

Soccer-5

2023/2024 Season Rules & Guidelines Manual K – 12th Grade

UNIFORM GUIDELINES FOR ALL CLUBS

LIGHT JERSEY = AWAY TEAM

DARK JERSEY = HOME TEAM

(Home team changes if there is a conflict)

Canby United Soccer Association
(two jerseys, one navy blue & one white)

Molalla Youth Sports
(one jersey, black)

Clackamas United Soccer Club
(two jerseys, one red & one black)

North Clackamas Soccer Club
(two jerseys, one forest green & one white)

Colton Jr Vikings Soccer Club
(two jerseys, one green/white & one white)

North Marion Youth Athletics
(two jerseys, one forest green & one white)

Country Christian
(one jersey, navy blue)

Oregon City Soccer Club
(two jerseys, one red & one white)

Estacada Youth Soccer Association
(one jersey, green)

Valley Premier Football Club
(two jerseys, one dark green & one white)

Gladstone Soccer Association
(two jerseys, one black & one grey)

Whiskey Hill Kids Soccer Club
(one jersey, royal blue)

Lake Oswego Soccer Club
(two jerseys, one royal blue & one white)

Willamette United Football Club
(two jerseys, one navy blue & one white)

Soccer-5 Rule Highlights

In the past there has been some contention during the season regarding some of the basic league rules. Below is a review of some of the most often mistaken or misunderstood rules. The full rules can be found elsewhere in the rulebook.

Be kind and respect all referees!

If you want to bring your dog to a game, please check with the host club for the policies at their fields.

1. There will be NO slide tackling at any time. It will be called dangerous play by the referee.
2. **NO JEWELRY** of any kind may be worn during games, practices, or warm-ups. This includes, but is not limited to, earrings, nose rings, barrettes, watches, and necklaces. Medical necklaces/bracelets allowed if taped over.
3. ALL casts must be padded. The referee has full discretion to allow the player to play or not. NO support braces that contain metal are allowed.
4. There is a maximum allowance of four adults on the team's side of the field. All coaches, assistant coaches, and other adults on the team's side of the field must have their valid (current season) OYSA Coaching Card. A photocopy, photo on a phone, or a digital card are all sufficient forms of proof they have completed the background check / Safe Sport process and are authorized to represent the team/club. If a coach or any adult on the team's side of the field is not able to provide their coaching card, the referee will report the adult to their own club's leaders who will contact the coach's club for further action. The game will be played, and no further action is required by the referee crew.
5. ALL Spectators are to be on the sideline OPPOSITE of the teams. Coaches, players, and carded adults will remain on their own half of the side they are on.
6. A referee shall abandon (stop) the game at any time they are feeling intimidated or unsafe due to behavior from players, coaches, or spectators.
7. NO player registered on a classic or OSAA High School team may play on a Soccer-5 team (discuss all requests with the league representative). No team playing in a PDP League may participate in the Soccer-5 League. Contact the league director to discuss individual players participating in the Soccer-5 League and the various PDP Leagues. Transferring players between these competitive teams and a Soccer-5 team is not allowed.
8. ONLY players registered within your club and listed on the team's roster can play in any Soccer-5 League game. Guest players are not allowed to play in games or participate in practices without first getting registered with your club and the OYSA office.
9. Clubs that have a single jersey should have pinnies at every home game in case the referee determines the jersey colors are too similar. Home teams should be prepared to change jerseys if requested by the referee. Away teams do not change jerseys/pinnies.

Soccer-5 Rules & Guidelines

Rules of competition for youth soccer as adopted by:

- **Canby United Soccer Association (CUSA)**
- **Clackamas United Soccer Club (CUSC)**
- **Colton Jr Vikings Soccer Club (CJVS)**
- **Country Christian School (CCS)**
- **Estacada Youth Soccer Club (EYSC)**
- **Gladstone Soccer Association (GSA)**
- **Lake Oswego Soccer Club (LOSC)**
- **Molalla Youth Sports (MYS)**
- **North Clackamas Soccer Club (NCSC)**
- **North Marion Youth Athletics (NMYA)**
- **Oregon City Soccer Club (OCSC)**
- **Valley Premier FC (VPFC)**
- **Whiskey Hill Kids Soccer Club (WHKSC)**
- **Willamette United Football Club (WUFC)**

The Soccer-5 League recognizes the **IFAB Laws of the Game**, published yearly by the United States Soccer Federation as the governing body for soccer play. Modifications to these laws are to accommodate recreational play for players of various ages and skill levels. It is intended that the “Laws of the Game” will be enforced according to the age and skill level of the player.

This rules & policy manual does not explain all rules in full, does not list all infringements and sanctions, and does not address all issues as fully as the official Laws of the Game. Copies of the official Laws of the Game may be obtained from the IFAB website:

www.theifab.com

IFAB has a website for the rules of soccer, which are the official rules, but simplified for non-referees, parents, players, etc. and much clearer and more understandable.

<https://footballrules.com/>

Helpful Soccer Information published by USYS.

<https://oregonyouthsoccer.org/wp-content/uploads/2018/07/Soccer-Pocket-Guide-English.pdf>

Table of Contents

Drug & Alcohol Policy	2
Field Use Policy	2
League Information by Age Group	3
Section I – Values	11
Section II – Goals	11
Section III – Conduct	12
<i>Player Conduct</i>	13
<i>Parent / Spectator Conduct</i>	14
<i>Coach Conduct</i>	15
<i>Referee / Assistant Referee Conduct</i>	16
Section IV – Laws of the Game	17
<i>Law 1 – Field of Play</i>	17
<i>Law 2 – The Ball</i>	18
<i>Law 3 – The Number of Players</i>	18
<i>Law 4 – The Player’s Equipment</i>	19
<i>Law 5 – The Referees</i>	19
<i>Law 6 – The Assistant Referees</i>	19
<i>Law 7 – Duration of the Game</i>	20
<i>Law 8 – The Start of Play</i>	20
<i>Law 9 – The Ball in and out of Play</i>	21
<i>Law 10 – Scoring Information</i>	21
<i>Law 11 – Offside</i>	21
<i>Law 12 – Fouls & Misconduct</i>	22
<i>Law 13 – Free Kick</i>	28
<i>Law 14 – Penalty Kick</i>	29
<i>Law 15 – Throw-in</i>	29
<i>Law 16 – Goal Kick</i>	30
<i>Law 17 – Corner Kick</i>	30
Section V – Dealing with Misconduct	31
Section VI – Soccer Terms	32

Drug, Alcohol, and Tobacco Policy

The Soccer-5 League uses school fields and public parks and is certified by the Oregon Youth Soccer Association (OYSA) and US Youth Soccer – depending on the grade of your team that is participating.

All Soccer-5 activities, including games, practices, clinics, tournaments, travel, meetings, and related activities where you are present will be alcohol, drug, and tobacco free.

If this is impossible, the activity **WILL BE CANCELED** and rescheduled at another time and/or place that can be kept alcohol, drug, and tobacco free.

Field Use Rules & Policies

The Soccer-5 League uses school fields and public parks, and we need to respect this property and their rules.

Respect the fields and land of others. Please remove all litter and place in the proper receptacles.

ONLY park in authorized parking areas.

If you wish to bring a dog to a game, please check with the home club about rules. Generally, LEASHED dogs are allowed at city parks, but not on the field area.

Obey all posted rules for each field venue. Examples of rules that may or may not be posted:

- No dogs allowed; or
- No unleashed dogs allowed.
- No Chairs, canopies, bicycles, scooters, skateboards, or other items allowed on turf fields or track surfaces as these items may damage the surfaces.

Obey all league and venue rules whether posted or not if the league has announced rules.

Failure to follow rules at any venue could jeopardize access to the facility. We ask all coaches, players, and league members to help monitor adherence to all rules at any venue.

Kindergarten (U6) Details

US Soccer Small Sided Recommendations	
Format	4v4 (or smaller teams)
Maximum Roster	6 players
Keeper	None
Offside	No
Ball Size	Size 3
Game Time	4 Quarters, 10 minutes each
Break between Quarters	5 minutes
Referees	None
*Field Size (may vary based on available space)	Length: 25 yds – 35 yds Width: 15 yds – 25 yds Corner Flags optional
Goal Size	4' x 6'

Five-minute break after every quarter and at halftime.

NO extra time.

NO slide tackling.

NO offside rule.

NO direct kicks or penalty kicks; all free kicks are indirect.

NO headers.

Throw-ins may be repeated; kick-ins or dribble-ins are acceptable to restart the game when the ball has gone out over the sidelines.

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Build out line: The build out line is the center line, otherwise known as the half line.

Build out line – Goal kicks: All players on the defending team (team not taking the goal kick) must be behind the build out line until the ball is kicked and touched by a teammate of the player taking the kick or the ball goes out of bounds. As soon as the ball is back in play and touched by a teammate of the player taking the free kick (the goal kick does not have to leave the penalty box before being touched and in play), or the ball goes out of bounds. If a defending player is nearer to the opponent's goal than the build out line when a goal kick is taken, the goal kick will be retaken. A player may only be penalized for an offside infraction when the player is nearer the opponent's goal line than the build out line.

