



Rule Book

Whatcom County Youth Soccer Association A Handbook for Parents, Coaches, Players & Referees



www.whatcomsoccer.com

Revised October 2023

Table Of Contents

General Information

Page Number	Subject
Page 3	Mission Statement Whatcom County Youth Soccer Assoc. Board
Page 4	Introduction to WCYSA Soccer Frequently Asked Questions
Page 5	Registration
Page 6	Insurance & Injuries Supervision of Children
Page 7	Roles and Responsibilities
Page 9	Whatcom Sports & Recreation
Page 10	Phillips 66 Soccer Park Rules
<u>Rules</u>	
Page 11	Law 1 - Field of Play
Page 12	Law 2 - The Ball Law 3 - Number of Players
Page 14	Law 4 – Players Equipment Law 5 - The Referee
Page 15	Law 6 – The Assistant Referees Law 7 - Duration of the match Law 8 - Start and Restart of Play
Page 16	Law 9 - The Ball In and Out of Play Law 10 - Method of Scoring Law 11 - Offside
Page 17	Law 12 - Fouls and Misconduct
Page 18	Law 13 - Free Kicks
Page 19	Law 14 – The Penalty Kick
Page 20	Law 15 – The Throw In
Page 21	Law 16 – The Goal Kick
Page 21	Law 17 – The Corner Kick
Page 22	Law 18 - Common Sense
Page 24	Glossary

Whatcom County Youth Soccer Association

Whatcom County Youth Soccer Association (WCYSA) is comprised of ten recreational clubs, one Select club and one Premier Club. WCYSA is affiliated with Washington State Youth Soccer Association who in turn is affiliated with US Youth Soccer, US Soccer, and ultimately with FIFA (the international governing body for soccer).

WCYSA plays their games at Phillips 66 Soccer Park run by Whatcom Sports and Recreation. Team trainings are run at schools and parks in the club's neighborhood.

WCYSA Mission Statement

Whatcom County Youth Soccer Association is a non-profit organization that creates positive experiences with the game of soccer, leaving people with a lifelong appreciation of the game.

Objective: To serve youth soccer players ranging from recreational to elite level players.

Goals

- To work with coaches, referees', parents and fans to provide a fun, challenging and safe environment for participants to interact, exercise and develop in soccer.
- To implement proper age and ability specific programs in a patient problem solving manner
- To interact with local soccer bodies to create a club atmosphere to serve soccer families
- To foster the physical, mental and emotional growth of the players touched by our association.

WCYSA Board and Association Club Information

WCYSA Executive Board

President	Mark Lackey
Vice President	Amy Alexander
Treasurer	Andy Asbjornsen
Secretary	Krista Koch
WS&R Rep	Chet Lackey
Referee Rep	Mark Peterson

WCYSA Staff

WCYSA Director	Marc Ronney marcr@whatcomsoccer.com
WCYSA Development	Tanner Gray soccerdirector@bellingshamsportsplex.com

Club Presidents

Club information - <https://whatcomsoccer.com/youth-soccer>

Blaine Soccer Club:	Kirk Kamrath
Eastside Soccer Club:	Cassie Henifin
Ferndale Soccer Club:	Gordon Bullivant
Lakeside Soccer Club:	Matt Serier
Lynden Soccer Club:	Brad Kollmyer
Meridian Soccer Club:	Sharon McMormick
Mt. Baker Soccer Club:	James Westerfield
Nooksack Soccer Club:	Shauna Larson
Northside Soccer Club:	Kevin Geraghty
Southside Soccer Club:	Meghan Flaig
WFC Rangers:	Amy Alexander

For more information visit our website at www.whatcomsoccer.com/youth-soccer

Introduction

As you spend time on the fields and around your soccer playing child and his or her friends, you'll find yourself attracted to the sport for the same reasons youngsters are: It's a free flowing, ever changing game, calling for constant problem solving by the players.

An informed fan is an appreciative fan and the more you know and appreciate the game, the easier it is to help your child become a better player. The following is basic soccer information, registration information, modified "LAWS" of the game and Phillips 66 Soccer Park rules. This information is for parents, coaches, players and referees.

The "Basics"

In soccer, two teams face each other trying to put the ball in the opponent's net without using their hands or arms. The game is played on a level field, (similar to a football field), equally divided with goals at each end. The maximum number of players per team on the field at one time is 11. Each team is comprised of: Goalies, Defenders, Midfielders and Forwards. In standard play, the time is divided into two equal halves. Game time is kept solely by the referee. The "kick off" officially begins the game/and or each half. Away team starts the game. The action is continuous until a goal is scored, an infraction (foul) occurs, or the ball goes out of bounds. Play is reinstated with either a throw in, a goal kick, a free kick or a corner kick.

All players must develop offensive and defensive skills and every player has the potential to be a scorer. There is no such thing as a fixed space or position in soccer. Players may inter-change positions according to the flow of the game.

Soccer requires very little special equipment; a ball, jersey, shorts, socks, running type shoes and shin guards (which are mandatory and must be covered entirely by socks.) Soccer shoes are optional, but recommended for older age groups.

Unlike all other sports, who have rules, soccer has "Laws". The referee manages the soccer match to ensure that the "Laws" are being adhered to. Sometimes there are infractions of those "Laws" and the referee will call a foul on the offending party. The referee retains the option of ignoring a foul. If, in his or her opinion, the team that was fouled would lose an advantage; a quick counterattack or a good shot on goal.

FIFA LAWS are the worldwide official soccer rules. WCYSA has modified some rules to better meet the needs of the individual age groups. Please read the WCYSA MODIFIED "LAWS" OF SOCCER section for complete rules in specific age groups.

Frequently Asked Questions

At what age can my child play soccer?

Whatcom County Youth Soccer is available for children ages 5 to 18.

- Children ages 5-13 (U6-U14) can join the recreational league.
- Children ages 10-15 (U11/U16) can try out for the WCYSA Select.
- Children ages 8-18 (U9-U19) can try out for the Whatcom FC Rangers Premier.

When is soccer available?

There is a Spring season and Fall Season for the recreational league with games on Saturday. The WFC Rangers play in the Region Club League year-round with games on Saturday and/or Sunday. WCYSA Select plays in the North Puget Sound League.

The Fall Season generally starts the first weekend after Labor Day in September and Spring season begins in mid-April. The recreational league season is 8 games in Fall and 8 games in Spring.

The WFC Rangers Club season generally runs from Sept-May with HS boys playing in the Fall and HS Girls playing in the Spring.

The WCYSA Select season generally runs from Sept-Dec February through March.

The playing age for players is determined by WSYSA rules and if you play U10 in the fall that is the age group you play with in the Spring.

How Do I Register for the Recreational League?

Online registration begins June 15th for Fall and January 1st for Spring. Online Registration is available at www.whatcomsoccer.com. If you don't have internet access, you can register at the Sportsplex.

Which Club Do I Register With?

Players wishing to participate in the recreational league **must** register with the Club in their residential area.

