will stand.
 - c. Teams must arrive at the site and be on the field ready to play at the scheduled game time. A forfeit loss will be incurred by the team not arriving on time. **There is no longer a 5 minute grace period.**

2.2 Substitution: Substitutions in the course of a game are unlimited (referee must be notified) and either team may substitute under the following conditions:

- | | |
|------------------------------------|---------------------------------|
| a. On a goal kick | f. After a goal has been scored |
| b. On a corner kick | g. In the event of an injury |
| c. On a team's <u>own</u> throw in | h. Player off equipment change |
| d. Between period | i. Goalkeeper ejection |
| e. Player cautioned | |

PENALTY - DIRECT FREE KICK AGAINST THE OFFENDING SIDE FROM THE LOCATION OF THE BALL AT THE TIME THE INFRACTION IS DISCOVERED

When a team substitutes on their own throw in, the opponent may replace an equal number of player(s) at the same time.

In the event of an injury, only the injured player(s) may be replaced. The opponent may replace an equal number of player(s) at the same time.

In the case of a player being cautioned, the team may substitute for the player(s) cautioned if desired. If such a substitution is made, the opponent shall have the opportunity to make a like number of substitutions at that time.

In the case of a goalkeeper being ejected, the team may substitute for the ejected player only. If such a substitution is made, a field player also must be removed and the opposing team may not substitute at that time.

- 2.3 A player is required to leave the field, regardless of the severity of a player's injury, if the player has a bleeding wound or blood-stained clothing.
- 2.4 Changing goalkeepers: The referee must be given notice when any substitution for the goalkeeper is made; either by another player on the field changing places with the goalkeeper, or by substitution from the team bench.

PENALTY - BOTH PLAYERS (GOALKEEPERS) SHALL RECEIVE A VERBAL ADMONITION AT NEXT STOPPAGE OF PLAY.

RULE 3. Officials and Their Duties

- 3.1 Jurisdiction: The referee shall enforce the rules and decide any disputed point. The referee's decision on points of fact connected with the play shall be final (not appealable) so far as the result of the game is concerned.

Jurisdiction begins from the time the referee enters the field of play and continues until all participants have left the field of play. The power to penalize shall extend to offenses committed when play has been temporarily suspended or when the ball is out of play.

The referee shall, however, refrain from penalizing in cases when satisfied that by doing so an advantage would be given to the offending team. When the referee observes a foul that is not to be penalized, the referee shall call out the words "play on" to indicate that a foul has been seen.

The referee shall signal all fouls.

- 3.2 Discretionary Power: The referee has discretionary power to:

- a. Temporarily stop the game for any infringement of the rules or any other circumstance the referee deems such stoppage necessary.
- b. Caution any player of misconduct or unsporting behavior (persistent infringement of any of the rules of the game) and, if the behavior persists, eject the player from further participation. The name of any participant suspended, along with details of the incident, shall be submitted to the Rec Sports Office. This includes possible suspension from the remainder of league play or playoffs. A team may not substitute for a red-carded player -- team must play shorthanded.

When cautioning a player or coach, the official shall display a yellow card and indicate the player concerned. The second card displayed to a previously cautioned player or coach shall be a red card. When ejecting a player or coach, a red card shall be displayed. When a player is ejected for unsporting conduct the ejected player or coach must immediately meet with the supervisor on duty. (*note: If the player leaves without meeting with the supervisor on duty, the captain is responsible with providing the supervisor with the player's information.) The player must then leave the field (out of sight and sound) within two minutes. If this does not occur, the game will be defaulted.

- c. (1) General Injuries: Stop the game and the clock temporarily if a player appears to be injured. If the injury proves to be serious, the referee shall direct the player to leave or be removed from the field of play. Time resumes when player is off the field. If the player is not replaced, he or she may reenter the game at any stoppage of play, providing permission has been granted by the referee.
- (2) Bleeding, oozing injuries or blood on uniform: Stop the game and the clock temporarily and remove the player(s) from the field of play. The player(s) may reenter the game after the injury has been properly treated, the uniform has been changed or it has been determined that blood has not saturated the fabric and permission has been granted by the referee.

