

2023



# **Red River Recreational Soccer Association (RRRSA)**

**RULES OF THE GAME  
(REFEREE COPY)**

# Referee Rule Book

*The emphasis should be on fun and skill development.*

## 1. The Field of Play

Official soccer fields must be rectangular and marked with boundaries called goal lines, touch lines, halfway lines, a center mark (circle), and a corner mark.

**Touch lines:** the longer lines (lengthwise) or "sides" of the field

**Goal lines:** the shorter lines along the goal-line or "end" of the field

**Halfway line:** divides the middle of the field in half.

**Center mark:** a circle that intersects the halfway line in the middle of the field.

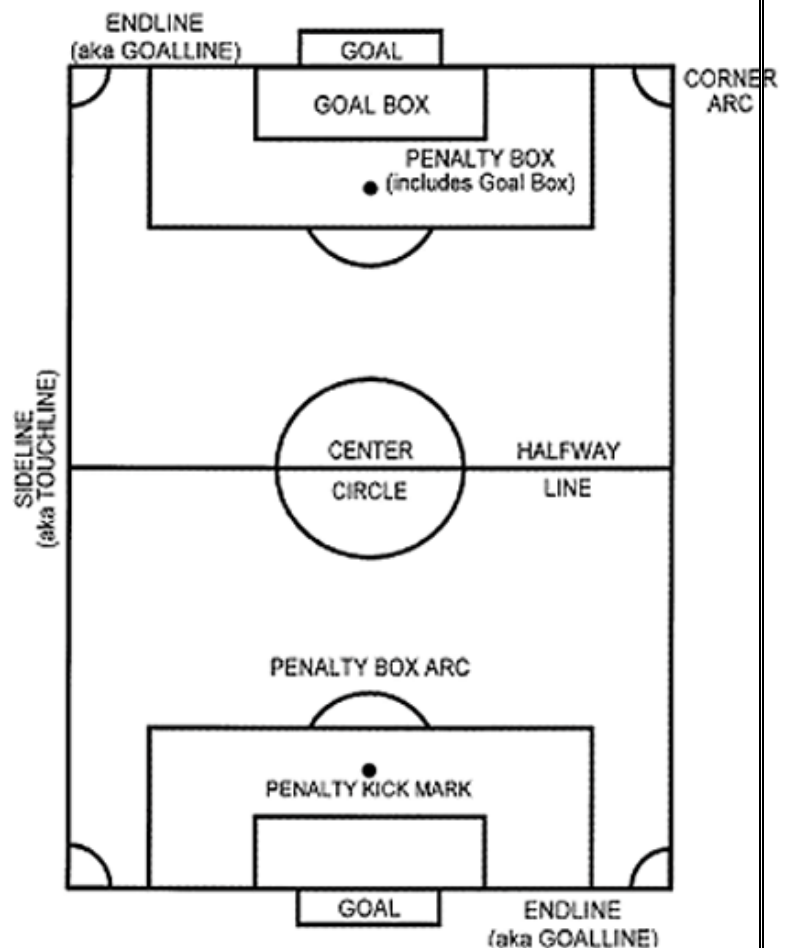
**Corner arc:** arcs in the right angle formed from the intersecting touch lines and goal lines. Corners are marked with flag posts.

**The goal area/box:** lines extend from the goal posts to form a rectangular goal area,

**Penalty area/box:** a larger penalty area is created around the goal box. This is where goal kicks are taken.

- **The entire penalty area including the goal box,** is where the goalkeeper can use their hands.

**The goal:** Goals are made of a crossbar and goal posts. Goal posts must sit on the white lines.



*PHOTO Credit: [https://www.soccerhelp.com/Soccer\\_Field\\_Diagram.shtml](https://www.soccerhelp.com/Soccer_Field_Diagram.shtml)*



## 2. The Ball

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All soccer balls must be:

- spherical
- made of leather or other suitable material
- proper size for the age category
- The ball circumference between 68 cm (27 inches) and 70 cm (28 inches)
- Ball pressure is recommended (by IFAB) to equal 0.6-1.1 atmosphere at sea level (8.5lbs/sq. in – 15.6lbs/sq in)

### Rules for younger players:

Soccer balls come in 3 different sizes: 3, 4, & 5. The ball size is shown on the ball.

**8U:** Size 3

**10U:** Size 4

**12U, 15U, 18U:** Size 5



## 3. Number of Players

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- All soccer players must be members in good standing with their home soccer association and the Red River Recreational Soccer Association.
- Maximum number of Players is 11 players on each team, including a goalkeeper.
- Minimum 7 players.
  - The referee cannot start or continue a game if either team has less than 7 players.
  - Players must arrive before the start of the second half to be allowed to play.
- Coaches must strive to have all players participate for an equal amount of playing time.