Blaine Soccer Club - players residing in the Blaine School area.

Ferndale Red Lions - players residing in the Ferndale/Custer School area.

Meridian Soccer Club - players residing in the Meridian School area.

Mt. Baker Soccer Club - players residing in the Mt. Baker School area.

Eastside Soccer Club - players residing in the Silver beach, Roosevelt, Northern Heights School area.

Lakeside Soccer Club - players residing in the Geneva and Carl Cozier, Kulshan MS area.

Lynden Action – players residing in the Lynden area.

Nooksack Soccer Club—players residing in the Everson/Nooksack area attending Nooksack Schools

Northside Soccer Club - players residing in Parkview, Alderwood, Columbia, Birchwood, Sunnyland Cordata & Shuksan MS area.

Southside Soccer Club - players residing in the Happy Valley, Lowell & Wade King, Fairhaven MS.

Players may be permitted to play for a club outside of their area. A written request must be made to the WCYSA Office. A player may be authorized to play outside their area by the WCYSA Executive Director or his designated agent and both of the affected clubs. If a player is found to be playing out of club boundaries without proper authorization, the player may be removed from his or her team by the WCYSA Executive Director. If possible, the player shall be placed on a team within the boundaries of the club in which the player resides.

For more information you can contact a WCYSA representative at 676-1919 Ext 0.

How Are Recreational Teams Formed Each Year?

Your Club Registrar (a volunteer) is responsible for forming teams. Registrars are authorized by the State of Washington Youth Soccer Association to form teams, and they do so according to the Rules and Regulations of the State Association. Teams are formed by age groups, determined by the player's birth date. Date cut off is from August 1 to July 31 as follows: Under 6 – cannot be 6 prior to August 1 of seasonal year, etc. Note: Seasonal year runs from September 1, through August 31.

WCYSA recreational teams are to be formed in an effort to create teams of reasonably equal playing ability and competitiveness in order to have fair and competitive competition for the enjoyment of the game. If a team is found by the WCYSA Executive Director and the WCYSA Development Director to be intentionally "stacking" or selecting the stronger players to be on one recreational team, the WCYSA Coaching Director and WCYSA Executive Director are permitted to redistribute players within a club, to achieve a more competitive balance among teams of the same age level within the club. A coach, parent or club administrator has the right to appeal the redistribution of players to the Executive Committee of the WCYSA Board of Directors. A player can be rostered to only one team at any given time. Players registered to one team and playing on another team are considered to be playing for two teams. Teams found to be playing illegal players will forfeit their games.

There are absolutely *no guarantees* of any player being on the same team each season. The registrar will form teams to the best of his/her ability. The coach cannot recruit players or promise a player that they will be on his/her team. (This would be considered a select team) The coach should always refer new players to the Club. Teams are registered by age group, according to the oldest player on the team. If a question arises as to the age of a particular player to the WCYSA Office, WCYSA staff is permitted to request verification (birth

certificate or passport) of the player's age. If the player is registered to the incorrect age group the player will be moved to a different team within the club that is the players' proper age group.

How Are Recreational League Schedules Prepared?

Club Registrars provide the WCYSA Development Director with a list of all the teams that will be playing each season. Schedules for the season are then produced prior to the first games of the season and is subject to adjustment based on coach request and to provide balanced competition. Schedules are available 3 to 4 days before the season begins online at www.whatcomsoccer.com.

Is There Select & Premier Level Soccer In Bellingham?

The WFC Rangers are the highly competitive, premier soccer teams for WCYSA. Players living in any area who are interested in a higher level of competition can try out to be on one of these premier (traveling) teams. The teams in any one age group will usually play in the Regional Club League (RCL) in either Division 1, 2 or 3. Teams compete all over Washington State.

There is a higher level of commitment required in the WFC Ranger program such as more practices, more games, more traveling and more costs. Ranger teams attend tournaments throughout the summer, as close as their home field at P66 Soccer Park, or as some teams have done in the past, as far away as Europe.

The playing season for the Rangers is all year round based upon league programs and play. This is often followed by the State Cup Tournament.

For more information go to www.whatcomfrangers.org

The WCYSA Select Program is a level higher than recreation but lower than WFC Rangers. The teams play in the North Puget Sound League in the fall and 2 months in the Spring. Select trains twice a week and attends one summer tournament. State Cup is optional and decided by the teams.

The level of commitment required in the WCYSA Select program is less than WFC Rangers but more than recreational play.

For more information go to <https://whatcomsoccer.com/select-program/>

Injuries and Insurance Coverage

If a player appears to be seriously hurt during a game at Phillips 66 Soccer Park, please call for a Field Marshal right away. **DO NOT ATTEMPT TO MOVE THE PLAYER.** Field Marshals can assist in calling for 911 if needed. Parents will decide if they want 911 called and are responsible for the costs incurred. If a parent is not available, the Field Marshal will be able to call the parents or emergency contact.

A player's insurance coverage is in effect once the registration process is completed and covers the player from the time, they leave the house for a game or training to the time they return home. Insurance coverage is secondary coverage. Insurance coverage is in effect for all WSYSA sanctioned games and trainings.

If your child does get hurt in a practice or game, please contact the WCYSA soccer office. They will provide you with the necessary paperwork to start the insurance process.

Child Supervision

If your child gets lost, please contact a Field Marshal *right away*. Field Marshals will put in place their plan to help locate your child as quickly as possible.

Helpful tips for parents and children:

- Discuss and put in place a "what if I get lost" plan with your children before you even get to the fields.
- Remind your child NEVER to go to the parking lots or leave the complex without your supervision.
- Accompany your young children to the restrooms.

- Help them identify a Field Marshal at their first game. Let your child know they can go talk to a Field Marshal if they do get lost. Field Marshals will help them find their parents.
- You can use the concession stand as a landmark for children and parents to walk towards when lost.

Soccer Parent's Role

1. Register your child with the Club in your geographical area in a timely manner, providing the necessary forms, birth certificates and fees.
2. Provide transportation to and from all practices and games ensuring the player is prompt not only in arriving but also in departing from practices.
3. Whenever possible, stay and watch practices as well as games and lend the young players support in a positive manner.
4. Be available to kick the ball around with your child when invited to do so.
5. Make fun your first priority.
6. Avoid material rewards. Build an attitude of "the rewards lie in the fun of playing."
7. Allow your child to be a CHILD. Each child will have a different approach to soccer, allow them to enjoy the game "just for fun".
8. Encourage sportsmanship and fair play.
9. Your child's coach will need all the support and help you can offer. Please make yourself available and volunteer as you can.
10. Disagreements with the coach or officials do not belong on the soccer field. Questions, input and positive suggestions should be voiced to the coach and/or club without the players or other children present.
11. Enjoy the game and the opportunity to support your child.

