

# **Game Rules**

The rules in this handbook are for guidance only and are superseded by the latest version of the FIFA rules. The OSSO board reserves the right to interpret the rules in the best interest of the mission of the organization. Issues or concerns requiring OSSO Board interpretation must be submitted using the Suggestion Improvement Form.

## **Rule 1: The Game, Field and Equipment**

**Youth Soccer:** A game played between two teams on a rectangular field having goal line at each end and whose object is to legally put the ball between the goal posts and below the crossbar of the opposing team's goal.

FIFA rules apply to all situations not specially covered by this manual.

**Philosophy:** The philosophy of the Oceans Springs Soccer Organization is to provide a recreational program allowing participants the chance to learn and experience the fundamentals of good sportsmanship through a wide variety of team and individual activities.

The purpose of the OSSO program is to provide a enjoyable learning experience for children. The physical, psychological, and emotional well being of the participants is of paramount concern.

The OSSO objectives are:

- To provide a progression of learning from one division to the next, by altering the rules to give the players game experience and to improve their individual skills and knowledge of the activity.
- To provide a program designed to give each participant an equal opportunity from the beginning to the end of the season.
- To provide volunteer role models, who will motivate all participants to learn and improve.
- To stimulate a higher level of self-esteem for the children involved.

**WARNING to Parents, Players, and Guardians:** Although participation in supervised athletics and activities may be one of the least hazardous in which any youth will engage, by its nature, participation in athletics include a risk of injury which may range in severity from minor to long term catastrophic.

Although serious injuries are not common in supervised programs, it is impossible to eliminate this risk. Participants have the responsibility to help reduce the chance of injury. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their own equipment daily.

**Injury and Insurance:** MSA carries secondary insurance coverage on each player which picks up after the primary insurance requirements are met and may be subject to a deductible if the primary insurance deductible has not been met. It is the responsibility of the coach to make sure that only children registered with OSSO practice or play during soccer events. Individuals not registered with OSSO are responsible for any and all charges resulting from a medical emergency.

**Participation:** Teams are allowed to have 3 events per week. An event is a practice or a game. Practices are limited to 2 hours in length except U5 and 6 should not exceed 45 minutes. OSSO recommends that practice duration are equivalent to the game durations for each age group. Never leave a player alone or unsupervised at practices or games.

**Event Location:** Games are scheduled by OSSO and are primarily located at the Jackson County Soccer Complex on Highway 90 between Ocean Springs and Gautier.

The coach schedules practices. Real estate is limited and must be shared with other recreational programs in Oceans Springs. City-owned property includes Freedom Field, and Alice Street fields; however access may be limited as a result of City of Ocean Springs directives. Practice space is extremely limited and tolerance and cooperation with other teams is expected.

**Weather Policy:** The sport of soccer is played in most weather conditions. The safety of the playing conditions will be assessed at the fields on game day by the Coach Coordinator and/or the Referee Coordinator. If the playing conditions are considered to be safe, the games will proceed. Any team unable to field the minimum number of players at the scheduled game time will forfeit the game. If a significant amount of rain required that the games be postponed or canceled, the coaches will be contacted in advance (if possible) by the OSSO. The general rule is to be prepared to play unless notified by OSSO.

**Game Officials:** The game official(s) will be scheduled and assigned by the Referee Coordinator. Any changes requested must be addressed to the Referee Coordinator and Game Coordinator in advance. An incident report must be filled and submitted to an OSSO Official the next business day documenting any major events occurring during the game.

**Field:** Field dimensions vary from site to site.

U5 through U6: Each team's coaches, players and parents/spectators may occupy opposite sidelines of the field. The teams will be limited to the sidelines from goal box to goal box. No coaching from the goal lines will be permitted. Coaches are responsible for the control of the players, parents, and spectators. The Referee may suspend play until the coach controls the players, parents, and spectators.

