



REGINA INTER-ZONE SOCCER 12U, 15U, and 18U RULES 2022 Version (11 versus 11 Soccer)

Introduction:

Regina Inter-zone Soccer *encourages good sporting behaviours and team spirit. Cheering and praise of all players and their accomplishments are encouraged regardless of the team they are on. Booing, taunting, swearing or any other negative activity is not tolerated.* Coaches, team officials, players, parents and team supporters are not to criticize game officials at any time and shall encourage good sporting behaviours towards all.

Regina Inter-zone Soccer games will be played in accordance with the Laws of the Game as published by the Canadian Soccer Association and FIFA as adapted for our league and described below. These rules reflect as best they can the FIFA Laws of the Game 2021/2022 for outdoor soccer.

We have developed these soccer rules so as to best interpret the intent and spirit of the game of soccer while taking into account the obvious limitations of smaller fields of play and the age of the participants. The purpose of our league is for fun and exercise, not winning. The emphasis during games is on player safety and involvement. Although there are elements of competition, we strive for a balance with team work, personal development and enjoyment of the game.

12U, 15U and 18U Age Groups

At the ages of 12 to 18 years old, the game continues with its emphasis on individual skill development and team development. Players are required to closely adhere to the FIFA rules of soccer.

The players are still expected to learn respect as part of the game, as well as more detailed actions, team strategies and communications, and general rules that make up the game of soccer.

Coaches are encouraged to try to advance their team as much as possible supporting the players as they learn the complexities of the game of soccer. Support to players as they build personal confidence and emotion control contributes to keeping players interested in playing the game and improving their skills.

The key aspects to this age group are that the players:

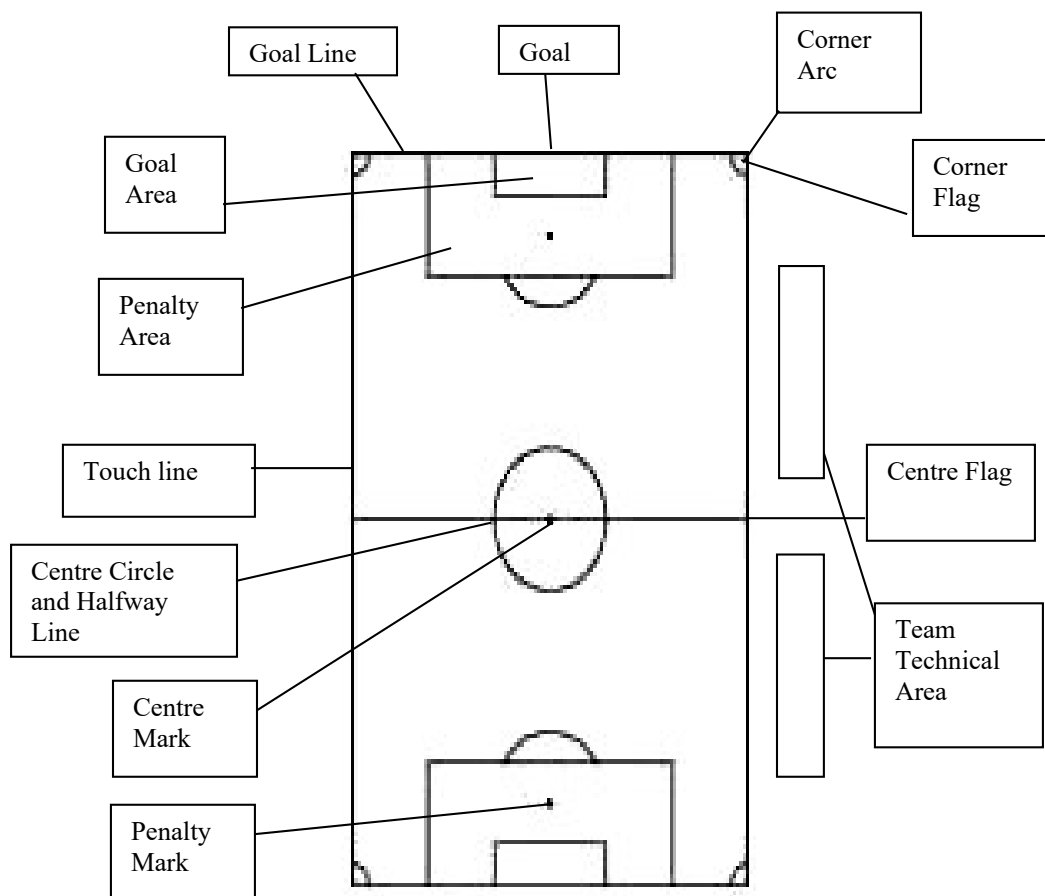
- continue to learn to socialize properly
- understand the importance of playing together as a team
- continue to practice fair play and good sporting behaviours
- learn to follow detailed instruction and team strategy
- learn the importance of positional play
- have fun in a structured game.

To this end, these rules are designed to advance the sport and infuse the need for respect on the field during any game ... towards officials, coaches, spectators, and the other players as well.

Law 1: The Field of Play:

1. **Field Sizes.** The field sizes are dictated by the available City of Regina assigned fields. Games will be played on an athletic sized field with lines to designate areas of the field. (i.e. penalty area, goal area, halfway line, centre circle, touch lines and goal lines)
2. **Flags.** Flags will be used as corner markers, and centre markers. (3 flags per team required)
Centre flags must be placed at least 1 metre outside the touchline.
3. **Field Markings:**
The **GOAL AREA** is a rectangle centred on the goal line and containing the goal posts.
The **PENALTY MARK** is 10 metres from the goal line - directly in front of the centre of the goal.
The **PENALTY AREA** is a larger rectangle centred on the goal line and containing the goal area and the Penalty Mark.
The **CENTRE CIRCLE** is located at mid-field and contains a Centre Mark.
The **FLAG POLES** are to be set at **equal heights** at both ends of the field and at Centre along the touch lines.

The lines that define the field of play belong to the areas of which they are boundaries.



4. **Positioning on Field.** No coach, team official or player may enter the field of play or stand behind either goal while the game is on, unless they have the referee's permission. Each team and their coaches will confine themselves to the technical area on their half of the field. The two teams will be positioned on the same side of the field. Coaches and their players are responsible for their team supporters which should be positioned on the opposite side of the field from the players.

Law 2: The Ball:

1. **Game ball.** The game ball will be a league issued ball appropriate in size for the age group. A size 4 ball will be used for the 12U age group and a size 5 ball for the ages of 15 to 18 years.
2. **Selection of Ball.** The game ball is selected by the referee and may not be changed during the match without the referee's permission.
3. **Replacement of a defective ball.** If the ball becomes defective then play is stopped and restarted by dropping the replacement ball where the original ball became defective (refer to Dropped ball in Law 8).

If the ball becomes defective at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in the restart is re-taken. If the ball becomes defective during a penalty kick or kicks from the penalty mark as it moves forward and before it touches a player, crossbar or goalposts the penalty kick is retaken.

Law 3: The Players:

1. **Number of Players.** A match is played by two teams, each with a maximum of eleven players; one must be the goalkeeper. Each team must have a minimum of 7 players for the game to commence or continue, however the opposition can field all 11 players, if they so choose.

If a team has fewer than seven players because one or more players has deliberately left the field of play, the referee is not obliged to stop play and the advantage may be played, but the match must not resume after the ball has gone out of play if a team does not have the minimum number of seven players.

2. **Equal Play.** Approximately equal playing time is the goal of the league. Each player, other than the goalkeeper, **MUST** be substituted so as to allow everyone to participate in the game. If any player is sick or injured and would not be able to participate equally, then the referee must be informed during a stoppage in play. Coaches are strongly advised to give all of their players an equal amount of playing time during all game periods including overtime.

If at half time either team's coach feels the equal play rule has been breached, they are to lodge a complaint with the referee. The referee will advise the offending team and if the referee feels that during the second half this situation has not been rectified the referee may issue disciplinary sanctions against the coach and will report the situation to the league. Violations may be punished by a Caution or Sending-off or the game may be suspended.

3. **Substitutions.** Each team is allowed unlimited substitutions, but must have the referee's permission. A team must have possession of the ball at a stoppage of play in order to substitute; unless the other team who has possession is making substitutions. Substitutions on both teams are allowed after a goal has been scored but before the play has been restarted. The referee will advise the Coach when there is 4 minutes remaining in the half. This is strictly as a warning that the half is nearly over. Substitutions may occur during this period of time. The referee is at liberty to refuse any substitutions if the referee is of the opinion that the substituting team is gaining an unfair advantage or the substitution is being used to delay the game.
4. **Goalkeepers.** Goalkeepers may be changed at any time during the game, during overtime or during a shootout. Substitutions of goalkeepers must occur at a stoppage of play and only with the permission of the referee. The referee must be notified and approve any change in goalkeeper (other than at half-time, the start of extra time, or the half-time of extra time), prior to the change taking place.

If a player changes places with the goalkeeper without the referee's permission, the referee:

- allows play to continue
- cautions both players when the ball is next out of play.