Soccer Coaches Role

1. Make sure your **Risk Management and Certificates are up to date.**
2. Players must be on your roster to be able to play or practice with your team for insurance to be valid.
3. Always have medical release forms with you. In the event that a player gets hurt at practice and you cannot reach the parents, you will need to provide a medical release form at the hospital.
4. Always inform parents of injuries players may have obtained during practices or games, even if the injury seems minor.
5. Know special needs of all players.
6. Do not leave children unattended after practice. Coaches should always make sure players are picked up by their parents, before leaving the premises.
7. Communicate with parents regarding practices and game times.
8. Supervise players, prohibiting unacceptable activities or behavior.
9. Make safety a top priority!
10. Make "FUN" your number one goal.
11. Never place the value of winning over the safety and welfare of players.
12. Instruct players to always play within the written laws of the game and within the spirit of the game.
13. Do not seek unfair advantage by teaching deliberate unsportsmanlike behavior.
14. Coaches should never tolerate inappropriate behavior from players.
15. Demands on players' time should never be so extensive as to interfere with academic goals or progress.
16. Coaches should never encourage players to violate WSYSA recruitment, eligibility or players rules and policies.
17. Coaches should direct players to seek proper medical attention for injuries and to follow the physician's instructions regarding treatment and recovery.
18. Coaches should have the basic understanding of the fundamentals of soccer and be able to teach the team in a positive and fun environment.
19. Coaches are responsible for showing up to their game on time, ensuring all their players are properly dressed and with all the equipment they need to play their game.
20. You must have a clear cut idea of what you want to achieve as a coach. Consider ideas like:

Winning vs. Losing

- Rotate players so everyone gets to try all positions.
- Relation of parents and spectators to players, referees and opponents.
- Encourage passing vs Kick and Run.
- Team development vs individual development.

If you're going to put some time into the development of young soccer players, you're also going to have to put some time into developing yourself. You'll have to gain insight into teaching methods, dealing with children, coaching developments, etc. The following are some suggestions:

- Attend coaching clinics when possible
- Read soccer books. The more opinions and methods you come across, the better.
- Watch higher levels of play with your team.
- Ask and take advice of experienced coaches in your area.

For more information go to www.whatcomsoccer.com or email soccerdirector@bellingshamsportsplex.com.

Soccer Player's Role

1. Attend all practices and games. Be on time. If you can't be there notify your coach ahead of time.
2. Wear proper gear and bring water bottle, ball etc.
3. Participate in games and trainings.
4. Display sportsmanship at all times.
5. Play like a winner.
6. Learn the rules of soccer. Soccer is easy to play when you know the rules.
7. Be an example to your teammates.
8. Encourage your teammates.
9. HAVE FUN!

Referee's Role

Referees in the WCYSA soccer program are licensed referees. Licensed referees have taken the USSF course and exam and wear patches according to their level of refereeing ability. Licensed officials will referee all games U8 and above.

1. The referee is an invited guest to help the game flow and ensure the safety of players. The referee has to use a great deal of discretion in applying the laws of the game.
2. Abuse of the referees (physical or verbal) **will not be tolerated** under any circumstances. Please refrain from speaking to the referee.
3. If you feel that a referee is in need of being assessed, please contact a Field Marshal who will locate the senior referee mentor. The senior referee can help answer your questions and evaluate the situation.
4. Referees are responsible for showing up to their game on time, properly dressed and with all the equipment they need to referee a game.

Field Marshal's at Phillips 66 Soccer Park

Field Marshals are staff and volunteers who want to help keep Phillips 66 Soccer Park a fun and safe place for children. Field Marshals are instructed on the rules of Phillips 66 Soccer Park, field locations, general information, and emergency procedures.

Field Marshals have the authority to intervene when a problem or potential problem is occurring. Their job is to enforce P66 Park rules and WCYSA League rules. In the event of an injury, a Field Marshal should be contacted, as they can get help fast. With the thousands of people that come out to the park on game day, Field Marshals really help keep things running smoothly.

Getting Involved

The success of Whatcom County Youth Soccer Association is due to all the volunteers who have taken the time to get involved. The success of your Soccer Club depends on your support. You can help in areas from serving on your Club board, in charge of equipment, fundraising, field marshaling or coaching.



Whatcom Sports & Recreation

The Whatcom Sports & Recreation (WSR) a non-profit organization, providing enjoyable recreational programs for Whatcom County and surrounding area residents. It is our goal to provide a safe, fun and healthy environment where the community can enjoy a wide range of unique recreational programs and activities. The WSR is the organization that governs Phillips 66 Soccer Park and develops, maintains and rents the fields for Youth and Adult play.

WS&R Board

President:	Chet Lackey			
Secretary:	Josh Barrett			
Vice-President:	Kerry Thalhofer			
Treasurer:	Brad Killmer			
Board Members:	Gary Barnett	Karen Hoffman		Tim Krell
	Ted Ritter	Claire Morgan	Jarid Norman	Ali Taysi
	Melissa Bianconi	Chris Fowler	Ken Reinschmidt	Martin Spencer
	Megan Jensen	Scot Swanson	Mark Lackey	Stacy Jenkins
Executive Director:	Marc Ronney			



Phillips 66 Soccer Park (P66SP) Rules

NO PETS ALLOWED AT P66SP

Even if on a leash (exception: Service animals for the physically & visually im-paired)
For the safety of children & pets as well as sanitary reasons, please leave *all* pets at home.

NO ALCOHOLIC BEVERAGES TO BE CONSUMED AT P66SP

This is in compliance with the Whatcom County Ordinance and WSYSA.

NO SMOKING AT P66SP

For Safety and sanitary reasons please limit smoking to your vehicles.

PARK AT YOUR OWN RISK

Anyone improperly parked, blocking roadways or obstructing traffic will be towed at owner's expense. Vehicles may be damaged by soccer balls. Please drive slowly due to children running through the parking lots.

KEEP OFF THE GOALS & NETS

The goals and nets are not intended to be used as climbing apparatus for children.

NO UNAUTHORIZED USE

Fields are not available to the public for soccer use unless proper authorization has been obtained through Whatcom Sports & Recreation. WSR reserves the right to refuse park access to anyone.

WCYSA General Rules

Shin guards are mandatory and must be completely covered by socks. **All jewelry including taped earrings or dangerous equipment is prohibited during the game.**

Prior to the start of the season, all coaches are required to complete a risk management, SafeSport, Sudden Cardiac Arrest and Concussion Compliance online through your Clubs registration.

Boys & Girls Small Sided Micro Soccer U6 & U7

This program centers on a two-game format each Saturday for 8 weeks. The U6 teams play 3V3 and the U7 teams play 4V4. Games are 24-minutes long, consisting of two 12 minutes halves. After the first game the away teams swap to the adjacent field. There are no referees, but the games shall be conducted by both teams' coaches. The start, half time, and end of game are signaled by the micro-field manager's air horn. No scores are kept, and players are given just enough instruction to keep the game flowing. The emphasis in Micro Soccer is lots of playing time, lots of touches on the ball, and lots of fun. Players do take corner kicks, free kicks, goal kicks and kick ins.