No Intentional Headers 6th grade and below: If an intentional header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If an infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

1st (U7) Grade Details

US Soccer Small Sided Recommendations	
Format	4v4 (or smaller teams)
Maximum Roster	6 players
Keeper	None
Offside	No
Ball Size	Size 3
Game Time	4 Quarters, 10 minutes each
Break between Quarters	5 minutes
Referees	None
*Field Size (may vary based on available space)	Length: 25 yds – 35 yds Width: 15 yds – 25 yds Corner Flags optional
Goal Size	4' x 6'

Five-minute break after every quarter and at halftime.

NO extra time.

NO slide tackling.

NO offside rule.

NO direct kicks or penalty kicks; all free kicks are indirect.

NO headers.

Throw-ins may be repeated; kick-ins or dribble-ins are acceptable to restart the game when the ball has gone out over the sidelines.

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

The Build out line: The build out line is the center line, otherwise known as the half line. All players on the defending team (team not taking the goal kick) must be behind the build out line until the ball is kicked and touched by a teammate of the player taking the kick or the ball goes out of bounds. As soon as the ball is back in play and touched by a teammate of the player taking the free kick (the goal kick does not have to leave the penalty box before being touched and in play), or the ball goes out of bounds. If a defending player is nearer to the opponent's goal than the build out line when a goal kick is taken, the goal kick will be retaken. A player may only be penalized for an offside infraction when the player is nearer the opponent's goal line than the build out line.

No Intentional Headers 6th grade and below: If an intentional header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If an infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

2nd (U8) Grade Details

US Soccer Small Sided Recommendations	
Format	4v4 (or smaller teams)
Maximum Roster	6 players
Keeper	None
Offside	No
Ball Size	Size 3
Game Time	4 Quarters, 10 minutes each
Break between Quarters	5 minutes
Referees	None
*Field Size (may vary based on available space)	Length: 25 yds – 35 yds Width: 15 yds – 25 yds Corner Flags optional
Goal Size	4' x 6'

Five-minute break after every quarter and at halftime.

NO extra time.

NO slide tackling.

NO offside rule.

NO direct kicks or penalty kicks; all free kicks are indirect.

NO headers.

Throw-ins may be repeated; kick-ins or dribble-ins are acceptable to restart the game when the ball has gone out over the sidelines.

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

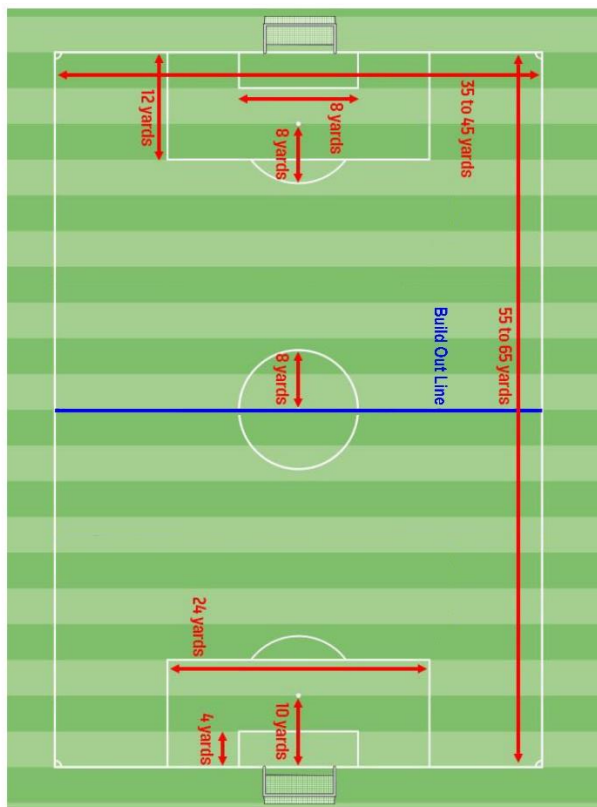
Build out line: The build out line is the center line, otherwise known as the half line.

Build out line – Goal kicks: All players on the defending team (team not taking the goal kick) must be behind the build out line until the ball is kicked and touched by a teammate of the player taking the kick or the ball goes out of bounds. As soon as the ball is back in play and touched by a teammate of the player taking the free kick (the goal kick does not have to leave the penalty box before being touched and in play), or the ball goes out of bounds. If a defending player is nearer to the opponent's goal than the build out line when a goal kick is taken, the goal kick will be retaken. A player may only be penalized for an offside infraction when the player is nearer the opponent's goal line than the build out line.

No Intentional Headers 6th grade and below: If an intentional header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If an infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

3rd (U9) & 4th (U10) Grade Details

US Soccer Small Sided Recommendations	
Format	7v7
Maximum Roster	12 players
Keeper	Yes
Offside	Yes
Ball Size	Size 4
Game Time	2 halves 25 minutes each
Break between Halves	10 minutes
Referees	Yes; ARs are optional
*Field Size (may vary based on available space)	Length: 55 yds – 65 yds Width: 35 yds – 45 yds Corner Flags required
Penalty Kick Mark	10 yards from goal line
**Goal Size	6.5' x 18.5'



** Soccer-5 League requires 6.5' x 18.5' goals when playing in the league

- Ten-minute half time
- NO extra time.
- NO slide tackling.
- NO headers.
- NO goalie punts.
- Offside rule applies; Referee may call loosely during September.
- Throw-ins may be repeated during September.

Players are not allowed to play with a PDP or Dev League team and a Soccer-5 team at the same time (discuss with the league rep for exceptions).

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

No Intentional Headers 6th grade and below: If an intentional header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If an infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

Build out line: The build out line is parallel to the end line, otherwise known as the half line. When the goalkeeper takes possession of the ball in his/her hands, or during goal kicks, the opposing team must retreat behind the build out line and stay there until the goalkeeper puts the ball into play.

Build out line – Goal kicks: All players on the defending team (team not taking the goal kick) must be behind the build out line when the opposing team takes the goal kick. The ball is considered “in play” once the ball is kicked. If a defending player is nearer to the opponent’s goal than the build out line when the goal kick is taken, the goal kick will be retaken.

Build out line – Goalie: When a goalkeeper takes possession of the ball in his/her hands (they cannot pick up the ball when kicked to them by their own players), the opposing team must retreat behind the build out line and remain there until the goalkeeper tosses or rolls the ball into play (six second rule applies). If the goalie sets the ball down to kick the ball, the ball is now in play and players can move forward of the build out line. The ball is always in play as soon as the ball has left the goalie’s possession. The six seconds does not start until all defenders are across the build out line. However, the goalie may put the ball in play without waiting and then the ball may be challenged as soon as the ball is in play.

Goalkeeping: In order to minimize opportunities in games for traumatic brain injury/concussions to occur, the following rules will apply in all Soccer-5 games, 4th grade and below:

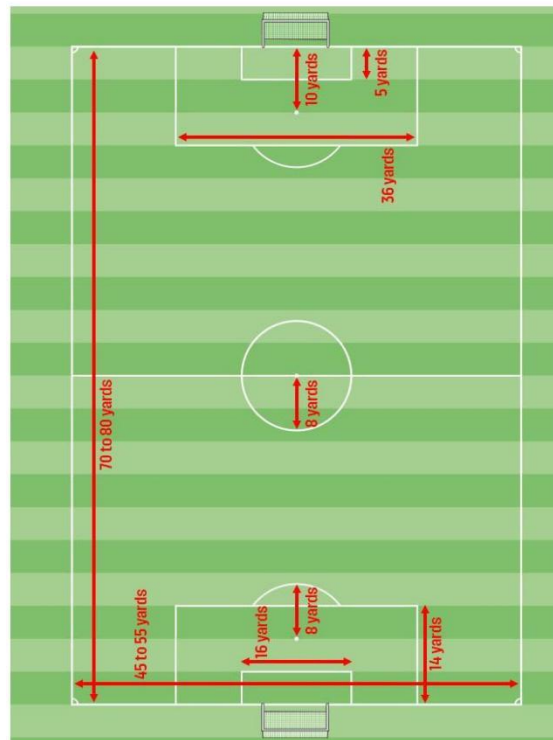
i. Goalkeepers, upon making a save or collecting the ball in their hands during the run of play, may not punt (volley) or dropkick (half-volley) the ball to put it back into play. They can only distribute the ball via a kick from the ground or rolling or throwing the ball. They must still abide by the “six-second rule” governing the timely distribution of the ball from the goalkeeper.

ii. Field players are not permitted to challenge the goalkeeper in any manner while he or she is in the confines of their penalty area attempting to distribute the ball to a teammate, using a roll or a throw.

An indirect free kick from the spot of the infraction is awarded to the opposing team if a player, in the opinion of the referee, prevents the goalkeeper from releasing the ball safely and without interference.

5th (U11) & 6th (U12) Grade Details

US Soccer Small Sided Recommendations	
Format	9v9
Maximum Roster	16 players
Keeper	Yes
Offside	Yes
Ball Size	Size 4
Game Time	2 halves 30 minutes each
Break between Halves	10 minutes
Referees	Yes; ARs are optional
*Field Size (may vary based on available space)	Length: 70ds – 80 yds Width: 45 yds – 55 yds Corner Flags required
Penalty Kick Mark	10 yards from goal line
**Goal Size	6.5' x 18.5'



** Soccer-5 League requires 6.5' x 18.5' goals when playing in the league

- Ten-minute half time.
- NO extra time.
- NO slide tackling.
- NO headers.
- The Offside rule applies.