5. Substitution Procedure. To replace a player with a substitute, the following must be observed:

- the referee must be informed before any substitution is made;
- the player being substituted receives the referee's permission to leave the field of play, unless already off the field;
- the player being substituted should leave at the halfway line and takes no further part in the match, except where return substitutions are permitted;
- the player being substituted must go immediately to the team's technical area;
- the player who is injured may leave the field at any boundary line;
- if a player who is to be replaced refuses to leave, play continues.

The substitute only enters:

- during a stoppage in play
- at the halfway line
- after the player being replaced has left
- after receiving a signal from the referee

The substitution is completed when a substitute enters the field of play; from that moment, the replaced player becomes a substituted player and the substitute becomes a player and can take any restart. Substitutes can take any restart provided they first enter the field of play and become a player. If a substitution is made during the half-time interval or before extra time, the procedure must be completed before the match restarts. All substituted players and substitutes are subject to the referee's authority whether they play or not.

For any other offences:

- the players are cautioned
- play is restarted with an indirect free kick, from the position of the ball when play was stopped.

6. Players and substitutes sent off. A player who is sent-off before the kick-off may be replaced by another player. After the kick-off a player sent-off cannot be replaced.

7. Registered Players. Only registered Inter-zone soccer players are allowed to play. Each team will only be allowed to field its league designated and assigned players (except as described under "Guest Players").

8. Modifications to Rules. There may be situations where there are insufficient number of players on one or both teams, and it is in the best interests of the game for the referee and coaches to modify the rules so as to allow a fair game to be played. Modifications may be made to the number of players on the field of play or players may be shared between the teams in order to allow a game to be played. These game modifications should be encouraged so as to provide a fun playing experience but the changes must be agreed to by the respective coaches and the referee. Modifications must be made either before the game, or at halftime. If a team has an insufficient number of players at any other time during the game, that team must default the game (per Law 3 - minimum number of players).

9. Guest Players. During regular season play, there may be occasions when a team has insufficient numbers of players who show up for a match. The coach may recruit other players from other Inter-Zone teams to play as guest players for the team. The coach must receive consent from the referee before these guest players will be permitted to play and before the match can start. Coaches are encouraged to come to an agreement that allows games to be played. The guest players must be registered in one of the Inter-Zone soccer associations in order to play. Guest players can play in their own age group or move up in age. Guest players are **not permitted to play down to younger age groups**. If a team plays with guest players and the coach has not requested consent from the referee, the referee may exclude the guest players from further play and will report the matter to the league for further action.

Teams may recruit guest players to a maximum of twice the minimum number of players (7) as defined in Law 3. The number of guest players **plus** registered team players would be to a maximum of 14 players (2 times 7). If more than these numbers of players on the roster are available to play then guest players are not allowed. Once the referee has allowed guest players to play for a team and the match has started, these players are allowed to play for the team for the entire game even if late players have arrived to join the team and the total number of players exceeds the sufficient number of players. (For example, if a team had 9 registered players show up for play, the coach could recruit 5 guest players to equal a total of 14. If 14 players showed up to play then no guest players could be recruited. If the 9 registered players plus 5 guest players were then joined by 4 more registered players arriving late, the team would be allowed to play with the 18 total players.)

During tournament play, no guest players are allowed unless tournament rules so specify. All players must be registered on the team that is competing.

- 10. Extra persons on the field of play.** The coach and other officials on the team are considered to be team officials. Anyone not associated in an official capacity with the team is considered as an outside agent. If a team official, substitute, substituted player or outside agent enters the field of play the referee must:

- stop play only if there is interference with play
- have the person removed from play when play stops
- take appropriate disciplinary action

If play is stopped and interference was by:

- a team official, substitute or substituted player then play restarts with a direct free kick or penalty kick
- an outside agent then play restarts by a dropped ball.

If play is not stopped then the referee may deal with the unauthorized entry onto the field of play or interference at the next stoppage of play.

If a ball is going into a goal and the interference does not prevent a defending player from playing the ball, the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team.

- 11. Player outside the field of play.** If a player who requires the referee's permission to re-enter the field of play re-enters without the referee's permission, the referee must:

- stop play (not immediately if the player does not interfere with play or a match official or if the advantage can be applied)
- caution the player for entering the field of play without permission.

If the referee stops play, it must be restarted:

- with a direct free kick from the position of the interference
- with an indirect free kick from the position of the ball when play was stopped if there was no interference

A player who crosses a boundary line as part of a playing movement, does not commit an infringement.

- 12. Goal scored with an extra player on the field:** If, after a goal is scored, the referee realises, before play restarts, an extra person was on the field of play when the goal was scored:

- the referee must disallow the goal if the extra person was:
 - a player, substitute, substituted player, sent off player or team official of the team that scored the goal; play is restarted with a direct free kick from the position of the extra person
 - an outside agent who interfered with play unless a goal results as outlined above in 'extra persons on the field of play; play is restarted with a goal kick, corner kick or dropped ball.
- the referee must allow the goal if the extra person was:
 - a player, substitute, substituted player, sent off player or team official of the team that conceded the goal
 - an outside agent who did not interfere with play

In all cases, the referee must have the extra person removed from the field of play.

If, after a goal is scored and play has restarted, the referee realises an extra person was on the field of play when the goal was scored, the goal cannot be disallowed. If the extra person is still on the field the referee must:

- stop play
- have the extra person removed
- restart with a dropped ball or free kick as appropriate

The referee must report the incident to the league.

- 13. Team captain:** The team captain has no special status or privileges but has a degree of responsibility for the behaviour of the team.

Law 4: The Player's Equipment:

The following rules are for player protection, it is up to all coaches to ensure that they are followed for every player at every game.

1. **Safety.** Players will not wear anything which endangers themselves or other players (including any kind of jewellery such as necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.). It is strongly recommended that jewellery be removed. If it cannot be removed it must be covered with tape or other such material. All non-prescription glasses must be removed. The referee must inspect and approve the covering of jewellery, casts, guards and braces before play is allowed. Goalkeepers may wear volleyball style knee pads. Medic alert bracelets, anklets, necklets, etc. are permitted but may need to be taped to make them safe.

(From the CSA Canada Soccer Guide to Safety)

Hard casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard cast does not reduce the element of danger. Players wearing a soft cast, brace or guard will be permitted to play if the cast does not present a danger to the individual or any other player.

The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.

Any player who uses a cast with the intent to intimidate or injure an opponent shall be sent off.

No article of clothing that has an opening/closing mechanism or covers the neck such as a neck scarf will be allowed. In the case of cold weather the referee may allow players to wear toques or hooded sweat shirts. Neck ties or laces on hoodies are not to be tied around the neck and are to be tucked into the clothing. In the case of cold weather the referee may allow players to wear light gloves.

For player safety, players are not to chew gum, or have in their mouths any candy, sunflower seeds, or other materials. These materials present a choking hazard. Mouth guards are allowed to be worn as long as the devices cannot be swallowed.

Players (including substitutes/substituted and sent-off players) are not permitted to wear or use any form of electronic or communication equipment, such as Fit Bits or Apple Watches. Watches are not to be worn. Cell phones are not to be brought onto the field and must not be used in the technical area during the game.

2. **Compulsory equipment.** Compulsory equipment for all players will consist of a numbered shirt or jersey, shorts, socks, shinguard and footwear designed for outdoor use such as athletic runners or soccer footwear with rubber cleats. Footwear with metal cleats are not allowed. (All players must have this equipment at every game – failure by any player to wear proper footwear and protective shin pads will result in the player being unable to play that game.) The shirts should be tucked in. Shinguards must be fully covered by socks or sweatpants. Cycling or other types of athletic shorts are permitted. Jeans, jean shorts, or any bottoms with belt loops will not be permitted. All players on the same team will wear the same colored shirts and will not have identical numbers.

A player whose footwear or shinguard is lost accidentally must replace it as soon as possible and no later than when the ball next goes out of play; if before doing so the player plays the ball and/or scores a goal, the goal is awarded.

ANY PLAYER OR TEAM DEFACING UNIFORM(S) WILL NOT BE ALLOWED TO PLAY UNTIL THE UNIFORM(S) HAS BEEN REPLACED.

3. **Goalkeeper.** The goalkeeper must wear a jersey or pinnie different in colour than either team or the referee. Team colors should not conflict with those of the official uniform for referees (black). If available pinnies may be worn by one of the teams when two teams are wearing similar colors or when a team wears colors that may be confused with the referee. If the two goalkeepers' shirts are the same colour and neither has another shirt, the referee will allow the match to be played. (Referees are permitted to wear referee jerseys or pinnies of colors other than black as long as they do not conflict with team or goalkeeper colors.) Goalkeepers may wear tracksuit bottoms/sweatpants.
4. **Headwear and Specialized Equipment.** Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious or medical reasons. As per FIFA directives, religious headscarves, hijabs, turbans, patkas, or kesis, or specialized medical headwear are allowed to be worn by players but they must be inspected by the referee before each game to ensure they are safe and do not pose a danger to the wearer or to other participants. Non-dangerous protective equipment, for example facemasks and knee and arm protectors made of soft, lightweight padded material is permitted as are goalkeepers' caps and sports spectacles.
5. **Inspection.** The players must be inspected before the start of the match and substitutes before they enter the field of play. If a player is wearing or using unauthorised/ dangerous equipment or jewellery, the referee must order the player to:
 - remove the item
 - leave the field of play at the next stoppage if the player is unable or unwilling to comply

A player who refuses to comply or wears the item again must be cautioned.