### Substitutions

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- Substitutions may only enter at the halfway line, upon the referee's approval, and after the player being subbed out has left the pitch.
- The goalkeeper may be substituted with anyone on the pitch or any eligible substitute on the bench during a game stoppage.
- All players on a team must participate for an equal amount of total playing time except in co-ed if gender specific rules apply.
- Unlimited substitution and in the following occurrence:
  - **Only** during a stoppage in play **AND** on the **signal** of the referee.
  - Substitutions are to be initiated by the team with ball possession at the time of stoppage in play or by any team during an extended stoppage.
    - i.e.- Ball in parking lot, a goal is scored, or injury.
  - Once initiated - either team may then ask for substitution.
  - **Substitutions are only allowed after the referee allows it.**

### Changing the goalkeeper

- Any of the players may change places with the goalkeeper if:
  - the referee is informed before the change is made.
  - the change is made during a stoppage in play (ideally goalkeepers are changed at halftime)

- All substituted players and substitutes are subject to the referee's authority whether they play or not.
- If a referee becomes aware of extra players on the field, play will be halted without loss of advantage to the non-offending team.
  - A **yellow card** will be issued to the coach in cases of repeated offence.
- If a goal is scored by a team having too many players on the field of play, the goal shall be disallowed, and a yellow card shall be issued to the offending coach.
  - A **yellow card** will be issued to the coach in cases of repeated offence.
- No substitutions shall be allowed within **the last two (2) minutes of a half**.
  - Substitution shall be permitted during the last two minutes if there is an injury to one of the players on the field.



## 4. The Players Equipment

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Player's equipment will be inspected before the start of the game.

- A player must not use equipment or wear anything that is dangerous to themselves or another player.
- For safety reasons:
  - All items of jewelry (necklaces, rings, bracelets, earrings, leather bands, rubber bands etc.) must be removed.
  - Caps and hats are NOT to be worn by players during play.
  - Goalkeepers may be allowed to wear a hat with a soft brim only.
- Taping of soft string bracelets (i.e., Friendship bracelets) that would have to be cut off is allowed.

### Compulsory Equipment

- A shirt with sleeves
- Socks
- Shin guards made of suitable material to provide reasonable protection (covered entirely by socks)
- Shorts (NO button, NO zippers, NO loose Strings)
- Suitable outdoor footwear (cleats/boots **cannot** be fitted with metal studs)
- Goalkeeper must wear different color jersey than all other players and referees.
- Goalkeepers may wear tracksuit bottoms.
- Sweatshirt/long sleeve shirts may be worn UNDER a player's jersey, and if possible the same colour as the jersey.
  - Hoodies are NOT recommended, but if worn must be tucked inside the jersey.
- **If a player leaves the field to correct equipment, they must be checked by the referee before reentering the field of play.**

### Hard Cast

- **Rigid/Hard Casts are not allowed to be worn in any game.**
- Soft (Neoprene) Casts are allowed.

**It is at the referee's discretion to decide if the cast, brace, or equipment is potentially dangerous to themselves or another player.**



## 5. The Referee & Assistant Referees

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All referees officiate to the best of their ability within the “spirit of the game”, safety and fair play as a guiding principle.

- **Referees shall not be criticized, abused, or defamed by any participants or spectators.**
- The league will supply the referees.
- ***Assistant linesmen will assist referees with offside calls, parent volunteers may be used if they are qualified.***
- Enforces the Rules of the Game
- Controls the game in cooperation with the other assistant referees where applicable.
- Acts as timekeeper, keeps a record of the game and provides a game report, including information on disciplinary action and any other incidents that occurred before, during or after the game to the appropriate authority.
- Supervises and/or indicates the restart of play.
- The Referee’s decision is final (the referee may not change a decision on realizing that it is incorrect if play has restarted).

### **Advantage**

- Allows play to continue when an offence occurs and the non-offending team will benefit from the advantage, and calls/penalizes the offence if the advantage does not take place at that time or within a few seconds.
- Takes disciplinary action against players guilty of technical offences, cautionable and sending-off offences. Does not have to act immediately but can wait until the ball next goes out of play.
- *Within reason* provide direction and clarification regarding infractions to players as needed during the game.

### **Note to Coaches and Spectators:**

#### **Our match officials**

- Are human, are **all** still learning, and do it part-time.
- Referee because they love the game of soccer.
- Attend education sessions, read the rulebook, and stay up to date on the Rules of the Game
- **Work hard** so that **all** can **play**.
  
- Both team benches are to be situated on the same side of the playing field. Coaches are confined to the area of the player bench and are not allowed across center during the game unless they are assisting an injured player.
  
- All spectators are to be situated on the opposite side of the field from player benches. Referees will delay the start of the match for compliance. Coaches are responsible for this rule to be enforced.
  
- Players, Coaches, Parents, and spectators must remain 2 m back from the sideline.

- All complaints about referees, coaches, players etc. are to be directed to local area representatives, who then may bring them to the Red River Recreational Soccer League committee for discussions and ruling if necessary.
- In the case that the referee does not show up for a match it is up to the coaches to agree on a parent/spectator to be the referee for that match. The Home Coach should contact the Referee Coordinator to locate an alternate referee ASAP. If nobody can be found within 15 minutes of the intended start time, each coach is to referee 1/2 of the game unless it is agreed that one referees the whole game.

