

Inter-club Recreational
League Rules

FALL 2003
SEASON

Chesterfield Metro Recreational Soccer League

CHESTERFIELD UNITED
FC RICHMOND
HOPEWELL SOCCER
JAMES RIVER UNITED
MIDLOTHIAN YOUTH SOCCER
POCOSHOCK VALLEY
SWIFT CREEK SPORTS CLUB



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League Purpose:

The league association is formed to support interclub “Recreational League” play as defined by US Youth Soccer Policy on Players and Playing Rules.

“recreational league” means an intraclub league in which—

(A) the use of tryouts, invitations, recruiting, or any similar process to roster players to any team on the basis of talent or ability is prohibited;

(B) the club administering the league accepts as participants in the league any eligible youths (subject to reasonable terms on registration);

(C) a system of rostering players is used to establish a fair or balanced distribution of playing talent among all teams participating; and

(D) league rules require that each player must play at least one-half of each game except for reasons of injury, illness, or discipline.

Policies

Club Eligibility Policy:

All clubs shall be members in good standing with the Virginia Youth Soccer Association. All clubs by allowing their teams to play in the recreational league association voluntarily agree to abide by the Policies and Rules of this publication.

Player Eligibility Policy:

Active select (travel) players may not be rostered, or a guest player, on a recreational soccer team. Active is defined as participating with a select team in practices, regular season games, or tournaments for the current soccer season.

A select player who is not active with a select team may be rostered on a recreational soccer team. Only one inactive select player is allowed on a recreational soccer team. (The reason for this policy is to allow inactive select players to participate in recreational soccer, but to prevent entire teams of select players from participating in recreational soccer)

Guest Player Policy:

Guest Player(s) are only allowed in situations where the team cannot field the allowable number of players on the field, plus one substitute.

Guest Player(s) must be registered players in the teams club.

Individual players are not allowed to serve as a Guest Player more than twice in a regular season.

Guest Player(s) must be age appropriate, they may play up, but not down.

Players’ registered with one club may not be a Guest Player for another club for regular season games.



Disciplinary Sanction Policy:

Clubs shall report all sending-off offenses. Clubs shall suspend players who have been “Red Carded” for the next game.

Clubs shall report any coaches or team officials who have been expelled from the Field of Play.

Disciplinary Sanctions should be reported to Betsy Townsend at d.b.townsend@comcast.net

Weather Policy

If a game is cancelled due to inclement weather before it is started, it is the home team’s responsibility to notify the opposing team.

Soccer is an all weather sport with the exception of conditions that create an unsafe playing environment. A match (game) may be played in foul weather provided that lightning is not present.

Matches will be suspended at the sound of thunder or the sight of lightning. Players, coaches, referee(s), and spectators should seek shelter. The match will resume 15 minutes after the last thunderclap or bolt of lightning.

Restart the match from the point and time the match was stopped. You may play the match until five minutes before the next scheduled match. Please let the players try to finish their match if it is safe to do so, but do not carry the match past the next game time.

The Referee must confirm with both coaches before a match can be abandoned due to weather. The Referee can not unilaterally make this decision.

Referee Policy

The Home Team is responsible for providing and paying the referee and assistant referees.

Referees and assistant referees shall have a current USSF certification.

The referee shall at least be a USSF Grade 9 for U12 and below games and a USSF Grade 8 for U14 to U19 games.

Assistant referees shall at least be USSF Grade 9.



General Rules

All Rules are current FIFA Laws of the Game unless modified below. FIFA Laws of the Game can be found at www.fifa.com. Small-sided games for U12 and below will follow US Youth Soccer's Official Playing Rules.

Coaches and Spectators

- The coach, assistants and players are to locate themselves in the team bench area (technical area).
- Spectators are to stand on the opposite side of the field from the team during the duration of the match.
- Everyone is to remain at least one yard away from the touch lines. No one is permitted to view the game from behind the goal lines.
- Coaches are to stay within the immediate area of the team bench. Coaches are not to run up and down the sideline or encroach on their opponents bench area.