U8 through U19: The coaches and players from both teams will be on the same sideline of the field. Parents and spectators for both teams will be located on the opposite side of field from the coaches and players during game play. The coaches and players will be limited to the sideline from penalty area line to penalty area line. Coaching (by coaches, parents, or spectators) from the goal lines is not permitted. The parents and spectators are limited to the sidelines from goal box to goal box. No-one may obstruct the view or movement of the assistant referees on the boundaries of the field.

Coaches are responsible for the control of the players, parents, and spectators. The referee may suspend play until the coach controls the players, parents, and spectators.

**Equipment:** Players are responsible for:

Shin Guards - must be worn at all practices and games.

Shoes - soccer shoes are recommended and must conform to FIFA specifications. Soccer shoes have no "toe cleat" (football cleats) and no exposed, sharp surfaces (baseball cleats or spikes). Athletic shoes or tennis shoes are permissible.

**Ball:**

U5 through U8:                Size 3  
 U10 through U12:            Size 4  
 U14 through U19:            Size 5

**Casts/Knee braces:** Hard casts or hard splints of any material, even padded, are not permitted. Knee braces may be used provided hinges are covered on both sides and all edges of the brace must be padded. Any portion of the brace made of hard material must be padded. Prior to the start of the game, questions concerning the legality of equipment must be resolved before the player can participate the game.

**Other:** Each player shall properly wear the required equipment while participating in practices or games.

**Rule 2: The Players**

**Roster:** Size of the roster is established with the objective of creating viable teams and maximizing player playing time. The Head Coach of the team must contact the OSSO Registrar when players quit. A request for replacement players must be made in writing to the OSSO Registrar. The OSSO Board will determine what action should be taken.

Head coaches attempting to alter their team roster will be released from their coaching duties and subject to further sanctions. Players may not transfer from one team to another.

**Player Conduct:** A player or coach ejected by a game official (red card) will be suspended for the remainder of that game plus the next scheduled game. The player's head coach and/or ejecting game official are responsible for reporting the ejection to the OSSO Vice President or other OSSO Official. If an ejected player plays in the game or an ejected coach returns to the game, the game is forfeited.

<b><u>Divisions:</u></b>	<b><u>Ages</u></b>	<b><u>Gender</u></b>	<b><u>Format</u></b>
<b>U5</b>	<b>4</b>	<b>mixed</b>	<b>Small sided</b>
<b>U6</b>	<b>5</b>	<b>mixed</b>	<b>Small sided</b>
<b>U8</b>	<b>6&amp;7</b>	<b>B&amp;G</b>	<b>Small sided</b>
<b>U10</b>	<b>8&amp;9</b>	<b>B&amp;G</b>	<b>Small sided</b>
<b>U12</b>	<b>10&amp;11</b>	<b>B&amp;G</b>	<b>Small sided</b>
<b>U14</b>	<b>12&amp;13</b>	<b>B&amp;G</b>	<b>Standard (modified FIFA)</b>
<b>U16</b>	<b>14&amp;15</b>	<b>mixed</b>	<b>Standard (modified FIFA)</b>
<b>U19</b>	<b>16,17&amp;18</b>	<b>mixed</b>	<b>Standard (modified FIFA)</b>

Age group is determined by the players age as of 1 August of the year at the start of the season. The age requirements are strictly enforced.

Players must participate in the division in which they belong. Requests to play up an age group are considered by the OSSO Board on a case by case basis. Requests for a player to play up an age group must be provided to the OSSO Registrar on or before registration. The request for a player to play up an age group must include rationale.

### **Rule 3: Head Coach and Assistants**

The head soccer coach is in a position to set high standards of sportsmanship. Positive role modeling is the single most important factor when coaching young athletes. The head coach must make sure every athlete experiences personal growth and development, while maximizing participation of every player.