**FIFA Rules Apply unless modified by
The Whatcom County Youth Soccer Association
*Denotes modification**

Law 1 - The Field of Play

Dimensions*

The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

U6 20 yards x 30 yards

U7 25 yards x 40 yards

U8 30 yards x 50 yards

U9-U10 40 yards x 70 yards

U11-U12 45 yards x 80 yards

U14-HS 70 yards x 110 yards

Field Markings*

The field of play is marked with lines. These lines belong to the areas of which there are boundaries. The two longer boundary lines are called touchlines. The two shorter lines are called goal lines. All goal lines are not more than 5 inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of 10 yards is marked around it.

The Goal Area*

A Goal area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line; 6 yards from the inside of each goal-post. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

* U6-U12 Goal area is adjusted to the size of the field.

The Penalty Area*

A penalty area is defined at the end of the field as follows:

Two lines are drawn at right angles to the goal line 18 yards from the inside of each goal-post. These lines extend into the field of play for a distance of 18 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 12 yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 10 yards from each penalty mark is drawn outside the penalty area.

* U6-U12 Penalty area is adjusted to the size of the field.

Flag-Posts*

A flag-post, not less than 5 ft high, with a non-pointed top and flag is placed at each corner. Flag-posts may also be placed at each end of the halfway line, not less than one yard outside the touchline.

The Corner Arc

A quarter circle with a radius of 1 yard from each corner flag-post is drawn inside the field of play.

Goals*

Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag-posts and joined at the top by a horizontal crossbar. The distance between the posts is 8 yards and the distance from the lower edge of the cross-bar to the ground is 8 feet. Both goalposts and the cross bar have the same width and depth which do not exceed 5 inches. The goal lines are the same width as that of the goalposts and the crossbar. Nets may be attached to the goals and the ground behind the goal, if they are properly supported and do not interfere with the goalkeeper.

* U6-U12 goal sized adjusted to size of field.

Safety

Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Decisions of the International FA Board

Decision 1

If the crossbar becomes displaced or broken, play is stopped until it has been repaired or replaced in position. If a repair is not possible, the match is abandoned. The use of a rope to replace the crossbar is not permitted. If the crossbar can be repaired, the match is restarted with a dropped ball at the place where the ball was located when play was stopped.

Decision 2

Goalposts and crossbars must be made of wood, metal, or other approved material. Their shape may be square, rectangular, round or elliptical and they must not be dangerous to players.

Law 2 – The Ball

Qualities and Measurements*

The ball is:

Spherical, made of leather or other suitable material, of a circumference of not more than 28-inches and not less than 27 inches, not more than 16 oz. in weight and not less than 14 oz. At the start of the match a pressure equal to 8.5lbs/sq in. 15.6/sq. in. at sea level.

U6-U7 size 3

U8–U12 size 4

U13 & up size 5

Replacement of a Defective Ball

If the ball bursts or becomes defective during the match, the match is stopped. The match is restarted by dropping the replacement ball at the place where the first ball became defective. If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or throw in, the match is restarted accordingly. The ball may not be changed during the match without the authority of the referee.

Law 3 – The Number of Players

Players*

A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

U6 Max. players on the roster shall not exceed 6.

U7 Max. players on the roster shall not exceed 8.

U8 Max. players on the roster shall not exceed 9.

U9-U10 Max. players on the roster shall not exceed 11.

U11-U12 Max. players on the roster shall not exceed 13.

U14,HS Max. players on the roster shall not exceed 16.

U6 Max. players on the field at any one time 3.

U7 Max. players on the field at any one time 4.

U8 Max. players on the field at any one time 5.

U9-U10 Max players on the field at any one time 7.

U11-U12 Max. players on the field at any one time 9.

U14, HS Max. players on the field at any one time 11.

U6-U7 Min. number of players to start a game is 3/4.

U8-U9-U10 Min. number of players to start a game is 4.

U11-U12, RDP Min. number of players to start a game is 6.

U14, HS Min. number of players to start a game is 7.

Official Competitions*

Up to a maximum of three substitutions may be used in any match played in an official competition organized under the auspices of FIFA, the confederations or the national associations. The rules of the competitions must state how many substitutes may be nominated, from three up to a maximum of seven.

*** Unlimited substitution with referee permission.**

Other Matches*

In other matches, up to five substitutes may be used, provided that the teams concerned reach agreement on a maximum number and the referee is informed before the match. If the referee is not informed, or if no agreement is reached before the start of the match, no more than three substitutes are allowed.

*** Unlimited substitution with referee permission.**

All Matches*

In all matches the names of the substitutes must be given to the referee prior to the start of the match. Substitutes not so named may not take part in the match.

*** Substitute names are not required to be given to referee prior to match.**

Substitution Procedure* To replace a player by a substitute, the following conditions must be observed: The referee is informed before any proposed substitution is made. A substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee. A substitute only enters the field of play at the halfway line and during a stoppage in the match. A substitution is completed when a substitute enters the field of play from that moment, he becomes a player and the player he has replaced ceases to be a player. A player who has been replaced takes no further part in the match. All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not. U6-U7 unlimited substitutions permitted at any stoppage of play with coach permission. U8 – U14 unlimited substitutions permitted at any stoppage of play with referee permission.

Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that: The referee is informed before the change is made. The change is made during a stoppage in the match.

Infringements/Sanctions*

If a substitute enters the field of play without the referee's permission: Play is stopped. The substitute is cautioned, shown the yellow card and are required to leave the field of play. Play is restarted with a drop ball at the place it was located when play was stopped. If a player changes places with the goalkeeper without the referee's permission before the change is made: Play continues. The players concerned are cautioned and shown the yellow card when the ball is next out of play. For any other infringements of this law the players concerned are cautioned and shown the yellow card.

U6-U9 No cards shown.

U10-U14 FIFA rules shall apply.

Restart of Play

If play is stopped by the referee to administer a caution: The match is restarted by an indirect free kick, to be taken by a player of the opposing team from the place where the ball was located when play was stopped.

Players and Substitutes Sent Off

A player who has been sent off before the kickoff may be replaced.

Players sent off for a red card offense shall not be replaced. Players shown a yellow card must leave the field of play. Players shown a yellow card can be replaced and can re-enter the field of play with referee permission.

Law 4 – Player's Equipment

Safety

A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry).

Basic Equipment*

The basic compulsory equipment of a player is:

A jersey or shirt

Shorts

Socks

Shin guards

Footwear

Footwear can be running type shoes. Cleats must be soccer cleats or any rubber type molded cleat that does not have a center toe cleat.

Shin guards

Are covered entirely by the socks, are made of a suitable material (rubber, plastic, or similar substances), provide a reasonable degree of protection.

Goalkeepers

Each goalkeeper wears colors which distinguish him from the other players, the referee and the assistant referees.