Behavior

- Coaches are representatives of their club and as such are responsible for the sportsmanship of their team, this includes players, assistants, and spectators. Foul or abusive language, derogatory remarks or any other unsportsmanlike conduct directed at anyone will not be tolerated.
- Coaches are cautioned that complaining or questioning referee decisions is considered dissent and represents irresponsible behavior.
- The referee has the authority to expel coaches, assistants, and team officials during the match.
- The referee has the authority to stop, suspend, or terminate the game because of outside interference of any kind. Including irresponsible behavior of spectators.
- Coaches Misconduct is persistent statements or physical acts by a coach, assistant coach or team official directed at a referee at a game that do not constitute assault or abuse but mistreat a referee. Inappropriate or unacceptable statements include:
 - Excessive incidences of foul or abusive language
 - Statements that diminish the authority of the referee
 - Statements or acts that serve to intimidate with threatening physical harm
- Coaches Misconduct, Referee Abuse, and Referee Assault is a serious matter. They are punishable by fines imposed by Virginia Youth Soccer Association.

Playing Time

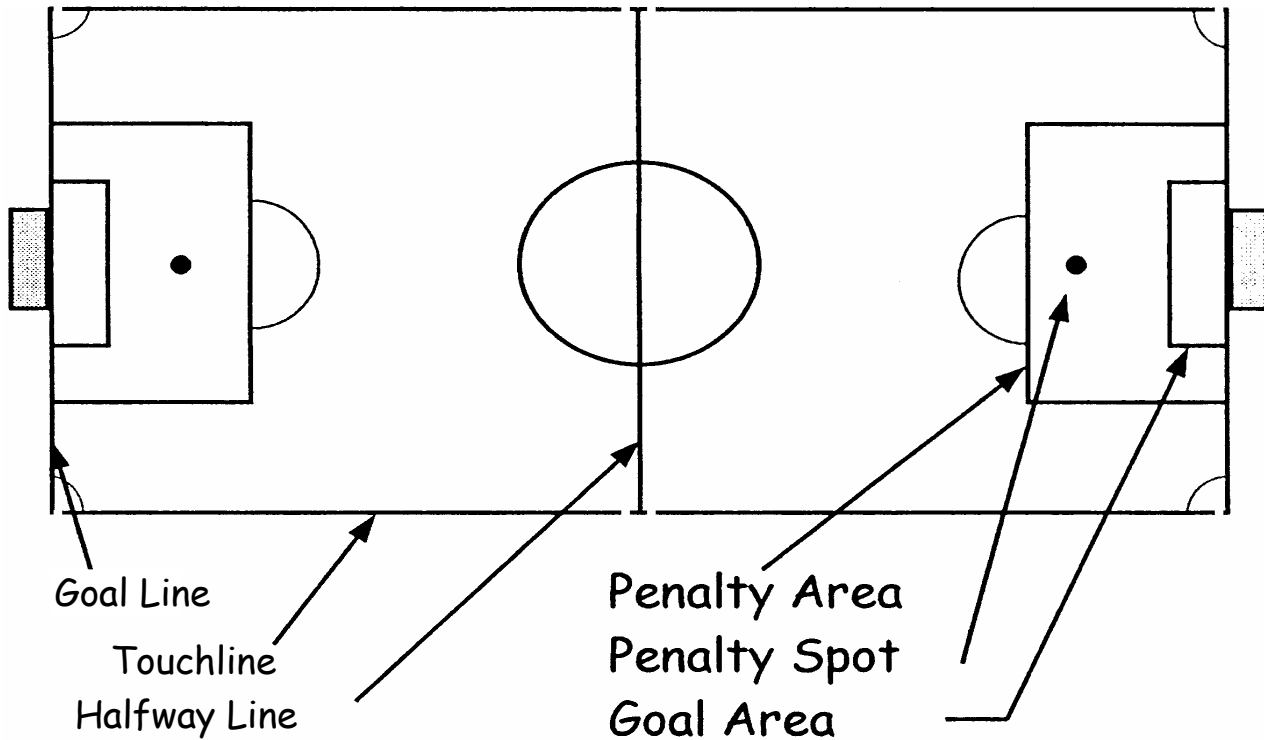
- Each player on a team must play at least one-half of each game except for reasons of injury, illness, or discipline.