RULE 4. Time Factors, Play and Scoring

- 4.1 Length of Game: Two equal periods of 20 minutes running time.
- a. During the last 2 minutes of the second half, stop time will be used for: ball out of bounds, goal scored, penalty kick awarded, player carded, or direct kicks only if score is within 2.
 - b. Allowance shall be made for all time lost through injury at the discretion of the referee.
 - c. Time shall be extended if a penalty is called at the conclusion of the game. In this case, only the defending goalkeeper and the kicker shall remain on the field.
 - d. **No More Ties at the end of regulation. If a game ends in a tie, there will be a 3 person shootout. Best of three for the shootout then continuing till a winner results.**
 - e. For playoff games, if the game is tied at the end of regulation, one five (5)-minute sudden death overtime (i.e. Golden Goal) will be played.
 - f. If no team scores during the sudden death period, penalty kicks will be taken. See rule 7.6 for more detail.
- 4.2 Half-Time Interval: There will be a half time period of no more than three (3) minutes.
- 4.3 The referee shall be the sole time keeper.

START OF PLAY

- 4.4 Coin Toss: At the beginning of a game choice of ends of the field and the kickoff shall be decided by the "toss of a coin." The team winning the toss shall have the choice of ends of the field or the kickoff. During playoff games, a "coin toss" will determine choice of ends of the field or the kickoff before the start of the overtime period. A "coin toss" will also be used to determine kicker sequence for penalty kicks used to break tie games during playoffs.
- 4.5 Kickoff: At the referee's signal (whistle), the game shall be started by a player kicking the ball **backwards**. All the players shall be in their half of the field and every player of the team opposing that of the kick shall remain at least 10 yards from the ball until it is kicked off. **A goal may be scored directly off of backwards kickoff pass.**

The kicker may not play the ball again after being kicked off until it has been touched or played by another player (either team).

PENALTY - DIRECT FREE KICK

The game is started only when the ball is properly kicked off, that is, kicked and moved backwards. If the ball is not properly kicked backwards, the ball will again be placed on the center mark and properly kicked backwards. After the ball has been properly kicked off, it may be kicked in any direction.

Any player, who repeatedly kicks off improperly, willfully encroaches on the 10-yard distance or willfully moves beyond own halfway line will be cautioned, and upon repetition, ejected from the game.

- 4.6 After a Goal: After a goal is scored, the ball shall be taken to the center of the field and kicked off under precisely the same conditions as when the game was started by the side against which the goal was scored.

- 4.7 Change of Ends: Teams shall change ends of the field at the start of the second half and play shall then start with a kickoff by a member of the team opposite to that of the team taking the first half kickoff.

BALL IN AND OUT OF PLAY

- 4.8 Out of Play: The ball is out of play in the following circumstances:
- a. When it has completely crossed a boundary line, whether on the ground or in the air. Even if the ball has landed within the field after being beyond the line in mid-air, it is still out of play.
 - b. When the game has been stopped by the referee. The referee shall blow the whistle when the ball is out of play.
- 4.9 In Play: The ball is in play at all other times from the start of the match to the finish, including rebounds from a goal post, crossbar, and corner flag into the field of play. If the ball rebounds from the referee when on the field, it is still in play. In the event of a supposed infringement of the rules, the ball is in play until the whistle is blown.
- 4.10 Restarts: A ball out of play is put back into play in the following methods:
- a. After crossing a boundary line - When the ball crosses a touchline or goal line, a throw-in, goal or corner kick is used to put it in play.
 - b. After temporary suspension of play - In case of temporary suspension of play due to an injury or any unusual situation and one team is clearly in possession of the ball, the game shall be restarted by a drop ball by the referee for the team in possession at the point where the ball was when play was suspended. Should there not be clear possession at the time play was suspended due to injury or any unusual situation, there will be a drop ball for both teams at the spot where the ball was declared dead, provided the ball is not in the goal box area. If play was suspended with the ball in the goal area, it should be dropped on that part of the goal area at the top of the box (opposite the goal). The ball is in play when it touches the ground; however, if the ball is played before it touches the ground, the referee shall drop it again.