Infringements/Sanctions

For any infringement of this Law, play need not be stopped. The player at fault is instructed by the referee to leave the field of play to correct his equipment. The player leaves the field of play when the ball next ceases to be in play, unless he has already corrected his equipment. Any player required to leave the field of play to correct his equipment does not reenter without the referee's permission. The referee checks that the player's equipment is correct before allowing him to reenter the field of play. The player is only allowed to reenter the field of play when the ball is out of play. A player who has been required to leave the field of play because of an infringement of this Law and who enters (or reenters) the field of play without the referee's permission is cautioned and shown the yellow card.

Law 5 – Referee

The Authority of 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.

Powers and Duties*

Enforces the Laws of the Game. Controls the match in cooperation with the assistant referees. Ensures that the players' equipment meets the requirements of law 4. Acts as timekeeper and keeps a record of the match. Stops, suspends, or terminates the match, at his discretion, for any infringements of the laws. Stops, suspends, or terminates the match because of outside interference of any kind. Stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the field of play. Allows 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 of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped. Allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offender if the anticipated advantage does not ensue at that time. Punishes the more serious offense when a player commits more than one offense at the same time. Takes disciplinary action against players guilty of cautionable and sending off offenses. He is not obligated to take this action immediately but must do so when the ball next goes out of play. Acts against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field of play and its immediate surroundings. Acts on the advice of assistant referees regarding incidents which he has not seen. Ensures that no unauthorized persons enter the field of play. Restarts the match after it has been stopped. Provides the appropriate

authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occurred before, during or after the match.

The referee is encouraged to explain infractions to the offending player.

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 his discretion, on the advice of an assistant referee, if he has not restarted play.

Law 6 – Assistant Referees

Duties

Two assistant referees are appointed whose duties, subject to the decision of the referee, are to indicate: When the whole of 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 substitution is requested. When misconduct or any other incident has occurred out of the view of the referee.

When no assistant referees are assigned to matches, the referee may request assistance of a club linesman to help with the ball in and out of play.

Law 7 – The Duration of the Match

Periods of Play*

The match lasts two equal periods of 45 minutes, unless otherwise mutually agreed between the referee and the two participating teams. Any agreement to alter the periods of play (for example to reduce each half to 40 minutes because of insufficient light) must be made before the start of play and must comply with competition rules.

U6-U7 Shall consist of two games with two equal halves of 12 minutes each with a 5-minute break in between.

U8-U10 The game shall consist of two equal halves of 25 minutes each with a 5-minute break in between.

U11-U14 The game shall consist of two equal halves of 30 minutes each with a 5-minute break in-between.

U6 – U14 Each player must play at least half of each game.

Half Time Interval

Half time interval shall be no longer than 5 minutes.

Allowance for Time Lost

There shall not be any allowance for time lost.

Penalty Kick

Additional time is allowed for a penalty kick to be taken at the end of each half.

Extra Time

There shall not be any extra time (over time) played.

Abandoned Match

The Director of Development will evaluate each individual situation to determine whether the match will be replayed.

Law 8 – The Start and Restart of Play

A coin is tossed and the team who 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 which 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 a way of starting or restarting play: At the start of the match. After a goal has been scored. At the start of the second half of the match. At the start of each period of extra time, where applicable. A goal may be scored directly from the kickoff.

Procedure

All players are in their own half of the field. The opponents of the team taking the kickoff are at least 10 yards from the ball until it is in play. The ball is stationary on the center mark. The referee gives a signal. The ball is in play when it is kicked and clearly moves. The kicker does not touch the ball a second time until it has touched another player. After a team scores a goal, the kickoff is taken by the other team.

U6-U9 Opponents are at least 5 yards from the ball until it is in play.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player: An indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. For any other infringement of the kickoff procedure, the kickoff is retaken.

Dropped Ball

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

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

Infringements/Sanctions

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

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

Ball Out of Play - The ball is out of play when: It has wholly crossed the goal line or touch line whether on the ground or in the air. Play has been stopped by the referee.

Ball in Play - The ball is in play at all other times, including when: It rebounds from a goalpost, crossbar or corner flag-post and remains in the field of play. It rebounds from either the referee or an assistant referee when they are on the field of play.

Law 10 – The Method of Scoring

Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goal-posts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

Winning Team

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

Law 11 - Offside

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 last opponent. A player is not in an offside position if:

U6-U8 There is no offside - look to the spirit of the game for player positioning (ie. No cherry picking)

U9-U12: A player is on their side of the retreat line, or the player is level with the second last opponent or is level with the last two opponents.

U13 – U19: A player is on their own half of the field, or the player is level with the second last opponent or is level with the last two opponents

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by: Interfering with play or interfering with an opponent or gaining an advantage by being in that position.

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.

Infringements/Sanctions

For any offside offense, the referee awards an indirect free kick to the opposing team to be taken 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 to be 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, or pushes an opponent. A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses: 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.

U6-U8 All fouls result in an indirect free kick.

U9-U14 FIFA rules shall apply.

Penalty Kick

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

U6-U8 All fouls result in an indirect free kick.

U9-U14 FIFA rules shall apply.

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following three offenses: Plays in a dangerous manner, impedes the progress of an opponent, prevents the goalkeeper from releasing the ball from his hands. An indirect free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following three offenses: before releasing it from his possession, touches the ball again with his hands after it has been released from his possession and has not touched any player, touches the ball with his hands after it has been deliberately kicked to him by a team mate or wastes time. The indirect Free kick is taken from where the offense occurred.

U6-U8 Opponent at least 5 yards away.

U9-U14 FIFA rules shall apply.

Disciplinary Sanctions

Cautionable Offenses

A player is cautioned and shown the yellow card if he commits any of the following seven offenses: Is guilty of unsporting behavior, shows dissent by word or action, persistently infringes the Laws of the Game, delays the restart of play, fails to respect the required distance when play is restarted with a corner kick or free kick, enters or reenters the field of play without the referee's permission, deliberately leaves the field of play without the referee's permission.

U6-U8 Any player guilty of numerous and or serious fouls may be asked to leave the playing field for a two- or five-minute time out, at the referee's discretion.

U9-U14 FIFA rules shall apply.

Sending Off Offenses

A player is sent off and shown the red card if he commits any of the following seven offenses: Is guilty of serious foul play, is guilty of violent conduct, spits at an opponent or any other person, denies an opponent a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area), denies an obvious goal scoring opportunity to an opponent moving towards the players' goal by an offense punishable by a free kick or a penalty kick, uses offensive, insulting or abuse language, receive a second caution in the same match

U6-U8 Any player guilty of numerous and or serious fouls may be asked to leave the playing field for a two or five minute time out, at the referee's discretion.

U9-U14 FIFA rules shall apply.

Law 13 – Free Kicks

Types of Free Kicks

Free kicks are either direct or indirect. For both 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

If a direct free kick is kicked directly into the opponent's goal, a goal is awarded. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

U6-U8 No direct free kicks.

U9-U14 FIFA rules shall apply.

The Indirect Free Kick

The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.

Ball Enters the Goal

A goal can be scored only if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded. If an indirect free kick is kicked directly in the team's own goal, a corner kick is awarded to the opposing team.