Players are not allowed to play with or be registered with a competitive classic team and a Soccer-5 team at the same time. Players are not allowed to be transferred to a Soccer-5 team/club for the season to circumvent this rule. Any attempt to do so could result in removal from the league.

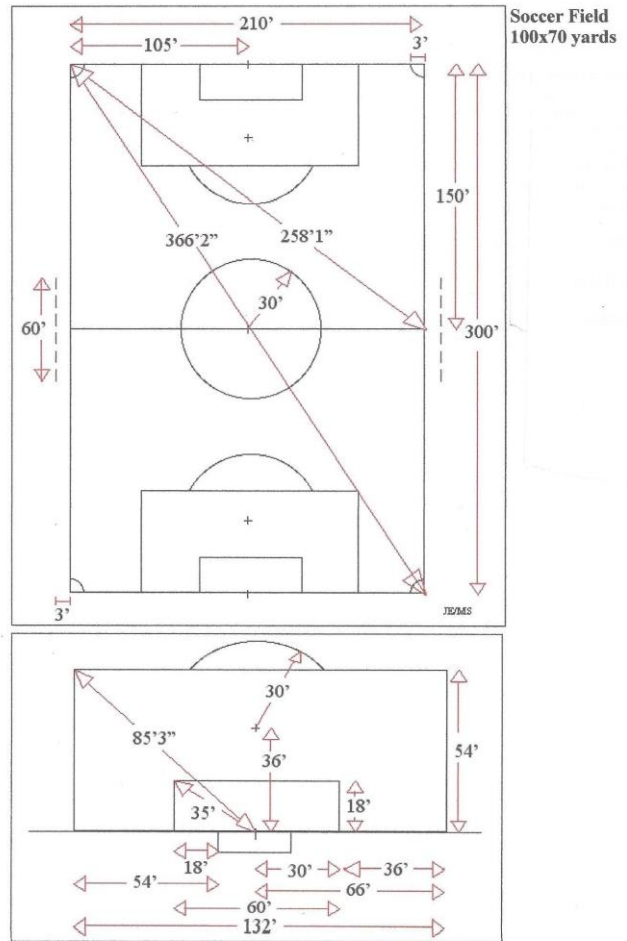
If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

No Intentional Headers 6th grade and below: If an intentional header occurs, the referee will stop play and award an indirect free kick to the opponent at the location of where the header occurred. If an infraction is committed within the goal area, the indirect free kick will be taken from the goal area line parallel to the end line at the nearest point to where the infraction occurred. If the referee determines that the ball struck a player in the head when the player was not trying to play the ball, the referee will allow play to continue.

7th & 8th Grade Details

US Soccer Recommendations	
Format	11v11
Keeper	Yes
Offside	Yes
Ball Size	Size 5
Game Time	2 halves 35 minutes each
Break between Halves	10 minutes
Referees	Yes; ARs are required
Field Size	Length: 100 yds – 130 yds Width: 50 yds – 100 yds Corner Flags required
Penalty Kick Mark	12 yards from goal line
Goal Size	8' x 24'

- Ten-minute half time
- NO extra time.
- NO slide tackling.
- The Offside rule applies.



Players are not allowed to play with or be registered with a competitive classic team and a Soccer-5 team at the same time. Players are not allowed to be transferred to a Soccer-5 team/club for the season to circumvent this rule. Any attempt to do so could result in removal from the league.

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Coed High School Details

US Soccer Recommendations	
Format	11v11
Keeper	Yes
Offside	Yes
Ball Size	Size 5
Game Time	2 halves 40 minutes each
Break between Halves	10 minutes
Referees	Yes; ARs are required
Field Size	Length: 100 yds – 130 yds Width: 50 yds – 100 yds Corner Flags required
Penalty Kick Mark	12 yards from goal line
Goal Size	8' x 24'

- Ten-minute half time.
- NO extra time.
- NO slide tackling.
- The Offside rule applies.

MAXIMUM of 7 male players on the field at any time!!

ALL players must be a registered student at an Oregon high school.

NO players may be on a high school sponsored soccer team or on any 'classic/competitive' team at the same time when playing on a Soccer-5 team. Players are not allowed to be transferred to a Soccer-5 team/club for the season to circumvent this rule. Any attempt to do so could result in removal from the league.

Players are not allowed to play with or be registered with a competitive classic team and a Soccer-5 team at the same time.

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Section I – Values

- Recreational Soccer is played for the benefit of the kids.
- Competitions are recreational.
- Games are intended to be FUN.
- The safety of participants is the paramount guideline for all activities.
- Winning is desirable, however winning at all costs defeats the purpose of the game and the goals of the Soccer-5 league.
- Lopsided wins are discouraged, and coaches should play short sided, require a minimum # of passes, or make other efforts to equalize the skill level without detracting from the intent of the game.
- It is the responsibility of the coach to offer every player the opportunity to have equal playing time, excepting issues of team discipline or medical problems.

Section II – Goals

- Inspire soccer players to have a love of the game and a desire to compete fairly.
- Ensure the safety of each player as part of every activity.
- Teach players to respect themselves, each other, visiting teams, spectators, parents, and officials. Treat the players with the same respectful attitude.
- Develop a spirit of good sportsmanship and fair play in every player, parent, and administrator.
- Develop fundamental skills, self-confidence, self-worth, and team cooperation.
- Develop an atmosphere of safe, fair, and competitive fun without undue pressure.
- Make playing soccer a positive, rewarding experience.
- Provide all players with an equal opportunity to learn and participate in the program.

Section III – Conduct

The Soccer-5 League considers good conduct and respectful behavior to be an extremely important part of this program. These codes of conduct are simple and clearly worded to provide everyone associated with Soccer-5 (Players, Parents, Officials, Spectators, Administrators, Coaches) with a clear understanding of the conduct expected and the behaviors that we will not condone.

This League, OYSA and USYSA, have written laws governing the conduct of soccer competition and we make every effort to employ certified officials to enforce those laws. The referees are responsible for enforcing the Laws of the Game on the field, but the coaches are responsible for the behavior of themselves, the players, and the spectators. Please help these people create a fun and fair competition.

Abuse of a game official, whether verbal or physical will not be tolerated. Any abuse (which includes verbal) will result in a minimum three game suspension and any physical assault (which includes spitting upon or touching) shall result in a minimum three-month suspension per USSF policies. Assault of a juvenile game official carries a minimum three-year suspension. Local officials may not provide a lesser suspension.

Game officials and coaches should make a special effort to protect young goalkeepers. No player will even be allowed to attempt to play the ball while the goalkeeper has control of the ball in the penalty area. Ball Control is defined as contact with one or both hands.

Player Conduct

- Always respect the referees and do not argue with them. Some of these referees might be your friends. How would you treat them if you knew them. Think of them as your friend.
- Courtesy and sportsmanship are as much a part of sports activities as are the skills and rules of the game.
- Be punctual to practices and games; follow the directions and teachings of the coach.
- Always respect the coach, your teammates, and the opposing team players – without them there would be no game.
- Always play your best, play fairly, and play for fun.
- Respect and follow the directions of the referee and the assistant referees; they are the law on the field of play.
- Leave your temper and inappropriate language at home. Derogatory remarks will not improve your game.
- Refrain from using vulgar or foul language at any time.
- Do not criticize the play of others and do not blame others (including the referee crew) for your own poor playing.
- Keep the game moving. Move the required distance from the ball for free kicks as quickly as possible. Leave enough room for a throw-in. Be ready to start play immediately upon the referee's signal.
- Be humble in victory and gracious in defeat. Congratulate your opponent and extend thanks to the game officials after the competition, whether you win or lose.
- Players are honor-bound to aid the officials in enforcing the Laws of the Game. Do not argue with the officials or berate them if you disagree with their call.

Parent / Spectator Conduct

- Spectators are to be on the opposite side of the field from the players.
- Always respect the referees and do not argue with them. These are generally someone's child and how would you want other people to treat your child if they were the referee.
- Do not question the calls made by the referees – they are not reviewable and cannot be overturned.
- Abide by the rules/directives of the soccer club, the Soccer-5 League, US Club Soccer, OYSA, the USSF, and IFAB.
- Follow the rules of the league.
- Follow the rules at every venue.
- Always support the coach and players.
- Be on time to practices and games so that the fields can remain on schedule.
- Pick up your player on time from practices and games.
- Always remain with your player.
- Applaud good play for both teams.
- Remain at least six feet from all sidelines.
- Accept the outcome of the game with a positive attitude.
- Encourage your player to be gracious, whether winning or losing.
- Do not criticize the coach at any time.
- Do not criticize players on your team or players on the opposing team.
- Do not go past the 18-yard line.
- Do not stand behind the goal.
- Do not enter the field of play at any time.
- Do not coach players from the sideline.
- Do not use vulgar or abusive language at any time.
- Always have a positive attitude.

