

CITY OF CARSON



2025  
YOUTH

SOCCER  
RULE  
BOOK



COMMUNITY SERVICES/RECREATION

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The following rules and regulations have been formulated and adopted by the Youth Sports Section for the 2025 Youth Soccer Season.

The Youth Sports Section will have jurisdiction over all rules and regulations governing any City of Carson Youth Soccer event. For any Soccer rule herein not covered refer to the 2025 National Federation of State High School Associations Soccer Rules Book.

The Soccer Season (including playoffs) will be conducted from September 20 to November 8, 2025.

## 1. CLASSIFICATIONS

### CLINIC DIVISIONS

**SANDLOT** Year Born - **2019 - 2020**

**ROOKIE** Year Born - **2017 - 2018**

### BOYS

**1A** Year Born - **2015 - 2016**

**2A** Year Born - **2013 - 2014**

**3A** Year Born - **2011 - 2012**

### GIRLS

**1A** Year Born - **2015 - 2016**

**2A** Year Born - **2013 - 2014**

**3A** Year Born - **2010 - 2012**

## 2. REGISTRATION

All players must register online through ActiveNet and be listed on the **Official Team Roster form** before taking part in a league game. Registrants must present proof of birth date at the time of registration. An original Birth Certificate is the only proof of birth accepted as verification of age.

## 3. ELIGIBILITY

- A. An ActiveNet registration must be completed online by the participant's parent or guardian.
- B. A player shall play for one team and one league only. A player is considered on a team when their name is placed on the **Official Team Roster**, which is on file in the park office.
- C. Once a player is dropped from a team, they cannot be added to another team during that current sport season at any park in the City of Carson unless they provide written proof of a change in residence. A player can never play for another team at the same park or at a different park during the same sport season.
- D. Youth participating in a sports league sanctioned by the California Interscholastic Federation (C.I.F.) are ineligible to concurrently play for a City of Carson Community Services/Recreation Department team participating in the same sport (i.e., high school softball - girls softball, high school football - flag football). If said youth has stopped playing on a C.I.F. team prior to tryouts for the department's league, they are eligible to go through the tryout and drafting procedure. If said youth has not stopped playing on a C.I.F. team as of the tryout date, they will not be eligible to go through the tryout and drafting procedure, but is eligible to be added to a team from a waiting list once they have stopped playing for the C.I.F. team provided the department's team qualifies for adding a player as described in the Youth Sports Manual under the heading "Waiting List"
- E. **The use of an ineligible player(s) will result in the forfeiture of all games in which said player(s) participated.**
- F. Falsification of any information on the player's Sports Registration/Waiver Card is grounds for forfeiture of any or all games in which said player participated.
- G. Per the Youth Sports Manual teams may have a maximum of fifteen and a minimum of ten rostered players.
- H. There must be a minimum of four names on the waiting list before assignments from the waiting list can be made, except in an emergency situation (when a team roster falls below the minimum number of rostered players needed for a team).
- I. The dropping and adding of players will not be done at the coaches' whim. In order for a coach to drop a player, the coach must fill out a **Park Player Release Form** and submit it to the Center

Supervisor, who will then call the player's parent/guardian to verify the situation. If it is done properly and with good cause, only then will the coach be able to acquire a youngster from the waiting list to replace the dropped player. The Center Supervisor will then assign a player or players to a team once the drop has been confirmed.

- J. No new players can be added to a team following regular season play (prior to the City Play-offs). To be eligible for the City Play-offs, a player must have participated in at least one regular season game.
- K. Any player(s) that have been suspended shall have no contact with his/her team for the entire duration of the game(s) in which they are suspended.

#### 4. **PROTESTS**

##### **A. PLAYER ELIGIBILITY:**

- 1. Questions regarding the eligibility of a player(s) do not need to be made in protest form and may be raised at any time by a coach.
- 2. Any coach questioning the eligibility of a player(s) shall notify the Youth Sports Section.
- 3. The Youth Sports Section will render a decision regarding a player(s) eligibility after all pertinent information has been obtained and reviewed.

##### **B. RULE INTERPRETATION:**

- 1. In order that a protest be proper and subject to a ruling by the Protest Committee, the following list of requirements must be met:
  - A. Whenever a matter of protest arises during a game, time out is called by the team making the protest immediately following the play in question and a notice of intent to protest must be given verbally by the coach of the protesting team to the Referee. The Referee will then notify the coach of the opposing team that the game will be continued under protest. The error must be recognized before the next legal play begins. If the protest cannot be resolved at this time the Referee shall make a note on the scorecard reflecting the rule being protested, the score at the time of the protest, the time remaining in the game, which half of the game was being played and which team had possession of the ball. A coach from both teams shall initial the scorecard to verify the information recorded by the Referee is correct.
  - B. A protest shall be considered only if it is placed in writing on the ***Coach's Protest Report Form*** and submitted to the Center Supervisor or one of his/her staff members along with a \$25.00 (cash or money order) protest fee within twenty-four hours of the game. The written protest must contain the date, time and location of the game, the names of both teams, the division, Rule, Section or Article # of the official rule(s) under which the protest is being made, the decision made by the Referee, and all other essential facts involved with the matter protested.
  - C. A protest must involve the interpretation or application of a playing rule and not involve the accuracy of the judgment of a referee.
  - D. The Head Referee has the authority to rule on any point not specifically covered in the rulebook.
  - E. Highly technical protests or those, which could have little or no effect on subsequent play or the final result of the game, shall not be considered.
  - F. When a protest for the misinterpretation of a playing rule is allowed, the game will be replayed from the point at which the improper decision was made, with the decision corrected. When a protest for an illegal player(s) is allowed, all games the ineligible player(s) participated in shall be forfeited to the opponent of the offending team.
  - G. All protests will be handled by the Youth Sports Section. All rulings will be made in writing after receiving all the pertinent information needed to make a decision.
  - H. The following will be taken into consideration when determining a final ruling: the official score card; statements of game officials, supervising park staff, and coaches; all applicable

rules and any other pertinent information needed to make a decision.