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LAW I - The Field of Play



Dimensions

The field of play must be rectangular. The length of the touch line (sideline) must be greater than the length of the goal line (end line).

For U13 and above the official length is between 100 and 130 yards and the width is between 50 and 100 yards. Field dimensions for small-sided games should comply with the US Youth Soccer Official Playing Rules.

Age Group	US Youth Soccer Recommendation*
Under 12	45 x 80 yds
Under 10	40 x 50 yds
Under 8	30 x 50 yds
Under 6	20 x 25 yds

* Field dimensions are the recommended size. Ranges are provided in the USYS Official Playing Rules for width and length.



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Field Markings

Field Markings for U13 and above shall comply with FIFA. Field Markings for U12 and below should comply with the US Youth Soccer Official Playing Rules.

Flag posts

Flag posts shall comply with FIFA. *All four corner flags shall be present, otherwise remove all flags. A Match may be played without corner flags.*

Goals

Goal size for U13 and above shall comply with FIFA. Goal Size for small-sided games should comply with the US Youth Soccer Official Playing Rules. Goals must be anchored securely to the Ground.

Age Group	min	max
Under 12	6' x 18'	7' x 21'
Under 10	6' x 18'	7' x 21'
Under 8	4' x 6'	6' x 12'
Under 6	4' x 6'	4' x 6'

LAW 2 - The Ball

The ball is spherical, made of leather or other suitable material. Refer to age group rules for size:

Age Group	Ball Size	Circumference	Weight
U13 and above	Size #5	27-28 inches	14-16 oz
U9 to U12	Size #4	25-26 inches	11-13 oz
U8 and below	Size #3	23-24 inches	11-12 oz

The Home Team is responsible for providing the Match ball. The referee shall approve of the ball for use in the Match. The ball may not be changed during the match without the authority of the referee.



LAW 3 - The Number of Players

A match is played by two teams, each consisting of not more than the maximum number players (see chart below), one of whom for U9 and above is a goalkeeper. A match may not start if either team consists of less than the minimum number of players.

Age Group	Match Format	Maximum (Normal)	Minimum *	Goalkeeper
U13 to U19	11 vs 11	11	7	yes
Under 12	8 vs 8	8	6	yes
Under 10	6 vs 6	6	4	yes
Under 8	4 vs 4	4	*	No
Under 6	3 vs 3	3	*	No

* If one team does not meet the minimum number of players every effort should be made to play a game. A team may borrow players from the opposing team to meet the minimum or use Guest Players. U6 and U8 Teams should divide both teams players into two equal teams.

If one team is short-handed (has more than the minimum number of players but less than the maximum number) the match may be played. The full-handed team may elect to:

- Play with the same number of players as the short-handed team.
- Loan players to the other team to create two full-handed teams.
- Play with the maximum number of players. During the match if the full-handed team goes ahead by three goals they then must play short-handed with the equivalent number of players.

Substitution of Players:

Unlimited substitutes are allowed during the match. The center referee needs to be informed before a substitution is made. The player(s) should stand at the halfway line; the referee will signal him on. *If a player enters without permission, they will be cautioned (yellow card)*

- For U8 and below, substitutions may be made any time the ball is out of play with permission of the Referee or Game Official.
- For U9 and above substitutions may be made at the following times with permission of the center Referee:
 1. Prior to a Goal Kick, by either team
 2. On your team's throw in



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3. After a goal is scored, by either team
4. Halftime
5. After an injury when the player leaves the field, by either team, (one player per team)
6. If a player is cautioned (yellow card)

Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made and the change is made during a stoppage in the match. *If a player on the field changes position with the goalkeeper without permission, both players should be cautioned at the next stoppage of play*

If play is stopped by the referee to administer a caution, the match is restarted by an indirect free kick, the kick is taken by a player of the opposing team from where the play was stopped.