SCORING

- 4.11 Method of Scoring: A goal is scored when the ball completely crosses the goal line, between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried or propelled by hand or arm, by a player of the attacking side, except as otherwise provided by these rules.
- If the defending players deliberately stop or deflect the ball with their hands or arms to stop a goal, **it shall be scored a goal if it goes in**, and the player will be red carded and ejected. Should the ball not go in, a penalty kick shall be awarded to the attacking team and the player ejected.
- 4.12 Winning the game: The team scoring the greater number of goals during a game shall be the winner.
- 4.13 Forfeited/Defaulted game: **The score of a forfeited or Defaulted game shall be 3-0.**

RULE 5. 5.1 Offside - There is no offside rule in effect for Rec Sports play.

RULE 6. Violations and Misconduct

6.1 A player shall be penalized if player kicks, strikes, attempts to kick or strike, uses blood or bleeding injuries improperly, jumps at or spits at an opponent. Player shall also be penalized if player trips, or attempts to trip, including throwing, or attempting to throw an opponent by stopping in front of or behind opponent.

PENALTY - DIRECT FREE KICK

*NOTE: Jumping at an opponent is quite different from jumping to play the ball, which is jumping straight upward.

Tripping, kicking, striking, spitting or jumping at an opponent or attempting to do same is dangerous and liable to cause injury. In such cases, the referee shall, in addition to the stated penalty, either (1) issue a caution to the offending player if the referee considers it a misconduct and inform the player that a repetition will result in ejection from the game, or (2) eject the player immediately if the referee considers the act as serious foul play or violent conduct.

6.2 A player, coach or bench personnel shall be penalized if he or she deliberately strikes or attempts to strike another player, coach, or bench personnel in a malicious manner or leaves bench area to participate in an altercation.

6.3 Handling: A player shall be penalized if player handles the ball whether intentionally or unintentionally, that is, carries, strikes or propels it with hands or arms. (This does not apply to the goalkeeper within own penalty area.)

PENALTY - DIRECT FREE KICK

*NOTE - *Unintentional* handling (the ball touching the hands or arms) shall always be penalized.

6.4 Holding and Pushing: A player shall be penalized for holding or pushing an opponent.

PENALTY - DIRECT FREE KICK

6.5 Violent or Dangerous Charging: A player shall be penalized for charging an opponent in a violent or dangerous manner. A fair charge consists of a nudge or a contact with the near shoulder, when both players are in an upright position, within playing distance of the ball, and have at least one foot on the ground and their arms held close to the body.

PENALTY - DIRECT FREE KICK

6.6 Fouling Goalkeeper: The referee will eject without warning any player who, with obvious intent, violently fouls the goalkeeper in possession of the ball in his own penalty area.

PENALTY - DIRECT FREE KICK

- 6.7 Slide Tackles and Diving: **No slide tackles or diving allowed in Rec Sports play.** You cannot leave your vertical plane at any time.

Slide tackling is defined as, but not limited to the following:

- a. Sliding for the ball while in the possession of another player, attempting to save the ball from going out of play, or attempting to deflect the ball into the goal.
- b. Dropping to one knee when attempting to play the ball within the vicinity of another player. There is no sliding of any kind.

Diving is defined as, but not limited to:

- a. Leaving your vertical plane in order to play the ball or impeded another player with your head or upper body.

PENALTY – DIRECT FREE KICK

- 6.8 Kicking Ball Held by Goalkeeper: A player shall be penalized if player kicks or attempts to kick the ball when it is in possession of the goalkeeper. Possession includes contact with the ball.

PENALTY - DIRECT FREE KICK

- 6.9 Obstruction: A player shall be penalized for obstructing an opponent when not playing the ball; that is, running between an opponent and the ball or interposing the body as to form an obstacle to an opponent.