Coach Conduct

- No more than four adults on the team's side of the field at any time.
- Always have your OYSA valid coaching card with you and be prepared to show it to the referee at any time.
- All adults/team leaders (coaches) are to be on their own half of the field and on the side opposite the spectators. Never go past the 18-yard line. Never place anyone behind the goal box.
- Always respect the referees and do not argue with them. These are generally someone's child and how would you want other people to treat your child if they were the referee.
- Do not question the calls made by the referees – they are not reviewable and cannot be overturned.
- Abide by the rules/directives of the soccer club, the Soccer-5 League, US Club Soccer, OYSA, the USSF, and IFAB.
- Follow the rules of the league.
- Follow the rules at every venue.
- Hold one or two practices a week and be punctual to all practices and games.
- Be humble in victory and gracious in defeat. Congratulate your opponent and extend thanks to the game officials after the competition, whether you win or lose.
- Be a positive example to your players and their parents.
- Encourage safe, competitive, fair play, and reward improvement and effort, regardless of skill.
- Teach the players to respect themselves, the opponent, the referee, their teammates, and the coaching staff.
- Teach the players sportsmanship and proper on-field conduct.
- Teach progressive improvements in technical proficiency and tactical knowledge while promoting self-esteem in all players.
- Instruct parents in proper behavior at games, including sideline respect for the referee, the other team, and all coaches.
- Do not criticize players on your team or players on the opposing team.
- Do not recruit players for the purpose of establishing an elite team.
- Do not seek an advantage beyond superior skill, tactics, and fitness. Only allow players that are listed on your team's roster to practice and play with your team.
- Do not leave practices or games until all players have been picked up by their parents or another authorized adult.
- Do not teach unsafe or unsporting methods to the players.
- Do not teach demeaning songs or chants to the players.
- Do not use verbal or physically intimidating behavior, including vulgar, improper, foul, demeaning and/or abusive language at any time.

Referee & Assistant Referee Conduct

- Always ask to see the coach card of all adults on the team's side of the field. If they do not have a coach card, you can ask them to leave the team's side of the field. If they pushback, perhaps you can get assistance from the other team's coaching staff.
- Always report any coach without a coaching card to your club leaders for further action.
- If there are no adults with a player card, allow the "head coach" to remain with the team so the game gets played. Again, make sure the coach is reported to your home club so they can deal with it further.
- A referee can abandon (stop) a game at any time they are feeling intimidated or unsafe due to behavior from players, coaches, or spectators. Inform the coaches the game is being abandoned and leave the field of play as quickly as possible.
- Conduct yourselves according to guidelines set by IFAB, USSF, US Club Soccer, OYSA, and Soccer-5.
- Provide a safe environment for all players.
- Enforce the rules of soccer by following the USSF Laws of the Game; subject to Soccer-5 League modifications.
- Never argue with coaches, players, or spectators.
- Ensure that all players are properly equipped for the game; (i.e.: no jewelry of any kind, padded casts can be worn, but still at the discretion of the referee, no metal leg or arm braces of any kind. Medical bracelets and medical necklaces may be worn if taped over. They must be removed if not taped over.)
- Conduct yourselves honorably and maintain a professional dignity.
- Dress in approved referee attire when officiating.
- Be in good physical condition and prepared for the match.
- Attend required training. Maintain your referee license.
- Show up at least twenty minutes prior to your first game so there is time to check the field for safety and to check the player's equipment and gear.
- Find a trustworthy adult if you need assistance before, during, or after a game.
- Report all yellow and red card infractions to your club's referee coordinator within **48 hours** of the end of the game.
- Do not use vulgar or abusive language at any time.
- Have a positive attitude.

Section IV – Laws of the Game

Law 1 – The Field of Play

The home club is responsible for field readiness: Mowing, lining, setting up goals, nets and corner flags, policing the field for foreign material and filling dangerous, uneven sections of the field (*e.g.* ruts and holes). Portable goals exceeding 30 pounds **must** be securely anchored to the ground before the game can start.

Refer to the grids in the front of this book for recommended field sizes and goal sizes. These field sizes are to be used as guidelines for each club to find appropriate locations for Soccer-5 competition. If it is not possible to match field size exactly, an attempt will be made to match field proportions on the space that is available.

Regardless of the field size, all fields will have:

- A center line that divides the field in half.
- A center circle.
- Flags, cones, or traditional goals for the goal area.
- Corner markings, whether cones or flags at least 5 feet high.
- Arches (partial circles) at the corners.
- 7v7 and 9v9 matches will have the penalty mark 10 yards from the goal line.
- 11v11 matches will have the penalty mark 12 yards from the goal line.

Kindergarten fields will not have any other markings. The center line will be designated as the build out line.

First and second grade fields may have a ‘no-entry’ arc (box) marked on the field. Confirm with your club or program administrator to see if your club will be marking this area on the field. These fields may or may not have a penalty box. They will not have the goal box. The center line will be designated as the build out line.

All third and fourth grade fields where clubs interplay will utilize the centerline as the build out line.

Location for Coaches, Players, Spectators:

Parents are never to coach, that is the job of the coach or assistant coach.

Coaches and players will be on one side of the field, with spectators on the opposite of the field. Each team will be on their own half of the field, not going over to the other team’s half of the field.

No one is to be near the goal area; this includes standing behind the goal and past the eighteen-yard lines (penalty box lines). All coaches, players, and spectators are to remain at least six feet from all sidelines and to remain in the areas between the penalty boxes. However, some clubs may use parents or coaches to referee games under 3rd grade. In these instances, the adult referee will be on the field. In some cases, both coaches may choose to be on the field to give direction and support to their young players.

Some clubs will still have ‘double’ teams at the U6-U8 divisions. If so, then your team is divided in half for game day. The coaches and players are in the middle of the two fields, with the spectators on the ‘outside’ of whichever field their player is on.

Law 2 – The Ball

Only approved balls of the proper size for the age group will be used in games. At least one game ball of good quality (spherical, balanced, in good condition, with good stitching, properly inflated) will be provided to the referee by the home team prior to the start of the game. Refer to the grids in the front of this book for appropriate ball sizes for each level of play

Law 3 – The Number of Players

No team participating in Soccer-5 competition shall have more than twice the number of players as the number playing on the field. If at game time, one or both teams are short of the recommended number of players for the game, play shall continue at the discretion of both coaches, after having reduced the number of field players or having evened the teams by exchanging players.

If a team knows they will be short players on game day, the coach may choose to borrow players from other recreational teams within their own club, but only if the player is being borrowed due to a shortage of players and not to gain an unfair playing advantage. Borrowed players do not get more playing time than the regular members of the team. Borrowed players may not skip their own team's game to play on another team. All borrowed players must be members of OYSA and authorized by the club to play in league games.

Except for medical or disciplinary problems, the coach is responsible for offering each registered player on the team who is present at game time and wearing a proper uniform, equal playing time.

Games are not forfeited in Soccer-5. If enough players don't show up, the coaches can divide the players that are present and play a game if they wish. No games are rescheduled without the approval of the field coordinator and the referee coordinator of the hosting club and both coaches.

Players that are registered for an OSAA high school team, or a Classic team, or Club Soccer team, or another competitive team, may not play on a team registered in the Soccer-5 League. Teams that are composed of 'select' players (teams not randomly put together) may not participate in the Soccer-5 League. No team playing in a U8-U10 Developmental League may participate in the Soccer-5 League. Contact the league director to discuss individual players participating in the league.

For the high school coed program, the maximum number of male players on the field shall be seven per side, including the goalkeeper. If both teams at a league match are short of female players and both coaches agree, the referee may consent to an increase in the number of male players on the field for the duration of the shortage (a female player shows up late, then back to the original rules).

Substitutions may be made, with the consent of the referee, by either team on any dead ball situation. A dead ball occurs at throw-ins, free kicks, corner kicks, goal kicks, penalty kicks, the end of each quarter or half, and after either team has scored a goal. For stoppage of play for injuries, only the injured player(s) may be substituted.

For substitutions at all ages, players will enter and exit the field of play at the midfield line.

The referee may refuse to allow substitutions to a team even at a proper stoppage of play, if the substitution appears to remove an advantage from the team putting the ball back in play. The referee may refuse to allow substitutions if the team appears to be delaying the game or attempting to use these in an unfair manner.

If a player is injured, a substitution may be made for the injured player when the next stoppage of play occurs. Any player bleeding from a wound must leave the field for treatment. If the referee stops play for an injury, the referee will use a dropped ball to restart the game. The ball will be dropped near the same location that the ball was prior to the stoppage of play.

If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Yellow Cards: A player who has been cautioned and shown a yellow card does not leave the field of play.

Red Cards: A player or coach who has received a red card is removed from the game. There is no replacement allowed for the player that has been removed (the team continues the game short a player). That player may not participate in the team's next game. If there is another adult with the team that has a coach card, they can continue coaching the team.

Law 4 – The Players’ Equipment

All players on a team (except the goalkeeper) will wear their club’s official uniform in all league games. The home teams will wear their ‘dark’ jerseys; away teams will wear their ‘light jerseys. Teams/Clubs are NOT Required to have two jerseys, but it is recommended they have pinnies in the case of teams appearing in uniform colors that are similar. The home team will change their jersey or wear pinnies if the referee determines the colors are too similar. The visiting/away team will remain in the jersey color they wore to the game.