LAW 4 - The Players' Equipment

A player must not use equipment or wear anything that is dangerous to himself or another player (this includes any type of casts, barrettes, jewelry, pierced earrings and wire-rimmed glasses).

The basic compulsory equipment is: a jersey, shorts, socks and shinguards (worn under the socks) and footwear

Goalkeepers are to wear colors, which distinguish them from the players and referees.

For infringement of any part of this law, the player is sent off the field by the referee at the next stoppage of play. The player may only re-enter with the permission of the referee.

If the player's jerseys are numbered, the team may not have two players with identical numbers.

LAW 5 - The Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed.

For U12 and below the referee should briefly explain the rule infractions to the offending Player.

The referee:

- enforces the Laws of the Game
- acts as timekeeper and keeps a record of the match
- Has the right to suspend a match because of weather conditions or unruly behavior.
- Stop the match if, in his opinion, a player is seriously injured.



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- Allow play to continue until the ball is out of play if a player is, in his opinion, only slightly injured
- Ensures that any player bleeding from a wound leaves the field. The bleeding must stop before receiving permission to return.
- Allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not happen.
- Issue cards for cautionable and sending-off offenses.
- Takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the Field of Play and it's immediate surrounds.

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at their discretion, on the advice of an assistant referee, provided that they have not restarted play.

(Coaches are cautioned the complaining or questioning the referee decisions may be considered dissent and represents irresponsible behavior)

LAW 6 - The Assistant Referees

Assistant referees are not required for U8 and below games.

Two assistant referees are appointed whose duties, subject to the decision of the referee, are to indicate:

- when the ball has passed out of the field of play
- which side is entitled to a corner kick, goal kick or throw-in
- When a player may be penalized for being in an offside position
- When a substitute is requested
- when misconduct or any other incident has occurred out of the view of the referee
- Whether, at penalty kicks, the goalkeeper has moved forward before the ball has been kicked and if the ball has crossed the line.



LAW 7- The Duration of the Match

Periods of Play

The match lasts equal periods of time as indicated below:

Age Group	Match Periods	Breaks	Overtime or PK
Under 19	Two 45 minute	5 min half	No
Under 16	Two 45 minute	5 min half	No
Under 14	Two 35 minute	5 min half	No
Under 12	Two 30 minute	5 min half	No
Under 10	Two 25 minute	5 min half	No
Under 8	Four 12 minute	2 min quarter 5 min half	No
Under 6	Four 8 minute	2 min quarter 5 min half	No

The allowance for time lost is at the discretion of the referee. Additional time is allowed for a penalty kick to be taken at the end of each half.

LAW 8- The Start and Restart of Play

Preliminaries

A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the match.

The team that wins the toss takes the kick-off to start the second half of the match.

In the second half of the match the teams change ends and attack the opposite goals.

Kick-off

A kick off is used for the start of the halves (or quarters for U8 and below) and after a goal is scored. A goal may be scored directly from the kick off.

All players must start in their own half of the field. The defending team is at least (3 yards for U6, 5 yards for U8, 8 yards for U10 & U12, and 10 yards for U13 and above) from the ball until it is in play. The referee gives a signal for kick-off. The ball is in play when it is kicked and moves forward. The kicker does not touch the ball a second time until it has been touched by another player.

If the kicker touches the ball a second time before another player touches it, an indirect kick is awarded to the opposing team from where the infringement occurred.

For any other infringement of the kick-off procedure, the kickoff is retaken



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Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage that becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of Game.

The referee drops the ball at the place where it was located when play stopped. Play restarts when the ball touches the ground.

If the ball is touched by a player before it makes contact with the ground, the ball is dropped again.

If the ball leaves the field of play after it makes contact with the ground, without a player touching it, the ball is dropped again.

