

RECREATIONAL RULES & REGULATIONS



NORTH MISSISSAUGA SC RULES & REGULATIONS

TABLE OF CONTENTS

- **U3-U4 PARENT & TOT**
- **U5-U6**
- **U7**
- **U8-U9**
- **U10-U11**
- **U12-U13**
- **U14-U18**



U3-U4 PARENT & TOT RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format:

- Game-based activities only;
- NOTE: As per Ontario Soccer Grassroots Standards, this program requires parents to be on the field with their child as they perform exercises

Player / Coach Ratio: Maximum (8:1). Parents' participation is required to assist their children with activities during the sessions.

Total Session Duration: 45 min

Maximum Goal Size: Pop-up Goals

Field Size: N/A

Ball Size: 3

Referee or Game Leader: N/A

Sideline Restarts: N/A

Offside: N/A

Retreat Line: N/A

Season Length: 10-13 Weeks

Playing Time: Informal Play (1 versus 1)

Session Style: Game-based activities + informal play

U5-U6 RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format:

- Game-based activities only;

Player / Coach Ratio: Maximum (8:1). Parents' participation is required to assist their children with activities during the sessions.

Total Session Duration: 60 min

Maximum Goal Size: Pop-up Goals

Field Size: N/A

Ball Size: 3

Referee or Game Leader: N/A

Sideline Restarts: N/A

Offside: N/A

Number of Players:

- U5 & U6 informal games are played with three (3) or four (4) players per team on the field. No goalkeepers.

Mandatory Player Equipment:

- Shin pads; soccer cleats; no jewelry permitted

Scores and Standings:

- There are no scores or standings as per Long Term Player Development guidelines

Coach Roll-Ins:

- The coaches act as facilitators who carry soccer balls during the game. When the ball leaves the field of play the coach rolls a new ball into play. This will ensure that no player is running outside of the grid chasing a ball. It will also ensure that the game flows.

Infringements:

- All infringements, such as tripping and handling the ball, shall be managed by the coach.

Retreat Line: N/A

Season Length: 10-13 Weeks

Playing Time: All players play

Session Style: Game-based activities + informal play

Game Format: Informal Play (3v3)

Player to Coach Ratio: Maximum (8:1)

Total Session Duration: 60 min

Maximum Goal Size: Pop-up Goals

Field Size: Width 18-22m, Length 25-30m

Ball Size: 3

Referee or Game Leader: N/A

Sideline Restarts: Pass in & Dribble in

Offside: No

U5-U6 RECREATIONAL PROGRAM RULES & REGULATIONS

Coach Roll-Ins:

- The coaches act as facilitators who carry soccer balls during the game. When the ball leaves the field of play the coach rolls a new ball into play. This will ensure that no player is running outside of the grid chasing a ball. It will also ensure that the game flows.

Infringements:

- All infringements, such as tripping and handling the ball, shall be managed by the coach.

Retreat Line: N/A

Season Length: 10-13 Weeks

Playing Time: All players play

Session Style: Game-based activities + informal play

Game Format: Informal Play (3v3)

Player to Coach Ratio: Maximum (8:1)

Total Session Duration: 60 min

Maximum Goal Size: Pop-up Goals

Field Size: Width 18-22m, Length 25-30m

Ball Size: 3

Referee or Game Leader: N/A

Sideline Restarts: Pass in & Dribble in

Offside: No

U7 RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format: Informal Play (3v3)

Player to Coach Ratio: Maximum (8:1)

Total Session Duration: 60 min

Maximum Goal Size: Pop-up Goals

Field Size: Width 18-22m, Length 25-30m

Ball Size: 3

Referee or Game Leader: N/A

Sideline Restarts: Pass in & Dribble in

Offside: No

Technical Coaches

- Technical Coaches have the responsibility to run soccer activities along with leading an informal game at the end of each session.
- Coaches follow session plans designed by the club's technical staff.

Numbers of Players

- Each group has eight (8) registered players
- NMSC reserves the right to over-roster depending on registration numbers
- Numbers of Players
- Games are played with 3-4 players per team
- All players play

Numbers of Players

- Technical coaches have the option to combine with another group if they have less than three (3) players in their group after 15 minutes have gone by in the practice.

Mandatory Player Equipment

- Shin pads [underneath soccer socks]
- Soccer cleats
- Club provides uniform
- NO JEWELRY PERMITTED!