6. **Offenses.** For any offence play need not be stopped and the player:
 - is instructed by the referee to leave the field of play to correct the equipment
 - leaves when play stops, unless the equipment has already been corrected

A player who leaves the field of play to correct or change equipment must:

- have the equipment checked by a match official before being allowed to re-enter
- only re-enter with the referee's permission (which may be given during play)

A player who enters without permission must be cautioned, and if play is stopped to issue the caution, an indirect free kick is awarded from the position of the ball when play was stopped, unless there was interference, in which case a direct free kick (or penalty kick) is awarded from the position of the interference.

Law 5: The Referee:

1. **Authority.** Each referee is appointed by the league. The referee has full authority to enforce the Laws of the Game in connection with the match.

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). Players committing a serious offence before or after the game will be reported to the league's Discipline Committee.

Referees are empowered to give a player a red card before the match kicks off. Officials can punish red-card offences (e.g. violent conduct) in the warm-up or as the two teams line up for entry to the field. A player may be sent off any time between the pre-match inspection and when the referee leaves the field at the end of the game.

Free-kicks and even card penalties can be awarded if members of the team, playing or non-playing, off the field of play cause the game to be stopped.

- 2. Decisions.** Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game' and will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the Laws of the Game.

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The decisions of the referee, and all other match officials, must always be respected.

The referee may not change a restart decision on realising that it is incorrect or on the advice of another match official if play has restarted or the referee has signalled the end of the first or second half (including extra time) and left the field of play or abandoned the match.

A disciplinary sanction may only be issued after play has restarted if another match official had identified and attempted to communicate the offence to the referee before play restarted; the restart associated with the sanction does not apply (e.g. a caution or sending off may be issued but the direct kick/penalty kick may not be granted).

However, if at the end of the half, the referee leaves the field of play to go to talk to the other match officials or to instruct the players to return to the field of play, this does not prevent a decision being changed for an incident which occurred before the end of the half.

If a referee is incapacitated, play may continue under the supervision of the other match officials until the ball is next out of play. If necessary another match official may take over the supervision of the game if the referee cannot return to the match.

3. Powers and Duties. The referee:

- enforces the Laws of the Game and the regulations of the competition
- controls the match in cooperation with the other match officials
- acts as timekeeper controlling the start and stoppage of play, keeps a record of the match and provides the appropriate authorities with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match
- supervises and/or indicates the restart of play
- decides if the ball, the playing area, and other equipment are suitable
- ensures that the player's equipment meets the requirements of Law 4
- signals the start of the game, the restart after a stoppage, and the end of play
- has discretionary power to stop, suspend, or terminate the game for any infringement of the Laws, as a result of any kind of outside interference (for example, interference by spectators), or any other cause

Advantage

- allows play to continue when an offence occurs and the non-offending team will benefit from the advantage, and penalises the offence if the anticipated advantage does not ensue at that time or within a few seconds

Disciplinary action

- punishes the more serious offence, in terms of sanction, restart, physical severity and tactical impact, when more than one offence occurs at the same time (Where two separate cautionable offences are committed, even in close proximity, they should result in two cautions. See Law 11)
- takes disciplinary action against players guilty of cautionable and sending-off offences
- 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 commits a sending-off offence, the referee has the authority to prevent the player taking part in the match (see Law 3.6); the referee will report any other misconduct
- has the power to show yellow or red cards and, where competition rules permit, temporarily dismiss a player, from entering the field of play at the start of the match until after the match has ended, including during the half-time interval, extra time and kicks from the penalty mark
- takes action against team officials who fail to act in a responsible manner and warns or shows a yellow card for a caution or a red card for a sending-off from the field of play and its immediate surrounds, including the technical area; if the offender cannot be identified, the senior coach present in the technical area will receive the sanction.
- acts on the advice of other match officials regarding incidents that the referee has not seen
- punish the more serious offence if a player commits more than one offence at the same time

- warn or send off any parent, spectator, or team supporter guilty of offensive or insulting or abusive language and/or gestures; acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee
- report, in writing, to the appropriate league authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game

Injuries

- allows play to continue until the ball is out of play if a player is only slightly injured
- stops play if a player is seriously injured and ensures that the player is removed from the field of play. An injured player may not be treated on the field of play and may only re-enter after play has restarted; if the ball is in play, re-entry must be from the touchline but if the ball is out of play, it may be from any boundary line. Exceptions to the requirement to leave the field of play are only when:
 - a goalkeeper is injured
 - a goalkeeper and an outfield player have collided and need attention
 - players from the same team have collided and need attention
 - a severe injury has occurred
 - a player is injured as the result of a physical offence for which the opponent is cautioned or sent off (e.g. reckless or serious foul challenge), if the assessment/treatment is completed quickly
 - a penalty kick has been awarded and the injured player will be the kicker
- ensures that any player bleeding leaves the field of play. The player may only re-enter on receiving a signal from the referee, who must be satisfied that the bleeding has stopped and there is no blood on the uniform or playing area
- if the referee has decided to caution or send off a player who is injured and has to leave the field of play for treatment, the card must be shown before the player leaves
- if play has not been stopped for another reason, or if an injury suffered by a player is not the result of an offence, play is restarted with a dropped ball

Outside interference

- stops, suspends or abandons the match for any offences or because of outside interference e.g. if: the floodlights are inadequate
- an object thrown by a spectator hits a match official, a player or team official, the referee may allow the match to continue, or stop, suspend or abandon it depending on the severity of the incident
- a spectator blows a whistle which interferes with play – play is stopped and restarted with a dropped ball
- an extra ball, other object or animal enters the field of play during the match, the referee must: stop play (and restart with a dropped ball) only if it interferes with play – unless the ball is going into the goal and the interference does not prevent a defending player playing the ball; the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team
- allow play to continue if it does not interfere with play and have it removed at the earliest possible opportunity
- allows no unauthorised persons to enter the field of play

4. The Advantage Rule:

The advantage rule means the referee will not stop the play for a foul if the non-offending team has gained an advantage (e.g. possession of the ball). Once the advantage has been given the referee cannot reverse the call. The advantage is given at the referee's discretion and may or may not be used depending on the game situation. At the next whistle the referee may warn, yellow card or red card the guilty player if the anticipated advantage does not ensue at that time or within a few seconds.

5. Bad Weather (Rain, Lightning, etc.):

At all times referees and coaches must put the safety of the players first. In the case of rain, if the grass becomes slippery where player safety is endangered or the field is at risk of extensive damage, or any other situation exists which jeopardizes the safety of any participants, the game **MUST** be suspended. (The field is not suitable for play, if you step on the turf and moisture can be detected around your shoe). Referees and coaches must also consider player safety when encountering heat warnings and air quality warnings as issued by public health agencies or Environment Canada. These situations are judgement calls on the part of the referee and coaches with the referee having the final decision.

In the case of lightning, the game will be suspended immediately upon the 1st sighting. (Refer to the West Zone Soccer Association Lightening Policy.)

6. Referee's equipment. Referees must have the following equipment:

- Whistle
- Watch
- Red and yellow cards
- Notebook (or other means of keeping a record of the match), and pen/pencil

Referees and other 'on-field' match officials are prohibited from wearing jewellery or using any other electronic equipment, including cameras and cell phones.

Law 6: The Assistant Referee:

1. Assistant Referees. The League will designate assistant referees to assist the referee. They will assist the referee in controlling the match in accordance with the Laws of the Game but the final decision will always be taken by the referee.

2. Duties:

- The Assistant Referees operate under the direction of the referee. In the event of undue interference or improper conduct, the referee will relieve them of their duties and make a report to the appropriate authorities.
- They assist the referee with offences and infringements when they have a clearer view than the referee and they must submit a report to the appropriate authorities on any serious misconduct or other incident that occurred out of the view of the referee and the other match officials. They must advise the referee and other match officials of any report being made.
- They assist the referee with inspecting the field of play, the balls and players' equipment (including if problems have been resolved) and maintaining records of time, goals, misconduct etc.

3. Additional Duties. Assistant Referees will indicate when:

- the whole of the ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in
- a player in an offside position may be penalised
- a substitution is requested
- at penalty kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line

The assistant referee's assistance also includes monitoring the substitution procedure.

The assistant referee may enter the field of play to help control the 9.15m (10 yards) distance.

The Assistant Referee will:

- control the re-entry of a player following a signal/approval from the referee
- inform the referee of irresponsible behaviour by any technical area occupant (coach, team official, substitute)
- inform the referee of irresponsible behaviour by any spectator
- control the intrusion of players and spectators into the needed space along the sidelines for the Assistant Referee to perform their movements

4. Other Match Officials.

Normally the referee and assistant referees are the only match officials on the playing area and the referee has sole responsibility in controlling the game. Other match officials may be appointed to matches and tournament games by the league to assist the referee in controlling the match in accordance with the Laws of the Game, but the final decision will always be taken by the referee. The other match officials normally will remain outside of the playing area and observe the game. They will operate under the direction of the referee and under the authority of the league. In the event of undue interference, improper conduct or serious potential bias the referee may relieve the other match officials of their duties and make a report to the league.