Goalies must wear a color that no one else is wearing.

No equipment may be worn, which can be a danger to another player. Padded casts can be worn, but they must be approved by the referee. The player may not play if the referee says no. Braces containing metal will not be allowed under any circumstances. Hard-billed baseball caps are not allowed. While players will wear their eyeglasses, sunglasses are not allowed. We recommend wearing eye goggles for protection.

Shin guards must be worn to all practices and games, and they must be completely covered by socks.

No jewelry of any kind is allowed. Earrings, watches, bracelets, metal barrettes, bobby pins, and other metal items may not be worn at practices or games. Taping of earrings or other jewelry is not allowed. If a player is required to wear a medical bracelet or medical necklace, this may be taped over. If no tape is available, and a parent is present, the bracelet must be removed. The player will not play if the medical bracelet or medical necklace is not taped over or removed.

While soccer cleats are recommended, turf shoes or regular tennis shoes may also be worn. If wearing soccer cleats, they must be made of molded rubber and the shoes may not have toe cleat of any kind. Toe cleats must be removed before the player may enter the field of play.

The referee has the final decision on whether a player is properly attired.

Law 5 – The Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match. The decisions of the referee regarding facts connected with play are final.

A referee can abandon (stop) the game at any time they are feeling intimidated or unsafe due to behavior from players, coaches, or spectators. Inform the coaches the game is being abandoned and leave the field of play as quickly as possible.

For games that have the offside rule (third – twelfth grade), it is recommended that there be two assistant referees in addition to the center referee. In cases where two assistant referees are not available there could be one center referee and one assistant referee, or just one center referee. USSF rules state that there cannot be two center referees.

Should a referee for some reason not be present for a game, the coaches will appoint a spectator or coach to officiate the game. Decisions of this official will bear the same authority as a referee and will be final. Parent volunteers can be used as the referee if there are no other certified referees available for the game. Volunteer referees cannot be compensated in any many for acting as a referee.

Law 6 – The Assistant Referee

For games that have the offside rule (third – twelfth grade), it is recommended that there be two assistant referees in addition to the center referee. In cases where two assistant referees are not available there could be one center referee and one assistant referee in the ARI position working within the diagonal formation, or just one center referee working solo. USSF rules state that there cannot be two center referees, also known as a “dual” formation commonly used in high school games.

Should assistant referees not be present for a game, the center referee may appoint a spectator or coach as an assistant referee. Parent volunteers can be used as assistant referees if there are no other certified referees available for the game. These appointed assistant referees may not call fouls or make offside calls. These calls will remain the sole responsibility of the center referee.

The center referee should explain what the level of responsibility is for these volunteers. In most cases, only have them aid with calling the ball out-of-bounds as most spectators do not adequately know the Laws of the Game.

Law 7 – The Duration of the Match

A game must start on time so that games following can begin on time. If a game starts late for any reason, the total game time will be shortened so that there is at least ten minutes before the next game is scheduled to start. Reduction in play shall be taken from each half or quarter so that each portion of the game remains equal length.

There are NO extra time periods and NO make-up games during league play.

There is no allowance for time lost through substitutions, injuries, removal of players, wasting time, or any other cause.

Law 8 – The Start & Restart of Play

A kick-off starts both halves of a match, both halves of extra time 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). A dropped ball is the restart when the referee stops play, and the Law does not require one of the above restarts.

If an offense occurs when the ball is not in play this does not change how play is restarted.

Kick off Procedure:

- The team that wins the toss of a coin decides which goal to attack in the first half or to take the kickoff.
- Depending on the above, their opponents take the kick-off or decide which goal to attack in the first half.
- The team that decided which goal to attack in the first half takes the kick-off to start the second half.
- For the second half, the teams change ends and attack the opposite goals.
- After a team scores a goal, the kick-off is taken by their opponents.

For every kick-off:

- All players, except the player taking the kickoff, must be in their own half of the field of play.
- The opponents of the team taking the kick-off must be at least 9.15 m (10 yds) from the ball until it is in play.
- The ball must be stationary on the center mark.
- The referee gives a signal.
- The ball is in play when it is kicked and clearly moves.
- A goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

Offenses & Sanctions

If the player taking the kick-off touches the ball again before it has touched another player an indirect free kick, or for a handball offense, a direct free kick is awarded.

In the event of any other infringement of the kick-off procedure the kick-off is retaken.

Dropped ball Procedure

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
 - the ball was in the penalty area or
 - the last touch of the ball was in the penalty area.
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9.1, a match official.
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play.

The ball is in play when it touches the ground.

Infringements & Sanctions

The ball is dropped again if it:

- Touches a player before it touches the ground.
- Leaves the field of play after it touches the ground, without touching a player.

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.

Law 9 – The Ball In and Out of Play

The ball is out of play when it has wholly crossed the entire goal line or touch line whether on the ground or in the air. The ball is out of play when the referee has stopped the game for some reason. The ball is in play at all other times.

Law 10 – Scoring Information

A goal is scored when the whole of the ball passes over the whole of the goal line, between the goalposts and under the crossbar, provided that the team scoring the goal has committed no infringement of the Laws of the Game prior to the ball crossing into the goal.

Coaches are to keep scores within reason of their opponent. If you are ahead by more than three points, please implement ways to keep the scoring down. Have the team complete a certain number of passes (five) before they can score. Have the players score with a 'header' (no intentional headers for 6th grade and below). Have them score with their non-dominant foot. If a team is ahead by five points, the opposing team can add a player if they wish. If a team is ahead by eight points, a second player can be added. Remove the extra players as the point spread diminishes.

Law 11 – Offside

In Soccer-5 play, the offside rule is waived for kindergarten, first, and second grade games. This does not give a team a license to place players in the opposing goal. The rule is waived because of skill level, not to allow unfair advantage. The referee has the discretion to disallow goals and award free kicks to penalize teams seeking unfair advantage.

It is not an offense to be in an offside position.

A player is in an offside position if:

- Any part of the head, body or feet is in the opponents' half (excluding the halfway line) and
- Any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.
- The hands and arms of all players, including the goalkeepers, are not considered.

A player is not in an offside position if level with the:

- Second-last opponent or
- Last two opponents

Offside offense

A player in an offside position when the ball is played or touched* by a teammate is only penalized on becoming involved in active play by:

- Interfering with play by playing or touching a ball passed or touched by a team-mate or
- Interfering with an opponent by:
- Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
- Challenging an opponent for the ball or
- Clearly attempting to play a ball which is close when this action impacts on an opponent or
- Making an obvious action which clearly impacts on the ability of an opponent to play the ball.

**The first point of contact of the 'play' or 'touch' of the ball should be used or*

- Gaining an advantage by playing the ball or interfering with an opponent when it has:
- Rebounded or been deflected off the goalpost, crossbar, or an opponent.
- Been deliberately saved by any opponent.
- A player in an offside position receiving the ball from an opponent who deliberately plays the ball, including by deliberate handball, is not considered to have gained an advantage, unless it was a deliberate save by any opponent.
 - A 'save' is when a player stops, or attempts to stop, a ball which is going into or very close to the goal with any part of the body except the hands/arms (unless the goalkeeper within the penalty area).

In situations where:

- A player moving from, or standing in, an offside position is in the way of an opponent and interferes with the movement of the opponent towards the ball this is an offside offense if it impacts on the ability of the opponent to play or challenge for the ball; if the player moves into the way of an opponent and impedes the opponent's progress (e.g blocks the opponent) the offense should be penalized under Law 12.
- A player in an offside position is moving towards the ball with the intention of playing the ball and is fouled before playing or attempting to play the ball, or challenging an opponent for the ball, the foul is penalized as it has occurred before the offside offense.
- An offense is committed against a player in an offside position who is already playing or attempting to play the ball, or challenging an opponent for the ball, the offside offense is penalized as it has occurred before the foul challenge.

No offense

There is no offside offense if a player receives the ball directly from:

- Goal kicks
- Throw-ins.
- Corner kicks.

Offenses and sanctions

If an offside offense occurs, the referee awards an indirect free kick where the offense occurred, including if it is in the player's own half of the field of play.

A defending player who leaves the field of play without the referee's permission shall be considered to be on the goal line or touchline for the purposes of offside until the next stoppage in play or until the defending team has played the ball towards the halfway line and it is outside its penalty area. If the player left the field of play deliberately, the player must be cautioned when the ball is next out of play.

An attacking player may step or stay off the field of play not to be involved in active play. If the player re-enters from the goal line and becomes involved in play before the next stoppage in play, or the defending team has played the ball towards the halfway line and it is outside its penalty area, the player shall be considered to be positioned on the goal line for the purposes of offside. A player who deliberately leaves the field of play and re-enters without the referee's permission and is not penalized for offside and gains an advantage, must be cautioned.

If an attacking player remains stationary between the goalposts and inside the goal as the ball enters the goal, a goal must be awarded unless the player commits an offside offense or Law 12 offense in which case play is restarted with an indirect or direct free kick.