PENALTY - DIRECT FREE KICK

- 6.10 Dangerous Play: A player shall be penalized for engaging in play which is of a dangerous nature or likely to cause injury to oneself or an opponent. Some examples of dangerous play are:

- a. Raising the foot to the level (above the waist) that may endanger an opponent when the opponent is in a normal stance.
- b. "Hitching" or double kicking (i.e., scissor kicking/bicycle kicking), which may endanger an opponent.
- c. Lowering the head to a position level with or below the waist in an effort to head the ball in the presence of an oncoming player (this is likely to cause injury to the player heading the ball in such a manner).
- d. A player other than goalkeeper playing the ball while sitting, kneeling or lying on the ground.

PENALTY - DIRECT FREE KICK

GOALKEEPER PRIVILEGES AND VIOLATIONS

- 6.11 Privileges: Within own penalty area, the goalkeeper has certain privileges which are not given to any other player. These privileges include:

- a. Goalkeepers are required to wear a different colored jersey to make them distinct from their teammates.
- b. *Handling* - The goalkeeper may catch, carry, strike or propel the ball with hands or arms;

- c. Goalkeepers must use a one-handed underarm throw and under knee height in a horizontal or downward motion to re-introduce the ball into play;
- d. *The actions normally used by a goalkeeper* - holding the ball, bouncing the ball, or throwing the ball in the air and catching it are allowed. Moving the ball along the ground by hand is also considered possession.
- e. If the goalkeeper receives the ball outside of the penalty box and dribbles into the box, he/she *may* pick-up the ball with his/her hands.
- f. The goalkeeper may pass the ball to a teammate within the box on a goal kick.
- g. *Immunity* - The goalkeeper may not be charged, interfered with or impeded in any manner by an opponent while in possession of the ball. Possession includes the act of bouncing the ball in preparation for kicking it into play, tossing the ball in the air and re-catching it, throwing ball out to be played and the dropping of the ball for the kick and parrying. Possession includes contact with the ball.

PENALTY - DIRECT FREE KICK FROM POINT OF INFRACTION.

*NOTE- Outside the penalty area, the goalkeeper has no more privileges than any other player.

6.12 Violations: With the goalkeeper's special privileges comes the capability for certain violations of these privileges which could not be applied to any other player. These violations are:

- a. Repossession - After releasing the ball from possession, the goalkeeper may not touch or receive the ball with his or her hands until an opposing player touches or plays the ball. The goalkeeper may put the ball on the ground immediately to play it with his or her feet but may not again take possession (control) with his or her hands until it has been touched or played by an opponent. Throwing the ball into the air and allowing it to hit the ground is considered releasing the ball, and the goalkeeper may not retake possession unless the ball is touched or played by an opponent.

Parrying (i.e., during a save or attempted save) when there is no clear attempt to control the ball does not count as possession or control.

When a field player intentionally plays the ball, with their feet, legs, or on a throw in, to his or her goalkeeper, the goalkeeper is not permitted to touch it with his or her hands. If trickery is involved, the player is guilty of unsporting conduct and will be cautioned.

PENALTY - DIRECT FREE KICK FROM THE POINT OF INFRACTION.

- b. Six-second limit - From the moment the goalkeeper takes control of the ball with the hands within keeper's own penalty area, the goalkeeper is to be penalized if keeper fails to release the ball into play before six seconds have elapsed.

PENALTY - DIRECT KICK FROM POINT OF INFRACTION

- c. Changing jerseys with the goalkeeper during play without the officials' knowledge is a mandatory caution at next stoppage of play for both players.

- d. Goal keepers are NOT allowed to kick the ball from their hands (punt) to introduce the ball into play. Goalie must either kick the ball from the ground or re-introduce with ball with hands in the proper manner.

MISCONDUCT

- 6.13 Unsporting Behavior: Players, coaches and team representatives are expected to conduct themselves in the tradition of fair play and sportsmanship, which is inherent in this game.

There are seven types of behavior for which the referee shall penalize by caution (yellow card)-see Rule 6-16.

There are six types of behavior for which the referee shall penalize by Expulsion (red card)-see Rule 6-17.

- 6.14 Violent Conduct: The referee has the discretionary power to suspend from further participation in the game, without previous caution, a player or coach guilty of violent conduct or abusive language to a referee or player.
- 6.15 Non-participants on Field of Play: No person other than the players is allowed on the field of play without permission from the referee.