- I. The use of video or other electronic devices will not be allowed as evidence in a protest, nor shall it be used by a sports official in an attempt to render a decision.
- J. Protests that do not contain all information necessary to determine a ruling, or have been found inconclusive by the protest committee, will be subject to a final ruling by the Recreation Program Manager.
- K. The protest fee will be refunded if a protest is decided in favor of the coach who submitted it.

## 5. EQUIPMENT

### A. Game Equipment:

- 1. The official game ball will be covered with a synthetic leather in the following sizes:
  - A. Clinic Divisions will use a #3 size soccer ball.
  - B. 1A Division will use a #4 size soccer ball.
  - C. 2A-4A Divisions will use a #5 size soccer ball.
- 2. The ball may only be changed during the game with the Referee's permission.
- 3. A timing device (official game clock) will be operated by a designated referee on the field.

### B. Player Equipment:

- 1. **A player shall wear:**
  - A. Either basketball, tennis, cross-country or rubber-cleated multipurpose shoes. Hard soled street shoes and metal cleats will not be allowed.
  - B. A numbered jersey or shirt of the same color is required of each member of a participating team in league play and must be tucked into shorts or pants at all times prior to and during the game. Dyed or non-dyed T-shirts with numbers are acceptable as jerseys.
  - C. Shorts or Pants of any length.
  - D. The goalkeeper's jersey/shirt must be different in color from that of the other player's and the Referee's.
  - E. **A pair of protective shin guards must be worn by all players at all times, during play.**
- 2. Players must remove all jewelry while participating in a game. Religious and medical alert medals are not considered jewelry. A religious medal must be taped to the body and worn under the uniform. A medical alert medal must be taped and may be visible.

## 6. THE FIELD

### A. Field sizes per division:

<u>Division</u>	<u>Length x Width</u>
Sandlot (6 players)	40 yards x 20 yards
Sandlot (8 players)	50 yards x 25 yards
Rookie	60 yards x 40 yards
1A – 3A	80 yards x 40 yards

### B. Goal sizes per division:

<u>Division</u>	<u>Height x Length</u>
Sandlot	4' x 6'
Rookie	5' x 10'
1A – 3A	6'6" x 18'6"

- C. A restraining line shall be placed completely around the outside of the field at least three yards from the sidelines and end lines.

## 7. COACHES' RESPONSIBILITIES

- A. The head coach is responsible for the conduct and behavior of all players, assistant coaches and disqualified team members. ***The conduct and behavior of team parents and spectators is also the***

**responsibility of the head coach.**

1. Coaches and players must stay in their own team area and shall not go beyond the halfway line. Both teams will be located on the same side of the field. **Only two adult coaches (maximum), will be allowed in the team area to coach.**
2. Spectators are required to remain completely behind the restraining line on the opposite side of the field from the players. If no restraining line is visible, spectators must remain at least three yards back from the touch line and/or goal line. No one shall be permitted directly behind either goal.
3. **Clinic Divisions - Only one coach per team will be allowed on the field during play to help their players. It is the coaches' responsibility to ensure that their presence on the field does not hinder any live ball play or the Official's view of the play in progress.**

**PENALTY:** A head coach may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual. **A game may be stopped temporarily or possibly forfeited if a coach does not comply immediately with an official's request to correct any unsporting behavior being demonstrated by any member of his team or any parent/spectator associated with his/her team.** After the coach complies, the game shall be restarted by an indirect free kick from the point where the ball was when the game was stopped unless the game had been stopped for some other reason calling for a different restart. (Art. 7A) After one warning - Indirect Free Kick.

- B. Each head coach shall be responsible for ensuring that each of his/her players are properly and legally equipped.

**PENALTY:** The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach. An illegally equipped player shall be instructed to leave the field of play when play has stopped. Play shall not be stopped for an infringement of this rule except where the referee may stop play immediately where there is a dangerous situation. The player(s) must be removed and may be replaced at the time of the caution to the coach or player(s). The removed player(s) may re-enter at the next legal substitution opportunity only after reporting to the referee.

**8. TIE GAMES**

- A. Regular season games, which end in a tie, will remain a tie. No extra periods will be played.
- B. Play-off games which end in a tie will be completed in the following manner:
  1. One overtime period, five minutes in length, will be played. (**NOTE:** not sudden victory)
  2. A coin toss will be held. The winner of the coin toss shall choose a goal to defend or to kick off first.
  3. If the score still remains tied at the end of the overtime period, a penalty kick contest will determine the winner. The referee shall choose the goal at which all of the kicks from the penalty mark shall be taken.
  4. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
  5. Each coach will select any five players, including the goalkeeper, (except those who may have been disqualified) to take the kicks. Teams will alternate kickers. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
  6. If the score remains tied after each team has had five kicks, each coach will select five different players than the first five who already have kicked to take the kicks in a sudden-victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
  7. If the score remains tied, continue the sudden-victory kicks with the coach selecting any five players to take the next set of alternating kicks, until one team scores a goal to end the game.