Law 12 – Fouls and Misconduct

DIRECT FREE KICK (not used for kindergarten through 2nd grade)

A direct free kick is taken from where the offense occurred. A goal can be scored directly from a direct free kick for 3rd grade and above teams and the offside rules are in effect for the kicking team.

A direct free kick is awarded if a player commits any of the following offenses against an opponent in a manner considered by the referee to be careless, reckless, or using excessive force:

- Charges.
- Jumps at.
- Kicks or attempts to kick.
- Pushes.
- Strikes or attempts to strike (including head-butt).
- Tackles or challenges.
- Trips or attempts to trip.

If an offense involves contact, it is penalized by a direct free kick.

- Carelessness is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. 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/or endangers the safety of an opponent and must be sent off.

A direct free kick is awarded if a player commits any of the following offenses:

- A handball offense (except for the goalkeeper within their penalty area)
- Holds an opponent.
- Impedes an opponent with contact.
- Bites or spits at someone.
- Throws an object at the ball, an opponent, or a match official, or makes contact with the ball with a held object.

Handling the ball

For the purposes of determining handball offenses, the upper boundary of the arm is in line with the bottom of the armpit.

It is an offense if a player:

- Deliberately touch the ball with their hand/arm, including moving the hand/arm towards the ball.
- Scores in the opponents' goal directly from their hand/arm, even if accidental, including by the goalkeeper.
- After the ball has touched their or a team-mate's hand/arm, even if accidental, immediately:
 - Scores in the opponents' goal.
 - Creates a goal-scoring opportunity.
- Touches the ball with their hand/arm when:
 - The hand/arm has made their body unnaturally bigger.
 - The hand/arm is above/beyond their shoulder level (unless the player deliberately plays the ball which then touches their hand/arm).

The above offenses apply even if the ball touches a player's hand/arm directly from the head or body (including the foot) of another player who is close.

Except for the above offenses, it is not an offense if the ball touches a player's hand/arm:

- Directly from the player's own head or body (including the foot).
- Directly from the head or body (including the foot) of another player who is close.
- If the hand/arm is close to the body and does not make the body unnaturally bigger.
- When a player falls and the hand/arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body.

The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offense is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offense stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

PENALTY KICK (not used below 2nd grade)

A penalty kick is awarded if any of the offenses under Direct Kick is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.

INDIRECT FREE KICK

An indirect free kick is awarded if a player:

- Plays in a dangerous manner.
- Impedes the progress of an opponent without any contact being made.
- Is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offenses.
- Prevents the goalkeeper from releasing the ball from the hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it.
- Commits any other offense, not mentioned in the Laws, for which play is stopped to caution or send off a player.

An indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offenses:

- Controls the ball with the hand/arm for more than six seconds before releasing it.
- Touches the ball with the hand/arm after releasing it and before it has touched another player.
- Touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after:
 - It was deliberately kicked to the goalkeeper by a teammate.
 - Receiving it directly from a throw-in taken by a team-mate

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save.
- Holding the ball in the outstretched open hand.
- Bouncing it on the ground or throwing it in the air.

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

PLAYING IN A DANGEROUS MANNER

Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury to someone (including the player themselves) and includes preventing a nearby opponent from playing the ball for fear of injury.

IMPEDING THE PROGRESS OF AN OPPONENT WITHOUT CONTACT

Impeding the progress of an opponent means moving into the opponent's path to obstruct, block, slow down or force a change of direction when the ball is not within playing distance of either player.

All players have a right to their position on the field of play; being in the way of an opponent is not the same as moving into the way of an opponent.

A player may shield the ball by taking a position between an opponent and the ball if the ball is within playing distance and the opponent is not held off with the arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.

DISCIPLINARY ACTION

The referee has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark).

If, before entering the field of play at the start of the match, a player or team official commits a sending-off offense, the referee has the authority to prevent the player or team official taking part in the match (see Law 3.6); the referee will report any other misconduct.

A player or team official who commits a cautionable or sending-off offense, either on or off the field of play is disciplined according to the offense.

The yellow card communicates a caution, and the red card communicates a sending-off. Only a player, substitute, substituted player, coach or other team official may be shown the red or yellow card.

PLAYERS, SUBSTITUTES, AND SUBSTITUTED PLAYERS

DELAYING THE RESTART OF PLAY TO SHOW A CARD

Once the referee has decided to caution or send off a player, play must not be restarted until the sanction has been administered, unless the non-offending team takes a quick free kick, has a clear goal-scoring opportunity and the referee has not started the disciplinary sanction procedure. The sanction is administered at the next stoppage; if the offense was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned; if the offense interfered with or stopped a promising attack, the player is not cautioned.

ADVANTAGE

If the referee plays the advantage for an offense for which a caution/sending-off would have been issued had play been stopped, this caution/sending-off must be issued when the ball is next out of play. However, if the offense was denying the opposing team an obvious goal-scoring opportunity the player is cautioned for unsporting behavior; if the offense was interfering with or stopping a promising attack, the player is not cautioned.

Advantages should not be applied in situations involving serious foul play, violent conduct or a second cautionable offense unless there is a clear opportunity to score a goal. The referee must send off the player when the ball is next out of play, but if the player plays the ball or challenges/interferes with an opponent, the referee will stop play, send off the player and restart with an indirect free kick, unless the player committed a more serious offense.

If a defender starts holding an attacker outside the penalty area and continues holding inside the penalty area, the referee must award a penalty kick.

CAUTIONABLE OFFENSES

A player is cautioned if guilty of:

- Delaying the restart of play.
- Dissent by word or action.
- Entering, re-entering, or deliberately leaving the field of play without the referee's permission.
- Failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick, or throw-in.
- Persistent offenses (no specific number or pattern of offenses constitutes 'persistent').
- Unsporting behavior.
- Entering the referee review area (RRA).
- Excessively using the 'review' (TV screen) signal.

A substitute or substituted player is cautioned if guilty of:

- Delaying the restart of play.
- Dissent by word or action.
- Entering or re-entering the field of play without the referee's permission.
- Unsporting behavior.
- Entering the referee review area (RRA).

Where two separate cautionable offenses are committed (even in close proximity), they should result in two cautions, for example if a player enters the field of play without the required permission and commits a reckless tackle or stops a promising attack with a foul/handball, etc.

CAUTIONS FOR UNSPORTING BEHAVIOR

There are different circumstances when a player must be cautioned for unsporting behavior including if a player:

- Attempts to deceive the referee, e.g. by feigning injury or pretending to have been fouled (simulation).
- Changes places with the goalkeeper during play or without the referee's permission (see Law 3).
- Commits in a reckless manner a direct free kick offense.
- Handles the ball to interfere with or stop a promising attack.
- Commits any other offense which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offense which was an attempt to play the ball.
- Denies an opponent an obvious goal-scoring opportunity by an offense which was an attempt to play the ball and the referee awards a penalty kick.
- Handles the ball to score a goal (whether the attempt is successful) or in an unsuccessful attempt to prevent a goal.
- Makes unauthorized marks on the field of play.
- Plays the ball when leaving the field of play after being given permission to leave.
- Shows a lack of respect for the game.
- Uses a deliberate trick to pass the ball (including from a free kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether the goalkeeper touches the ball with the hands.
- Verbally distracts an opponent during play or at a restart.

CELEBRATION OF A GOAL

Players can celebrate when a goal is scored, but the celebration must not be excessive; choreographed celebrations are not encouraged and must not cause excessive time-wasting.

Leaving the field of play to celebrate a goal is not a cautionable offense but players should return as soon as possible.

A player must be cautioned, even if the goal is disallowed, for:

- Climbing onto a perimeter fence and/or approaching the spectators in a manner which causes safety and/or security issues.
- Gesturing or acting in a provocative, derisive, or inflammatory way.
- Covering the head or face with a mask or other similar item.
- Removing the shirt or covering the head with the shirt.

DELAYING THE RESTART OF PLAY

Referees must caution players who delay the restart of play by:

- Appearing to take a throw-in but suddenly leaving it to a team-mate to take.
- Delaying leaving the field of play when being substituted.
- Excessively delaying a restart.
- Kicking or carrying the ball away or provoking a confrontation by deliberately touching the ball after the referee has stopped play.
- Taking a free kick from the wrong position to force a retake.

SENDING-OFF OFFENSES

A player, substitute or substituted player who commits any of the following offenses is sent off:

- Denying the opposing team a goal or an obvious goal-scoring opportunity by a handball offense (except a goalkeeper within their penalty area).
- Denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offense punishable by a free kick (unless as outlined below).
- Serious foul play.
- Biting or spitting at someone.
- Violent conduct.
- Using offensive, insulting, or abusive language and/or gestures.
- Receiving a second caution in the same match.

A player, substitute, or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.

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 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 offender is cautioned if the offense was an attempt to play the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball etc.) the offending player must be sent off.

A player, sent-off player, substitute or substituted player who enters the field of play without the required referee's permission and interferes with play or an opponent and denies the opposing team a goal or an obvious goal-scoring opportunity is guilty of a sending-off offense.

The following must be considered:

- Distance between the offense and the goal.
- General direction of the play.
- Likelihood of keeping or gaining control of the ball.
- Location and number of defenders.

SERIOUS FOUL PLAY

A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.

