



2019

The Laws of the Game **Summarized with Modifications for Play** **in the AYSA Fall League (U6-U14)**

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Introduction

This manual describes the laws and rules of the game for Arrowhead Youth Soccer's Lower Division Recreational program. While this manual attempts to capture all laws and rules of the game, it is not perfect. The AYSA Executive Director and Board of Directors reserve the right to change rules, and to interpret existing rules. The Laws of the Game are from FIFA with modifications from both Minnesota Youth Soccer Association (MYSA) and Arrowhead Youth Soccer Association (AYSA). More information on FIFA Laws is at: www.ussoccer.com/referees/laws-of-the-game.

LAW 1: The Field of Play

The field of play must be safe for the players. If goals are not anchored properly, the referee will not start the game. The dimensions and marking will conform to United States Soccer Federation rules. If a field is playable and in the opinion of the referee safe for the players, the referee shall have no authority to cancel a game but will report field irregularities on the referee report.

Adverse Field Conditions:

If the field conditions are not satisfactory for a team, no forfeit will automatically be declared. That team must refuse to play under the existing conditions and must relate the conditions in writing to the Executive Director who will decide if the game is to be forfeited or played at a different time or site.

All Fields:

- The length of the field shall exceed the width of the field.
- All goals must be securely anchored.
- Field markings shall be distinctive lines from 2 to 5 inches wide.
- All fields shall include midfield markings.

LAW 2: The Ball

Both Home and Away teams should have a suitable game ball. Generally, the home team will provide the game ball. The ball sizes used by age division in AYSA's Lower Division are:

Age Division	Ball Size
U14	5
U12	4
U10	4
U8	3
U6	3

Law 3: Number of Players

For the AYSA Lower Division, the number of players, including goalkeeper is as follows:

	Maximum # of Players On Field	Minimum # of Players on Field	Coed Team?	Goalkeeper Used?
U14	11	7	No	Yes
U12	9	6	No	Yes
U10	9	6	No	Yes
U8	5	4	Yes	Yes
U6	4	4	Yes	No

- A game may not start unless each team has the minimum number of players required.
- A game may not continue if the number of players on one or more teams drops below the minimum required.

Substitutions for AYSA League Play

Teams must have their players at the halfway line in order to substitute. Substitutions shall be unlimited and may be made only with the consent of the referee at the following times:

- U10 – Prior to a throw-in by either team.
- U12 and U14 – Prior to a throw in, by both teams, provided the team with possession of the ball chooses to substitute. Teams must have their players at the halfway line prior to the throw in order to substitute.
- Prior to a goal kick by either team.
- After a goal is scored by either team.
- After an injury to either team when the referee stops play.
- At the end of each period.
- After a yellow card has been issued, the cautioned player must leave the field and a substitute player sent on.
- A player that has been substituted may reenter the game.
- Substitutes must enter at the halfway line.
- If a player is sent off (see Law 12), he or she may not be replaced. That player's team must play with one less player.
- A field player may change places with the goalkeeper while the game is stopped. The referee must be informed of the change.

U6 substitution is “on the fly” and any stoppage of play. Whenever it makes sense to the coach.

U8 substitution follows U10 rules loosely to prepare them for the next level.

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 required to leave the field.
- Play is restarted with a dropped ball where the ball was when play was stopped

If a player changes 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.

Law 4: Player Equipment

The basic mandatory equipment of a player is:

- A jersey or shirt
- Stockings
- Footwear
- Shorts
- Shin guards

Shin guards

- Are covered entirely by the stockings.
- Provide a reasonable degree of protection.
- Are made of a suitable material (rubber, plastic, or similar substances).

Goalkeepers

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

AYSA Modifications for U6-U14 Recreational League Play

1. A referee shall not permit a player to wear or use any equipment or clothing that in the opinion of the referee would likely risk injury to others. This includes jewelry. Earrings are not allowed under any circumstance.
2. All eyeglasses shall be secured by an elastic eyeglass holder band or strap, or by other means that will be reasonably likely to secure the eyeglasses to the player's head. AYSA strongly recommends that eyeglasses, including frames and lenses, shall be either athletic glasses or flexible plastic or other synthetic frame glasses with shatterproof lenses. Eyeglass frames should either have rounded corners or have any non-rounded corners taped. Metal frames or wire-rim eyeglasses are not recommended.
3. A player will be allowed to wear a cast only if, in the opinion of the referee, it is well padded and will not constitute a risk of injury to the player or others.
4. Generally, AYSA expects that soccer players will dress and conduct themselves in a fashion that is in keeping with usual soccer custom and does not reflect unfavorably upon their state or community.
5. Visible under garments such as cycling shorts are authorized. In the case of cold weather, the use of sweat pants or shirts underneath the uniform shall be acceptable.
6. Players must have their own numbers on jerseys with no numbers being shared by players on the same team (U10 and up).
7. Jerseys must be tucked in at all times.
8. Socks and shorts need not be identical colors for all players on a team in recreational league play.