- 5. Duties of Other Match Officials.** The other match officials may assist the referee with match control functions such as:
- inspecting the playing area and resolving issues; maintaining game records; helping resolve player or game equipment concerns; coordinating facilities; provision of game balls;
 - assisting the referee with observing offences and infringements when they have a clearer view than the referee;

If the other match official observes a serious infringement to the Laws of the Game, they should wait until a stoppage in play and bring the issue to the attention of the referee before the next restart. It is up to the referee to decide if the new information will be simply advisory or it will be used for a verbal warning or further discipline;

- submitting reports to the League on any serious misconduct or other incident that occurred out of the view of the referee.
 - observing coach, team official and spectator behavior to ensure compliance with the Laws of the Game;
 - assisting the referee with shootouts;
 - supporting the referee as required.
- 6. Other League Officials at matches.** The league may assign other officials to attend matches to perform specific tasks such as facility management. Another important league official that may be assigned to a match would be the Referee Mentor whose responsibility is to assist, mentor, and evaluate referees to support their development of confidence and competence. The mentor would support the game referee with pre-match, break at the half, and post-match comments and advice. These mentors are normally experienced referees and would be wearing a referee jersey. At the beginning of the match they would present themselves along with the game referee to the coaches. The mentors may ask coaches for comments after the match. The mentor's role is to observe how the game referee handles the game and how they interact with players, coaches and spectators. In the rarest of occasions, the mentor may have to interject themselves into a game to correct a serious error or support the game referee if they have lost control of a situation. The Referee mentor may be required to replace the game referee if the game referee has been injured, was not properly prepared, or was deemed to be unable to continue. In the event of a game referee being unable to continue they may be replaced by another game referee or even another league official

Law 7: The Duration of the Game:

All games will start at the scheduled time. If one or both teams have insufficient players (*less than 7*) the referee may suspend the start for up to 10 minutes. If, in spite of these efforts, one or both teams have insufficient number of players the game will be abandoned. (As indicated in Law 3 there may be modifications to the rules or the use of Guest players invoked in order to play a game. As indicated in Law 7 there may be restrictions on our ability to adjust game timings due to schedules.)

- 1. Periods of Play:** The game is divided into two equal halves of 30 minutes with no more than 5 minutes at half time. The referee may be required to adjust game timings to accommodate for games starting late or for game interruptions that take away from playing time. Referees should ensure that coaches are informed of game timing adjustments in advance so that coaches can plan for team strategy, player substitutions, and game management.
- 2. Game Timing Discipline.** Referees and coaches should enforce game timing discipline on teams. Game periods and overtimes should start on time and teams will be required to move to and from the field of play in an orderly fashion. Excessive time wasting by players and coaches should be sanctioned by the referee issuing cautions (yellow cards) for delaying the restart of play.
- 3. Running Clock.** The clock shall run for the duration of each period including all stoppages of play. The referee shall act as timekeeper and can, at his/her discretion, allow extra playing time for time lost through injury or other cause. If the referee stops play for a water break, the break should be kept as short as possible and allowance for the breaks must be made in the calculation of stoppage time. The referee can suspend play and the game, at any time, for any serious infringement of the rules or other sufficient cause, such as bad weather or if the field is too wet.
- 4. Timing Errors.** The referee must not compensate for a timekeeping error during the first half by changing the length of the second half.

5. **Allowance for time lost.** Schedules for games may not allow for much time between games and any excessive time lost to interruptions to play in one game may interfere with scheduled game starts of subsequent games. Referees may not have much allowance to make up for time lost by adding extra time. If possible, allowance may be made by the referee in each half for playing time lost in that half through:
- substitutions
 - assessment and/or removal of injured players
 - wasting time
 - disciplinary sanctions
 - medical stoppages permitted by competition rules, e.g. ‘drinks’ breaks (which should not exceed one minute) and ‘cooling’ breaks (ninety seconds to three minutes)
 - delays relating to referee reviews
 - any other cause, including any significant delay to a restart (e.g. goal celebrations)
6. **Penalty kick.** If a penalty kick has to be taken or retaken, the half is extended until the penalty kick is completed.
7. **Abandoned match.** An abandoned match is **not** replayed unless the competition rules or organisers determine otherwise.

Law 8: The Start and 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 offence occurs when the ball is not in play, this does not change how play is restarted.

1. 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 kick-off
- 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 kick-off, 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 centre mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves
- the kicker cannot touch the ball a second time until it has been touched by another player
- a goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kicker’s own goal, a corner kick is awarded to the opponents

Offences and 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 offence, a direct free kick, is awarded.

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

2. 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. Once the ball is dropped the player may pass the ball or run with it. The 'double-touch' prohibition does not apply. A goal may not be scored directly from a dropped ball.

3. Offences and 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:**1. Ball out of play.** The ball is out of play when:

- it has wholly passed over the goal line or touchline on the ground or in the air
- play has been stopped by the referee
- it touches a match official, remains on the field of play and:
 - a team starts a promising attack or
 - the ball goes directly into the goal or
 - the team in possession of the ball changes

In all these cases, play is restarted with a dropped ball.

2. Ball in play. The ball is in play at all other times when it touches a match official and when it rebounds off a goalpost, crossbar or corner flagpost and remains on the field of play.**Law 10: Determining the Outcome of a Match:****1. Goals.** A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offence or infringement of the Laws of the Game has been committed by the team scoring the goal. The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn. The referee will be the sole judge as to whether a goal has been scored.**2. No-goal exceptions:**

- When the ball crosses the goal line directly from an indirect kick under the crossbar and between the posts, no goal will be scored and the game will be restarted with an indirect free kick to the defending team from within the goal area.
- During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play will be stopped. No goal will be scored and the outside agent will be removed. The referee will restart the game by dropping the ball in accordance with Law 8.

- At the taking of a free kick should the team taking the free kick put the ball directly into their own net without the ball touching anyone, no goal will be scored and the referee will award the opposing team a direct free kick from the edge of the penalty area.

- 3. Winning a Match.** Tournament rules may specify an overtime or penalty shootout procedure to be followed in those events where a winner must be determined. Tournament organizers will announce the format prior to each tournament.

Overtime

- 4.** In all games in which a winner must be declared (i.e. a tournament), two (2) extra-time (overtime) halves of five (5) minutes each will be played with a one (1) minute break in-between. In accordance with FIFA rules, the team that scores more goals than its opponent during the two extra time (overtime) halves will be declared the winner. (In special circumstances, Tournament Organizers may decide to use a single five (5) minute overtime period and adopt an alternate “Golden Goal” or sudden-death format where the first goal scored ends the match. This information will be provided prior to the tournament.)

Shootouts

- 5.** If, at the end of extra time (overtime period), a tournament game is still tied; shootout kicks will be taken to determine the winner. All players recorded on the team roster (except any players ejected from the game or any player injured and unable to take part) will be eligible to take part in the taking of the kicks. Warnings and cautions issued during the match are not carried forward into kicks from the penalty mark. The taking of the shootout kicks will generally be in accordance with Law 14 (Penalty Kicks). The following conditions will apply:

- a) As indicated in the Code of Conduct and in Law 3, all players (other than the goalkeepers) **MUST** be afforded equal playing time. Coaches are strongly advised to give all of their players an equal amount of playing time during overtime and the opportunity to participate in the shootout. Where one team has a greater number of players or more of one gender than the opposing team, coaches and referees will have to watch closely to ensure all players have an equal opportunity to participate.
- b) There may be two phases to the shootout procedure. The first is a round of five-kicks for each team. The team that scores the most goals during this phase wins the game. If the score remains tied then teams advance to the next phase of the shootout, the alternating one-kick for each team. This phase would continue until one team scores one more goal than the other team after taking the same number of kicks.
- c) The referee will choose the goal at which all of the kicks will be taken. This choice is based on considerations such as ground conditions and safety.
- d) All players except the goalkeeper and the player taking the kick will remain at the center circle or in another acceptable area designated by the referee.

Only eligible players selected for the shootout and match officials are permitted to remain on the field of play outside the penalty area. The goalkeeper of the kicker must remain on the field of play, outside the penalty area, on the goal line where it meets the penalty area boundary line.

- e) Each team will designate a captain for the purposes of the coin toss. The referee tosses a coin (or some other method, such as “Rock-Paper-Scissors”) and the team whose captain wins the toss will decide whether to take the first or second kick.
- f) **The five-kicks for each team phase.** Each coach will select 5 players from their team – including at least two of each gender (if available) – to take shootout kicks (the goalkeeper may be included).

Where players of each gender are chosen it is not necessary for the coaches to match each other for gender order of kickers during the 1st round of five-kicks for each-team phase of the shootout. If one team has no players of a gender and the other team has one or more of that gender, then the second team is allowed to select any of their players to participate in this phase of the shootout regardless of gender.

Coaches will determine the shooting order for their players for the shootout and provide this information to the referee. Coaches are not allowed to change the order or gender of kickers after the information has been provided to the referee.