Position of Free Kick

Free kick inside the penalty area

Direct or indirect free kick to the defending team:

All opponents are at least 10 yards 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 to the attacking team:

All opponents are at least 10 yards 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. An indirect free kick awarded inside the goal area is taken from that part of the goal area line, which runs parallel to the goal line, at the point nearest to where the infringement occurred.

U6-U8 Opponent at least 5 yards away or on the goal line between the goal posts.

U9-U14 FIFA rules shall apply.

Free kick outside the penalty area*

All opponents are at least 10 yards from the ball until it is in play. The ball is in play when it is kicked and moves. A free kick is taken from the place where the infringement occurred.

U6-U8 Opponent at least 5 yards away.

U9-U14 FIFA rules shall apply.

Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken. If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly into play, the kick is retaken. **Free kick taken by a player other than the goalkeeper.** 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, the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the

kick to be taken from the place where the infringement occurred. A penalty kick is awarded if the infringement occurred inside the kicker's penalty area. Free kick taken by the goalkeeper. If, after the ball is in play, the goalkeeper 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, the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area; the kick is to be taken from the place the infringement occurred. An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.

Law 14 – The Penalty Kick

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. Additional time is allowed for a penalty kick to be taken at the end of each half.

U6-U8 No penalty kicks.

U9-U14 FIFA rules shall apply.

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 his goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark at least 10 yards from the penalty mark. The referee, does not signal for a penalty kick to be taken until the players have taken up position in accordance with the law, decides when a penalty kick has been completed.

Procedure

The player taking the penalty kicks the ball forward. He 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. When a penalty kick is taken during the normal course of play, or time has been extended at half time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing between the goalposts and under the crossbar the ball touches either or both of the goalposts and or the crossbar, and or the goalkeeper.

Infringements/Sanctions

If the referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs: The player taking the penalty kick infringes the Laws of the Game: The referee allows the kick to proceed. If the ball enters the goal, the kick is retaken. If the ball does not enter the goal, the kick is not retaken. The goalkeeper infringes the Laws of the Game: The referee allows the kick to proceed. If the ball enters the goal, a goal is awarded. If the ball does not enter the goal, the kick is retaken. A teammate of the player taking the kick enters the penalty area or moves in front of or within 10 yards of the penalty mark: The referee allows the kick to proceed. If the ball enters the goal, the kick is retaken. If the ball does not enter the goal, the kick is not retaken. A team-mate of the goalkeeper enters the penalty area or moves in front of or within 10 yards of the penalty mark: The referee allows the kick to proceed. If the ball enters the goal, the goal is awarded. If the ball does not enter the goal, the kick is retaken. A player of both the defending team and the attacking team infringe the Laws of the Game: The kick is retaken.

If, after the penalty kick has been taken:

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, the kick to be taken from the place where the infringement occurred. The kicker deliberately handles the ball before it has touched another player: A direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. The ball is touched by an outside agent as it moves forward: The kick is retaken. 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 place where it touched the outside agent.

Law 15 – The Throw In

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 whole of the ball 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

At the moment of delivering the ball, the thrower faces the field of play, has part of each foot either on the touch line or on the ground outside the touchline, uses both hands, and delivers the ball from behind and over his head. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately it enters the field of play.

Infringements/Sanctions

U6-U7 In place of throw ins, a kick in will be used to put the ball into play.

U8 Improper throw ins are permitted. The referee may explain the proper method of doing a throw in and permit players to retake the throw in. (there is no loss of possession)

U9-U10 The referee may explain proper throw in techniques. Players may retake an improper throw in (no loss of possession for an improper throw in) during the first half of the season. During the second half of the season the referee may allow the opposition possession for an improper throw in.

U12-U14 FIFA rules shall apply.

Throw in taken by a player other than the goalkeeper.

If, after the ball is in play, the thrower touches the ball a second time (except with his hands) before it touched another player, an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. A penalty kick is awarded if the infringement occurred inside the thrower's penalty area.

Throw in taken by the goalkeeper.

If, after the ball is in play, the goalkeeper 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, the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. If an opponent unfairly distracts or impedes the thrower, he is cautioned for unsporting behavior and shown the yellow card. For any other infringement of this Law the throw in is taken by a player of the opposing team.

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 in accordance with law 10.

Procedure

The ball is kicked from any point within the goal area by a player of the defending team; opponents remain outside the penalty area until the ball is in play. The kicker does not play the ball a second time until it has touched another player.

Goal kick taken by a player other than the goalkeeper.

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, the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.

Goal kick taken by the goalkeeper.

If, after the ball is in play, the goalkeeper 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, the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. An indirect free kick is awarded to the

opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. For any other infringement of this Law the kick is retaken.

U8 Players take goal kick from the top of the penalty box.

U6-U8 Opposing team's players must go to the mid-field line on goal kicks until the ball is in play.

U9-U12 Opposing team's players must go the retreat line on goal kicks until ball is in play.

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 in accordance with Law 10.

Procedure

The ball is placed inside the corner arc at the nearest corner flag post. The corner flag post is not moved. Opponents remain at least 10 yards from the ball until it is in play. The ball is kicked by a player of the attacking team. The ball is in play when it is kicked and moves. The kicker does not play the ball a second time until it has touched another player.

U6-U8 Opponents at least 5 yds away.

U9-U14 FIFA rules shall apply.

Infringements/Sanctions

Corner kick taken by a player other than the goalkeeper.

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 the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

Corner kick taken by the goalkeeper.

If, after the ball is in play, the goalkeeper 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 the kick to be taken from the place where the infringement occurred. If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player; a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. For any other infringement the kick is retaken.

Kicks from the Penalty Mark (Shoot Out)

Taking kicks from the penalty mark is a method of determining the winning team where competition rules require there to be a winning team after a match has been drawn.

Procedure

The referee chooses the goal at which the kicks will be taken. The referee tosses a coin and the team whose captain wins the toss takes the first kick. The referee keeps a record of the kicks being taken subject to the conditions explained below. Both teams take five kicks. The kicks are taken alternately by the teams. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken if, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks. A goalkeeper who is injured while kicks are being taken from the penalty mark and is unable to continue as goalkeeper may be replaced by a named substitute provided his team has not used the maximum number of substitutes permitted under the competition rules with the exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time where appropriate, are allowed to take kicks from the penalty mark. Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick. An eligible player may change places with the goalkeeper at any time. When kicks from the penalty mark are being taken only the eligible players and match officials are permitted to remain on the field of play. When kicks from the penalty mark are being taken all players, except the player taking the kick and the two goalkeepers must remain within the center circle. The goalkeeper who is the kicker's team mate must remain on the field of play, outside the penalty area in which the kicks are being taken, behind the penalty area borderline which runs parallel with the goal line at least 10 yards from the penalty mark. Unless otherwise stated, the relevant laws of the Game and International FA Board Decision apply when kicks from the penalty mark are being taken.

WCYSA Tournaments Only, regular season does not go to shoot out.

Law 18 – Common Sense

Common sense shall apply in all applications of the Law to the Spirit of the game for players, coaches, referees, and spectators.