## 6. LINESMAN/ASSISTANT Referee

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- ***Assistant linesmen will assist referees with offside calls, parent volunteers may be used if they are qualified.***
- The home team shall appoint both linesmen whose duty it is to indicate when the whole ball has passed out of the area of play and assist in determining possession of the restart. ***The game is not to start until the linesmen are determined.***



## ZERO TOLERANCE

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Red River Soccer Association will be instituting the 'Purple Shirt Campaign' for League Referees with the 2023 season. A referee wearing a purple shirt or arm band:

- signifies that the referee is new and gaining experience.
- shall be afforded additional levels of support by coaches, players and spectators recognizing their inexperience and should not be coerced or dissuaded in any officiating duties/decisions.
- may seek counsel regarding officiating decisions from any source they deem appropriate (mentors, coaches, or spectators, as applicable) regardless of the impact to the game.
  - (Remember, the referee is learning too)
- shall be given the benefit of the doubt in all disagreements.
- shall not be chastised or corrected for any officiating errors, perceived or actual.
- have the right to abandon a match if he/she deems that an unacceptable level of harassment or abuse has occurred towards him/her.
- The referee will be awarded the benefit of the doubt that the harassment or abuse DID occur and will not have to prove their reason for abandoning the game to anyone, including the association executive.

**\*\*Any level of Harassment or Abuse will not be tolerated at referees, officials, or players, any incident will be recorded on the game sheet and submitted for RRSA committee to review for possible further sanctions and disciplinary actions\*\***

**\*\*In-game action can include verbal warning, yellow card or red card as determined necessary by the Referee\*\***



## 7. The Duration of the Game

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A game consists of 2 equal halves.

**2023 Red River Recreational Soccer Association:  
Rules of the Game (Referee Copy)**

May only be reduced if mutually agreed upon by both teams and the referee prior to the start of the game.

- Halftime interval must not exceed 5 minutes.
- The extra time corresponds with the referee's determination of time taken up due to substitutions and injuries.

**Age Groups Times:**

**U6:** 25-minute practice, 30-minute game: 2 X 15-minute halves, 5-minute halftime **U8:** 50-minute game: 2 X 25-minute halves, 5-minute halftime **U10:** 2 X 25-minute halves, 5-minute halftime

**U12:** 2 X 25-minute halves, 5-minute halftime

**U15:** 2 X 25-minute halves, 5-minute halftime

**U18:** 2 x halves, 5- minute halftime

- Each half is equal in length (30-, 35- or 45-minute halves, time decided by league policy each season)

## **WEATHER**

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- Only if lightning, high winds, or hail occur should a game be suspended.
  - **Games will be played in light rain.** If weather conditions suspend play, the home team shall reschedule the game at both teams' earliest convenience. (Rule of thumb-count seconds between lightning flash and thunderclap-5 second per mile away)
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Any cancellations or rescheduling due to weather, or for any other reason:

**HOME coach** must contact the appropriate Referee Coordinator:

**STONEWALL: Leah Mitchell (204) 791-8965**

**SELKIRK: Jill VOLK (204)485-1805**



## **8. Start and Restart of Play**

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**Kick-off:**

- starts both halves of the game.
- After a goal is scored

**Procedure:**

- Winner of coin toss decides if they want the ball or choose side to start game.
  - If coin toss winner chooses ball they will kick off 1st half, Visitor team chooses side to start. - If the Home team chooses side, the Visitor team will kick off 1st half.
- For the 2<sup>nd</sup> half:
  - Teams change sides, attack the opposite goals in the 2nd half of match.
  - The opposite team kick off with the ball in the 2nd half.

- After a team scores a goal, a kick-off is taken by the other team.

For Every Kick-off:

- All players must be in their own half of the field except the player taking the kick-off.
- Opponents of the team taking the kick-off must be outside the center circle (30 feet from the ball)
- Ball must be stationary on the center mark.
- The referee gives a signal.
- The ball is in play when it is kicked and clearly moves.
- A goal can be scored directly off a kick-off for 12U, 15U, 18U.
  - If the ball enters the kicker's goal – a corner kick is awarded to the opponent.

#### Offences and Sanctions

- An indirect Free kick is awarded to the opposing team if the kicker touches the ball again before it is touched by another player (double touch)
- The kick-off is retaken for all other infringements at kick-off.



### Dropped Ball

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#### Procedure

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
  - the ball was in the penalty area or
  - the last touch of the ball was in the penalty area.
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent, or a match official.
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play.
- The ball is in play when it touches the ground.

#### Offences and sanctions

The ball is dropped again if it:

- touches a player before it touches the ground.
- leaves the field of play after it touches the ground, without touching a player.

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal kick if it enters the opponents' goal.
- a corner kick if it enters the team's goal.





## 9. The Ball In and Out of Play

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### Ball out of play

The ball is out of play when:

- it has wholly passed over the goal line or touchline on the ground or in the air.
- play has been stopped by the referee.
- it touches a match official, remains on the field of play and:
  - a team starts a promising attack or
  - the ball goes directly into the goal or
  - the team in possession of the ball changes

In all these cases, play is restarted with a dropped ball.

### Ball in play

The ball is in play at all other times:

- When it touches a match official and remains on the field of play
- When it rebounds off a goalpost, crossbar or corner flag post and remains on the field of play.



## 10. Methods of Scoring

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- 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 offence has been committed by the team scoring the goal.
- If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded.
- U10 and up divisions, there is no safety goal crease. Players can shoot and score from any range, including in the 6-yard box. **Once goalkeeper touches the ball, do not challenge the goalkeeper within.**

Winning Team

- The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is drawn.
- When competition rules require a winning team, follow the competition rule book provided by that competition event.