- g) The defending goalkeeper must remain on the goal line, facing the kicker, and between the goalposts until the ball has been kicked. The ball is positioned stationary on the penalty mark.
- h) No kicks are allowed until the referee has given the appropriate signal for play to begin. The player taking the penalty kick must kick the ball forward. The ball is in play when it is kicked and clearly moves. No double-touch of the ball is allowed. The shootout kick is completed when the ball stops moving, goes out of play (scores a goal or crosses the goal line) or the referee stops play for any infringement of the Laws. A goal may be scored directly from a kick.
- i) A kick is successful if, having been touched once by the kicker, the ball crosses the goal line between the goal posts and under the crossbar, without touching any player, official, or outside agent other than the defending goalkeeper. The ball may touch the goalkeeper, goal posts, or crossbar any number of times before going into the goal as long as the referee believes the ball's motion is the result of the initial kick.
- j) The referee will record the results of each kick.
- k) Teams take turns to kick from the penalty mark until each has taken five kicks. However, if one side has scored more successful kicks than the other could possibly reach with all of its remaining kicks, the shootout immediately ends regardless of the number of kicks remaining.
- l) **The alternating one-kick for each team phase.** If at the end of the five-kicks for each team phase the teams have scored an equal number of successful kicks, additional rounds of alternating one-kick for each team will be used until the tie is broken.
- m) Each coach will select 5 players from their team – to take part in the next round of one-kick for each-team phase of the shootout (the goalkeeper may be included).

The team shooting second must match the gender of the first team's shooter, i.e. if the first kicker is female, then the second team's kicker could also be a female if one is available and has not already taken a kick. Teams must alternate between the genders of their players so that everyone has a chance to participate.

If one team has no players of a gender and the other team has one or more of that gender, then the second team is allowed to select any of their players to participate in the shootout regardless of gender. However, as the one-kick for each team phase continues in a tied score, all players must be provided the opportunity to participate in the shootout.

Coaches will determine the shooting order for their players for the shootout and provide this information to the referee. Coaches are not allowed to change the order or gender of kickers after the information has been provided to the referee.

- n) The taking of kicks will continue until such time as both teams have taken an equal number of kicks and one team has scored one goal more than the other.
- o) All players must remain on the playing area until the tie is broken.
- p) No player will be allowed to take a second kick until all other eligible players on their team have taken a first kick, including the goalkeeper.
- q) If it becomes necessary for players to take another kick (because the score has remained equal after all eligible players have taken their first kick), players are not required to kick in the same order.
- r) Any player who is eligible may change places with the goalkeeper at any time during the taking of the kicks. If a goalkeeper is injured or sent off during the shootout, another player must act as goalkeeper. When changing goalkeepers the coach should inform the referee prior to the substitution. A replacement for a goalkeeper cannot take a kick in that "round" if the goalkeeper has already taken a kick.
- s) The team that scores the most successful kicks at the end of the shootout will be winner of the match.

Offenses and Sanctions.

6. As indicated in Law 14, infringements of the shootout procedure will be punished. For any infringement of the above Law:

- Kicks from the penalty mark must not be delayed for a player who leaves the field of play. The player's kick will be forfeited (not scored) if the player does not return in time to take a kick.
- A player's kick will be forfeited (not scored) if the player kicks the ball before the referee signals for the kick to be taken.
- If the goalkeeper commits an offence and, as a result, the kick is retaken, the goalkeeper is warned for the first offence and cautioned for any subsequent offence(s)
- If the kicker is penalised for an offence committed after the referee has signalled for the kick to be taken, that kick is recorded as missed and the kicker is cautioned
- If both the goalkeeper and the kicker commit an offence at the same time, the kick is recorded as missed and the kicker is cautioned

Substitutions and sending-offs during kicks from the penalty mark

- A player, substitute or substituted player may be cautioned or sent off
 - A goalkeeper who is sent off must be replaced by an eligible player
 - A player other than the goalkeeper who is unable to continue may not be replaced
 - The referee must not abandon the match if a team is reduced to fewer than seven players
7. **Games not Complete.** If, for any reason a game is not completed (e.g. due to weather or field conditions), the tournament organizers will decide on the outcome of the game by possibly proceeding directly to OT or if necessary having teams flip a coin or rock paper scissors to decide a winner. The tournament instructions will specify how to proceed.

Law 11: Offside:**1. Offside position**

It is not an offence 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. For the purposes of determining offside, the upper boundary of the arm is in line with the bottom of the armpit.

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

- second-last opponent or
- last two opponents

2. Offside offence

A player in an offside position at the moment the ball is played or touched (*the first point of contact of the "play" or "touch" of the ball is used to make this determination*) by a team-mate is only penalised 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

or

- gaining an advantage by playing the ball or interfering with an opponent when it has:
- rebounded or been deflected off the goalpost, crossbar, match official 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 offence 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 offence should be penalised 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 penalised as it has occurred before the offside offence
- an offence 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 offence is penalised as it has occurred before the foul challenge

3. No offence

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

- a goal kick
- a throw-in
- a corner kick

4. Offences and sanctions

If an offside offence occurs, the referee awards an indirect free kick where the offence 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 penalised 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 offence or a Law 12 offence, in which case play is restarted with an indirect or direct free kick.

Law 12: Fouls and Misconducts:

1. Fouls and Misconducts.

There are a number of penalties that can be administered for Fouls and Misconducts including the awarding of a free kick to the opposing team in accordance with Law 13 or the guilty player may also be penalized with a verbal warning, a caution (Yellow Card) or a sending off (Red Card) depending on the severity of the foul or misconduct.

Direct and indirect free kicks and penalty kicks can only be awarded for offences and infringements committed when the ball is in play.

Fouls are offenses that are committed by a player on the field of play and while the ball is in play. Misconducts are offenses that are committed by a player, substitute or coach, on or off the field of play and while the ball is in or out of play.

The Laws of The Game of soccer make special note of the following terms: **Careless, reckless, and using excessive force** when a foul occurs that involves physical contact between players. Such a foul is penalized by a direct free kick or penalty kick and may involve further disciplinary sanction such as a caution or sending off.

“**Careless**” means that the player has shown a lack of attention or consideration when making a challenge or acts without precaution (i.e. not taking measures to prevent something dangerous from happening).

- No further disciplinary sanction beyond a direct kick is needed if a foul is judged to be careless

“**Reckless**” means that the player has acted with disregard to the danger to, or consequences for, his opponent.

- A player who plays in a reckless manner must be cautioned (Yellow card)

“**Using excessive force**” means that the player exceeds the necessary use of force and endangers the safety of an opponent.

- A player who uses excessive force must be sent off (Red card)

2. Direct Free Kick

- a) A direct free kick will be awarded to the opposing team if a player commits any of the following infringements 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 (i.e. tackles an opponent from behind in a manner which could cause injury or touching the opponent before the ball when attempting to win possession)
- trips or attempts to trip (i.e. any attempt to kick, where the leg is raised high enough and in a reckless manner, so as to pose a danger to other players. As a general rule the foot should not exceed the waist in height in any situation where other players could be contacted. Bicycle and scissor kicks are not allowed due to inherent danger to participants.)

If an infringement involves physical contact it is penalized by a direct free kick or penalty kick. In the case of physical contact, the referee should carefully consider the high probability that misconduct has also been committed and further discipline may be appropriate (such as a caution or sending off).

- b) A direct free kick will also be awarded to the opposing team if a player commits any of the following offenses:

- a handball offence (except for the goalkeeper within their penalty area) (i.e. handles the ball deliberately such as carrying, stopping, striking, propelling or throwing the ball with one's hands or arms)
- holds an opponent (i.e. holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting to the ball)
- impedes an opponent with contact
- bites or spits at an opponent or any other person
- throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object
- sliding in an attempt to play the ball (e.g. sliding tackle) while an opponent is playing it or is about to play it, except for the goalkeeper in his own penalty area, provided that he does not endanger the safety of an opponent

See also offences in Law 3.

- c) The direct free kick will be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own penalty area, in which case the free kick may be taken from any point inside the penalty area in accordance with Law 13.

- d) Should a defending player commit one of the above offences within the penalty-area while the ball is in play, irrespective of the position of the ball, a penalty-kick will be awarded to the opposing team in accordance with Law 14.
- e) Depending on the severity of the foul, players who commit any of the above offences may also receive a caution (shown the Yellow card) or be sent off (shown the Red Card). (E.g. Unsporting behaviour requires a Yellow Card, Serious Foul Play requires a Red Card)

3. Handling the ball

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalised
- scores in the opponents' goal:
 - directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their hand/arm, even if accidental

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 offence 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 offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

Handling the ball involves a deliberate act of a player making contact with the ball with the hand or arm. The following must be considered:

- the movement of the hand towards the ball (not the ball towards the hand)
- the distance between the opponent and the ball (unexpected ball)
- the position of the hand does not necessarily mean that there is an infringement
- touching the ball with an object held in the hand (clothing, shin-guard, etc.) is an infringement
- hitting the ball with a thrown object (boot, shin-guard, etc.) is an infringement
- the movement of the hand or arm to make themselves unnaturally bigger so as to stop the ball
- the referee's opinion of the intent of the player to perform a deliberate act to make contact with the ball with the hand or arm versus an accidental non-intentional act.

