

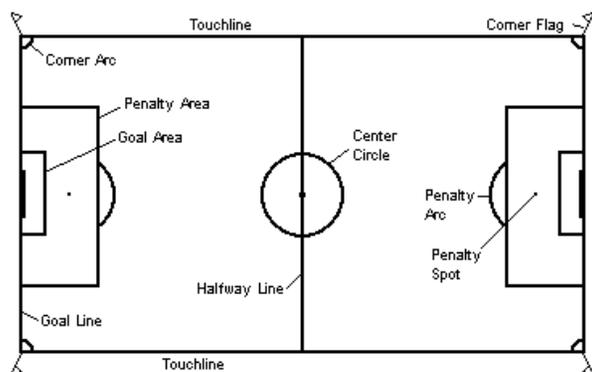
Soccer Rules Guide for Coaches

Revised March 2011

This guide is a basic summary of the FIFA Laws of the Game. It includes U.S. Soccer Federation (USSF) and local Coastal Youth Soccer League (CYSL) adaptations.

Law 1: The Field of Play

Safety is most important. The field should be inspected for anything dangerous such as holes, rocks, glass, or raised sprinkler heads. Goals must be secured so they do not tip over. Goal nets should be supported so they do not interfere with the goalie. All flag posts must be at least 5 feet tall so they can not be fallen on.



Lines are considered part of the area they define. For example, being on the line of the penalty area is considered being in the penalty area.

Law 2: The Ball

The ball size should be appropriate for the age group. U6 & U8 use size #3; U10 & U12 use size #4; U14 & up use size #5. Check the ball for roundness by tossing it in the air while spinning it. No wobble should be seen. Ask the referee to approve a second ball in case the game ball is damaged or lost.

Law 3: The Number of Players

U14 and above games are played 11 v 11 with one of those being a goalkeeper (CYSL: U12s: 8 v 8, U10s: 7 v 7). An 11 v 11 game cannot start or continue if a team has fewer than 7 players. For CYSL U12 games, the minimum number is 6.

Coaches should send substitutes to the halfway line where they should wait on their own half of the field for the next substitution opportunity. Subs may enter the field only after being waived on by the referee. CYSL: Teams may sub prior to a throw-in by either team providing the team making the

throw-in substitutes, prior to either teams goal kick, after a goal by either team, at half time, or when play has been stopped for an injury. CYSL: If play is stopped for an injured player, that player must be substituted (except the goalkeeper).

Someone on the field must always be designated as the goalkeeper. A field player may change places with the goalkeeper, however, the ref must be notified and this can only be done at a stoppage in play.

It is important to follow proper substitution procedures. No players should ever leave or enter the field without the referee's permission. Substitution violations may result in yellow cards being issued to the players involved.

Pembroke: Players shall have **equal** playing time. On Select Teams the minimum playing time is 20 minutes.

Law 4: Player Equipment

Players must not wear anything that could be dangerous to himself or another player including any kind of jewelry. Keepers may not wear hard brimmed baseball caps. Players must wear a shirt, shorts, shinguards covered by socks and footwear. CYSL: No metal cleats or casts of any kind.

Goalkeepers must wear colors that distinguish them from the other players and officials.

Law 5: The Referee

The referee has full authority to enforce the rules. This authority extends to the players, substitutes, coaches, and spectators. The decisions the referee makes regarding the facts connected with play are final.

When a foul occurs, the referee may apply the "Advantage Rule" and allow play to continue if doing so would benefit the team that was fouled. If, within a few seconds, the advantage does not materialize as anticipated, the original foul may be called. The ref will call out "Play On" or "Advantage" when applying the rule.

Law 6: The Assistant Referees

The assistant referees (ARs) primary duties are to signal the referee when the ball is out of play, signal offside situations, signal for fouls which the ref may not be positioned to see, and to signal when a substitution is requested. The decision to blow the whistle and stop play in response to an ARs signal is up to the discretion of the referee.