Special Circumstances

A free kick awarded to the defending team inside its own goal area is taken from any point within the goal area.

An indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

A dropped ball to restart the match after play has been temporarily stopped inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

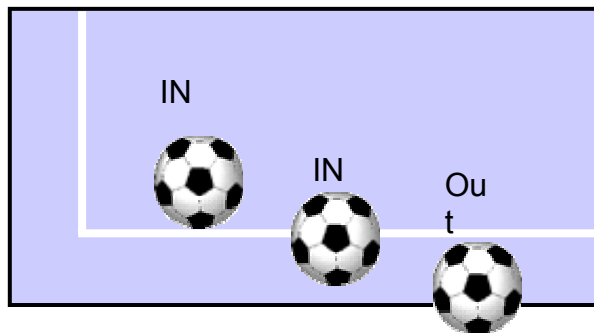
LAW 9- The Ball In and Out of Play

The ball is out of play when:

- It has wholly crossed the goal line or touchline whether on the ground or in the air
- Play has been stopped by the referee

The ball is in play at all other times, including when:

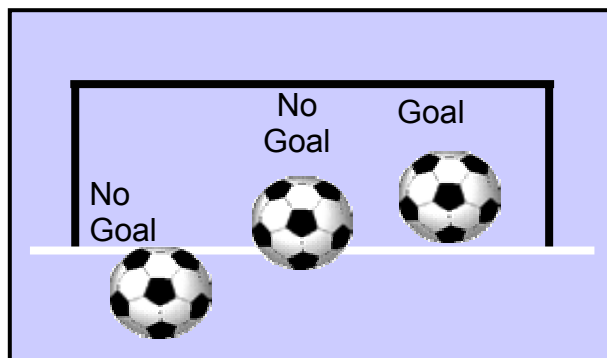
- It rebounds from a goalpost, crossbar, or corner flagpost and remains in the field of play
- It rebounds off the referee or assistant referee when they are on the field of play.





LAW 10- The Method of Scoring

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 infringement of the Laws of the Game have been committed previously by the team scoring the goal.



LAW 11 - Offside

U8 and below will not use the offside rule. (Persistent blatant violation (cherry-picking) at U8 will be called and the referee should instruct the player.)

Offside Position

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

A player is in an offside position if:

- He is nearer to his opponents' goal line than both the ball and the second to last opponent.

A player is not in an offside position if:

- he is in his own half of the field of play, or
- he is level with the second to last defender, or
- he is level with the last two defenders.

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by a teammate, the player is, in the opinion of the referee, involved in active play by:

- Interfering with play, or
- Interfering with an opponent, or
- Gaining an advantage by being in that position.



No Offense

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

- a goal kick, or
- a throw-in, or
- a corner kick

Note: A punted ball is not listed above. A player can have an offside offense on a punted ball when in the opponent's side of the field.

Infringements/Sanctions

For any offside offense, the referee awards an indirect free kick to the opposing team from the place where the infringement occurred.

LAW 12- Fouls and Misconduct

Fouls and misconduct are penalized as follows:

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee as being careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A direct free kick may also be awarded for:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

A direct free kick is taken from where the offense occurred.



Penalty Kicks

A penalty kick is awarded if any of the above ten (direct kick) offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect Free Kicks

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

- Takes more than six seconds while controlling the ball with their hands before releasing it from their possession.
- Touches the ball again with his hands after it has been released from their possession and has not touched any other player.
- Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
- Touches the ball with their hands after they have received it directly from a throw-in taken by a teammate.

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands
- Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

Disciplinary Sanctions

Only a player or a substitute or a substituted player may be shown the red or yellow card.

(The referee has the authority to take action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the Field of Play and it's immediate surrounds)

Cautionable Offenses (Yellow Card)

A player is cautioned and shown the yellow card if they commit any of the following seven offenses:

1. Is guilty of unsporting behavior
2. Shows dissent by word or action
3. Persistently infringes the Laws of the Game



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4. Delays the restart of play
5. Fails to respect the required distance when play is restarted by a corner kick or free kick
6. Enters or re-enters the field of play without the permission of the referee
7. Deliberately leaves the field of play without the referee's permission.