Responsibilities:

1. Attend a coaching clinic.
2. The head coach will remember that the game belongs to the athletes and will encourage every athlete to play.
3. The head coach will place each player in situations where the athlete has a maximum opportunity to achieve success, based on individual strengths.
4. The head coach will conduct practices and games so that all players have an opportunity to improve their skills through active participation.
5. The head coach will protect the health and safety of the players.
6. The head coach will follow the substitution rule for the age group he/she coaches.
7. The head coach will do their best to learn the fundamental skills, age-appropriate teaching techniques, and strategies of the sport.
8. The head coach will be familiar with the goals and objectives of the program and strive to achieve these goals by communicating them to the players and their parents.
9. The head coach will treat each individual involved in the program with respect and dignity.
10. The head coach will uphold the authority of game officials. Disputes will be handled through appropriate channels.
11. The head coach will refrain from abusive language or actions.
12. The head coach will encourage parents and spectators to display good sportsmanship at all times.
13. The head coach will remain tobacco-free, alcohol-free, and drug-free during all games and practice sessions.

Conduct: Head coaches are in a position to set a high example of good sportsmanship and leadership. Head coaches are responsible for the conduct of their team whether on the field or on the sidelines.

1. Head coaches found using profanity, tobacco, or alcohol in the presence of the team shall be subject to immediate suspension.
2. Praise player's efforts in public.
3. Limit criticism.
4. Refrain from running up the score.
5. Play every player in accordance with the substitution rule.
6. Accept decisions of game officials as fair and called to the best of their abilities.
7. Do not criticize the opposing team or their fans by abusive words, obscene gestures or in any other way.
8. Do not intimidate the opposing team by chants and gestures before, during or after the game.
9. Apply good common sense to decisions during practice and games.

Head coaches ejected from a game by the referee or other OSSO Official shall be subject to the following at a minimum to be determined by a Disciplinary Committee as defined by the OSSO Constitution and By-laws:

- First Offense: A scheduled meeting with the OSSO Board prior to the next scheduled game. The coach will not coach the next scheduled game. The head coach will be placed on probation for the remainder of the season.
- Second Offense: Automatic suspension from the program for one-year (365 days from the date of suspension). Coaches who are suspended must attend all training workshops and clinics offered by OSSO before being assigned a head coach position for an OSSO-sponsored soccer team.

If the ejected coach refuses to leave the premises, his or her team will forfeit the game and the game ends at the point of ejection.

**Participation:** Head coaches are solely responsible to make sure all players play the mandatory 50% time. Players in the U5 through U14 age groups must play a minimum of 2 quarters each game they attend. Players in the U16 and U19 age groups must play a minimum of 40 minutes in each game they attend.

If you are approached during a practice by a parent or a child wanting to play on your team, do not promise them a spot. Ask them to contact the OSSO Registrar for registration information. Fill-in registration is on a first-come, first-served basis.

**Game Day Coaching:** Head or assistance coaches shall not act in an unsporting manner. Examples of unsporting behavior are listed below, but not limited to:

- Using profanity, insulting, or vulgar language or gestures.
- Attempting to influence a decision by an official.
- Disrespectfully addressing an official.
- Indicating objections to an official's decision.
- Using illegal communication equipment.
- The failure of the team to be ready at the start of play.
- The failure of the head coach, following verification, to have their players(s) wear legal/required equipment.
- Being on the field of play (except in U5 and U6 age groups).
- Being outside the team sideline area (Penalty Area to Penalty Area).
- Being on the wrong side of the field.

The penalty for unsporting behavior is a yellow card (warning) for the first infraction. The second infraction is considered flagrant and the offending coach shall be ejected from the game (red card). Head coaches are responsible to for controlling parents and spectators. **Unsporting behavior will not be tolerated.**

**Practice Responsibilities:** Developing a good working relationship with the parents of the players is also as important as the relationship you have with your athletes. With little effort you can have parents working with you and appreciating your efforts. We have found that many of the problems between

parents and coaches can be avoided by the coach holding a parent orientation meeting prior to the first practice. This meeting can serve a number of useful purposes, including:

- Enable parents to understand the objectives of the program.
- Allow parents to become acquainted with you.
- Inform parents about the nature of the sport.
- Inform parents about what is expected of their child and what is expected of them.
- Enable you to understand parent's concerns.
- Establish clear line of communication between you and the parents.