## 11. Offside

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NOTE:

- The Offside rule applies to 12U, 15U, U18 age groups.
- There is **NO** Offside rule in U10 and under.

Offside position - It is not an offence to be in an offside position.

A player is in an offside position if:

- any part of the head, body or feet is in the opponents' half (excluding the halfway line) and
- any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.
- The hands and arms of all players, including the goalkeepers, are not considered.

A player is not in an offside position if level with the:

- second-last opponent or
- last two opponents

## Offside offence

A player in an offside position at the moment the ball is played or touched by a team-mate and is only penalized on **becoming involved in active play by:**

- interfering with play by playing or touching a ball passed or touched by a team-mate or
- interfering with an opponent by:
  - preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or
  - challenging an opponent for the ball or
  - clearly attempting to play a ball which is close when this action impacts on an opponent or
  - making an obvious action which clearly impacts on the ability of an opponent to play the ball.

## No offence

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

- a goal kick.
- a throw-in
- a corner kick.

## Offences and sanctions

If an offside offence occurs, the referee awards an indirect free kick where the offence occurred.



## 12. Fouls and Misconduct

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**Direct and Indirect Free kicks are only awarded for offences committed when the ball is *in play*.**

### 12.1 DIRECT FREE KICKS

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A **direct free kick** means that the kick can be taken as a direct shot on goal.

**A Direct free kick** is awarded to the opposing team if a player commits any of the following offences in a manner considered by **the referee to be careless, reckless, or using excessive force against an opponent:**

- Charges,
- Jumps at,
- Kicks or attempts to kick,
- Trips or attempts to trip,
- Strikes or attempts to strike,

- Pushes,
- Tackles,

**A Direct free kick is also awarded to the opposing team if a player commits any of the following 5 offences:**

- Holds an opponent,
- Impedes an opponent with contact,
- Bites or spits at an opponent, on the team lists or a referee/assistant referee,
- Handling the ball deliberately (except goalkeeper) within own penalty area,
- throws an object at the ball, opponent or match official or Contacts the ball with a held object.



## Handling the Ball

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit.

It is an offence if a player:

- Deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball,
- After the ball has touched their or a team-mate's hand/arm, even if accidental, and immediately leads to a goal or creates a goal-scoring opportunity,
- It is an offence if a player touches the ball with their hand/arm when:
  - Touches the ball when the hand/arm has made their body unnaturally bigger,
  - The hand/arm is above/beyond their shoulder level (unless the player deliberately plays the ball which then touches their hand/arm).

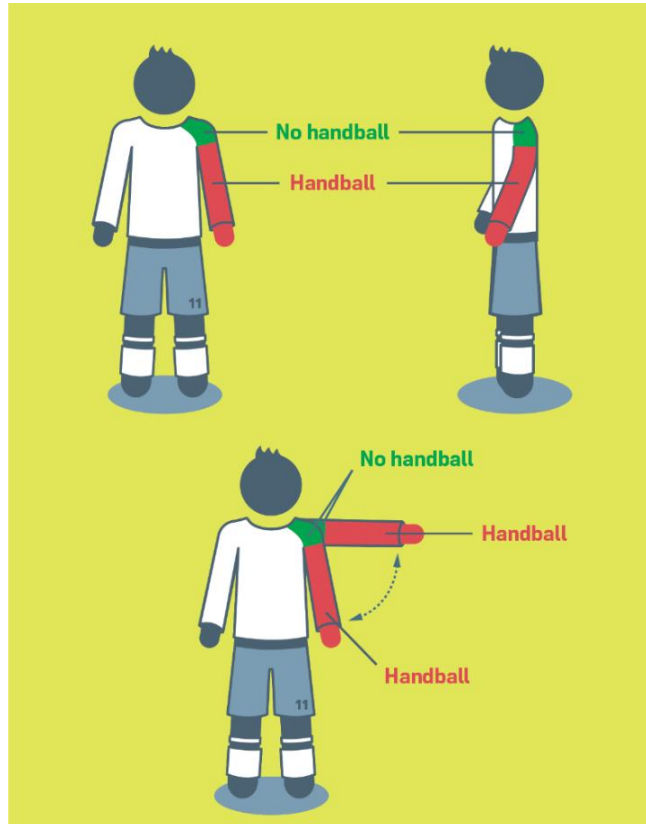


Photo Credit: International  
Football Association Board (IFAB)

**In determining whether a player deliberately handled the ball, the referee must consider the following:**

1. Movement of the ***hand towards the ball*** (not the ball towards the hand)
2. Distance between the opponent and the ball
3. Position of the hand/arm ('natural' position versus 'unnatural' position) does not necessarily mean that there is an infringement.
4. All handball offences will be at the Referee's discretion based on these rules.

### **Example: Player protecting themselves**

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**NO Handball:** If a player has their arms directly on the chest (for protection, ball is kicked and touches their arms, but **player DOES NOT move their arms**).

**HANDBALL:** If the player protecting their chest, the ball is kicked, touches their arms, and **player MOVES their arms toward the ball**.

## **12.2 INDIRECT FREE KICK**

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An **indirect free kick** means that someone else must touch the ball before it can be taken as a shot on goal.