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 must leave the field at the next time the ball goes out of play, unless he has already corrected his equipment
- Any player required to leave the field of play to correct his equipment does not re-enter without the referee's permission
- The referee checks that the player's equipment is correct before allowing him to re-enter the field of play
- The player is only allowed to re-enter the field of play at a stoppage, when the ball is out of play and with permission of the referee.

A player who has been required to leave the field of play because of an infringement of this Law and who enters (or re-enters) the field of play without the permission is cautioned and shown the yellow card.

Restart of Play

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

LAW 5: The Referee

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

Powers and Duties of the Referee

- Enforces the Laws of the Game
- Controls the match in co-operation with the assistant referees and, where applicable, with the fourth official
- Ensures that the ball meets the requirements of Law 2
- 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 offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not ensue at that time
- Punishes the more serious offence when a player commits more than one offence at the same time
- Takes disciplinary action against players guilty of cautionable and sending off offences. He is not obliged to take this action immediately but must do so when the ball next goes out of play
- Takes action 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 surrounds
- 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

Decision 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, provided that he has not restarted play.

LAW 6: The Assistant Referees

In most AYSA league play, the lines persons are volunteers supplied by the teams that are playing. Each team must supply one (1) adult lines person to assist the assigned official referee. The exceptions are U12 and U14 games where assistant referees are assigned and U12 and U14 tournament games where assistant referees are assigned.

The duties of the adult club lines people will be to indicate, by raising the flag, when the whole of the ball is over the touchline (sideline) or end line (goal line). If so asked by the referee, they shall identify the team that last touched the

ball prior to its leaving the field of play. They shall not make calls on goals, fouls, offside, etc. Volunteer linespersons should refrain from actively cheering for a team while they are working.

Duties of an Assistant Referee (U12 and U14)

In U12 and U14, 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 offences have been committed whenever the assistants are closer to the action than the referee (this includes, in particular circumstances, offences committed in the penalty area).
- Whether, at penalty kicks, the goalkeeper has moved forward before the ball has been kicked and if the ball has crossed the line.

Law 7: Duration of Play

The number of periods and length of the game shall be:

Age Division	Periods	Length	Quarter Break	Half-time Break
U14	2	30 min	-	5 min
U12	2	30 min	-	5 min
U10	2	25 min	-	5 min
U8	2	22 min	-	5 min
U6	4	10 min	2-3 min	5 min

- AYSA staff or game officials may shorten games due to darkness or other weather or field hazards. For example, U12 and U14 games are shortened to 25-minute halves in late September to compensate for shorter daylight hours.
- A game shall be considered complete and the outcome final if the first half has been completed.
- All ties during the regular season will remain ties with no overtime periods.
- Time outs are not available in soccer. Only in the case of an emergency such as an injury would an official stop time.

Half-Time Interval

Players are entitled to an interval at half time. The half-time interval is usually 5 minutes, but must not exceed 15 minutes. The duration of the half-time interval may be altered only with the consent of the referee.

Law 8: Start and Restart of Play

- Teams must be present and ready to play at the appointed starting time.
- Teams not present or ready to play within 15 minutes of the appointed starting time will forfeit that game. If the game is still played, the forfeit will stand and no rematch will be played.
- When consecutive games are scheduled on the same field, the first game must end no later than 15 minutes after the starting time for the second game.
- Games that start late may be shortened by the referee.

Start of the Game

A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match.

- The other team takes the kick-off to start the match.
- The team that wins the toss takes the kick-off to start the second half of the match.
- In the second half of the match, the teams change ends and attack the opposite goals.

Kick-off

A kick-off is taken at the center mark to start a game, restart play after a goal is scored, start the second half, and start additional periods. On a Kick-off:

- All players must be in their own half of the field.
- The opponents of the team taking the kick-off are the required distance from the ball until it is in play (U12 and U14: 10 yards; U10: 8 yards)
- The ball must not be moving when it is kicked.
- The ball is in play when it is kicked and moves forward into the opponents half.
- The player kicking the ball may not touch the ball a second time until it has touched another player.
- A goal may be scored directly from the kick-off.
- After a team scores a goal, the other team takes the kick-off.

Drop Ball

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

On a Drop Ball:

- The referee drops the ball at the place where it was located when play was stopped.
- Play restarts when the ball touches the ground. A player may not touch the ball before it hits the ground.
- Unlike other restarts, the player who first touches the ball may replay it before another player touches 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 infringement occurred.
- When play has been temporarily stopped while the ball is inside the goal area, and a dropped ball is awarded to restart play, the dropped ball is taken on the goal area line parallel to the goal line, and nearest to where the ball was located when play was stopped.

LAW 9: The Ball In and Out of Play

The ball is out of play when:

- It has wholly crossed the goal line or touchline whether on the ground or in the air.
- The referee has stopped play.