PENALTY - DIRECT FREE KICK FROM LOCATION OF BALL AT THE TIME OF INFRACTION

- 6.16 Caution: A player shall be cautioned by the referee and a yellow card displayed if player:
- a. Joins team after the kick off or returns to field of play without first reporting to referee;
 - b. Persistently infringes upon any rules of game;
 - c. Shows dissent by word of mouth or action to decisions given by the referee;
 - d. Is guilty of unsporting conduct, including taunting;
 - e. Is guilty of any incidental vulgar or profane language;
 - f. Delays the restart of play;
 - g. Fails to respect the required distance when play is started.

PENALTY - DIRECT FREE KICK FROM POINT OF INFRACTION (PENALTY KICK IF APPROPRIATE) IN CASE OF PERSISTENT INFRINGEMENT OR UNSPORTING CONDUCT WHERE THE VIOLATION REQUIRES SUCH PENALTY. A FREE KICK WILL BE TAKEN IF THE BALL WAS IN PLAY AT THE TIME OF THE CAUTION. IF THE BALL IS OUT OF PLAY AT THE TIME OF THE CAUTION, THE GAME SHALL RESUME WITH THE PROPER RESTART (i.e. THROW IN, GOAL KICK, CORNER KICK, OR KICK-OFF).

***NOTE:** If a non-participant player is cautioned, the game shall be resumed by a direct free kick, against his team, given from the point where the ball was when the infraction occurred.*

****If a player receives two behavioral yellow cards in the same game, they will be suspended from playoffs**

6.17 Ejections - The referee has the discretionary power to eject from the game, without previous caution, a player (who cannot be replaced) or a coach if he:

- a. Is guilty of violent conduct or serious foul play;
- b. Is abusive in language or gesture;
- c. Receives a second caution in the same match;
- d. Intentionally stops an opponent's obvious goal scoring opportunity by committing one of the direct free kick fouls while the ball is in play.
- d. Is guilty of fighting.
- e. Spits at an opponent or any other person

PENALTY - DIRECT FREE KICK FROM THE POINT OF INFRACTION (PENALTY KICK, IF APPROPRIATE) IN CASE OF SERIOUS FOUL PLAY. A FREE KICK WILL BE TAKEN IF THE BALL WAS IN PLAY AT THE TIME OF THE EJECTION. IF THE BALL IS OUT OF PLAY AT THE TIME OF THE EJECTION, THE GAME SHALL RESUME WITH THE PROPER RESTART (i.e. THROW IN, GOAL KICK, CORNER KICK, or KICK-OFF).

A player who has been ejected from the game **shall not** return to the field of play, and will not be allowed to participate in playoffs.

RULE 7. Awarded Kicks and the Throw-In

FREE KICKS

7.1 Types, when taken: A free kick is taken to resume play after the play has been stopped by the referee for any of the offenses listed in Sections 3 and 4 of this rule. The kick is taken by a member of the team against which the offense is committed and is taken from the point where the infraction occurred.

Free kicks are classified either as "direct" or "indirect":

- a. Direct free kick - A direct free kick is one from which a goal can be scored directly from the kick against the offending team.
- b. Indirect Free Kick – All indirect kicks are now awarded as direct kicks.

7.2 How Taken: When a free kick is being taken, a player of the opposite team shall not approach within 5 yards of the ball until it is in play, unless player is standing on own goal line, between the goal posts. The kick shall be retaken if a player is within 5 yards of the ball and intentionally interferes with the kick. If a player tries to slow the game by not moving 5 yards way from the ball, player or the team captain shall be cautioned, and if any member of the team repeats the infraction, that player may be ejected from the game.

As soon as the ball is in position to be played it may be kicked in any direction. The ball must be stationary when the kick is taken, and is not in play until it has been kicked. The

kicker may not play the ball a second time until it has been touched or played by another player.

The kicker must wait for the official's whistle to restart play for direct free kicks if:

- a. Yardage is asked for by the participant, and counted out by the referee.
- b. There is a discussion between the referee and any participants that halts an immediate free-kick.