## **RULE 1 - DEFINITIONS OF PLAYING TERMS**

### **SECTION 1 - ADVANTAGE**

A discretionary judgment which allows an official to permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.

### **SECTION 2 - CAUTIONED PLAYER**

A player notified by an official that the player's activities are not in the best interest of the contest. Such player must be shown a yellow card and shall leave the field and may be replaced.

### **SECTION 3 - CHARGE**

An act by a defensive player employing body contact to cause an offensive player to lose or give up possession of the ball.

### **SECTION 4 - DEAD BALL**

A term used to indicate a time when the ball is out-of-play. A goal can never be scored while the ball is dead. A restart can never be changed due to what occurs during a dead ball.

### **SECTION 5 – DELIBERATE ACT**

A deliberate act is one in which a player chooses to act, regardless of the outcome of that action. This deliberate act is neither reaction nor reflex. A deliberate action may result in the opponent benefitting from the action (e.g., a deliberate, but misplayed ball that goes directly to an opponent). A reaction or reflex may result in that player benefitting from action (e.g., a ball in advertently contacting the arm and falling directly to the player's feet).

### **SECTION 6 – DELIBERATE FOUL**

A purposely planned act done to disrupt the game and to gain an advantage through the unfair act.

### **SECTION 7 - DISQUALIFIED PLAYER**

A player barred from further participation in the game. Such player shall be shown a red card and shall not be replaced during the game.

### **SECTION 8 - DROP BALL**

A method by which play is restarted. An official drops the ball to the ground. When the ball strikes the ground, it is in play.

### **SECTION 9 - ENCROACHMENT**

The act, by one or more defenders of advancing within ten yards of the ball prior to the taking of a free kick.

### **SECTION 10 - FOUL**

A rule infraction by a player on the field of play during play, for which a free kick is awarded to the player's opponents.

### **SECTION 11 - FREE KICK**

A method by which a dead ball becomes alive. The ball is placed on the ground and, while motionless, it is kicked unchallenged in any direction prior to being touched by another player. The ball is in play when it has been kicked and moves. Simply tapping the top of the ball with the foot or stepping on the ball are not sufficient. There are two types of free kicks – “direct” from which a goal may be scored against an opponent without a second player touching the ball and “indirect” in which a goal may not be scored unless the ball is touched or played by another player of either team.

### **SECTION 12 - GOAL LINE**

Shorter boundary lines. The entire line is within the field of play.

### **SECTION 13 - GOALKEEPER**

The only designated player of each team who may handle the ball within the team's own penalty area.

### **SECTION 14 - HANDLING**

Deliberately playing the ball with one's hand or arm. The hand or arm must move toward the ball or the hand or arm must be carried in an unnatural position before an infraction of the rule can be charged.

### **SECTION 15 – ILLEGALLY EQUIPPED**

A player not wearing equipment required by rule or wearing an item(s) not allowed by rule.

### **SECTION 16 - KICKER**

A player who attempts to, or does, kick the ball.

### **SECTION 17 - LIVE BALL**

A term which indicates that the ball has been legally kicked or thrown by a player, or dropped by an official and is in play.

### **SECTION 18 - MISCONDUCT**

Any of the actions by players, substitutes and coaches that results in yellow or red cards being issued.

### **SECTION 19 - OBSTRUCTION**

The deliberate act by a player that moves into the path of an opponent to block, slow down or force a change in direction when the ball is not within playing distance. Being in the way of an opponent is not an offense and is different than moving into the way.

### **SECTION 20 - OFFSIDE**

An infraction which occurs when a referee judges a player in an offside position to be involved in active play by interfering with play or with an opponent or gaining an advantage by being in an offside position.

### **SECTION 21 - PASS**

The movement of the ball from one player to another by foot, head or other portion of the body (other than the hand).

### **SECTION 22 - PENALTY KICK**

A kick awarded to a team because an opponent was charged with a direct free kick offense within the team's own penalty area.

### **SECTION 23 - PLAYING DISTANCE**

The distance between the player and the ball which the referee judges to be adequate to control the ball.

### **SECTION 24 - POSSESSION**

A live ball controlled by a team, player or a goalkeeper. A controlled ball is one which may be passed, thrown, dribbled or shot on goal by a player.

### **SECTION 25 – RECKLESS PLAY**

A player has acted with disregard of the danger to, or consequences for, the opponent. A player who displays reckless play shall be cautioned.

### **SECTION 26 - SHIELDING**

Movement by a player in control of the ball (within playing distance) designed to prevent an opponent from gaining possession or prevent an opponent from tackling the ball.

### **SECTION 27 - SUBSTITUTE**

A team member who has properly reported to enter the game. A substitute becomes a player when he/ she is beckoned onto the field of play by an official.

## **SECTION 28 – TACKLE / SLIDING TACKLE**

The use of the feet to take a ball away from a player in control. A sliding tackle is a maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in possession of an opponent.

## **SECTION 29 - TAUNTING**

Use of word or act to incite or degrade an opposing player, coach, referee or other individual.