VIOLENT CONDUCT

Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator, or any other person, regardless of whether contact is made.

In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.

TEAM OFFICIALS

Where an offense is committed and the offender cannot be identified, the senior team coach present in the technical area will receive the sanction.

WARNING

The following offenses should usually result in a warning; repeated or blatant offenses should result in a caution or sending-off:

- Entering the field of play in a respectful/non-confrontational manner.
- Failing to cooperate with a match official e.g. ignoring an instruction/request from an assistant referee or the fourth official.
- Minor/low-level disagreement (by word or action) with a decision.
- occasionally leaving the confines of the technical area without committing another offense.

CAUTION

Caution offenses include (but are not limited to):

- Clearly/persistently not respecting the confines of their team's technical area.
- Delaying the restart of play by their team.
- Deliberately entering the technical area of the opposing team (non-confrontational).
- Dissent by word or action including:
 - throwing/kicking drinks bottles or other objects.
 - gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping.
- Excessively/persistently gesturing for a red or yellow card.
- Gesturing or acting in a provocative or inflammatory manner.
- Persistent unacceptable behavior (including repeated warning offenses).
- Showing a lack of respect for the game.

SENDING-OFF

Sending-off offenses include (but are not limited to):

- Playing the restart of play by the opposing team e.g. holding onto the ball, kicking the ball away, obstructing the movement of a player.
- Deliberately leaving the technical area to:
 - Sow dissent towards, or remonstrate with, a match official.
 - Act in a provocative or inflammatory manner.
- Entering the opposing technical area in an aggressive or confrontational manner.
- Deliberately throwing/kicking an object onto the field of play.
- Entering the field of play to:
 - Confront a match official (including at half-time and full-time).
 - Interfere with play, an opposing player, or a match official.
- Physical or aggressive behavior (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person (e.g., ball boy/girl, security, or competition official etc.).
- Receiving a second caution in the same match.
- Using offensive, insulting, or abusive language and/or gestures.
- Using unauthorized electronic or communication equipment and/or behaving in an inappropriate manner as the result of using electronic or communication equipment.
- Violent conduct.

OFFENSES WHERE AN OBJECT (OR THE BALL) IS THROWN

In all cases, the referee takes the appropriate disciplinary action:

- Reckless – caution the offender for unsporting behavior.
- Using excessive force – send off the offender for violent conduct.

Law 13 – Free Kicks

Free kicks are either direct or indirect. For both, the ball must be stationary when the kick is taken, and the kicker does not touch the ball a second time until it has touched another player (award an indirect free kick to the opposing team for this infringement).

Direct and indirect free kicks are awarded to the opposing team of a player, substitute, substituted, or sent-off player, or team official guilty of an offense.

DIRECT FREE KICK

If a direct free kick is kicked into the opponents' goal, a goal is awarded for 5th-12th grade teams. If the ball goes into the goal for kindergarten through 4th grade teams, then the opponent is awarded a goal kick.

If a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded.

INDIRECT FREE KICK

The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player, goes out of play, or a goal cannot be scored directly.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect, and the ball is kicked directly into the goal.

If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.

If a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded.

POSITION OF FREE KICK (inside the penalty area)

- By the Defending Team:
 - All opponents must be at least ten yards (or comparable distance for smaller fields) from the ball and outside the penalty area until the ball is in play. The ball is in play once it has been kicked directly beyond the penalty area.
- By the Attacking Team
 - All opponents must be at least ten yards (or comparable distance for smaller fields) from the ball until the ball is in play, unless they are on their own goal line between the goal posts. The ball is in play once it has been kicked and moves.

POSITION OF FREE KICK (outside the penalty area)

All opponents must be at least ten yards (or comparable distance for smaller fields) from the ball until the ball is in play. The ball is in play once it has been kicked and moves. The free kick is taken from the place where the infringement occurred.

Law 14 – The Penalty Kick

A penalty kick is awarded against a team that 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 goal may be scored directly from a penalty kick. Additional time is allowed at the end of each half when a penalty kick has been taken.

PENALTY KICK PROCEDURES

- The ball is placed on the penalty mark (distance varies with size of field).
- The player taking the penalty kick is properly identified to the referee.
- The defending goalkeeper remains on the goal line, facing the kicker, between the goalposts until the ball has been kicked.
- Additional players located inside the field of play must be outside the penalty area and ten yards behind the penalty mark (distance varies with size of field).
- The ball is in play when it is kicked and moves forward.
- The kicker cannot touch the ball until it has touched another player.

PENALTY KICK INFRINGEMENTS / SANCTIONS

If the Player making the kick or one of the teammates infringes the Laws of the Game before the ball is in play:

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

If the Goalkeeper or one of the teammates infringes the Laws of the Game before the ball is in play:

- The kicker cannot touch the ball until it has touched another player.
- The referee allows the kick to proceed.
- If the ball enters the goal, a goal is awarded.
- If the ball does not enter the goal, the kick is retaken.

Law 15 – The Throw-In

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air. The throw-in is taken from the point where the ball crossed the touch line. A goal cannot be scored directly from a throw-in:

- If the ball enters the opponents' goal – a goal kick is awarded.
- If the ball enters the thrower's goal – a corner kick is awarded.

When delivering the ball, the thrower must:

- Stand facing the field of play.
- Have part of each foot on the touchline or on the ground outside the touchline.
- Throw the ball with both hands from behind and over the head from the point where it left the field of play.

All opponents must stand at least two yards from the point on the touchline where the throw-in is to be taken.

The ball is in play when it enters the field of play. If the ball touches the ground before entering, the throw-in is retaken by the same team from the same position. If the throw-in is not taken correctly, it is retaken by the opposing team.

If a player, while correctly taking a throw-in, deliberately throws the ball at an opponent to play the ball again but not in a careless or a reckless manner or using excessive force, the referee allows play to continue.

The thrower must not touch the ball again until it has touched another player.

If, after the ball is in play, the thrower touches the ball again before it has touched another player, an indirect free kick is awarded. If the thrower commits a handball offense, a direct free kick is awarded. A penalty kick is awarded if the offense occurred inside the thrower's penalty area unless the ball was handled by the defending team's goalkeeper, in which case an indirect free kick is awarded.

An opponent who unfairly distracts or impedes the thrower (including moving closer than two yards to the place where the throw-in is to be taken) is cautioned for unsporting behavior, and if the throw-in has been taken, an indirect free kick is awarded.

For any other offense, the throw-in is taken by a player of the opposing team.

Law 16 – The Goal Kick

A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.

A goal may be scored directly from a goal kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team.
- The ball is in play when it is kicked and clearly moves.
- Opponents must be outside the penalty area until the ball is in play.

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded. If the kicker commits a handball offense, a direct free kick is awarded. A penalty kick is awarded if the offense occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded.

If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the goal kick is taken or enters the penalty area before the ball is in play, touches or challenges the ball before it is in play, the goal kick is retaken.

If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offense.

For any other offense, the kick is retaken.

Law 17 – The Corner Kick

A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.

A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

- The ball must be placed in the corner area nearest to the point where the ball passed over the goal line.
- The ball must be stationary and is kicked by a player of the attacking team.
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area.
- The corner flag post must not be moved.
- Opponents must remain at least 9.15 m (10 yds) from the corner arc until the ball is in play.

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded. If the kicker commits a handball offense, a direct free kick is awarded. A penalty kick is awarded if the offense occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded.

If a player, while correctly taking a corner kick, deliberately kicks the ball at an opponent to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

The kicker does not play the ball a second time until it has touched another player (award an indirect free kick).

Section V – Dealing with Misconduct

These procedures are to be followed anytime red or yellow cards are issued during any game within the Soccer-5 League.

REFEREE’S RESPONSIBILITY

Make a full report to your club’s referee coordinator within 48 hours of the game. The report must include the following:

- Full name of the person receiving the red or yellow card.
- Type of infraction, be specific and use the correct Law number if one applies.
- Date of game.
- Time of game.
- Field location.
- Names of assistant referees if any present.

REFEREE COORDINATOR’S RESPONSIBILITY

Keep track of all points accumulated for your club during the season.

- Yellow cards: Two points .
- Red Card: Three points – all except as noted below.
- Red Card: Five points – Serious Foul, Violent Conduct.

Anyone receiving a red card (or two yellows in the same game) will receive a minimum one-game suspension and will not be eligible to participate in the next game. A player that is sitting out may sit with the team but must not be dressed in their uniform. All coaches and team leaders that receive a red card will receive a minimum one-game suspension and will not be present at the venue or on the field of the next game. In addition to the game suspensions, additional penalties may be applied based on point accumulation:

- Six points = One game suspension.
- Nine points = Three game suspension.
- Twelve points = Suspended for balance of season.

Teams also accumulate points based on the total points for players and team leaders associated with the team. Sanctions will be applied to teams as follows:

- Ten points = Certified letter sent to all Soccer-5 club presidents and the team coach.
- Twenty points = Team suspended for the balance of the season.

NOTE: Cards issued to individual players for dissent will not count towards the team totals. All other individual points will be applied to the team’s total.