Indirect Free Kicks are awarded to the opposing team if in the opinion of the referee, a player:

- Plays in a dangerous manner,
- Impedes the progress of an opponent,
- Is guilty of dissent, using offensive, insulting, or abusive language and/or gestures or other verbal offences,
- Prevents the goalkeeper from releasing the ball from their hands,

**An Indirect free kick is awarded to the opposing team if the goalkeeper, inside their own penalty area, commits one of the following offences:**

- controls the ball with the hand/arm for more than six seconds before releasing it,
- touches the ball with the hand/arm after releasing it and before it has touched another player,
- touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after:
  - it has been deliberately kicked to the goalkeeper by a team-mate,
  - receiving it directly from a throw-in taken by a team-mate.

A goalkeeper is in control of the ball with the hand(s) when:

- the ball is between the hands or
- between the hand and any surface (e.g., ground, own body) or
- by touching it with any part of the hands or arms except if the ball rebounds from the goalkeeper or the goalkeeper has made a save

- holding the ball in the outstretched open hand
- bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

- The goalkeeper is permitted to bring the ball back into the box (penalty area) using their feet and pick it up with their hands **IF** the opposition last touches the ball.



## Disciplinary (Cards)

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### **Careless:** (*Accidental, carelessness, or due to player's incoordination*)

The player has shown a lack of attention or consideration when making the challenge or that he/she acted without precaution:

- no further disciplinary sanction is needed if a foul is judged to be careless.
- First and second offence:
  - will be a free kick WITH a verbal warning for each offence.
- 3rd offence:
  - **Yellow card** (persistent foul ruling) (player number and team noted by referee)
- 4th offence:
  - **2nd yellow** proceeded by a RED card (due to 2 x yellow card)
  - Player is sent off and leave the field immediately before the game is restarted.
  - Team plays with 1 less player for the rest of the game.

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### **Reckless:** (*Intentional, extreme carelessness, recklessness*)

The player has acted with complete ***disregard of the danger to, or consequences for their opponent:***

- a player who plays in a reckless manner shall be CAUTIONED (shown a **Yellow Card**)

#### **First offence:**

- YELLOW card (player number and team noted by referee)

#### **Second offence:**

- **2nd yellow** proceeded by a RED card (due to 2 x yellow card)
- Players are sent off and leave the field immediately before the game is restarted.
- Team plays with 1 less player for the rest of the game.

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### **Using excessive force:** (*Extreme aggression, intentional, excessive force, and dangerous play*)

The player has **exceeded the necessary use of force and is in danger of injuring an opponent:**

- a player who uses excessive force shall be **sent off – Shown a RED CARD**

**First offense: RED CARD**

- RED card (due to 2 x yellow card)
- Player is sent off and leave the field immediately before the game is restarted.
- Team plays with 1 less player for the rest of the game.



**RED Cards- POST Game Procedure:**

If a red card is shown by a Referee:

- a report including player #, team and details of the incident are to be recorded and provided to the league committee.
- Straight red cards will be reviewed by the *league disciplinary committee for potential further suspensions or disciplinary action.*

**\*Red cards at U10-** As referees we try to mentor U10 to prevent fouls and misconducts. Using our voice and guidance as our first step to prevent injury and maintain safety and fair play.

However- if a 10U player commits a **Sending OFF** offence and a **RED card** is required the following applies:

- *The offending team does not play with 1 player down for the rest of the game; the red carded player can be replaced.*
- *At the Referees discretion, if an offending U10 team and its players are abusing this rule, the Referee can remove a player from the offending team if a 2<sup>nd</sup> player is red carded.*



**Spitting**

**Spitting at or on another player, team official or referee is an automatic RED CARD.**



- Player is sent off and leave the field immediately before the game is restarted.
- Team plays with 1 less player for the rest of the game.

Spitting downwards (not intentionally at a player, team official or referee) is a **Yellow Card** offence (player number and team noted by referee).



**13. FREE KICK PROCEDURE**

Direct and Indirect kicks will be signaled by the referee.