## **SECTION 30 - TERMINATED**

A term which indicates that a game has been ended by the referee for action of the participants or spectators such as refusal to play or disorder. The status of the game, which may include forfeiture, shall be determined by proper authority.

## **SECTION 31 - THROW-IN**

A method by which a dead ball becomes alive. A player throws the ball using both hands. The ball must be delivered from behind and over the head in one continuous movement, while both feet are on the ground on or behind the touchline and the player must be facing the field.

## **SECTION 32 - TOUCHLINE**

Longer boundary lines. The entire line is within the field of play.

## **SECTION 33 - VIOLENT CONDUCT**

The commission of a violent act against an opponent, an official, a spectator, teammate or other individuals when the ball is in or out of play.

## **SECTION 34 - WARNING**

A verbal admonition to a coach or player for conduct not in the best interest of the game. Repeat warning(s) necessitates an official caution.

## **RULE 2 – SUBSTITUTIONS**

### **SECTION 1 - SUBSTITUTIONS**

***Coaches will be responsible for the enforcement of all articles within this rule, regardless of the circumstances.***

**ART. 1...** When present, each team member in good standing must play in each game a minimum of one-half of the game. If a game is not played within the full-time limit, teams will not be penalized for not having a player(s) meet the minimum playing time.

**PENALTY:** If protested properly, forfeiture of game.

**ART. 2...** A combination of playing times during both the first and second halves (provided it equals twenty-five minutes) will constitute the playing of one-half of the game. A player must report to the Referee during the substitution time at the midway point in each half of the game to be credited with meeting their minimum participation requirement.

**PENALTY:** If protested properly, forfeiture of game.

**ART. 3...** **It is the responsibility of the coach to see to it that all players' present play their minimum required playing time, and that all substitutes report to the referee prior to entering the game.**

**PENALTY:** Failure to adhere to this article may result in the head coach being suspended from their next scheduled game.

**ART. 4...** Substitutions may only be made during the substitution times in each half, prior to the beginning of the second half (except in the case of player injury) and if necessary, prior to the start of any overtime period.

**PENALTY:** Indirect Free Kick for the opposing team from where the ball was when the referee

stopped play

**ART. 5...** Substitution time will be at the twelve-and-a-half-minute mark in each half of all 1A through 4A Division games. **Clinic Divisions – The substitution time will be at the ten-minute mark in each half.**

**EXCEPTION: Clinic Division players may also substitute when there is a stoppage of play.** Coaches are required to allow equal participation.

**ART. 6...** When a player from either team is cautioned (yellow card):

- A. The cautioned player shall leave the field of play and may be replaced.
- B. The cautioned player may not re-enter the game until the next legal substitution opportunity.
- C. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.
- D. If the cautioned player is being replaced during a penalty kick situation, the substitute may not take the penalty kick.

**ART. 7...** When a player from either team is disqualified (red card), a team shall not substitute for a player that has been disqualified except for the goalkeeper. When a team substitutes for a disqualified goalkeeper, a field player must be removed. If a disqualified goalkeeper is being replaced during a penalty kick situation, the substitute may not take the penalty kick.

**ART. 8...** A substitute becomes a player when they are beckoned onto the field of play, at which time the replaced individual is no longer a player.

**ART. 9...** A team which elects or is required to play shorthanded for reasons other than misconduct may have the player(s) re-enter the game during a dead ball.

**ART. 10...** Teams starting a game with less than eight players may put late players in only when there is a stoppage of play, provided that the names of the additional players are included in the line-up.

**ART. 11...** Players arriving late (during the first half) must still play the required one-half of a full game to meet the minimum participation requirement. Players arriving after the second half begins will not be allowed to play.

**PENALTY:** Forfeiture of game.

**ART. 12...** Entry onto the field of play by a substitute is prohibited without the approval of an official.

**ART. 13...** The referee must be notified prior to a substitute replacement if a player has been injured.

**ART. 14...** An injured player who has been withdrawn and who has been unable to complete the required playing time, constitutes a legal player and may re-enter as a substitute, at the discretion of the referee. A player that has not yet played must replace the injured player. If all players have played the coach can designate any player to replace the injured player.

**ART. 15...** The goalkeeper may change places with a player on the field whenever the clock is stopped or a substitution takes place. The referee must be told that a change will take place.

**PENALTY:** Both players (goalkeepers) shall receive a warning at the next stoppage of play.

**ART. 16...** A player entering or leaving the field of play during the progress of the game without the consent of the referee (except through normal movement of play) shall be guilty of misconduct, unless stopping play to assess the penalty would be an advantage to the offending team.

**ART. 17...** Any disciplinary action taken by the coach against a member of their team that would affect the participation or substitution rules must be reported to the referee prior to the start of the game and shall also be noted on the scorecard.

### **RULE 3 - STARTING AND ENDING GAME, PERIODS OF PLAY**

#### **SECTION 1 - STARTING AND ENDING GAME**

**ART. 1...** Each team must have a minimum of six players and a maximum of eight players on the field. The

team captain is the representative of his team and may address an official on matters of rule interpretation or to obtain essential information if it is done in a courteous manner. Any player may address an official for permission to leave the field.

**ART. 2...** *A team not having six players on the field ready to play at game time will forfeit the game.* Game time is the scheduled game time or time designated by the referee.