(Throwing an object at the ball or hitting the ball with a held object are separate direct free kick offenses and not a form of handball.)

When a goalkeeper leaves their penalty area, they are subject to all the rules of an ordinary player (i.e., they cannot handle the ball with their hands outside the penalty area, cannot pass the ball back into the penalty area and then run in to handle the ball as goalkeeper, can be challenged for the ball, and can score from any point on the field of play).

4. Indirect Free Kick

An indirect free kick will be awarded to the opposing team from the place where the infringement occurred if, in the opinion of the referee, a player:

- plays in a dangerous or out-of-control manner. Playing in a dangerous manner is defined as any action that, while trying to play the ball, threatens injury to someone (including the player himself) and includes preventing a nearby opponent from playing the ball for fear of injury. Playing in a dangerous manner involves no physical contact between the Players and is punished by an indirect free kick. A scissors or bicycle kick is NOT permissible as it is dangerous to nearby opponents and to the player.

- impedes the progress of an opponent without making contact or deliberately obstructs an opponent when not playing or in possession of the ball. This includes moving into the path of the opponent to obstruct, block, slow down or force a change of direction by an opponent 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 challenged by an opponent.
- is guilty of dissent, using offensive, insulting or abusive language and/or gestures or other verbal offences
- prevents the goalkeeper from releasing the ball with his/her hands or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- plays the ball while lying on the ground or while having a hand/knee on the ground (applies to a player other than the goalkeeper)
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalised if responsible for initiating the deliberate trick
- indulges in tactics which, in the opinion of the referee, are designed merely to delay the progression of the game, thus wasting time, and so give an unfair advantage to his/her own team
- commits any other offence not mentioned in the Laws for which play is stopped to caution or send-off a player

If a player commits an offence outside the field of play (ball in play) against someone from their own team (including a team official) it is an indirect free kick taken on the boundary line.

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

- controls the ball with the hands 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 has been deliberately kicked to the goalkeeper by a team-mate
 - receiving it directly from a throw-in taken by a team-mate

A goalkeeper is considered to be in control of the ball 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 accidentally 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 hands.

If the ball rebounds from the goalkeeper this does not prevent the goalkeeper handling the ball a second time even if the first attempt to catch/holds the ball was deliberate.

5. Disciplinary Sanctions

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, coach or team official commits a sending-off offence, the referee has the authority to prevent that person taking part in the match (see Law 3.6). The referee will report to the league any misconduct.

A player, coach or team official who commits a cautionable or sending-off offence, either on or off the field of play, against an opponent, a teammate, a match official, another team official or any other person is to be disciplined according to the nature of the offence committed.

Yellow and Red cards may be shown to players, substitutes or substituted players as well as coaches and team officials.

The Yellow card is used to communicate that a player, substitute or substituted player, coach or team official has been cautioned. The Red card is issued to communicate that a player, substitute or substituted player, coach or team official has been sent off.

Referees should pay close attention to the nature of any infringement. Circumstances where a player intentionally violated a rule should be differentiated from situations where it is clearly not intentional, occurred while attempting to avoid an infraction or is an involuntary action. It is up to the discretion of the official as to whether the player will receive a verbal warning, Yellow card, or Red card, depending on the severity of the foul or misconduct.

6. 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 offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned; if the offence interfered with or stopped a promising attack, the player is not cautioned.

Advantage

If the referee plays the advantage for an offence 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 offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned for unsporting behaviour; if the offence was interfering with or stopping a promising attack, the player is not cautioned.

Advantage should not be applied in situations involving serious foul play, violent conduct or a second cautionable offence 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 offence.

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.

If the referee plays Advantage for a Denying an Obvious Goal Scoring Opportunity offence, the player is cautioned whether or not a goal is scored.

a) Cautionable Offences

A player will be cautioned, shown the Yellow card if in the opinion of the referee, he commits any of the following infringements:

- delaying the restart of play
- shows by word or action, dissent from any decision given by the referee
- enters, re-enters or deliberately leaves the playing area after the game has commenced without the referees' permission
- failure to respect the required distance when play is restarted with a dropped ball, corner kick, throw-in, or free kick
- persistent offences (no specific number or pattern of offences constitutes "persistent")
- unsporting behavior

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 behaviour

Where two separate cautionable offences 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.

There are different circumstances when a player must be cautioned for unsporting behaviour, shown the Yellow Card, e.g. if a player:

- attempts to deceive the referee by feigning injury or pretending to have been fouled (simulation)
- changes places with the goalkeeper during play or without the referee's permission
- commits a foul or handles the ball for the tactical purpose of interfering with or stop a promising attack except where the referee awards a penalty kick for an offence which was an attempt to play the ball
- denies an opponent an obvious goal-scoring opportunity by an offence which was an attempt to play the ball and the referee awards a penalty kick
- handles the ball in an attempt to score a goal (whether or not the attempt is successful) or in an unsuccessful attempt to prevent a goal (other than the goalkeeper)
- makes unauthorized marks on the field of play
- plays the ball when he is leaving the field of play after being granted permission to leave the field of play acts in a manner which shows a lack of respect for the game
- initiates a deliberate trick for the ball to be passed (including from a free kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is cautioned if responsible for initiating the deliberate trick
- verbally distracts an opponent during play or at a restart
- commits in a reckless manner a direct free kick offence
- commits an illegal feigning or other infractions during the taking of a Penalty Kick

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 offence 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
- acting in a provocative, derisory or inflammatory way (referees are to be aware of taunting offenses)
- 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

In addition to the caution, if the game is stopped to administer the penalty, and provided that the ball was in play at the time of the offense, an indirect free kick will be awarded to the opposing team from the point closest to the infringement.

Where two separate cautionable offences are committed in quick succession, both cautions must be issued; same principle if one is a sending off offence.

b) Sending-off Offences

A player or a substitute will be shown the Red card and sent off, if in the opinion of the referee, he commits any of the following offences:

- 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.
- intentionally making contact with the game official
- biting or spitting at someone
- denying the opposing team a goal or an obvious goal scoring opportunity by a handball offence (with the exception of a goalkeeper inside his own goal area)
- denying an obvious goal scoring opportunity to an opponent whose overall movement is towards the player's goal by committing an offence punishable by a free kick (unless as outlined below)
- using offensive, insulting or abusive language and/or actions gestures
- taunting or fighting
- persistent dissent by words or actions to the referee
- persisting in misconduct after receiving a caution
- receiving a second Yellow Card in the same match

(Players running across the field to contest referee decisions, arguing face-to-face with officials, and "visibly disrespectful" actions directed towards the referee will result in yellow cards. Red cards will be issued to players who confront officials and use insulting and/or offensive language or gestures towards them.)

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 offence the player is sent off wherever the offence occurs.

Where a player commits an offence 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 offence 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 offence.

The following must be considered:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

When a denial of a goal-scoring opportunity offence is committed by a defender in the penalty area, the penalty kick effectively restores the goal-scoring opportunity so the punishment for the player should be less strong (e.g. a yellow card) than when the offence is committed outside the penalty area. However, when the offence is a handball or clearly not a genuine attempt to play or challenge for the ball, the player will be sent off.

Offences where an object (or the ball) is thrown

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

- reckless – caution the offender for unsporting behaviour
- using excessive force – send off the offender for violent conduct.

If, before a game has commenced a player commits a sending-off offense and is prevented from taking part in the game, the penalized team will not be required to play short for the remainder of the game. A player receiving a Red card during the game will be required to leave the field and will not be substituted for during the game. The penalized team plays 1 player short for the remainder of the game. Any Red carded player will also be suspended for the next game.

The sent-off player must leave the field of play for the remainder of the game. The sent-off player may not stand with his/her team mates in the team's technical area or sit with the spectators. The sent-off player is required to leave the vicinity of the field of play and may not return even after the game is completed. Any participant who has been ejected from the game, and who has left the vicinity of the field of play and who then returns to the field of play or vicinity for any reason shall be subject to further discipline. The vicinity of the field of play is anyplace where the ejected participant can interact with game participants in any manner including but not limited to shouting. If a sent-off player attempts to continue misconduct with players, coaches, match officials or spectators near the field of play or in an adjoining parking lot, they will be referred to the League Discipline Committee.

Restart of play after fouls and misconduct

If the ball is out of play, play is restarted according to the previous decision

If the ball is in play and a player commits an offence inside the field of play against:

- an opponent – indirect or direct free kick or penalty kick
- a team-mate, substitute, substituted or sent off player, team official or a match official – a direct free kick or penalty kick

All verbal offences are penalized with an indirect free kick.

If the referee stops play for an offence committed by a player, inside or outside the field of play, against an outside agent, play is restarted with a dropped ball, unless a free kick is awarded for leaving the field of play without the referee's permission.

If, when the ball is in play:

- a player commits an offence against a match official or an opposing player, substitute, substituted or sent off player, or team official outside the field of play or
- a substitute, substituted or sent off player, or team official commits an offence against, or interferes with, an opposing player or match official outside the field of play,

play is restarted with a free kick on the boundary line nearest to where the offence/interference occurred; a penalty kick is awarded if this is a direct free kick offence within the offender's penalty area.