Send-Off Offenses (Red Card)

A player is sent off and shown the red card if they commit any of the following seven offenses:

1. Is guilty of serious foul play
2. Is guilty of violent conduct
3. Spits at an opponent or any other person.
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper in his own penalty area).
5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick.
6. Uses offensive, or insulting or abusive language and/or gestures.
7. Receives a second caution in the same game

A player who has been sent off must leave the vicinity of the field of play and the technical area. *The team of the sent off player may not replace the sent off player with a substitute but must play short handed for the duration of the match.*

Decisions from FIFA

- A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him.
- The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Rebounding off the keeper is not considered being in control. The keeper is considered to be guilty of wasting time if he holds the ball for more than 6 seconds.
- A goalkeeper may use his hands to receive a ball from his teammates when the ball is played from a head, chest or knee, but not the teammate's feet.
- A tackle from behind, which endangers the safety of the opponent, is considered serious foul play.



LAW 13- Free Kicks

Free kicks are either direct or indirect.

For both the direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

The Direct Free Kick

A goal may be scored directly from a direct kick. If a direct kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

The Indirect Free Kick

On an indirect free kick, a goal may be scored only if the ball touches another player before it enters the goal. The referee will signal an indirect kick by raising his arm and keeping it upright until the ball is touched by a second player. If the indirect kick goes directly into the opponent's goal, a goal kick is awarded. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded.

Free Kicks inside the Penalty Area (for U9 and above)

Direct or Indirect free kicks awarded to the defending team:

- All opponents are at least (8 yards for U9 to U12, and 10 yards for U13 and above) from the ball
- All opponents remain outside the penalty area until the ball is in play
- The ball is in play when it is kicked directly beyond the penalty area.
- A free kick awarded in the goal area is taken from any point inside that area.

Indirect free kick for the attacking team:

- All opponents are at least (8 yards for U9 to U12, and 10 yards for U13 and above) from the ball until it is in play, unless they are on their own goal line between the goalposts
- The ball is in play when it is kicked and moves
- Indirect kicks awarded for an infringement within the goal area, are taken from the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred.

Free Kicks outside the Penalty Area

- All opponents are at least (3 yards for U6, 5 yards for U8, 8 yards for U10 & U12, and 10 yards for U13 and above) from the ball until it is in play.
- The ball is in play when it is kicked and moves



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- The free kick is taken from the place where the infringement occurred.

Infringements/Sanctions

If the opponent is closer to the ball than the required distance, the kick is retaken.

If the defending team is awarded a free kick from their penalty area and the ball does not clear the area, the kick is retaken

If the kicker double touches (not including the hands) the free kick, an indirect kick is awarded to the opposing team from the place where the infringement occurred.

If the kicker deliberately handles the ball before another player has touched it, a direct free kick is awarded to the opposing team.

If the kicker other than the goalkeeper deliberately handles the ball inside his own penalty area before another player has touched it, a penalty kick is awarded to the opposing team.

If the goalkeeper deliberately handles the ball inside his own penalty area before another player has touched it, an indirect free kick is awarded to the opposing team.

LAW 14- The Penalty Kick

For U8 and below there are no penalty kicks.

A penalty kick is awarded against a team which commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Position of the ball and the Players

- The ball is placed on the penalty mark
- The player taking the penalty kick is properly identified
- The defending goalkeeper remains on their goal line, facing the kicker, between the goalposts until the ball has been kicked. *The keeper may move side to side on the goal line but not forward.*
- All other players must remain on the field behind the penalty mark but outside the penalty area and at least (8 yards for U9 to U12, and 10 yards for U13 and above) from the penalty mark

Procedure

- The player taking the penalty kicks the ball forward
- The player does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.



Infringements/Sanctions

If the ball rebounds into the field of play from the goalkeeper, the Player taking the penalty kick may play the ball.