**EXCEPTION: Clinic Divisions - Staff and/or coaches will adjust the number of players on each team, if necessary, to play a game.**

**ART. 3...** Teams failing to arrive by their scheduled game time, field minimum players, or violating any other rule penalized by forfeit will be so penalized. Team coaches to benefit from said forfeit ***may not waive forfeit under any circumstances.***

**ART. 4...** The Center Supervisor is solely responsible for determining whether or not a game will be started or continued. An official may stop a game in the Center Supervisor's absence if rain or other conditions exist which may cause injury to players or makes the field unplayable.

**ART. 5...** Each half of the game shall be started with a kickoff. Before the starting time the referee, in the presence of the field captains shall toss a coin which the visiting captain shall call. The winner of the toss shall have the option of choosing which end of the field to defend or taking the kickoff. ***Not more than two captains from each team may be present at the coin toss and only one from each team shall be designated as its spokesman.***

**ART. 6...** The clock will start when the ball is put into play. The clock will stop for an injury, a penalty kick, for cautioning (yellow card), for disqualifications (red card), following the scoring of a goal and when a referee orders the clock to be stopped.

**ART. 7...** The clock shall be restarted when the ball is properly put into play.

**ART. 8...** At the end of the first half if one team has established a goal differential of eight goals or, if at any time during the second half it secures the goal differential, the game shall be ended.

**ART. 9...** Regular season games ending in a tie will remain a tie.

## **SECTION 2 - PERIODS OF PLAY**

**ART. 1...** The length of the game in the 1A – 3A Divisions shall be two twenty-five-minute halves, running time. **Clinic Divisions - Games shall be two twenty-minute halves, running time.**

**ART. 2...** There shall be a five-minute rest period between the first and second halves.

**ART. 3...** Between each half or overtime period teams shall exchange ends and alternate the kickoff.

**ART. 4...** A period shall end at the expiration of time and the ball declared dead.

**EXCEPTION:** Play shall be extended beyond the expiration of a period, to permit a penalty kick to be completed.

**ART. 5...** If a game is suspended because of conditions that make it impossible to continue playing, the game may either be rescheduled from the start, or re-started from the point of suspension if less than one complete half of the game has been played. If one complete half or more of the game has been played, it may be declared an official game.

## **RULE 4 - THE START OF PLAY**

### **SECTION 1 - KICKOFF**

**ART. 1...** When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.

**ART. 2...** At the moment of the kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. Players opposing the kicker shall be at least ten yards from the ball until it is kicked.

**ART. 3...** The ball is kicked and clearly moves in any direction. If the kickoff is taken improperly, it must be retaken.

**ART. 4...** After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played or touched by another player on either team.

**PENALTY:** Indirect Free Kick awarded to the opponent at the spot of the foul.

## **RULE 5 - BALL IN AND OUT OF PLAY, DROP BALL**

### **SECTION 1 - BALL IN AND OUT OF PLAY**

**ART. 1...** The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.

**ART. 2...** The ball is in play at all other times, including:

A. When it rebounds from a goal post, crossbar or corner flag post.

B. When it touches an official on the field of play.

C. Until a referee sounds the whistle.

D. When a drop ball touches the ground.

E. When a player who has left the field in the normal course of play plays the ball while it is still on the field of play.

**ART. 3...** The referee shall sound the whistle when needed to indicate that the ball is out of play or for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, disqualification, injury and after setting a wall prior to a free kick.

### **SECTION 2 - DROP BALL**

**ART. 1...** The game is restarted with a drop ball:

A. When the ball is caused to go out-of-bounds by two opponents simultaneously.

B. Following a temporary suspension of play for an injury or unusual situation and a goalkeeper is not in possession of the ball.

C. When simultaneous fouls of the same degree occur by opponents.

**ART. 2...** The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line to one player of the team in possession of the ball prior to the simultaneous touch, unless this is a goal area.

**ART. 3...** The ball is dropped by the referee from waist level to the ground. The referee drops the ball to one player of the team that last possessed the ball at the position where it was last touched by a player(s) or the referee. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper with all opposing players outside the penalty area. In all cases, all other players must remain at least four (4) yards from the ball until it is in play.

**ART. 4...** The ball shall touch the ground before it is played.

**ART. 5...** The ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.

**ART. 5...** If a dropped ball enters the goal without touching at least two (2) players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's own goal.

## **RULE 6 - SCORING**

**ART. 1...** A goal is one point.

**ART. 2...** A goal is scored when the entire ball passes beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking team. A ball on the goal line is not considered to have crossed the goal line.

**ART. 3...** A goal **may** be scored directly from a:

- A. Kickoff
- B. Direct free kick
- C. Goal kick
- D. Penalty kick
- E. Corner kick
- F. Goalkeeper's throw, punt or drop-kick

**ART. 4...** A goal **may not** be scored directly from a/an:

- A. Indirect free kick
- B. Throw-in
- C. Direct free kick into a team's own goal
- D. Goal kick into a team's own goal.
- E. Corner kick into a team's own goal.
- F. Kickoff into the kicking team's own goal.
- G. Dropped ball.

### **RULE 7 - OFFSIDE**

**ART. 1...** A player is in an offside position when nearer to his/her opponent's goal line than the ball, unless:

- A. The player is in his/her own half of the field of play.
- B. The player is not nearer to the opponent's goal line than at least two opponents.