If an offence is committed outside the field of play by a player against a player, substitute, substituted player or team official of their own team, play is restarted with an indirect free kick on the boundary line closest to where the offence occurred.

If a player makes contact with the ball with an object (boot, shinguard etc.) held in the hand, play is restarted with a direct free kick (or penalty kick).

If a player who is on or off the field of play throws or kicks an object (other than the match ball) at an opposing player, or throws or kicks an object (including a ball) at an opposing substitute, substituted or sent-off player, team official, or a match official or the match ball, play is restarted with a direct free kick from the position where the object struck or would have struck the person or the ball. If this position is off the field of play, the free kick is taken on the nearest point on the boundary line; a penalty kick is awarded if this is within the offender's penalty area.

If a substitute, substituted or sent-off player, player temporarily off the field of play or team official throws or kicks an object onto the field of play and it interferes with play, an opponent or match official, play is restarted with a direct free kick (or penalty kick) where the object interfered with play or struck or would have struck the opponent, match official or the ball.

c) Coach and Team Official Infractions

Coach and Team Officials are expected to be models of positive behaviour to their players and spectators.

Team officials

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

Warning

The following offences should usually result in a warning; repeated or blatant offences 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 offence

Caution

A coach or team official will be shown the Yellow card, if in the opinion of the referee, he commits any of the following offences. Caution offences 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
- action(s) which show(s) a clear lack of respect for the match official(s) e.g. sarcastic clapping
- excessively/persistently gesturing for a red or yellow card
- acting in a provocative or inflammatory manner
- persistent unacceptable behaviour (including repeated warning offences)
- acts in a manner which shows a lack of respect for the game
- unsporting behaviour
- encouraging a player to violate the Laws of the Game or attempting to create an unfair advantage for their players by behaviour that violates the Laws of the Game
- failing to correct or control the behaviour of their players
- failing to correct or control the behaviour of parents, spectators and team supporters
- failing to give all players the opportunity to play equal time
- enters the playing area after the game has commenced or during a stoppage of play without the referees' permission

Sending-off

A coach or team official will be shown the Red card and sent off, if in the opinion of the referee, he commits any of the following offences. Sending-off offences include (but are not limited to):

- delaying 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:
 - show 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 of an opposing player or a match official (i.e. entering the field of play or obstructing them from the team bench area)

- physical or aggressive behaviour (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person
- receiving a second caution in the same match
- using offensive, insulting or abusive language and/or action(s)
- using unauthorised electronic or communication equipment and/or behaving in an inappropriate manner as the result of using electronic or communication equipment (i.e. using a camera to record the referee)
- violent conduct
- intentionally making contact with the game official
- taunting or fighting
- persistent dissent by words or actions to the referee
- persisting in misconduct after receiving a caution

Use of abusive language and/or profanity **by a coach or team official will not be tolerated.** Offensive or insulting or abusive language and/or gestures will be penalized by the coach or team official being suspended for the remainder of the game.

The sent-off coach or team official must leave the playing area for the remainder of the game and is required to leave the vicinity of the field of play. The sent-off coach or team official may not stand with his players in the team's technical area or sit in the stands with the spectators. The sent-off coach or team official is required to leave the vicinity of the playing area and may not return even after the game is completed. Any participant who has been ejected from the game, and who has left the vicinity of the playing area and who returns to the vicinity for any reason shall be subject to further discipline. The vicinity of the playing area is anyplace where the ejected participant can interact with game participants in any manner including but not limited to shouting. If a sent-off coach or team official attempts to continue misconduct with players, coaches, match officials or spectators in the parking lot, they will be referred to the League Discipline Committee.

If there is not a second coach or team official at the team bench to assume coaching responsibilities, the referee may ask for a parent to come to the bench and assume coaching duties for the remainder of the game. If no-one is available to assume the coaching responsibilities then the game will be suspended.

Coach and team officials sent-off with a red card will be automatically suspended from their team's next match. They will be referred to the League Disciplinary Committee for further review.

d) Spectator Infractions

Regina Inter-Zone Soccer *encourages good sporting behaviours and team spirit. Cheering and praise of players and their accomplishments are encouraged. Booing, taunting, harassment, swearing or any other negative activity is not tolerated.* Spectators, parents and team supporters are not to criticize game officials at any time and shall encourage good sporting behaviours towards all.

Coaches are required to assist referees in dealing with unruly spectators. The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee or any other game participant. Referees have the authority to stop a game to discuss with coaches any improper behaviour taking place on or off the field of play and to request the coach's assistance to resolve problems, warn offenders and if necessary to direct offenders to leave the vicinity of the field of play. If the offender persists in these actions the referee will direct the game to be suspended. All instances of this sort must be reported to the league for further discipline. The referee can ask any coach, team official, parent, team supporter, or spectator arguing with, or disrespecting the referee, causing disruption to the game, using offensive or insulting or abusive language and/or gestures, or engaged in physical abuse or acts of sexual harassment to leave the field of play.

Use of abusive language and/or profanity **parent or spectator will not be tolerated.** Offensive or insulting or abusive language and/or gestures will be penalized by the parent or spectator being suspended for the remainder of the game.

e) Further Disciplinary Sanctions

During the season players that are sent off with a Red card will be automatically suspended from their team's next match. During this one game suspension the player is not to attend the game.

Each incident where a player receives a Red Card in a tournament will be reviewed by the League Executive. The Red Carded player may be allowed to return for the next game, **as decided by the Tournament Officials based on consultation with the Referee**. Players ejected for violent play, abusive behaviour or serious foul play will not be allowed to return for the next game.

During a tournament any player dismissed twice (shown two Red Cards) will take no further part in said tournament.

Referees will report all Red Card offences to the League Referee Coordinator/Discipline Committee. A copy of the referee report will also be sent to the Zone Coordinator for their consideration of further disciplinary sanctions. A player who receives two Red Cards in a season will be reviewed by the Discipline Committee and further disciplinary sanctions may be levied. Further disciplinary sanctions could include multiple-game or entire season suspensions.

Two players and/or coaches being ejected from the same team in one game will result in a default loss to the offending team. When this occurs, the referee will suspend the game at that point and require teams to leave the playing area. The referee will submit a report to the Discipline Committee.

The referee will report, to the appropriate authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.

The League Referee Coordinator/Discipline Committee will review all incidences of serious player, coach or spectator misconduct.

The referee will report, to the appropriate authority, any misconduct by players, coaches, spectators or other persons which takes place on the field of play or within its vicinity at any time prior to, during, or after the game.

The League Discipline Committee will review all incidences of coach or spectator misconduct. If serious problems arise or repeated incidents of misconduct over the season occur, the League reserves the right to issue further sanctions against the offending individual or family, which may include suspension from further involvement in Regina Inter-zone activities or refusal to allow the family to take part in further soccer activity for the balance of the current year and the next soccer season. These sanctions will be communicated to other zone soccer associations.

Law 13: The Free Kick:

1. **Types of Free Kicks.** 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 offence.
 - **Direct Free Kick** - goal can be scored directly from the kicker
 - **Indirect Free Kick** - goal cannot be scored unless the ball is touched by another player before entering the goal
2. **Procedure:**

All free kicks are taken from the place where the offence occurred, except:

 - indirect free kicks to the attacking team for an offence inside the opponents' goal area are taken from the nearest point on the goal area line which runs parallel to the goal line
 - free kicks to the defending team in their goal area may be taken from anywhere in that area
 - free kicks for offences involving a player entering, re-entering or leaving the field of play without permission are taken from the position of the ball when play was stopped. However, if a player commits an offence off the field of play, play is restarted with a free kick taken on the boundary line nearest to where the offence occurred; for direct free kick offences, a penalty kick is awarded if this is within the offender's penalty area
 - where the Law designates another position (see Laws 3, 11, 12)

The ball:

- must be stationary and the kicker must not touch the ball again until it has touched another player
- is in play when it is kicked and clearly moves

Until the ball is in play, all opponents must remain:

- at least 9.15 m (10 yds) from the ball, unless they are on their own goal line between the goalposts
- outside the penalty area for free kicks inside the opponents' penalty area

Where three or more defending team players form a 'wall', all attacking team players must remain at least 1 m (1 yd) from the 'wall' until the ball is in play.

A free kick can be taken by lifting the ball with a foot or both feet simultaneously.

Feinting to take a free kick to confuse opponents is permitted as part of football.

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

3. Ball enters the goal

- if a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- 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

4. Offences and Sanctions.

If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless the advantage can be applied; but if a player takes a free kick quickly and an opponent who is less than 9.15 m (10 yds) from the ball intercepts it, the referee allows play to continue. However, an opponent who deliberately prevents a free kick being taken quickly must be cautioned for delaying the restart of play.

If, when a free kick is taken, an attacking team player is less than 1 m (1 yd) from a 'wall' formed by three or more defending team players, an indirect free kick is awarded.

If, when a free kick is taken by the defending team inside its penalty area, 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 free kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the free kick is retaken.

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 offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded

Law 14: The Penalty Kick:

1. **Penalty Kick.** A penalty kick is awarded if a player commits a direct free kick offence inside their penalty area or off the field as part of play as outlined in Laws 12 and 13. A goal may be scored directly from a penalty kick.