Law 7: The Duration of the Match

A game consists of two equal halves. The referee keeps the official time and has the authority to add time to a match as a result of injuries, substitutions, delays putting the ball back into

play or any other reason deemed necessary. If time expires while the ball is in flight and then scores, the goal is not valid.

If a penalty kick is awarded at the end of a half, additional time must be allowed for a penalty kick to be taken. In this situation rebounds may not be played by any players. However, shots that rebound off the posts, crossbar, and/or keeper and go into the goal are valid.

CYSL: Regular season matches can end in a tie. In the playoffs, overtime (two 5 minute halves) and/or "Kicks from the Penalty Mark" shall be used to determine a winner.

Law 8: Start and Restart of Play

A coin toss is used prior to the start of the game. The team winning the toss decides which end to defend/attack. The opposing team gets the kickoff. For the second half the teams switch ends and the team that won the coin toss kicks off. During the kickoff, both teams must be in their respective halves and the kick must go forward. The opponents must remain at least 10 yds from the ball until it is kicked. The kicker may not touch the ball a second time until it is touched by another player. A goal can be scored directly from a kickoff.

A drop ball is used to restart play when the game is stopped for an injury, outside interference, inadvertent whistle by the referee or when the rules do not specify that a different restart should apply. Rules for a drop ball: Dropped at the spot where the ball was when play was stopped, ball must touch the ground before being played or else it is re-dropped, never dropped within the goal area. Does not require players from both teams.

Law 9: Ball in and out of play.

The ball is out of play when it has "wholly crossed the goal line or touch line" either on the ground or in the air or when the game has been stopped by the referee. A player may be outside of the field of play and still play the ball. The ball is in play at all other times including when it rebounds off an official or corner flag.

Law 10: The Method of Scoring

A goal is scored when the entire ball passes completely over the goal line, between the goal posts and under the cross bar provided no fouls have been committed by the team scoring. Since the position of the ball is all that matters, a goalkeeper standing inside the goal while holding the ball outside of goal has not given up a goal.

If the ball hits the referee, then goes into the goal, the goal is awarded as the referee is a part of the field.

Law 11: Offside

To be called for offside, a player must be in an offside position (OP) at the moment the ball is played or touched by a teammate **and** be involved in active play.

An *offside position* exists when a player is nearer to the opponents' goal line than both the ball and the second-to-last opponent (2LO). One of the 2LOs is usually the goalkeeper. If a player is level with the 2LO or the ball, then the player is not in an offside position. It is not an offense in itself to be in an offside position.

The offside position is judged based on a "snapshot" of the players' positions when the ball is played or touched by a teammate. The positions of the players when the ball is received has no bearing on offside position.

A player is considered to be *involved in active play* if they are either interfering with play, interfering with an opponent, or gaining an advantage by being in that position.

A player can not be called for offside when receiving the ball directly from a goal kick, corner kick, or throw-in, or if the player is in their own half of the field.

Law 12: Fouls and Misconduct

Direct Free Kick (DFK) Fouls:

A DFK results when a player commits any of the following offenses in a manner considered to be "careless, reckless, or using excessive force". Kicks or attempts to kick, trips or attempts to trip, strikes or attempts to strike, jumps at, pushes, or charges (physically moving an opponent away from the ball. A fair charge is shoulder-to-shoulder). DFKs also result if a player holds an opponent, spits at an opponent (red card), or deliberately handles the ball.

Indirect Free Kick (IFK) Fouls:

An IFK results if a player plays in a dangerous manner (e.g. high kick), impedes the progress of an opponent (runs between opponent and ball), prevents the goalkeeper from releasing the ball from his hands, or is called for offside. IFKs are also awarded for many technical offenses related to the goalkeeper. These include when the goalkeeper holds the ball for more than 6 seconds, touches the ball with his hands again after he has released it, touches the ball with his hands after it was deliberately kicked to him by a teammate, or touches the ball with his hands after receiving it from a teammates throw in.