**NOTE:** The position of any part of the player's head, body or feet will be the deciding factor, not the player's arms.

**ART. 2...** A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, a corner kick or a throw-in.

**ART. 3...** It is not an offense in itself to be in an offside position.

**ART. 4...** A player is offside and penalized if, at the time the ball touches or is played by a teammate, the player in an offside position becomes involved in active play by interfering with play or with an opponent or seeks to gain an advantage by being in that position.

**ART. 5...** The position of a player at the moment the ball is played by a teammate determines whether they are offside. For example, if a player were positioned onside at the moment the ball was played by a teammate, they will not be considered offside after running to an offside position while the ball is in flight.

**ART. 6...** A player who is even with or behind the ball is not in an offside position.

**ART. 7...** If a pass is intended for a teammate in an offside position and an opponent deflects that pass, offside must still be called. (The offside infraction occurred the moment the pass was served).

**PENALTY:** Indirect Free Kick from the position of the offside player.

### **RULE 8 - FOULS AND MISCONDUCT**

#### **SECTION 1 – SPITTING, KICKING, STRIKING, TRIPPING AND JUMPING**

**ART. 1...** A player shall not kick, attempt to kick, strike, attempt to strike, spit at or jump at an opponent.

**ART. 2...** A player shall not trip, or attempt to trip, an opponent.

**ART. 3...** A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an

opponent or by pushing an opponent with the ball while holding it.

**PENALTY:** (ART. 1-3), Direct Free Kick.

## **SECTION 2 - HANDLING, HOLDING, PUSHING**

**ART. 1...** A player shall be penalized for deliberately handling, carrying, striking or propelling the ball with a hand or arm.

**EXCEPTION:** Goalkeeper when the ball is within their own penalty area.

**ART. 2...** A player shall not hold or push an opponent with the hand(s) or arm(s) extended from the body.

**PENALTY:** (ART. 1 & 2), Direct Free Kick.

## **SECTION 3 - CHARGING**

**ART. 1...** A player shall be penalized for charging an opponent in a dangerous or reckless manner or using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.

**ART. 2...** A player shall not, in any manner, charge the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

A. An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes any time the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.

B. Outside the penalty area, the goalkeeper has no more privileges than any other player.

**ART. 3...** The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to re-catch. When goalkeepers put the ball on the ground, they relinquish their privileges as goalkeepers.

**ART. 4...** A player shall not charge into an opponent when neither player is within playing distance of the ball.

**PENALTY:** (ART. 1), Direct Free Kick; (ART. 2A), Disqualification; (ART. 3 and 4), Indirect Free Kick.

## **SECTION 4 - OBSTRUCTION**

**ART. 1...** Obstruction is the deliberate act of a player that moves into the path of an opponent to block, slow down or force a change in direction when the ball is not within playing distance. Being in the way of an opponent is not an offense and is different than moving into the way.

**PENALTY:** Indirect Free Kick.

**ART. 2...** A player may legally place themselves between opponents and the ball provided the ball is within playing distance. This player may legally be challenged from behind.

## **SECTION 5 - DANGEROUS PLAY**

**ART. 1...** A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which could cause injury to self or another player.

**PENALTY:** Indirect Free Kick.

## **SECTION 6 - GOALKEEPER RESTRICTIONS**

**ART. 1...** From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within their own penalty area, the goalkeeper has six seconds in which to release the ball into play. During that interval, the goalkeeper may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of

the penalty area, or by a player of the opposing team either inside or outside of the penalty area.

**ART. 2...** A goalkeeper shall not deliberately parry the ball and then touch it again with their hands before it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.

**ART. 3...** On any occasion when a player deliberately kicks the ball to the team's own goalkeeper, the goalkeeper is not permitted to touch it with their hands.

**ART. 4...** A goalkeeper shall not touch the ball with their hands when receiving it directly from a throw-in by a teammate.

**PENALTY:** Indirect Free Kick awarded to the opponent at the spot of the violation, unless in the goal area.

## **SECTION 7 - MISCONDUCT**

**ART. 1...** A player, coach or bench personnel shall be cautioned (yellow card) for:

- A. Entering or leaving the field of play (except through the normal course of play) without the permission of an official.
- B. Persistent infringement of any of the rules of the game.
- C. Objecting by word of mouth or action to any decision given by an official (dissent).
- D. Any incidental use of vulgar or profane language.
- E. Unsporting conduct, including, but not limited to:
  1. Coaching outside the team area.
  2. Unnecessary delay (kicking, throwing the ball away on a free kick, etc.).
  3. Holding a shirt, short, etc.
  4. Deliberate verbal tactics.
  5. Encroachment.
  6. Deliberate handball to stop an attack.
  7. Deliberate tactical foul.
  8. Faking an injury.
  9. Simulating a foul.
  10. Player who displays reckless play.
  11. Any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game.
  12. A player (other than a goalkeeper within the goalkeeper's own penalty area) who deliberately handles the ball, attempting to prevent a goal, and the goal is scored.
  13. A player who commits a foul against an opponent within the player's team penalty area in an attempt to play the ball that denies the opponent an obvious goal-scoring opportunity and the referee awards a penalty kick.

**PENALTY:** A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

**NOTE:** Anytime a warning card is issued, the official should notify both coaches in addition to the player, of the reason for the caution or disqualification.