2. **Procedure**

The ball must be stationary on the penalty mark and the goalposts, crossbar and goal net must not be moving.

The player taking the penalty kick must be clearly identified.

The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked.

The players other than the kicker and goalkeeper must be:

- at least 9.15 m (10 yds) from the penalty mark
- behind the penalty mark
- inside the field of play
- outside the penalty area

After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.

The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.

When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or in line with, the goal line.

The ball is in play when it is kicked and clearly moves.

The kicker must not play the ball again until it has touched another player.

The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time. When additional time is allowed, the penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, or the referee stops play for an offence by the kicker or the kicker's team. If a defending team player (including the goalkeeper) commits an offence and the penalty is missed/saved, the penalty is retaken.

3. Offences and sanctions

A player's kick will be forfeited (not scored) if the player kicks the ball before the referee signals for the kick to be taken. Once the referee has signalled for a penalty kick to be taken, the kick must be taken; if it is not taken the referee may take disciplinary action before signalling again for the kick to be taken.

If, before the ball is in play, one of the following occurs:

- the player taking the penalty kick or a team-mate offends:
 - if the ball enters the goal, the kick is retaken
 - if the ball does not enter the goal, the referee stops play and restarts with an indirect free kick

except for the following when play will be stopped and restarted with an indirect free kick, regardless of whether or not a goal is scored:

- a penalty kick is kicked backwards
- a team-mate of the identified kicker takes the kick; the referee cautions the player who took the kick
- feinting to kick the ball once the kicker has completed the run-up (feinting in the run-up is permitted); the referee cautions the kicker
- the goalkeeper offends:
 - if the ball enters the goal, a goal is awarded
 - if the ball misses the goal or rebounds from the crossbar or goalpost(s), the kick is only retaken if the goalkeeper's offence clearly impacted on the kicker
 - if the ball is prevented from entering the goal by the goalkeeper, the kick is retaken

If the goalkeeper's offence results in the kick being retaken, the goalkeeper is warned for the first offence in the game and cautioned for any subsequent offence(s) in the game

- a team-mate of the goalkeeper offends:
 - if the ball enters the goal, a goal is awarded
 - if the ball does not enter the goal, the kick is retaken
- a player of both teams offends, the kick is retaken unless a player commits a more serious offence (e.g. 'illegal' feinting)

- both the goalkeeper and the kicker commit an offence at the same time, the kicker is cautioned and play restarts with an indirect free kick to the defending team (*See explanation below the Summary of PK Infractions.)

If, after the penalty kick has been taken:

- the kicker touches the ball again before it has touched another player:
 - an indirect free kick (or direct free kick for a handball offence) is awarded
- the ball is touched by an outside agent as it moves forward:
 - the kick is retaken unless the ball is going into the goal and the interference does not prevent the goalkeeper or a defending player playing the ball, in which case the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team
- the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent:
 - the referee stops play
 - play is restarted with a dropped ball at the position where it touched the outside agent

Summary of Penalty Kick Infractions

	Outcome of the Kick	
	Is a Goal	Is no Goal
Encroachment by Attacking Player	No goal. Penalty is Retaken	Indirect Free Kick to Defending team
Encroachment by Defending Player	Goal	Penalty is Retaken
Encroachment by Both	No goal. Penalty is Retaken	Penalty is Retaken
Offence by Goalkeeper	Goal	Not saved: penalty is not retaken (unless kicker is clearly impacted) Saved: penalty is retaken and warning for goalkeeper; caution for any further offence(s)
Goalkeeper and kicker offend at the same time	No goal. Indirect free kick and caution for kicker (*See explanation below on offences)	Indirect free kick and caution for kicker. (*See explanation below on offences)
Ball kicked backwards	No goal. Indirect free kick	Indirect free kick
Illegal feinting	No goal. Indirect free kick; caution for kicker	Indirect free kick; caution for kicker
Wrong kicker	No goal. Indirect free kick; caution for kicker	Indirect free kick; caution for kicker

*From IFAB. If both the Goalkeeper and the Kicker commit at the same time offences that would be Yellow Card offences then both would receive Yellow Cards. If the Kicker has offended with a Yellow Card offence and the Goalkeeper's offence is not punished by a Yellow Card, then the Kicker's Yellow Card offence is judged to be more serious than the Goalkeeper's offence and the Kicker is penalized. The Law states that if there are two offences at the same time then the more serious of them is penalized.

Law 15: The Throw-In:

1. **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.

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

2. **Procedure:**

At the moment of 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 2 m (2 yds) 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 in order 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.

3. **Offences and Sanctions:**

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 offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence 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 2m (2yds) to the place where the throw-in is to be taken) is cautioned for unsporting behaviour, and if the throw-in has been taken, an indirect free kick is awarded.

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

Law 16: The Goal kick:

1. **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.

2. **Procedure:**

- 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

3. Offences and Sanctions

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 offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence 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 for 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 offence.

For any other offence, the kick is retaken.

Law 17: The Corner kick:

- 1. 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.

2. Procedure:

- 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 flagpost must not be moved
- Opponents must remain at least 9.15 m (10 yds) from the corner arc until the ball is in play

3. Offences and sanctions

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 offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence 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 in order to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

For any other offence, the kick is retaken.

Tournament Rules which differ from League Play

Eligible Players - Only players listed on the team rosters are allowed to play. Teams must have a team roster with them for each game.

Equipment Check - At the start of each game, the referee will check the player's equipment for eligibility.

Bad Weather - Discretion will be left to the Tournament Organizers and the coaches at the field, as to whether the game should be shortened. The Tournament Organizers will make all decisions regarding cancellation of games.

Game Start Time - All games will start at the scheduled time, unless held up due to an extended game (overtime or shootout). A parent or coach should go to the next field to advise the opposition coach. Otherwise, teams should be at the field 15 minutes before game time.

Team Not Ready to Start - If a team is not ready to play at the scheduled time, one goal will be awarded to the opposition for each 5 minute delay or portion thereof. The time lost will be deducted from the playing time. After 15 minutes, the game is forfeited by the team without enough players or refuses to play.

Overtime - The Tournament instructions will outline the format to be used for all overtime periods. Normally overtime consists of two 5 minute halves, changing ends at half time with a 1 minute halftime break. Teams will play the full time during overtime. NO GOLDEN GOAL unless the League specifies. In special circumstances, Tournament Organizers may decide to use a single five (5) minute overtime period and adopt an alternate "Golden Goal" or sudden-death format where the first goal scored ends the match. This information will be provided prior to the tournament.

Shootout – Shootouts will be conducted in accordance with Law 10 unless tournament instructions specify otherwise.

Red Card - Each incident where a player receives a Red Card will be reviewed by the League Executive. The Red Carded player may be allowed to return for the next game, **as decided by the Tournament Officials based on consultation with the Referee**. Players ejected for violent or serious foul play will not be allowed to return for the next game.

DISPUTES ARE TO BE RESOLVED IN FAVOUR OF THE KIDS!

Any complaints concerning the wording of the rules, actions of an opposing coach, intoxication of any coach or any other problems are to be submitted in writing, signed and delivered to the West Zone Board Office within 4 days of the incident to allow the WZSA Board to take any necessary action.

They can be mailed to: Regina West Zone Soccer Assoc. Inc. Box 35022, Sherwood Village RPO, Regina, Sask. S4X 4C6. Concerns can be emailed through our website <http://www.rwzsa.ca/> or sent to wzb@sasktel.net. You can also call the West Zone Board Office located at the Northwest Leisure Centre at **306-791-0225**.

For participants of the other zones of Inter-Zone, please contact your respective Zone representatives.

Complaints through social media will not be acknowledged. Contact us with your concerns so that they can be investigated and responded to. Please provide your full name and contact information so that we may contact you for further information or to respond to your concerns.

We recommend a 24-hour "cooling-off" period as the heat-of-the-moment may influence the tone and content of the conversation. Please be as constructive in your comments as possible. Remember that our goal is to contribute to the betterment of the soccer experience for everyone.



THE CODE OF CONDUCT

All players, coaches, league officials, referees, parents and spectators must comply with the following code of conduct. Remember the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches and league officials are volunteers.

We want the children and youth who take part in our league to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code: **PLAY FAIR**

- Do not violate the rules to gain an unfair advantage.
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Violent or over-aggressive play will not be tolerated.
- Never dispute a referee's decision - they are seeing the action from a different angle than you are and they can make mistakes, just like anyone.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell. Do not encourage players to cause injury to other players.
- Coaches are strongly advised to give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for team-mates, coaches, referees and league officials.
- Respect the facilities in which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience for everyone.
- Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat. Do not run up the score against a weaker opponent.

REMEMBER!!!

Your evaluation carries a great deal of weight with children. At the games, the attitude shown by parents and coaches towards your team and the opposing team will influence the child's values and behaviour in sports, and in life.

CHEERING AND PRAISE IS ENCOURAGED! NEGATIVE CRITICISM SHOUTED FROM SIDELINES IS DISCOURAGED!

Coaches, team officials and parents shall not criticize game officials at any time and shall encourage the same attitude amongst all players and fans.