Misconduct:

Yellow Card: Caution. Reasons: Unsporting behavior, dissent, excessive fouls, delaying the game, does not respect the required distance on restarts, enters or leaves the field without the refs permission. CYSL: Cautioned players must be subbed.

Red Card: Ejection. Reasons: Serious foul, violent conduct, spitting at someone, committing a foul to deny an obvious goal scoring opportunity, deliberately handling the ball to deny an obvious goal scoring opportunity (except keeper in their own penalty area), 2nd yellow card in same game.

If a player on the field is ejected, the team plays short the remainder of the game. CYSL tracks Yellow & Red Cards over the season and issues additional suspensions to players who accumulate excessive cards. See CYSL book.

Law 13: Free Kicks

Free kicks are either direct or indirect. Unless noted, the ball is in play when it is kicked and moves. The kicker may not play the ball a second time until it has touched another player.

DIRECT- A goal may be scored directly from the kick.

INDIRECT- The ball has to be touched by another player before a goal will be awarded. The ref indicates an IFK by holding one arm straight over head. The arm is not lowered until the second touch takes place. In Pembroke U6/U7/U8, all kicks are DFKs.

For all free kicks, the ball must be placed at the spot of the foul and be stationary when kicked. Although opponents are required to be 10 yards away from the ball (CYSL: U10/U12 – 8 yds), free kicks may be taken whenever the kicking team is ready.

An IFK awarded to the attacking team inside their opponents goal area is taken from the goal area line 6 yds from goal. Opponents are allowed to stand on the goal line between the goal posts.

Free kicks taken by a team within their own penalty area are not in play until the ball leaves the penalty area. All opponents must remain outside the penalty area until the ball is in play. A free kick awarded to a team within their own goal area may be taken from anywhere in the goal area.

If a free kick is kicked directly into a team's own goal, the goal does not count and the other team is awarded a corner kick.

Law 14: The Penalty Kick

A penalty kick is awarded against a team that commits a direct free kick foul within their own penalty area. A penalty kick is taken from the penalty spot (12 yds from goal). All players, except the penalty kick taker and the defending goalkeeper must remain outside the penalty area, behind the ball, and 10 yds from

the ball (penalty arc) until it is kicked. The kicker must kick the ball forward and may not play the ball a second time until it has been touched by another player. The goalkeeper must stay on the goal line until the ball has been kicked. The penalty taker must wait for the referee's signal before taking the kick.

Law 15: The Throw-In

Awarded to the opponents of the team who last touched the ball over the touch line. The ball is out of play when the entire ball crosses over the entire line either on the ground or in the air. The thrower must: Face the field, have part of each foot either on the touch line or on the ground outside the touch line, use both hands and deliver the ball from behind and over his head. The ball is in play when it breaks the plane of the touch line in the air. If a throw-in bounces out of play before entering the field, it is retaken.

The goalkeeper of the team taking the throw-in can not handle a ball that was thrown to him. The thrower can't play the ball until the ball has been touched by another player. Opponents can not interfere with the thrower.

Law 16: The Goal Kick

Awarded to the defending team when the attacking team last touched the ball over the goal line (and a goal is not scored).

The ball is placed anywhere inside the goal area. The ball is not in play (and therefore can not be touched by anyone) until it exits the penalty area. Opponents must remain outside the penalty area until the ball is in play. The kicker may not play the ball a second time until the ball has been touched by another player.

An own goal scored directly from a goal kick is not valid. A player receiving the ball directly from a goal kick can not be offside.

Law 17: The Corner Kick

Awarded to the attacking team when the defending team last touched the ball over the goal line (and a goal is not scored).

The ball is placed inside the corner arc on the side of the field where the ball went out. The corner flags may not be removed or angled to facilitate taking the kick. Opponents must remain 10 yds away until the ball is in play. The ball is in play when it is kicked and moves. The kicker may not play the ball a second time until the ball has been touched by another player.

A goal may be scored against your opponent directly from a corner kick. A player receiving the ball directly from a corner kick can not be offside.