Conducting a Parent Orientation meeting is important and valuable in having a successful and enjoyable season.

Call 911 in the case of an emergency during practices or games. Ask the operator to dispatch the necessary emergency services for assistance.

Several teams will practice at the same practice location. All designated teams have the right to practice at the same site. A cooperative effort among all OSSO teams is necessary to provide every team the opportunity to conduct a quality practice. Coaches may move their practices to another site in the same vicinity.

All coaches are responsible for instructing players on safety and age-appropriate rules, techniques, and strategies involved in participation in soccer.

To coach youth soccer, head coaches must understand the basic rules and age-appropriate skills and strategies of the sport.

**Assistant Coach:** Head coaches are responsible and encouraged to obtain a reliable coaching staff. Friends, parents, and other interested individuals are good resources in developing an efficient coaching staff. Examples of roles that an assistant can help with, but are not limited to:

- Conducting practice.
- Organizing team/parent: pictures, trophies, team party.
- Developing a telephone tree.
- Game day management.
- Game day spectator control.

All team-coaching volunteers must fill out a KidSafe form prior to participating as an assistant coach. Assistant coaches are welcome and encouraged to attend all coach training sessions available to the head coach.

### **Qualities of a Good Head Coach:**

*Role Model:* Coaches wear several hats: teacher, parent, and friend just to name a few. Your coaching may be the only kind of positive reinforcement some children receive. Having a good character means modeling appropriate behavior for sports and life. What you say and what you do must be consistent. Be in control of yourself before, during, and after all practices and games.

*Patience:* Your players are children first and then athletes. Yes, they may make the same mistake over and over, yet remember, they are trying to please you and do better. Here are several ways one can demonstrate patience:

- Get to know your players names quickly.
- Empathize with players trying to learn a new skill.
- Be in control of your emotions.
- Keep an upbeat and positive outlook when communicating with your team.

*Sense of Humor:* Its alright to laugh with your players. Both coaches and players should enjoy themselves while participating in sports.

*Organization:* You must plan and organize your practices. Organized practice provides players the proper guidance to improve physical stamina and support skill development. Do not try to execute your practices off the cuff, it will result in failure. Good organizational skills result in a smooth game plan. Know who starts and what substitution pattern to use prior to the game. It will take a lot of pressure off of you.

*Fairness:* Watch for undue favoritism with your own children and with players who may be more athletic or skillful than others. It is a quick way to lose credibility with parents and players. Ask yourself a few questions, "Am I only playing the good players to rack up another victory?" or "Does my child always play the entire game because it benefits the team?" Remember, recreational soccer is intended to foster learning, participation, positive sporting behavior, and above all, fun playing soccer.

*Communication:* Be clear and concise when instructing players. When you give instructions to your team, make sure you are talking on a level appropriate for the developmental maturity of the age group. Communication to parents is just as important. Explain your coaching philosophy and outlook for the season. Open communication with parents helps to eliminate difficulties that may occur during the season.

#### **Rule 4: Definitions**

Here is a brief list of common definitions head coaches must know:

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

*Caution Player:* A player notified by an official that his/her actions are not in the best interest of the contest. Such player must be shown the yellow card.

*Charge:* An act by a player employing body contact to cause an opposing player to lose or give up possession of the ball. A fair charge must be executed within the extents which are set down in the rules. An unfair charge is called at the discretion of the referee. A particularly dangerous or flagrant charge may be grounds for caution or ejection from the game.

*Deliberate foul:* An extreme and purposeful planned act. It is done to disrupt the game through willful and repeated acts intended to gain an advantage through the unfair act.

*Direct Free Kick:* A free kick from which a goal may be scored against an opponent without a second player touching the ball.

*Foul:* A rule infraction for which a penalty is prescribed.

*Free Kick:* A method by which a dead ball becomes live. The ball is placed on the ground and while motionless, it is kicked unchallenged in any direction so that it moves prior to being touched by another player.