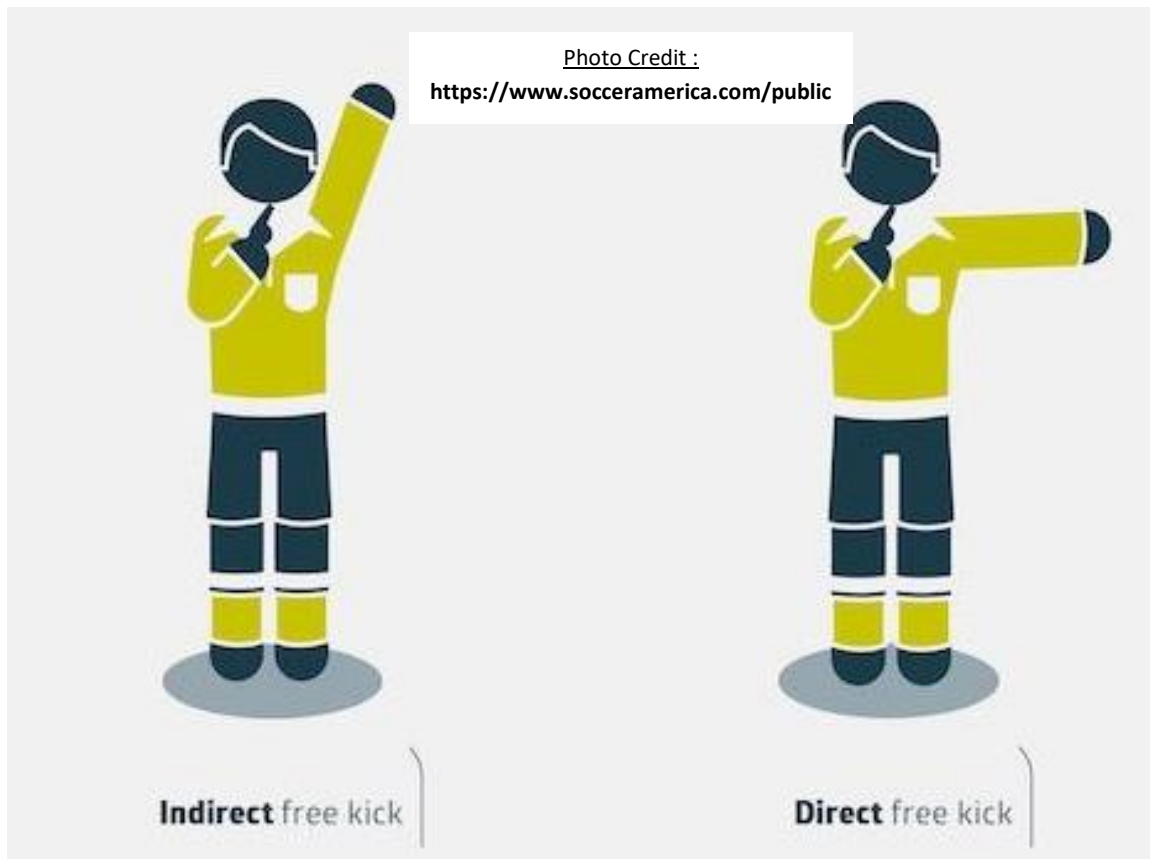
**Indirect free kick signal**

The referee indicates an indirect free kick by raising the arm above the head.

Referee must keep their arm raised until the

- kick has been taken **and**
- the ball touches another player or
- goes out of play or
- a goal cannot be scored directly.

An indirect free kick is retaken if the referee fails to signal that the kick is indirect, and the ball is kicked directly into the goal.



### **Ball enters the goal:**

- Direct free kick is kicked directly into the opponents' goal = **a goal awarded**
- Indirect free kick is kicked directly into the opponents' goal = **goal kick awarded**
- Direct or Indirect free kick is kicked directly into the team's **own goal** = **corner kick awarded**

### **EXCEPTIONS:**

- A free kick is taken from the place the offence occurred EXCEPT:
  - indirect free kicks to the attacking team for an offence inside the opponents' goal area
    - taken from the nearest point on the goal area line (6-yard line) which runs parallel to the goal line.
  - Free kick to the defending team in their own goal area
    - Can be taken from anywhere in that area.
- If a free kick is kicked into the player's own goal, a corner kick is awarded to the opposing team.

- If the kicker touches the ball again before it is touched by another player an indirect free kick is awarded to the opposing team
- All opponents:
  - Must be at least 9.15m (10 yd) from the ball (unless they stand on their own goal line between the goal posts)
  - outside the penalty area for free kicks inside the opponents' penalty area
- Ball must be stationary,
- The ball is in play when it is kicked and clearly moves.

**Retake free kick if:**

- opponent is closer than 9.1m (10yd) and no advantage.



## 14. Penalty Kick

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A penalty kick is awarded if a player commits a direct free kick offence inside their penalty area or off the field as part of play as outlined in Fouls and Misconducts Section.

- A goal may be scored directly from a penalty kick.
- Penalty kick is taken from the Penalty Mark
- Player taking penalty kick must be clearly identified.

**Goalkeeper:** required to have at least one foot on the line, facing kicker, between goalposts until ball has been kicked.

**All other players:**

- outside the penalty area and penalty arc,
- behind the penalty mark
- inside the field of play
- at least 10 yd from the penalty mark

### Procedure:

When all players are in their positions as per above,

- Referee signals for penalty kick to be taken,
- The penalty kick must be kicked forward **and** is in play when it is kicked forward and clearly moves.
- The player taking the penalty kick cannot touch the ball again until it has touched another player.
- The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.



## **Offences and Sanctions with Penalty Kicks (adopted from IFAB)**

**If, before the ball is in play, one of the following occurs:**

- **the player taking the penalty kick, or a team-mate offends:**
    - if the ball enters the goal = *the kick is retaken*
    - if the ball does not enter the goal = referee stops play and restarts with an indirect free kick to the non-offending team
- Except for the following when play will be stopped and restarted with an indirect free kick, regardless of whether a goal is scored:
- a penalty kick is kicked backwards,
  - a team-mate of the identified kicker takes the kick; the referee cautions the player who took the kick. Or
  - feinting to kick the ball once the kicker has completed the run-up (feinting in the run-up is permitted); the referee cautions the kicker.
- **the goalkeeper offends:**
    - if the ball enters the goal = a goal is awarded
    - if the ball misses the goal or rebounds from the crossbar or goalpost(s) =
      - the kick is only retaken if the goalkeeper's offence clearly impacted on the kicker,

If the goalkeeper's offence results in the kick being retaken, the goalkeeper is warned for the first offence in the game and cautioned for any subsequent offence(s) in the game.