Additional WCYSA Rules

Teams

1. The first team listed on the schedule shall be considered home team and shall have choice of touchlines.
2. The second team listed must take the opposite touchline, this includes all spectators.
3. In the spring season, WCYSA does permit WFC Ranger players to participate in the recreational program. Due to the league structure that the WFC Rangers squads participate in it is now necessary for Ranger players wishing to participate in the Recreational season to petition the WCYSA office for permission to play in the recreational league. WCYSA players are only permitted to be registered to one league team at a time. Registration on a recreational team and a Ranger team constitutes registration on two teams. However, if a Ranger player's home club does not have a recreational squad they can receive permission from their home club president to play with another club.
4. Practice Guidelines— U6 and U7 once a week for 45 min. to 1 hour; U8 and U9 once a week for 1 hour to 1 1/4 hours; U10 to U12 twice a week for 1 hour to 1 1/4 hours; U14 and High school twice a week for 1 1/2 hours.
5. WSYSA rules prohibit players playing “down” into a lower age bracket. Special permission can be obtained only with the submission of a doctor's note to the WCYSA Registrar.
6. In the course of play, if any team gets a lead of 5 goals the opposing team is permitted to add a field player to their team. If the score drops lower than 5 goals separating the two teams, the extra player must come off the field.

Spectators

1. Spectators shall stand on their respective touchline at least one yard back from the touchline and not closer than 10 yards to the goal end.
2. There will be no one permitted behind the goal line.

Players

1. Players MUST be properly registered before they can begin to practice or play with any team.
2. Proper registration is when your club has received a parent/guardian signed registration form along with fees and a copy of participant's legal birth certificate.
3. Players can only play with one team - the team that they have been rostered to.

Coaches

1. NO ONE shall coach a team or assist in coaching a team unless they have filled out, signed and returned to WCYSA a Washington Youth Soccer Back Ground Clearance Form and a Washington State Youth Soccer Association Disclosure form.
2. Coaches should remain on the sidelines. U6-7 coaches are allowed on the field during the first three games of each season only.
3. Giving instructions to one's team regarding direction of play is permitted provided neither mechanical nor electronic devices are used and the tone of voice is informative and positive.

Safety

Slide tackles are prohibited in the Recreational Leagues.

Scores

No scores are reported.

Glossary

Advantage Rule - Applied by the referee when, in his/her judgment, penalizing an infraction would give an advantage to the offending team. Play is continued, and no penalty is called.

Attacker - The player who has the ball and is trying to make a goal.

Ball - Used to play soccer. Younger players use a size 3, graduating to a size 4 and ultimately playing with a size 5. FIFA approved soccer balls are to be used in games.

Banana Kick - A kick that makes the ball bend or swerve in the air instead of going straight.

Breakaway - When an attacking player gets control of the ball and manages to get past defensive players without the help of his teammates, heading towards the opponents goal.

Carded - Also known as a Caution, when a player has been shown a yellow or red card by a referee.

Chip pass - When a player passes a stationary ball into the air to the intended party.

Clearing - Throwing (by the goalkeeper only), kicking, or heading the ball high and wide to move it out of the goal area or penalty area.

Club - An area within an Association, governed by a board, that registers and rosters players. For recreational league play the geographical area which you *live* in determines where you will register to play (and not what school you attend). Blaine school area - Blaine Club, Fern-dale school area - Ferndale Club, Meridian/Lynden/Everson school area - Meridian Club, Mt Baker school area - Mt Baker Club, Roosevelt & Silverbeach school area - Eastside Club, Geneva & Carl Cozier school area - Lakeside Club, Birchwood, Sunnyland, Columbia, Parkview & Alderwood school area - Northside Club, Happy Valley, Larabee & Lowell school area - Southside Club.

Club Registrar - A volunteer who ensures that all players are properly registered according to the Washington State Youth Soccer Association rules. Club Registrars are the only persons authorized by the State office to roster players to teams. (form teams)

corner kick - A corner kick is a direct free kick taken from the corner area by the attacking team when the ball goes over the goal line (not between the goal posts) and was last touched by a member of the opposing team.

Dangerous Play - A play that is too rough and might harm another player.

Dead ball - When the ball goes out of the playing field or when the referee blows the whistle and play stops.

Defense - A term used to describe the team not in possession of the ball.

Direct free kick - A penalty kick (taken from the spot where the infraction occurs) awarded to one team when a member of the other team commits a personal foul. When awarded inside the penalty area, the ball is kicked from the penalty mark. All other players must stay outside the penalty area and at least ten yards from the ball. A goal can be scored directly from this kick.

Dribbling - The means by which a player propels the ball in a desired direction by a series of short, controlled kicks.

Drop - "You've got a drop", lets the player with the ball know that they have the option of passing the ball behind to a teammate.

End line - Also known as the goal line. The boundary lines which mark each end of the playing field. The goal lines are considered part of the goal area they enclose.

Fake - Also called a feint, a move made by a player to fool the opponent.

Field Marshals - Volunteers from each club, trained to oversee the soccer complex. Field Marshals will answer your questions and help enforce park rules to ensure everyone's safety.

FIFA - Federation International Football Association. Soccer's worldwide ruling body.

Formation - How you start your players on the field. For instance, you can have 3 full backs, 4 halfbacks and 4 forwards - or - 4 fullbacks, 4 halfbacks and 3 forwards etc.

Forwards - Players positioned at the front of the formation. Generally, they are the scorers.

Fullbacks - Also known as defenders. They are usually nearest to the goalie when starting your formation. Their main job is to break up a scoring drive, gain possession of the ball and clear it to their teammates.

Goal - A goal is scored when the entire ball completely crosses the goal line, passing within the goal posts and below the cross bar.

Goal kick - A kick taken by the defending team from the goal area when the ball crosses the goal line (not into the goal), having last been touched by a member of the opposing team.

Goalkeeper - The goalie, also known as the keeper, is stationed in front of the goal. It is the goal keeper's job to keep the ball out of the goal. Goalies are the only players who are allowed to touch the ball with their hands or to advance the ball within the penalty area by bouncing it between steps.

Halfbacks - Also known as midfielders. They are responsible for the action at midfield. They are the connecting links between the fullbacks and the forwards. They strive to get and keep the ball from the opposing team and set up their forwards.

Handball - When a player intentionally handles the ball with their hands or arms. Using the hands or arms to protect the body is also illegal.

Heading - The technique of using the flat, center part of the forehead to propel a ball in midair.

Indirect free kick - A free kick is awarded to one team when a member of the other team commits an illegal action. The kick is taken from the spot of infraction. A goal cannot be scored directly from this kick.

Infraction - Action that goes against the "Laws" of the game. A penalty will ensue.

Judicial - The hearing process used for red or yellow cards issued to players, coaches and parents. It is also the hearing process for referee abuse.

Juggling - Keeping the ball continuously in the air using feet, thighs, and head.