*Handling the Ball:* Intentionally playing the ball with one's hand or arm. The hand or arm must move toward the ball or the hand or arm must be carried in an unnatural position before an infraction of the rule may be charged.

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

*Off-Sides:* An infraction, which occurs when an official judges a player in an offside position is seeking to gain an advantage. Rule only applies to U10 and higher age groups.

*Penalty Kick:* A kick is awarded to a team because an opponent was charged with one of the major offenses, within his/her own penalty area, which requires a direct free kick. This rule only applies to U10 and higher age groups.

*Sliding Tackle:* A maneuver in which one or both feet slide on the ground in an attempt to tackle the ball, which is in possession of an opponent. Sliding tackles must never be executed from behind. Legal slide tackles are only allowed for the U10 and higher age divisions.

*Warning:* A verbal admonition to a coach or player for conduct not in the best interest of the game. Repeat warnings necessitate an official caution (yellow card).

*Goalkeeper Possession:* Hands on the ball constitutes possession. Safety is of paramount concern when interpreting this rule to prevent injury to the goalkeeper. Players may not attempt to kick the ball when the goalkeeper has possession.

*Scoring:* Each coach will maintain the OSSO score card delineating quarters of play for each player of the team. The card will be turned-in to the center referee at the completion of the game. The center referee will maintain control of the score card(s), one for each coach, and submit them to the OSSO Game Coordinator or other designated OSSO Official. OSSO does not maintain records of games or standings in any age group.

## Rule 5: The Players and Substitutions

### The number of players for the teams:

<u>Age</u>	<u>Max players on field</u>	<u>Min players on the field</u>
U5	3	3
U6	3	3
U8	4	3
U10	6	4
U12	8	5
U14	11	7
U16	11	7
U19	11	7

Games will proceed as scheduled if both teams field at least the minimum number of players. The game may be played with an uneven number of players on each team as long as the number of players is within the minimum and maximum range for the age group. U5 and U6 games should never be forfeited due to lack of players - try and play the game with whoever shows up, including exchanging players to establish the same number of players on the field for each team.

### Substitutes:

U5 through U14: Substitutions may be made at the end of each quarter. For safety reason, substitutions may occur due to injuries at other times during the game. The Center Referee must authorize substitution of an injured player. Each player must play a minimum of 1/2 of the game (2 quarters for U5 through U14 or 40 minutes for U16 & U19).

U16 through U19: Free substitution allowed, either team to substitute an unlimited number of players. Times for substitutions to occur with approval of the Referee:

- Between halves
- On goal kicks
- After a goal is scored, prior to kick-off
- When an injured player is attended to on the field
- When players are cautioned, the player cautioned may be substituted
- Only the team gaining possession of the ball may substitute on a throw-in or corner kick

Incoming substitutes shall report to the nearest game official and enter the field at the centerline. A substitute may enter the field of play after a score or at the beginning of a half without permission by the official. When an entry is taking place on a throw-in, a goal kick or a corner kick, the substitute must have reported to the game official prior to the dead ball situation. Entry onto the field of play by a substitute is prohibited without the approval of an official.

**Team Captain:** Each team will designate a team captain on the field who is the team representative for the coin toss at the start of the match.

## **Rule 6: Off-Sides**

Off-sides Ruling (U10 & up): The intent of this rule is to prohibit players from taking advantage of advanced attacking positions behind the opposing team's defensive players. Briefly, an attacking player is offside when advantage is gained by being in an offside position unless:

1. There are at least two defenders (goalkeeper counts as one) between the receiver and opponent's goal-line at the time the ball is played (passed, not received) forward.
2. The receiver is in their own half of the field.
3. The ball was last intentionally touched by an opponent.
4. The receiver is behind the ball when it is was passed (even is not offside).