Duration of the Game & Playing Time

- Session's structure: 2 game-based activities + informal soccer play (maximum of 30 minutes)
- The total session duration is 60 minutes
- Each player must receive playing time in all the positions
- Water Breaks

Ball In and Out of Play

The ball is in play:

- At all other times including when it rebounds into play from a goal post, a cross bar, or Game Leader/Technical Staff and remains in the field of play.

U7 RECREATIONAL PROGRAM RULES & REGULATIONS

Ball In and Out of Play

The ball is out of play:

- When the whole of the ball has crossed the goal line, whether on the ground or in the air.
- When the play has been stopped by the Game Leader/Technical Staff

Method of Scoring

- A goal is scored when the whole ball has crossed over the goal line, between the goal posts and under the cross-bar and all other Laws of the Game have been followed leg: no hands, etc.]
- The Game Leader/Technical Staff shall be the sole judge as to whether the goal has been scored and his/her decision will be final.
- During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The Game Leader shall restart the game by dropping the ball.
- There are no scores or standings as per the Long-Term Player Development (LTPD) guidelines set by Ontario Soccer

Pass-ins/Dribble-ins

- If the ball has crossed the touchline, the kicker can pass or dribble the ball back into play
- The ball must be stationary and placed on or behind the touchline
- The ball is in play when it enters the field of play
- Opposing players must be at least 3 meters away
- The kicker must first touch the ball into the field of play and pass the ball to a teammate before scoring. If a player scores without the ball being touched a second time, play will restart with a goal kick or corner kick.

Penalty Kicks & Offsides

- There shall be no penalty kicks or offsides awarded in the game

Retreat Line

- To allow our young players to learn and gain confidence in how to play the ball out from the back and build an attack, as opposed to the goalkeeper/last player kicking it aimlessly up the field, the concept of the retreat line has been introduced to mini soccer.
- What would happen is as follows:
- When the goalkeeper has the ball at a goal kick or after making a save, the opposing team members would "retreat" to the halfway line of the field
- Once all the opposing players have retreated to the line the goalkeeper can successfully throw or pass the ball to one of his/her teammates. No dropkicks are to be taken.
- The Game Leader should ensure the retreat line is in the correct location
- The ball is in play once it leaves the penalty area. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
 - Is touched by a player of the team releasing the ball OR,
 - Leaves the field of play OR,
 - Goes over the retreat line (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line).

U7 RECREATIONAL PROGRAM RULES & REGULATIONS

Goal Kicks/Dribble In

- A goal kick or dribble in is a method of restarting the play when the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air but not between the goalposts and under the crossbar. The ball shall be kicked into play from a point within that half of the penalty area nearest to where the ball crossed the goal line.
- At the taking of a goal kick or dribble in, all opponents shall be behind the retreat line
- If the player taking the goal kick plays or touches the ball a second time before it has been played or touched by another player, the Game Leader will allow them to retake the kick, instructing them not to touch it again before a teammate has touched it.
- If the player taking the goal kick chooses to dribble the ball in, the opposing team may begin their attack from the retreat line as soon as this player begins his/her advance up the field
- A goal may not be scored directly from a goal kick

Corner Kicks

- There will be no corner kicks in the game.
- All balls that roll's out of bounds over the goal line will be given to the defending team for a goal kick or dribble-in.
- The tactic of the defending player to kick the ball out of bounds over their own goal line should be mitigated by the coach

Season Length: 10-13 Weeks

Playing Time: Fair Time in all positions

Session Style: 2 Game-based activities + informal play (3v3 or 4v4)

U8/U9 RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format: U8-U9 games are played with either 4v4 (no GK) or 5v5 (with GK)

- **Player to Coach Ratio:** Maximum (10:1)
- **Total Session Duration:** 60 min
 - Games shall be played with two 20-minute halves.
- All games will have a half-time break of 5 minutes.
- Each player must receive equal playing time.
- Games shall be postponed only when ordered by the Game Leader
- **Maximum Goal Size:** 5ft x 8ft
- **Field Size:** Width: 25-30m, Length: 30-36m
- **Ball Size:** 3

Referee or Game Leader:

- Game Leaders [Technical Staff and/or Volunteer Coaches] will be provided.
- The responsibility of a Game Leader is to supervise and encourage the children to play the game correctly and make it a fun learning environment for young players.