If the defense infringes the Laws of the Game and the attacking team scores from the penalty kick, the goal is counted, If a goal is not scored, the penalty kick is retaken.

If the offense infringes the Laws of the Game and the attacking team scores from the penalty kick, the goal is not allowed and retaken. If no goal is scored then play continues.

If both teams infringe on the Laws of the Game, then the kick is retaken.

If the kicker double touches the ball, an indirect kick is awarded to the opposing team.

If the kicker deliberately handles the ball before it has touched another player a direct kick is awarded to the opposing team.

LAW 15-The Throw-In

(Note: US Youth Soccer has replaced the Throw-In with a Kick-In for U6 and below. A Kick-In is considered an indirect free kick with the opponent 3 yards from the ball. For U7 and U8 a second chance at the throw-in will be provided to the player.)

A Throw-In is a method of restarting play.

A goal cannot be scored directly from a throw-in.

A throw-in is awarded:

- when the ball completely passes over the touch line, either on the ground or in the air.
- From the point where it crossed the touch line.
- To the opponents of the player who last touched the ball.

Procedure

The thrower must keep both feet on the ground, and the ball is thrown with both hands. The ball must come from behind the head. The thrower may not touch the ball again until it has touched another player.

If, after the ball is in play, the thrower touches the ball a second time before it has touched another player an indirect kick is awarded. If the thrower double touches with their hands, a direct kick is awarded.

If the throw-in is received by the keeper, he may not use his hands.

If an opponent unfairly distracts or impedes the thrower, he is cautioned for unsportsmanlike behavior, and shown a yellow card.

For improper throw-ins, the opposing team is awarded the throw-in



LAW 16-The Goal Kick

A goal kick is a method of restarting play.

A goal may be scored directly from a goal kick, but only against the opposing team.

A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team passes over the goal line either on the ground or in the air, and a goal is not scored.

Procedure

- A player of the defending team kicks the ball from any point within the goal area.
- Opponents remain outside the penalty area until the ball is in play.
- The kicker cannot double touch the ball.
- The ball is in play when it is kicked directly beyond the penalty area.

If the ball does not clear the penalty area, the kick is retaken.

If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player, an indirect free kick is awarded to the opposing team from where the infringement occurred.

LAW 17-The Corner Kick

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

- The whole of the ball, having last touched a player of the defending team passes over the goal line either on the ground or in the air, and a goal is not scored.

Procedure

- The ball is placed inside the corner arc at the nearest corner flag post.
- The corner flag post may not be moved.
- Opponents must remain at least (3 yards for U6, 5 yards for U8, 8 yards for U10 & U12, and 10 yards for U13 and above) from the ball until it is in play.
- The kicker cannot double touch the ball

If the kicker double touches the ball, an indirect kick is awarded to the opposing team.

For any other infringement of the law, the kick is retaken.



Procedure to Determine the Winner of a Match

A match may end in a tie. There is no period of extra time (overtime) or kicks from the penalty mark to determine the winner of a match.

The Technical Area

The coach, assistant coach(s) and players are generally to remain within their designated bench area (technical area).

- The technical area extends 1 yard on either side of the designated seating area and extends forward up to a distance of 1 yard from the touch line.
- Only one person at a time is authorized to convey tactical instructions ⁽¹⁾ to the team and they must return to their position after giving these instructions. ⁽²⁾
- The coach and other occupants of the technical area must behave in a responsible manner.

(1) Coaches are not to run up and down the sideline, cross the halfway line, or encroach on their opponents bench area to convey their tactical instructions.

(2) By "returning to their position" a coach can not provide continuous instruction to his team. Coaches are reminded that this is a player's game and that continuous communication with their players during the match is not allowed. Continuous instructions from the sideline are a distraction to the opposite team and as such an unfair advantage.

A response from the USSF: What is "failure to behave in a responsible manner"? It means that the coach or other team official has not stuck to what their part of the game is, issuing tactical instructions or praise to their players. If they go beyond those bounds, then their behavior is irresponsible.