PENALTY - DIRECT FREE KICK FROM POINT OF INFRACTION

When a free kick is awarded to the defending team in the penalty area, the ball is not in play until kicked, and enters the field of play beyond the penalty area. All opponents must be outside the penalty area and at least 5 yards from the ball or the kick must be retaken.

The goalkeeper may not receive the ball into his hands from a free kick in order to thereafter kick the ball into play.

PENALTY – DIRECT FREE KICK FROM THE POINT WHERE THE GOALIE RECEIVED THE BALL IN HIS HANDS.

7.3 Direct Free Kick Offenses: Offenses for which a direct free kick will be awarded are (see Rule 6):

- a. Handling the ball;
- b. Holding an opponent;
- c. Pushing an opponent;
- d. Striking or attempting to strike an opponent;
- e. Jumping at an opponent;
- f. Kicking or attempting to kick an opponent;
- g. Tripping or attempting to trip opponent;
- h. Charging an opponent violently or dangerously;
- i. Handling by the goalkeeper outside the penalty area;
- j. Violently fouling the goalkeeper in possession of the ball in the penalty area;
- k. Goalkeeper striking or attempting to strike an opponent with the ball;
- l. Charging illegally when the ball is not within playing distance, unless being obstructed;
- m. Slide tackle;
- n. Spitting at opponent or official.
- o. A player playing the ball a second time before it has been played by another player at the kickoff, on a throw-in, on a free kick, on a corner kick, on a goal kick (if the ball has passes outside the penalty area) or on a penalty kick;
- p. The goalkeeper takes more than six seconds to release the ball;
- q. A substitution or re-substitution being made at an improper time (i.e. not at a correct stoppage of play);
- r. Persons other than the players entering or leaving the field of play without the referee's permission;
- s. To resume play after a player has been ejected from the game for misconduct, provided a separate violation has not been committed at the same time that requires a different restart;
- t. The goalkeeper receives in his or her hands a ball intentionally played to him/her via their teammate's feet, legs or on a throw in;
- u. Dissenting by word or action with a referee's decision;
- v. Unsporting behavior;
- w. Dangerous play;
- x. To resume play after a player has been ordered off the field;
- y. Charging (but not violently or dangerously) when not in playing distance of the ball;

- z. Interfering with the goalkeeper or impeding goalkeeper in any manner until the ball is released, or kicking or attempting to kick the ball when it is in goalkeeper's possession;
- aa. Illegal obstruction other than holding;

All direct kicks awarded to the offensive team in the penalty area are penalty kicks.

PENALTY KICK

7.5 When Taken: A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area which is penalized by a direct free kick, or formerly as in indirect kick (all free kicks are now Direct). The ball must be in play when the infringement is committed in order for a penalty kick to be awarded.

A penalty kick can be awarded irrespective of the position of the ball if an infraction by the defending team is committed within the penalty area. A goal may be scored direct from a penalty kick.

7.6 How Taken: The penalty kick is taken from the penalty mark (12 yards in distance from the goal line). Only those players on the field at the time the penalty kick is awarded may take the penalty kick.

When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play, but outside the goal box and at least 10 yards from the penalty mark.

The opposing goalkeeper must stand on own goal line, between goal posts, and is permitted to move laterally (i.e. from side to side) until the ball is kicked.

The player taking the kick must kick the ball forward one full rotation in order for it to be in play.

The kicker may not play the ball a second time until it has been touched by another player. If the ball hits the goal posts or the crossbar and rebounds into play, the kicker still may not play the ball until it has been played by another player.

PENALTY - IF THE BALL IS KICKED A SECOND TIME BEFORE IT HAS BEEN TOUCHED BY ANOTHER PLAYER, A DIRECT FREE KICK SHALL BE AWARDED TO THE OPPOSING TEAM AND SHALL BE TAKEN FROM THE SPOT WHERE THE INFRACTION OCCURRED.