- **a team-mate of the goalkeeper offends:**
  - if the ball enters the goal = a goal is awarded
  - if the ball does not enter the goal = the kick is retaken
- a player of both teams offends = the kick is retaken unless a player commits a more serious offence (e.g., 'illegal' feinting)
- **both the goalkeeper and the kicker** commit an offence at the same time
  - the kicker is cautioned and the play restarts with an indirect free kick to the defending team.

**If, after the penalty kick has been taken:**

- **the kicker touches the ball again before it has touched another player:**
  - an indirect free kick (or direct free kick for a handball offence) is awarded.
- **the ball is touched by an outside agent as it moves forward:**
  - the kick is retaken unless the ball is going into the goal and the interference does not prevent the goalkeeper or a defending player playing the ball, in which case the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the interference was by the attacking team.
- **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 position where it touched the outside agent.



*PHOTO Credit: [https://www.soccerhelp.com/Soccer\\_Field\\_Diagram.shtml](https://www.soccerhelp.com/Soccer_Field_Diagram.shtml)*



## 15. The Throw In

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air.

**A goal cannot be scored directly from a throw-in:**

- if the ball enters the opponents' goal = a goal kick is awarded
- if the ball enters the thrower's goal = a corner kick is awarded

### Procedure

At the moment of delivering the ball, the thrower must:

- stand facing the field of play.
- have part of each foot on the touchline or on the ground outside the touchline
- throw the ball with both hands from behind and over the head from the point where it left the field of play.

All opponents must stand at least 2 m (6ft) from the point on the touchline where the throw-in is to be taken.

- The thrower must not touch the ball again until it has touched another player.
- The ball is in play when it enters the field of play.
- If the ball touches the ground before entering, the throw-in is retaken by the same team from the same position.
- If the throw-in is not taken correctly it is retaken by the opposing team.

**Age Groups Throw-in attempts:**

**U6/U8:** Mini Soccer at Coaches discretion

**10U:** Up to 3 attempts at referee's discretion

**12U:** Up to 2 attempts at referee's discretion

**15U, 18U:** 1 attempt



## 16. The Goal Kick

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A goal kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.

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

- If the ball directly enters the kicker's goal = a corner kick is awarded to the opponents.

**Procedure:**

- Ball must be stationary.
- Ball can be kicked from anywhere within the goal area by a player on the defending team.
- Ball is in play when it is kicked and clearly moves (does not have to leave the penalty area)
- Opponents must be outside the penalty area until the ball is in play.
  - If opponents enter the penalty area before the ball is in play, challenges or touches the ball, the goal kick is retaken.
- U10 and up divisions, there is no safety goal crease. Players can shoot and score from any range, including in the 6-yard box.
- **Once the goalkeeper touches the ball, do not challenge the goalkeeper within.**
- For goal kicks (after ball goes out of play behind touch line) the ball does NOT have to clear the penalty area before a teammate can touch it. Teammates are permitted inside the box and can be passed to. Opposition can attack from outside the box as soon as the ball is first touched.



## 17. The Corner Kick

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A corner kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of **the defending team**, and a goal is not scored.

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

- if the ball directly enters **the kicker's goal** = a corner kick is awarded to the opponents.

**Procedure:**

- The ball must be placed in the corner area.
- The ball must be stationary and is kicked by a player of the attacking team.
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area.
- The corner flag post must not be moved.
- Opponents must remain at least 9.15 m (30ft) from the corner arc until the ball is in play.

An Indirect Free kick is awarded to the opposing team if the kicker touches the ball again before it is touched by another player.



## 18. Blood Policy

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- The player notifies the referee, leaves the field of play, and is attended to by team officials to stop bleeding.
- Each team should have gloves and sanitizing supplies.
- If a player leaves the field due to bleeding and the injury is treated, bleeding has stopped and the wound is securely covered, the player must be checked by the referee before re-entering the field of play. The player cannot reenter the field with blood on clothing or equipment.

**APPENDIX A: FAQ**  
**FREE KICKS (Adopted FROM IFAB Laws of the Game)**

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***A defender takes a direct free kick and passes the ball back to the goalkeeper. The goalkeeper fails to kick the ball and does not touch it. After that, the ball enters the goal. What is the correct decision?***

- If a free kick is kicked directly into the team's own goal, the referee awards a corner kick to the opposing team.

***A player takes an indirect free kick. The ball enters the opponents' goal without touching any other player. What is the correct decision?***

- A goal kick is awarded to the defending team because a goal cannot be scored directly from an indirect free kick i.e., without the ball touching another player (of either team).

***When a free kick is taken, a defending player lies or kneels on the ground behind a wall formed by other defending team players. What is the correct decision?***

- The referee allows play to continue as no offence is committed.

***An attacker (Team A) kicks the ball when it is between Team B goalkeeper's hand and the ground (inside Team B's goal area). What is the correct decision?***

- The goalkeeper is in control of the ball so cannot be challenged. The referee awards a direct free kick to Team B to be taken from anywhere in the goal area. Any disciplinary sanction will depend on whether the challenge was careless (no sanction/warning), reckless (caution/yellow card) or using excessive force (sending-off/red card).