The referee coordinator of each club will monitor each player’s and team’s point accumulation. They will advise the coach of each team that is accumulating points. When players are to serve a suspension, they will notify the opponent of the next scheduled game that a player will be sitting out. If a team is suspended, they will notify all clubs so that any remaining league games can be rescheduled if possible.

Section VI Soccer Terms

Abandon/Abandoned: NEED DEFINITION

Advantage: A rule which directs the referee **not** to penalize a player for infringing the law when, in the referee's judgment, stopping the play to award a free kick would not help the team with the ball, but would deprive them of an advantage (by calling back a fast break, for example).

Buildout Line: NEED DEFINITION

Charging: A method of unbalancing the player who has possession or is attempting to gain possession of the ball. To be legal, a charge must be made shoulder to shoulder while challenging for the ball (*i.e.* when the ball is within playing distance) and while both players have at least one foot on the ground. In Soccer-5 play it is not legal to charge the goalkeeper.

Chip: A high, soft, arcing kick played from the ground, often with backspin on the ball; accomplished by striking the ball at its lowest point (see also Lob or Loft).

Clearing: The action of a goalkeeper or defender to move the ball up the field out of scoring range after gaining possession near the goal area. The purpose is to move the ball safely away from goal while retaining possession to begin the counterattack.

Corner Arc: The arc placed at each corner of the playing field. The arc should have a one-yard radius.

Corner Flag: One of four flags placed at the corners of the field to mark the size of the field. Flags are to be at least five feet high with a non-pointed top.

Corner Kick: A kick made by the attacking team from the corner arc. A corner kick is awarded when the ball passes over the goal line (and does not score) and the last person to touch it was a defending player.

Cross: Kicking the ball from one side of the field to the center or to the other side to redirect the attack to the weaker side of the defense or produce a goal scoring opportunity.

Dangerous Play: Plays or moves that are likely to cause an injury. Examples are high kicks, playing the ball while lying on the ground, playing the ball while the goalkeeper has possession, slide tackling and diving headers.

Defender: Player who functions primarily in the defensive third of the field and whose major role is to repel attacks on the goal by the opposing team.

Delay-of-Game: Playing the game in such a way as to gain unfair advantage by wasting time or delaying the game. This is a yellow card offense, but for purposes of league play, additional time is not awarded. If the goalkeeper is involved in time wasting, the referee can penalize the offense by awarding an indirect free kick to the opposing team.

Direct Free Kick: A free kick from which a goal can be scored directly. It is awarded for fouls involving body contact, deliberately handling the ball, and major infractions of the Laws of the Game. The referee indicates a direct free kick by pointing directly at the goal. In Soccer-5 play there are no direct free kicks for U6-U10 divisions; an indirect free kick is awarded instead.

Drop Ball: Way for the referee to restart play when neither team is awarded possession of the ball. The ball is held by the referee between two opponents and dropped to the ground to start play. The ball is not in play until it hits the ground. A goal may be scored directly from a drop ball and offside regulations apply.

Endline: NEED DEFINITION

Feint: Deceptive movements of the body, especially the knees and feet, made for the purpose of unbalancing your opponent to elude them.

Forward: Player who functions primarily in the attacking third of the field and whose major role is to score goals (see also Striker and Wing).

Free Kick: See Direct Free Kick and Indirect Free Kick.

Goal: When the whole of the ball passes over the goal line, between the goalposts and under the crossbar; must be on the opposite end of the field from where the team's own goalie is located. This results in the team being awarded one point each time this happens.

Goal Area: The smaller rectangular area in front of the goal on either end of the field. On a full-size field the goal area is six yards by 20 yards, extending 6 yards from each goalpost and 6 yards into the field of play from the goal line.

Goal Line: The line marking out-of-bounds at the end of the field, from corner flag to corner flag (see also touch line).

Goalkeeper: A player designated to guard the goal. The "goalie" or "keeper" may play the ball with the hands under specified conditions. This is a special privilege enjoyed by no other player on a team.

Hand Ball (Handling): Intentional or deliberate use of the hands to control the ball by carrying, striking, or propelling the ball with the hand or arm. Hand-to-Ball must be distinguished from Ball-to-Hand, which means unintentional handling of the ball and is not a foul.

Heading: A method of passing, scoring, or bringing the ball under control by allowing it to connect with the head, usually the forehead.

Immunity: No player may charge the goalkeeper in the penalty area. In Soccer-5 play, while the goalkeeper has control of the ball (defined as contact with either hand), an opponent may not attempt to play the ball.

Indirect Free Kick: A free kick from which a goal cannot be scored. It is awarded for technical and minor infractions of the rules. The referee will signify that the kick is indirect by raising an arm over the head and leaving it there until the ball has been touched by another player.

Instep kick: A long kick performed by contacting the ball using the instep of the foot. This is a fast kick but can be hard to control.

Juggling: Where the player keeps the ball off the ground by kicking, bumping, and heading the ball; using only legal soccer contact motion. This exercise helps develop ball control.

Kick-off: A way of starting or restarting play at the start of a match, after a goal has been scored, at the start of the second half, and at the start of each extra overtime period. The ball is placed on the center line in the center of the circle.

Loft or Lob: A high, soft, arcing kick (see also Chip).

Marking: Guarding or covering the offensive team players when they move into your area of play. Defensive players typically mark offensive players by moving near them, usually on the side between the offensive player and the goal.

Midfielder: A player who functions primarily in the central third of the field and whose major role is to link the defense and the attack through ball control and passing.

Obstruction: Use of the body, while not playing the ball, to get in the way of an opponent's who is trying to play the ball. Illegal obstruction which interferes with the play can be penalized by the referee.

Offside: A player on the team which possesses the ball is in an offside position if they are nearer to his opponents' goal line than both the ball and the second last opponent. A player is NOT in an offside position if he is in his own half of the field of play or is level with the second last opponent or is level with the last two opponents. It is not against the Laws of the Game to be in an offside position. A player 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 or interfering with an opponent or gaining an advantage by being in that position.

Out-of-Bounds: The ball is out of play and out-of-bounds only when the whole of the ball has passed over the whole of the touch line (side-line) or goal line of the field. For example, a ball that stops on the line is still in play.

Passing the ball: Getting the ball to a teammate. Always done in soccer with the feet, head, chest, thigh, knee, or shin, but not the hands or arms.

Penalty Area: The larger rectangular area (outside the goal area) at each end of the field. On a full-size field this area is 44 yards by 18 yards, extending 18 yards from each goalpost and 18 yards into the field of play from the goal line. The penalty area is the area within which the goalkeeper may use their hands to contact the ball. If certain infractions occur here, the attacking team is awarded a penalty kick.

Penalty Kick: A direct free kick from the penalty mark, twelve yards out from the goal line on a full-size field. It is awarded to the attacking team for fouls committed by the defense in its own penalty area. In Soccer-5 play, there are NO penalty-kicks for the U6-U10 divisions, an indirect free-kick is awarded instead.

Play on: Said by the referee to indicate that the advantage clause is being applied (*i.e.* no foul will be called and play is to continue).

Save: An action by the goalkeeper to prevent a goal, typically by catching the ball or deflecting it out-of-bounds or back onto the field away from the goal.

Shape: Refers to the positioning of players on the field. A good team shape incorporates both width (for attacking strength) and depth (for defensive protection). Good team shape will allow for direct, uncontested passing between team members.

Square Pass: A pass made between two players of the same team at right angles to the attacking direction. This type of pass is used to redirect the attack on goal.

Stopper: A defender who is positioned behind the last line of midfielders.

Striker: A forward, typically the center forward (see also Wing).

Sweeper: A defender who is positioned behind the last line of defenders.

Switch: Playing the ball to change the line of attack from one side of the field to the other. This is normally accomplished with back passing and square passing, or with a long crossing pass from one side to the other.

Tackling: A method of dispossessing an opponent of the ball by using the feet. It does not imply that possession was gained by knocking anyone down. The ball is tackled, not the player. It is not permissible to tackle recklessly or by using excessive force or to push with the hands – at any age. These types of tackles will be called as fouls.

Throw-in: Restarting play after the whole of the ball has passed over the whole of the touch line. The player faces the field of play and keeps a part of each foot on the ground; can be on the touch line. The player uses both hands and delivers the ball from behind and over the head.

Time wasting: Playing the game in such a way as to gain unfair advantage by wasting time or delaying the game. This is a yellow card offense, but for purposes of league play, additional time is not awarded. If the goalkeeper is involved in time wasting, the referee can penalize the offense by awarding an indirect free kick to the opposing team.

Touch line: The sideline on the field of play.

Trapping the ball: A method of controlling the ball that involves receiving the ball and dropping it to your own feet where it can be played. The ball can be “trapped” with feet, legs, thigh, chest or head.

Unintentional Hand Ball (Unintentional Handling): When the ball hits the hands or arms of a player and is NOT played to that player’s advantage. No penalty is awarded even if the offending player gains an advantage. Unintentional Ball-to-Hand must be distinguished from Hand-to-Ball, which is a foul.

Volleying: Kicking the ball while it is still in the air.

Wall Pass: A pass from attacker to a team member and back again while the attacker runs past. This is sometimes called the “give-and-go” pass as it duplicates that basketball strategy.

Wing: A forward who is positioned and plays near the side boundaries of the field (see also Striker).