It is the position of the receiving player when the ball was kicked, and not the position where the ball was received that decides whether or not the receiver is offside. The referee must decide whether this attacking player is intentionally interfering with play or seeking to gain advantage by taking up this advanced position; therefore, the referee may not always make an offside ruling, even though a player was in an offside position. The penalty of offside is an indirect free kick at the location of the offside infraction.

A player shall not be penalized for an offside position, if he/she receives the ball directly from a:

- Goal Kick
- Corner Kick
- Throw-in
- Drop-ball by a game official

## **Rule 7: Duration of the Game**

Game duration: The following are the age-group guidelines for the duration of the game:

### **Length of Game:**

<b>U5</b>	<b>4 quarters, 8 minutes each</b>
<b>U6</b>	<b>4 quarters, 8 minutes each</b>
<b>U8</b>	<b>4 quarters, 10 minutes each</b>
<b>U10</b>	<b>4 quarters, 12 minutes each</b>
<b>U12</b>	<b>4 quarters, 15 minutes each</b>
<b>U14</b>	<b>4 quarters, 17 minutes each</b>
<b>U16</b>	<b>2 halves, 40 minutes each or 4 quarters, 20 minutes each</b>
<b>U19</b>	<b>2 halves, 45 minutes each</b>

**Suspended Play:** The Center Referee shall declare an official game, if one complete half or more of the game has been played. The Center Referee must report the suspension of play and the score to the OSSO Game Coordinator by the following day. At the discretion of the OSSO Board, games suspended prior to halftime may or may not be rescheduled.

**End of Play:** A period shall end at the expiration of time and the ball declared dead. Exception: Play shall be extended beyond the expiration of period to permit a penalty kick to be complete. Regular season games, which are tied at the end of regulation time, will be considered a complete game.

## **Rule 8: Pre-game Conference and the Start of Play**

**Pre-game Conference:** The game official must inspect both teams to verify that all players are properly equipped. Questions of equipment legality must be resolved before the start of play. The game official's decision is final and protest will not be allowed regarding equipment. Referee will check for:

- Uniform
- Shinguards
- Shoes
- Removal of all jewelry

All players except the goalkeeper must start the game with jerseys tucked into shorts.

Prior to the start of play, both team captains will be summoned to the center of the field for a brief discussion. The captains may be instructed to inform their teams of the special instructions at the discretion of the game officials.

**Game Ball:** Home team, based on the OSSO schedule, is responsible to provide the appropriate size ball for the game.

**Coin Toss:** The game official will conduct a coin toss at least five minutes before the scheduled starting time of the game. The visiting team will call the coin toss. The winner of the toss shall choose a goal to attack. The other team will start the game with a kick-off.

**Start of Play:** When the referee signals with the whistle, a kick-off shall initiate play at the start of each half and after goals. At the moment of the kick-off, all players shall be in their team's half of the field. Players opposing the kicker shall maintain an appropriate distance from the ball until it is kicked, depending on the age group and size of the playing field. A goal may be scored directly from a kick-off.

**Legal Kick Off:** The ball shall be kicked while it is stationary in the center of the field of play. A legal kick off must move the ball onto the opposing team's half of the field. If the kick-off is illegal, the ball may be replaced on the center of the field and re-kicked by the same team at the discretion of the Center Referee.

**After a legal kick-off:** The ball may be played by any player except the one who initiated the kick-off. The original kicker may not play the ball until it has been played by another player on either team.

Penalty: Indirect free kick is awarded to the opponent at the location of the infraction.

## **Rule 9: Scoring**

**Goals:** A goal is one point. A goal is scored when the entire ball passes legally beyond the goal line, between the goal posts, and under the cross bar, provided it has not been intentionally thrown, carried, or propelled by the hand or arm of a player of the attacking team. The winning team is the team

scoring the greater number of goals during the game. A ball on the goal line is not considered to have crossed the goal line.