**ART. 2...** A player, coach or bench personnel shall be disqualified (red card) for:

- A. Exhibiting violent conduct.
- B. Taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual.
- C. Subsequent caution.
- D. Committing serious foul play, that is any play in which the player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense takes place by a defender in the penalty area) and uses disproportionate and unnecessary force against an opponent while playing for the ball. Serious foul play includes the following:
  1. A player (other than a goalkeeper within his/her own penalty area) deliberately handles

- the ball, attempting to prevent a goal and the goal is not scored.
- 2. A player commits a foul outside the penalty area when attempting to deny an obvious goal-scoring opportunity, and the goal is not scored.
- 3. A player commits a foul, inside the penalty area, while not attempting to play the ball, deny the opponent an obvious goal-scoring opportunity and referee awards a penalty kick.
- E. Spitting at an opponent, teammate or official.
- F. Using insulting, offensive, or abusive language or gesture.
- G. Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

**PENALTY:** A disqualified player must leave the field and may not return or be substituted for, and the player's team must play short. The disqualified player is restricted to the team area.

**ART. 3...** Coaches' responsibility:

- A. The head coach shall be responsible for ensuring that each of their player(s) is properly and legally equipped. The head coach shall receive the first caution issued for an illegally equipped player.
- B. The coach may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual.
- C. A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team during the remainder of the game. **If a coach does not comply immediately with an official's request to leave the vicinity, their team shall forfeit the game.**

**NOTE:** After the coach complies, the game shall be restarted by an indirect free kick from the point where the ball was when the game was stopped, unless the game had been stopped for some other reason calling for a different restart.

**ART. 4...** Any coach or player who has been ejected from a game shall automatically be suspended from their next scheduled league game as a minimum penalty.

**RULE 9 - FREE KICK**

**SECTION 1 - DESCRIPTION OF A FREE KICK**

**ART. 1...** **Direct Free Kick:** A free kick from which a goal *may* be scored against the offending team.

**ART. 2...** **Indirect Free Kick:** A free kick from which a goal *may not* be scored unless the ball is touched or played by another player of either team.

**ART. 3...** All free kicks, with the exception of penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except for restarts which are taken from the location of the ball when the referee stopped play. Indirect free kicks for offside are taken from the spot where the offending player interfered with play, interfered with an opponent or gained an advantage by being in that position.

**ART. 4...** Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area.

**ART. 5...** Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed.

**ART. 6...** Any player of the offended team may take a free kick.

**EXCEPTION:** Substitutes for cautioned or injured players may not take the penalty kick when entering the game during a penalty kick situation.

## **SECTION 2 - WHEN AWARDED**

**ART. 1...** Direct free kicks are awarded and taken from the point of the infraction:

- A. If a player spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent.
- B. If a player trips or attempts to trip an opponent.
- C. If a goalkeeper attempts to strike, strikes or pushes an opponent with the ball.
- D. If a player, other than the goalkeeper in their team's own penalty area, deliberately handles the ball.
- E. If a player pushes an opponent with the hand(s) or arm(s) extended from the body.
- F. If a player holds an opponent.
- G. If a player charges an opponent in a dangerous or reckless manner or using excessive force.
- H. If a player charges an opponent while the opponent, in the act of playing the ball, has both feet off the ground.
- I. If a player charges the goalkeeper.
- J. If a player or coach enters or leaves the field of play without permission of an official and interferes with play or an official.

**ART. 2...** Indirect free kicks are awarded and taken from the point of the infraction:

- A. If the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by the thrower following a throw-in.
- B. If a player is penalized for being offside.
- C. If a player fairly charges into an opponent when neither is within playing distance of the ball.
- D. If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball.
- E. If a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper.
- F. For dangerous play.
- G. If the goalkeeper takes more than six seconds before releasing the ball for play.
- H. If the goalkeeper illegally handles the ball while in the goalkeeper's own penalty area after once relinquishing possession of the ball.
- I. If the goalkeeper touches the ball again with the hands before it has been touched or played by another player.
- J. If the goalkeeper touches the ball again with the hands after it is deliberately kicked by a player to the team's own goalkeeper.
- K. If the goalkeeper touches the ball with the hands when receiving it directly from a throw-in by a teammate.
- L. If the game is stopped for misconduct of a player and no other restart takes precedence.
- M. Spitting at a teammate or game official.

**ART. 3...** The following indirect free kicks are taken from where the ball was when the referee stopped play:

- A. If a player or a coach enters or leaves the field of play without permission of an official and does not interfere with play or an official.
- B. For temporary suspension of play for an injury or unusual situation and the goalkeeper has possession of the ball.
- C. If the game is stopped because of misconduct by a person in the team and coaching area.

**ART. 4...** If a direct or indirect free kick taken from outside a team's penalty area goes untouched into a team's own goal, a corner kick shall be awarded to the opposing team.

## **SECTION 3 - HOW TAKEN**

**ART. 1...** Players opposing the kicker shall be at least ten yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area at least ten yards from the ball and shall remain there until the ball is in play.

**PENALTY:** An official shall caution a player who fails to move the required distance away from the ball or engages in time-wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team.

**ART. 2...** The ball shall be kicked while it is stationary on the ground at the spot specified by the official.

The ball is in play when it is kicked and moves. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a rekick.