***The referee stops play and cautions a player who committed a reckless challenge. The offending player shows dissent from this decision. What action does the referee take?***  
***An attacker (Team A) challenges the goalkeeper (Team B) when he/she is standing within their own penalty area and the ball is between the goalkeeper's hands. The attacker kicks the goalkeeper and prevents him/her from releasing the ball. What is the correct decision?***

The referee awards a direct free kick to Team B which will be taken:

- from anywhere in the goalkeeper's goal area – if the offence occurred in that area
- from the place where the offence occurred – if it occurred outside the goal area.

This is not a cautionable (yellow card) offence unless the challenge is reckless or stops a promising attack.

***A player takes a free kick. After the ball is in play, the player kicks the ball again before it has touched another player. What is the correct decision?***

- An indirect free kick is awarded to the opposing team.

***While a free kick is taken by Team A, an opponent (Team B) is closer to the ball than the required distance. A player (Team A) deliberately kicks the ball at an opponent to play the ball again. What is the correct decision?***

- Play continues - it is not an offence unless the ball was kicked in a careless or reckless manner or using excessive force, in which event a direct free kick is awarded to Team B and Team A player sanctioned accordingly.

***The referee awards a free kick, but an opponent prevents the free kick being taken quickly. What is the referee's decision?***

- The offending player must be cautioned (yellow card) for delaying the restart of play.

***Under pressure from an attacking team player, a defender deliberately kicks the ball to the goalkeeper. However, because the ball will go into the goal, the goalkeeper handles the ball inside the goal area to prevent a goal. What is the referee's decision?***

- An indirect free kick is awarded to the attacking team which is taken from the nearest point on the goal area line which runs parallel to the goal line.
- There is no disciplinary sanction for the goalkeeper.

***A player took a free kick quickly, which was intercepted by an opponent who was less than 9.15 m (the required distance) away. What is the referee's decision?***

- Allow play to continue as the player took a risk (to gain an advantage) by taking the free kick when an opponent was still within 9.15 m.

***An attacking player is fouled outside the penalty area but falls into the penalty area. How is play restarted?***

- Offences are penalized at the point on the field where the offence occurred so a foul outside the penalty area is a free kick offence even if the player falls into the penalty area.

***A defending team player takes a free kick and kicks the ball accidentally into his/her team's own goal. How is play restarted?***

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

## APPENDIX B: FAQ

### Ball in and Out of Play- Touches Referee (Adopted From IFAB)

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***After a goal kick has been taken by the goalkeeper, the ball touches the referee outside the penalty area, remains on the field of play and bounces back towards the goal. The goalkeeper handles the ball to prevent it from entering the goal. What is the correct decision?***

- The referee stops play and awards a dropped ball to the goalkeeper's team at the point where the ball touched the referee.

***Is the ball in play if it rebounds off an assistant referee?***

- The ball is out of play when it touches a match official, remains on the field of play and:
  1. a team starts a promising attack or
  2. the ball goes directly into the goal or
  3. the team in possession of the ball changes
- The ball is in play at all other times when it touches a match official and has not wholly passed over the goal line or touchline.

***A ball touches a match official (outside the penalty area), remains on the field of play and the team in possession of the ball changes. What is the referee's decision?***

- Play is stopped, restarted with a dropped ball for the team that last touched the ball (before it touched the match official) at the point where it touched the match official.

***A player kicks the ball that hits the referee and leaves the field by the goal line/by the touchline. How is play restarted?***

- A goal kick/a throw-in is awarded to the opponents because play restarts as if the ball has not hit/touched the referee. A dropped ball is only when the ball touches a match official, remains on the field of play and
  1. a team starts a promising attack or
  2. the ball goes directly into the goal or
  3. the team in possession changes.

***After a goal kick has been taken by Team A, the ball touches the referee outside the penalty area, remains on the field and the opponents (Team B) gain possession of the ball. The referee stops play and awards a dropped ball to Team A. Where should the referee drop the ball?***

- The dropped ball is at the point where it touched the referee.

***A player (Team A) plays the ball which then touches the referee (outside the penalty area), remains on the field of play and, as a result, Team A starts a promising attack. What is the referee's decision?***

- Play is stopped, the referee drops the ball for one player of Team A at the position where the ball touched the referee.

***A player plays the ball which then touches the referee (inside the penalty area), remains on the field of play, and goes directly into the goal. What is the referee's decision?***

- The goal is disallowed and play restarts with a dropped ball for the defending team goalkeeper in their penalty area.

***A player (Team A) takes the throw-in. After the ball is in play, it hits the referee and leaves the field of play by the touchline without touching any other player. How is play restarted?***

- The referee will award a throw-in to the opponents (Team B) as the rule is there is a dropped ball only when the ball remains on the field of play.



**Resources used, credited, adopted for the creation of this document:**

- *Referee Rule Book, Community Grassroots Soccer Association: Website by RAMP InterActive.*  
Available at: <https://www.cgsa.ca/content/referee-rule-book>(Accessed: April 14, 2023).
- *Laws of the Game 2022-2023, International Football Association Board (IFAB) Website available at: <https://www.theifab.com/laws/latest/about-the-laws/>(accessed June 2022)*
- **Game Rules 2022: Red River Recreational Soccer Association**