**Ways to score a goal:** A goal may be scored during play directly from a:

- Direct free Kick
- Penalty kick
- Corner kick
- Drop ball
- Goalkeeper throw, punt or drop kick
- Kick-off

**Ways teams cannot score a goal:** A goal may not be scored during play directly from a:

- Indirect free kick
- Goal kick
- Throw-in
- Free kick into a teams own goal

### **Rule 10: Fouls and Misconduct**

#### **Fouls:**

*Kicking / Striking / Tripping / Jumping:* A player shall not intentionally attempt to or succeed in kicking, striking, tripping, or jumping at an opponent. A goalkeeper shall not intentionally strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.

Penalty: Direct free kick

*Handling:* A field player shall be penalized for intentionally handling, caring, striking, or propelling the ball with a hand or arm up to the shoulder. The referee is the sole authority to determine if a handling infraction has occurred.

Penalty: Direct free kick

*Holding or pushing:* A player shall not hold or push an opponent with the hand (s) or arm(s) extended from the body. A player shall not place a hand or hands on an opponent in an effort to reach the ball.

Penalty: Direct free kick

*Charging:* A fair charge is allowed when a player makes non-violent shoulder to shoulder contact with an opponent, with the arms and elbow close to the body, at least one foot on the ground and the ball within playing distance.

A player having one or both feet on the ground shall not charge into an opponent who has both feet off the ground. A player shall not charge into the goalkeeper in the penalty area unless the goalkeeper is

obstructing the player or dribbling the ball with the feet. The game officials shall eject, without caution, any player who flagrantly fouls the goalkeeper who has possession of the ball.

Penalty: Direct free kick

Note: When a goalkeeper puts the ball on the ground, outside the penalty area, they relinquish their rights as a goalkeeper and are considered a field player until they return to the penalty area.

*Obstruction:* Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, or running between an opponent and the ball or using the body as an obstacle. A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally charged from behind provided the charge is not violent or dangerous and the ball is within playing distance.

Penalty: Indirect free kick

*Dangerous Play:* A player shall not participate in dangerous play. Dangerous play is defined as any act the official considers likely to cause injury to any player. This includes playing in such a manner which could cause injury to self or another player.

Penalty: Indirect free kick

*Restrictions on the Goalkeeper:* From the moment the goalkeeper takes control of the ball with the hands and within the penalty area, the goalkeeper may hold the ball up to 6 seconds and may move anywhere within the penalty area with the ball in his hands.

On any occasion when a player deliberately kicks the ball to their own goalkeeper, the goalkeeper is not permitted to touch the ball with their hands. A player may play the ball to their own goalkeeper using the head only.

Penalty: Indirect free kick

### **Misconduct:**

*Yellow cards:* A player shall be cautioned for:

- Entering or leaving the field of play without the permission of an official
- Persistent infringement of any of the rules of the game
- Verbal objection or action in opposition to any decision given by an official (dissent)
- Unsporting behavior
- Any incidental use of vulgar or profane language

*Red cards:* A player or coach shall be ejected for exhibiting violent conduct or committing serious foul play such as, intentional foul by a player against an opponent who is moving toward the goal with an obvious opportunity to score, or using foul or abusive language, or a subsequent act of misconduct after having been cautioned.

Penalty: Indirect free kick.

If the head coach is ejected, the game is over and the offending team forfeits the game. In addition:

- The head coach must meet with the OSSO board prior to the next scheduled game.
- If an assistant coach or player is ejected, the ejected person(s) may not continue to participate in the game, nor in the next game.
- Written reports must be complete and turned in by the head coach and ejecting game official to the OSSO Game Coordinator the next business day.
- Ejected players may not be replaced during the game they are ejected.

An assistant coach who is ejected shall leave the vicinity of the playing area immediately and is prohibited from any further contact, direct or indirect, with the team for the remainder of the game.

**Team Caution:** A team caution is disciplinary action facing an entire team as a result of a violation by a player of that team. It is given at the discretion of the official at the time of cautioning a player. A team caution may only be issued for persistent infringement of the following:

- Encroachment on free kicks.
- Intentional handballs by the defense to stop an attack.
- Unnecessary delay (kicking/throwing the ball away in a free kick).