**ART. 3...** The kicker may not play the ball until it has been touched or played by another player.

**PENALTY:** Indirect free kick awarded to the opponent from the spot of the foul.

## **RULE 10 - PENALTY KICK**

### **SECTION 1 - PENALTY KICK**

**ART. 1...** A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

**ART. 2...** All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least ten yards from and behind the penalty mark until the ball is kicked.

**ART. 3...** The opposing goalkeeper shall stand with at least one foot on or in-line with the goal line, facing the kicker, between the goal posts, until the ball is kicked. Lateral or forward movement is allowed, but the goalkeeper is not permitted to come off the line with both feet until the ball is in play.

**ART. 4...** The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark. To be in play, the ball shall be moved forward. Once the kicker starts their approach toward the ball, the kicker may not interrupt his/her movement. Failure to kick the ball as specified shall be considered a violation by the attacking team and the appropriate penalties shall apply.

**PENALTY: (ART. 2, 3 and 4)**

Infringement by the defending team is not penalized if the goal is scored. If a goal is not scored on the penalty kick, it is retaken. If there is an encroachment by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. If the ball rebounds into play or is deflected out of bounds by the goalkeeper, the game shall be stopped and restarted with an indirect free kick for the defending team at the location of the encroachment. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

**NOTE:** A player who starts his/her approach and does not kick the ball shall be cautioned and the kick will be retaken by another player.

**ART. 5...** After the penalty kick is properly taken, any player except the one who executed the penalty kick may play the ball. The kicker may not play the ball until it has been touched or played by another player on either team.

**PENALTY:** Indirect free kick awarded to the opponents from the spot of the foul.

**ART. 6...** If the ball touches the goalkeeper before passing between the goal posts, when a penalty kick is taken at or after the expiration of time, it does not nullify any goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, (a) only the kicker may play the ball and the kicker may only play the ball once. (b) the ball is in play until its momentum is spent, it goes out of bounds, or is retouched by the kicker.

**ART. 7...** After a penalty kick is properly taken, if there is an unusual situation that causes a temporary suspension in play before the ball is played or touched by another player or before the ball hits the goalpost or crossbar, the penalty kick shall be retaken.

## **RULE 11 - THROW-IN**

### **SECTION 1 - THROW-IN FROM THE TOUCHLINE**

- ART. 1...** A throw-in shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.
- ART. 2...** The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.
- PENALTY:** Throw-in awarded to the opponent from the spot of the foul.
- ART. 3...** While a throw-in is being taken, an opponent shall neither interfere with nor in any way impede the actions of the thrower and shall stand at least two yards from the point at which the throw-in is being taken.
- PENALTY:** An official shall administer a caution for unsporting conduct.
- ART. 4...** On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player.
- PENALTY:** Indirect free kick awarded to the opponent from the spot of the infraction.
- ART. 5...** If, on the throw-in, the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of the infraction.

## **RULE 12 - GOAL KICK**

### **SECTION 1 - GOAL KICK**

- ART. 1...** A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team. A goal may be scored directly from a goal kick, but only against the opposing team.
- ART. 2...** Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
- ART. 3...** Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves.
- ART. 4...** After the goal kick leaves the penalty area, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.
- PENALTY:** Indirect free kick awarded to the opponents from the spot of the foul.
- ART. 5...** The goalkeeper shall not pick up the ball to put it into play.

## **RULE 13 - CORNER KICK**

### **SECTION 1 - CORNER KICK**

- ART. 1...** A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.
- EXCEPTION:** A corner kick shall be awarded to the opposing team when a free kick taken from outside the penalty area goes untouched into a team's own goal.

- ART. 2...** Players of the defending team shall be at least ten yards from the ball until it has been kicked.
- ART. 3...** The ball shall be kicked from the ground within the quarter circle, including on the lines, nearest where the ball left the field of play. The ball is in play when it is kicked and moves. Failure to kick the ball as specified shall result in a rekick.
- ART. 4...** An offensive player who is not offside during the corner kick may be put in an offside position during a subsequent play.
- ART. 5...** After the corner kick, the ball may be played by any player except the one who executed the corner kick. The kicker may not play the ball until it has been touched or played by another player.

**PENALTY:** Indirect free kick awarded to the opponent from the spot of the foul.

### **CITY PLAY-OFFS AND CHAMPIONSHIP GAMES**

- A. The City Championship Tournament will be conducted the week following the end of the regular season league play.
- B. The same rules and regulations, which governed league play, shall govern the City Play-offs and Championship games.
- C. To be eligible for playoffs a player must have participated in at least one regular season game.
- D. If at the end of the second half, the score is tied during a City Play-off and/or final Championship game, the playing time will be extended as outlined under item 8 – TIE GAMES, on page 4.
- E. In the event a player is discovered during the City Play-offs to be ineligible, the opposing team playing, or the last team to have played the offending team, will advance to the next round of the Play-offs, or be awarded the City Championship (if ineligible player is discovered during or following the final City Championship game) by forfeit.
- F. Protests during City Play-offs or Championship games will be rendered on the site by the Center Supervisor or Youth Sports Coordinator. In the absence of both, the highest-ranking staff member present will handle all protests. The protest must be made verbally to the Head Referee, stating the Rule #, Section, and/or Article that governs the rule interpretation in question.
- H. The use of video or other electronic devices will not be allowed as evidence in a protest, nor shall it be used by a sports official in an attempt to render a decision.