Penalty kicks taken at the end of a tie play-off game to determine the winner:

- a. Referee shall choose goal at which kicks will be taken.
- b. Kicks shall be taken alternately by opposing teams.
- c. A coin toss shall determine which team will kick first. Winner of coin toss has option of kicking first or kicking second.
- d. Any players on the team at the end of the game may be involved in the taking of penalty kicks.
- e. If after 5 penalty kicks have been taken the score is still tied, continue alternating kicks until one team scores and the other team does not.
- f. Each kick taken must be by a different player. No player may take a second kick until all players have kicked at least once.
- g. Any player on the team at the end of the game may exchange places with the goalkeeper at any time during the series of penalty kicks.

7.7 Infringements:

- a. On a penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal has not resulted.
- b. On a penalty kick, for an infringement by the attacking team other than the player taking the kick, the kick shall be retaken if a goal has resulted.
- c. On a penalty kick, for any infringement by the player taking the kick committed before the ball is in play, the player shall be cautioned or ejected as appropriate, and the kick taken.

7.8 End of Time Variations: If the ball touches the goalkeeper before passing between the posts when a penalty kick is being taken at or after the expiration of time, it does not nullify a goal.

If necessary, time of play shall be extended at half time or full time to allow a penalty kick to be taken.

If a penalty kick is taken after the expiration of time, only the kicker and goalkeeper are allowed on the field.

GOAL KICK

7.9 When Taken: A goal kick is taken by a member of the defending team when the ball passes completely over the goal line (excluding that portion between the goal posts), either in the air or on the ground, having last been played by a member of the attacking team.

7.10 How Taken: The ball is placed on the ground at a point within the goal area and is kicked into the field of play. The ball is no longer required to go beyond the penalty area. Goals may NOT be scored directly off Goal Kick.

Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area until after the kick has been taken, or the kick shall be retaken.

The goalkeeper shall not receive the ball into the hands from a goal kick in order to kick it into play. The goalkeeper cannot pick up the ball and kick it - the ball must be placed on the ground and kicked from there.

The kicker may not play the ball a second time after it has been kicked and before it has touched or been played by another player.

PENALTY - DIRECT FREE KICK FROM THE POINT OF INFRACTION

CORNER "KICK"

7.11 When Taken: A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line (excluding that portion between the goal posts), either in the air or on the ground, having last been played by a member of the defending team.

7.12 How Taken: The ball is placed on the ground at a point one yard within the corner of the end line and side line and is kicked into the field of play. **A goal may be scored directly from a corner kick.**

Players of the defending team shall not approach within 10 yards of the ball until the ball is in play, that is, has traveled forward, or the “kick” shall be retaken.

The thrower may not play the ball a second time after the ball is in play until it has been touched by another player. If the ball hits the goal post and rebounds toward the thrower, the thrower still may not play the ball until it has been touched by another player.

PENALTY - DIRECT FREE KICK FROM THE POINT OF INFRACTION

THROW-IN

7.13 **When Taken:** A throw-in is taken to put the ball back into play after it has passed completely over a touch line, either on the ground or in the air.

7.14 **How Taken:** The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall be either on the touch line or the ground outside of the touch line. **A one-handed underarm throw and under knee height in a horizontal or downward motion must be used to re-introduce the ball into play.** The throw-in shall be taken from the point where it crossed the line, being thrown in any direction by a player of the team opposite to that of the player who last touched the ball. The ball shall be in play from the throw as soon as it enters the field of play. **A goal may not be scored directly from a throw-in.**

The thrower may not play the ball a second time before it has been touched or played by another player.

If a goal is scored from a throw in from the opposing team without touching anyone, the ball will be restarted as a goal kick. If a player throws the ball into his/her own goal without the ball touching anyone, than the restart will be a corner kick.

PENALTY - IF THE BALL IS IMPROPERLY THROWN IN, THE THROW-IN SHALL BE TAKEN BY A PLAYER OF THE OPPOSITE TEAM.

7.15 **Throw-in to Goalkeeper, Violation:** A goalkeeper may not catch with his or her hands, a ball that is thrown to them by a teammate.

7.16 **An outfield player who receives a THROW from the goalkeeper cannot pass the ball directly back to the keeper, the ball must be touched by a second player.**

PENALTY - DIRECT FREE KICK FROM POINT OF INFRACTION. If this occurs inside the penalty area, the ball will be placed 5 yards outside the penalty area for a free kick.

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