### **Rule 11: Kicks and Throw-ins**

**Free Kick:** When players do not play according to prescribed rules the referee will award a free kick to the team the infraction was committed against. All of these kicks are taken from the point of the infraction with the exception of a penalty kick or an indirect kick awarded against the defending team while in the penalty area.

Opponent must be at least ten yards away from the ball unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in the penalty area, the opposing players shall be outside the penalty area in addition to being ten yards from the ball and must remain there until the ball is put into play by the player taking the penalty kick.

The penalty kicker may not play the ball a second time until another player from either team has touched the ball.

*Types of Free Kicks:* There are two types of free kicks, direct and indirect. Each is determined by the seriousness of the foul. See Rule 10, Fouls and Misconduct for the types of free kicks. There will be no whistle to take the kick unless the referee feels play was stopped for an undue length of time. In this situation, the players are informed of the restart of play by the whistle.

### **Penalty Kick (U10 & up):**

*Awarding a penalty kick:* A penalty kick is awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area. Until the ball is kicked, players must be at least ten yards from the penalty kick spot.

The opposing goalkeeper shall stand on the goal line between the goal posts until the ball is kicked. The goalkeeper may move side to side on the goal line, but may not move off of the goal line until the ball is kicked.

Penalty: If a goal is not scored on the penalty kick, it is retaken.

*Kicking a penalty kick:* The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty kick line. To be in play, the ball shall be moved forward. Infractions by the team kicking the ball shall result in a goal-kick.

After the penalty kick, any player except the one who executed the penalty kick may play the ball. The kicker may not play the ball again until another player from either team has played the ball.

Penalty: Goal kick.

*Penalty kick at the end of regulation:* If the ball touches the goalkeeper before passing between the goal posts when a penalty kick is taken at or after the expiration of time, it does not nullify the goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball (once) with the goalkeeper in place.

### **Goal Kick:**

*Awarding a Goal Kick:* A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, without scoring a goal, either in the air or on the ground, having last been touched or played by the attacking team.

Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area. The ball shall be kicked from the ground from any point within the goal area by a player of the

defending team. A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated. The goalkeeper cannot pick up the ball and play it until after the ball has cleared the penalty area.

Penalty: Indirect free kick awarded from the spot of foul.

### **Corner Kick:**

*Awarding a corner kick:* A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, without scoring a goal, either on the ground or in the air, having last been touched or played by the defending team.

Players of the defending team shall be at least ten yards from the ball until it has been kicked. The ball shall be kicked from the ground at the corner nearest where the ball left the field of play. Failure to kick the ball as specified shall result in a goal kick.

An attacking player who is not offside during the corner kick may be put in an offside position during the subsequent play.

After the corner kick, the ball may be played by any player except the one who executed the corner kick. The kicker may not play the ball until it has been touched or played by another player.

Penalty: Indirect free kick awarded for the spot of the foul.

### **Throw-in:**

*Throw-ins from the touch line:* A throw-in shall be awarded team when the opposing team last touches or plays the ball before the entire ball passes beyond the touch line (side line) either in the air or on the ground. U5/U6 players may kick-in the ball to restart play from the touch line.

The ball shall be thrown in any direction onto the field of play from the point where it crossed the sideline. The player throwing the ball in must be facing the field of play and have both feet on the ground on or outside of the touch line. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in a continuous movement. If the ball fails to enter the field of play, it shall be re-thrown.

Penalty: U8: Re-throw once with instructions from referee.

U-10 and up : Throw is awarded to the opposing team.

*Interference:* An opponent shall not interfere with, nor in anyway impede, the actions of the thrower while the throw-in is being taken.

*During the throw-in:* On a throw-in, the ball is playable when it has left the hands of the thrower and any part of the ball breaks the plane of the touch line. After the throw-in, either team may play the ball. The thrower may not play the ball until it has been touched or played by another player.

Penalty: Indirect free kick awarded to the opponents for the spot of the infraction.