LAW 10: The Method of Scoring

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

LAW 11: Offside

The referee in charge of the game will make all offside calls. Adult club linesmen should be instructed that they are not responsible for offside calls.

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

A player is in an offside position if he is nearer to his opponents' goal line than both the ball and the second last opponent.

A player is not in an offside position if:

- They are in their own half of the field.
- They are even with the second to the last opponent.
- They are even with the last two opponents.

Offence

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 Offence

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

- A goal kick
- A throw-in
- A corner kick

Infringements/Sanctions

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

For U6 and U8 – there is no offside calls made. We encourage coaches to tell their players to not stand near the opponent's goal and stay involved in the play.

LAW 12: Fouls and Misconduct

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following six offences 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.
- Pushes an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following four offences:

- 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 offence occurred.

Penalty Kick

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

For U6 and U8 – all kicks are considered indirect free kicks. There are no penalty kicks at these age groups.

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 four offences:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.
- Performs a deliberate header during play. This only applies to U12 and younger – U14 is allowed to head the ball during play.

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

- Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
- Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
- Keeps the ball under possession, without releasing it into the play, for more than 6 seconds.

The indirect free kick is taken from where the offence occurred.

For U6 and U8 – all kicks are considered indirect free kicks. There are no penalty kicks at these age groups.

Disciplinary Sanctions

Cautionable Offenses (yellow card)

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 re-enters the field of play without the referee's permission.
- Deliberately leaves the field of play without the referee's permission.

Yellow Card Exit Rule

A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play short-handed; the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

An indirect free kick shall be awarded to the non-offending team from the spot of the ball, unless the game had been stopped for some other reason calling for a different restart.

Note: This rule also applies to Goalkeepers receiving Yellow Cards.

Sending-Off Offences (red card)

A player is sent off and shown the red card if he commits any of the following seven offences:

- Is guilty of serious foul play.
- Is guilty of violent conduct.
- Spits at an opponent or any other person.
- Denies the opposing team 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 player's goal by an offence punishable by a free kick or a penalty kick.
- Uses offensive, insulting or abusive language.
- Receives a second caution in the same match.

LAW 13: 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.

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. A goal can be scored only if the ball 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 into the team's own goal, a corner kick is awarded to the opposing team.

Position of Free Kick inside the Penalty Area

Direct or indirect free kick to the defending team:

- All opponents are the required distance from the ball (U12 and U14: 10 yards; U10: 8 yards).
- 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 the required distance from the ball (U12 and U14: 10 yards; U10: 8 yards) 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.

Free Kick Outside the Penalty Area

- All opponents are the required distance from the ball (U12 and U14: 10 yards; U10: 8 yards).
- The ball is in play when it is kicked and moves.
- The free kick is taken from the place where the infringement occurred.
- Direct free kicks are those that can be scored directly against an opponent.
- In-direct free kicks must be played (touched) by any other player on the field before a goal can be scored.
- The Referee signals an indirect free kick by raising one arm in the air until the ball has been touched by a second player.
- All opposing players must be 10 yards from the spot of the free kick.

For U6 and U8 – all kicks are considered indirect free kicks. There are no penalty kicks at these age groups.

Law 14: Penalty Kick

A penalty kick is awarded against a team which commits one of the ten offences for which 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 or at the end of periods of extra time.

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 keeper may move from side-to-side.
- 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 (U10: 8 yards).

The Referee

- Does not signal for a penalty kick to be taken until the players have taken up position in accordance with the Laws of the Game.
- Decides when a penalty kick has been completed.

Procedure

- The player taking the penalty kicks the ball forward.
- He/She 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.

For U6 and U8 – all kicks are considered indirect free kicks. There are no penalty kicks at these age groups.

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 can be taken by the goalkeeper.

A throw-in is awarded:

- When the whole of the ball passes over the touchline, either on the ground or in the air
- From the point where it crossed the touchline
- 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 touchline or on the ground outside the touchline
- Uses both hands
- Delivers the ball from behind and over his head.

The thrower may not touch the ball again until it has touched another player. All opponents must stand no less than two yards from the point where the throw-in is taken. The ball is in play immediately when it enters the field of play.

Infringements/Sanctions

If, after the ball is in play, the thrower 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 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

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.

If a player makes an illegal throw-in, the opposing team is awarded a throw-in from the same spot.

- If a U10 player makes an illegal throw-in, the referee may, at his or her discretion, give the player a second opportunity to make a legal throw-in.

LAW 16: The Goal Kick

A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team. A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored 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 must remain outside the penalty area until the ball is in play. The kicker may not play the ball a second time until it has touched another player.

- The ball is in play when it is kicked directly beyond the penalty area.

Infringements/Sanctions

If the ball is not kicked directly into play beyond the penalty area:

- The kick is retaken.

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.
- 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 kicker 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.

Infringements/Sanctions

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.

For any other infringement of this Law:

- The throw-in is taken by a player of the opposing team.

Questions?

For questions regarding any of the above rules, please contact AYSA at:

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