Kick off - Every game is started by taking a place kick from the center spot into his opponent's half of the field. Every player must remain in his own half of the field until the ball is kicked and has moved at least the distance of its circumference. Players of the opposing team must stay at least 10 yards from the ball until it has been kicked. A goal may not be scored directly from a kick off. The kick off takes place after each goal is scored and at the beginning of the second half.

Linesmen - (Now called Referee Assistants) Two linesmen assist the referee by indicating:

1. Offside

2. When the ball is out of play

3. Which team is entitled to a corner kick or throw in.

Mark up - To guard an opposing player like a shadow.

Man on - A term used to let the player with the ball know, that an opposing player is fast approaching.

Medical Insurance - WSUSA provides secondary medical insurance (\$150.00 deductible) to all properly registered players. A player is insured from the time they leave their home to the time they arrive back home. Coverage is for practices as well as games.

MLS - Major League Soccer in the United States.

Near Post - (as opposed to Far Post) post nearest to the kick.

Nutmeg - The act of passing the ball through the opponent's legs.

Obstruction - When a defensive player deliberately uses his body as an obstacle to keep an opponent from getting possession of the ball. A penalty will ensue.

Offense - The team in possession of the ball.

Offside - A player is considered offside unless there are two opponents between him and the goal he is attacking. A player cannot be offside if he is in his own half of the playing field, during goal kicks, corner kicks, throw ins, and drop ball situations. As long as the ball is between a player and the goal he is attacking, he does not need to worry about being offside.

Pass - The act of transferring the ball from one player to another by propelling the ball with the foot, head or the body.

Penalty Kick - A direct free kick taken from the penalty spot, awarded for a foul inside the penalty box. A goal can be scored directly. Except for the keeper, who must remain between the goal posts on his own goal line while the kick is being taken, all players must be outside of the penalty area and the penalty arc and behind the penalty spot until the ball is in play.

Pitch - A British term for the "playing field".

Push up - Usually spoken to the fullbacks when their team is in the opponents half of the field. This reminds them to move up closer to the halfway line, not allowing opposing players to position themselves close to their goal as the opposition cannot be behind the defense (see offside)

Pack ball - Also known as bumble bee soccer or bunch ball. Usually seen in the age groups U6 and U7, where the team travels in one bunch rather than spread out. Very common for this age group.

Recreation - Amusement; play. To play for pleasure or enjoyment.

Red Card - Issued by the referee for serious infractions. Players must leave the field and cannot play again until they have had a judicial hearing. They may be subject to more game suspensions. Red cards can also be issued to coaches for inappropriate behavior from the coach or his sideline spectators.

Referee - One referee is appointed for each match. The Referee has the authority to ensure that the "Laws" of the game are being adhered to. A referee's discretion is a big part of the calls they make. Everyone may have a different viewpoint, however, keep in mind that the referee's view point is the only one that counts.

Registration - Is considered complete when a registration form (intent to play) has been signed by a parent or legal guardian, proof of age has been submitted to the Club (hospital, baptismal and religious birth certificates are not valid) and fees have been paid. **Rostering** - The process of placing players on a team. A team roster is a list of all the players for that specific team. Players can only play for the one team they are rostered to. **Save** - A defensive maneuver performed by a goalie or his teammate, which prevents the ball from entering the goal.

Score - The record of goals in a match. One point is awarded for each goal.

Scrimmage - A practice game between two teams.

Select Soccer - Players try out and are chosen to be on a competitive traveling team. Whatcom County's select soccer Club is the Whatcom FC Rangers.

Shoes - Most soccer shoes have leather uppers and molded soles. Cleats or studs are permitted as long as they are no more than 1/2 inch in diameter or in length. Baseball and Football cleats are not permitted.

Shin guards - Protective pads worn by players between the shin and socks. Shin guards are mandatory and must be completely covered by socks regardless of the type of shin guard.

Shooting - The act of kicking the ball at the goal.

Shoot out - During tournament play a game that still ends in a tie after sudden victory, will go to a shoot out. This is a one on one with the goalie and players. The team that scores the best 3 out of 5 wins the game.

Sliding Tackle - A desperation attempt to gain possession of the ball. A defensive player slides on the ground, using an extended leg to knock the ball from an opposing player. An infraction occurs if the ball is missed and the opposing player is touched instead. (Note: There is no slide tackling permitted in the Whatcom County Recreational or Competitive Youth league. Slide tackling occurs at the FC Ranger level of play)

Square - A pass directly across the field to a running player.

Stopper - The defenseman who plays in the area of the field near the center and in front of the fullbacks.

Striker - A center forward whose main objective is to attack and take the scoring opportunities.

Substitution - When a player waiting on the sideline replaces a teammate with the referee's permission during a dead ball.

Sudden Victory - Also known as sudden death. At the end of a tie game (during tournaments) teams will play another "x" number of minutes until there is one goal scored. This determines the winner.

Support - Helping a fellow player by moving towards him.

Sweeper - A defensive player that is behind the full backs and in front of the goalie. He "sweeps" in front of the goal area from touchline to touch line to get the ball away from the attackers.

Switch - The act of crossing the ball to the opposite side of the field or exchanging positions with another player.

Throw in - A two handed over head pass made with both feet on the ground from the point where the ball crosses the touchline. The throw in is awarded to the opponents of the team that last touched the ball before it went out of bounds.

Time - Teammates will tell each other "time" indicating that there are no players in the near vicinity and they have time to dribble.

Touchline - The boundary lines which parallel each side of the playing field. The touch- lines are usually marked with paint, lime or WOS markers and are considered part of the area they enclose.

Trapping - Gaining controlled possession of the ball that is coming at a player by using any part of the body except the hands and arms.

Ungentlemanly Conduct - Unsportsman like conduct not in the spirit of the game.

USSF - United States Soccer Federation.

USYSA - United States Youth Soccer Association.

Volleying - Kicking the ball while it is in flight. Half volley is kicking a ball as it bounces off the ground.

Wall Pass - The first player makes a short pass to a teammate, and then sprints into open space to receive a return pass. Also called "give-and-go."

WCASA - Whatcom County Adult Soccer Association.

WCSRA - Whatcom County Soccer Referee Association.

WCYSA - Whatcom County Youth Soccer Association.

Rangers Development Program (RDP) - WFC Rangers in house competitive league for Boys & Girls U11-U12. Players try out and a selection process takes place. Equal teams are formed & players play a longer season in a more competitive league without having to travel.

Wing - Any player playing a position near the touchline. Right wing, left wing etc.

World Cup - The prize given to the best national soccer team in the world every four years.

WSR - Whatcom Sports & Recreation.

WSYSA - Washington State Youth Soccer Association.

Yellow Card - Issued by the referee for infractions. Players must immediately leave the field when issued a yellow card but can return on the next permissible substitution. Two yellow cards in a game constitute a red card and the player must then remain off the field and cannot play again until a judicial hearing takes place. Can also be issued to coaches. **Zone defense** - A defensive strategy where each player covers specific areas of the playing field instead of guarding one individual player.