Referee or Game Leader

- If a disagreement occurs regarding issues such as player equipment, coaches, etc. a Game Leader will support FIFA Law

Sideline Restarts: Pass in & Dribble in

Offside: No

Technical Coaches

- The Technical Staff is responsible for supporting and mentoring Volunteer Coaches. Technical Coaches also have the responsibility to run pre-game soccer activities along with game-leading the match.
- All Technical Coaches will provide feedback, direction, and assistance to ensure volunteer coaches are successful in their roles.

Retreat Line:

- To allow our young players to learn and gain confidence in how to play the ball out from the back and build an attack, as opposed to the goalkeeper/last player kicking it aimlessly up the field, the concept of the retreat line has been introduced.

Retreat Line:

- What would happen is as follows:
 - When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would "retreat" to the halfway line
 - Once all the opposing players have retreated to the line the goalkeeper can successfully throw or pass the ball to one of his/her teammates. No dropkicks are to be taken
- The Game Leader should ensure the retreat line is in the correct location
 - The ball is in play once it leaves the penalty area. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
 - Is touched by a player of the team releasing the ball OR,
 - Goes over the retreat line (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line).

U8/U9 RECREATIONAL PROGRAM RULES & REGULATIONS

Number of Players:

- Each team roster has a maximum of ten (10) registered players
- NMSC reserves the right to over-roster depending on registration numbers
- All players must experience and rotate through all positions

Mandatory Player Equipment:

- Shin pads (under soccer socks)
- Soccer cleats
- Club provides uniform
- NO JEWELRY PERMITTED!

Ball in and Out of Play:

The ball is in play:

- At all other times including when it rebounds into play from a goal post, a crossbar, or Game Leader and remains in the field of play.

The ball is out of play:

- When the whole of the ball has crossed the goal line, whether on the ground or in the air
- When the play has been stopped by the Game Leader

Method of Scoring:

- A goal is scored when the whole ball has crossed over the goal line, between the goal-posts and under the cross-bar and all other Laws of the Game have been followed leg: no hands, etc.
- The Game Leader shall be the sole judge as to whether the goal has been scored and his/her decision will be final.
- During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The Game Leader shall restart the game by dropping the ball
- There are no scores or standings as per Long Term Player Development (LTPD) guideline

Player Substitutions:

- Unlimited substitutions are permitted

Pass-ins/Dribble-ins:

- If the ball has crossed the touchline, the kicker can pass or dribble the ball back into play
- The ball must be stationary and placed on or behind the touchline
- The ball is in play when it enters the field of play
- Opposing players must be at least 3 meters away
- The kicker must first touch the ball into the field of play and pass the ball to a team-mate before scoring o If a player scores without the ball being touched a second time, play will restart with a goal kick or corner kick.

U8/U9 RECREATIONAL PROGRAM RULES & REGULATIONS

Indirect Free Kick:

- For any infringement of the rules when the ball is in play, the Game Leader may award a free kick to the non-offending team. The free kick shall be taken from the place where the infringement occurred. If the infringement occurs within the offending team's penalty area, a penalty kick will be awarded to the attacking team. See the penalty kick procedures outlined below for further detail.
- At the taking of a free kick, the ball shall be stationary and all opponents shall be not less than 6 yards (5.5m) from the ball until it has been kicked. The ball shall be in play when it is kicked and moved.
- A player taking a free kick within his own penalty area shall kick the ball into play beyond the penalty area. The ball shall be in play when it has been kicked and moved and has passed outside the penalty area. All opponents shall be outside the penalty area and not less than 6 yards (5.5m) from the ball until it has been kicked. For any infringement of this rule, the free kick shall be retaken.
- A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringement of this rule, a free kick shall be awarded to the opposing team.
- A goal may not be scored directly from a free kick
- All free kicks are considered to be indirect with the exception of the penalty kick

Fouls/Misconduct:

- A player who, in the opinion of the Game Leader, intentionally commits any of the following offenses, shall be penalized by the awarding of an indirect free kick to the opposing team:
- Spits or jumps at an opponent/teammate
- Kicks, trips, strikes, or attempts to kick, trip, or strike an opponent/teammate
- Charges, bites, hold, or pushes an opponent/teammate
- Handles the ball deliberately, [except a goalkeeper from within his own penalty area]
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Should a player commit one of the above offenses within his/her own penalty area, a penalty kick shall be awarded.

Goal Kick:

- A goal kick is a method of restarting the play when the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air but not between the goalposts and under the crossbar. The ball shall be kicked into play from a point within that half of the penalty area nearest to where the ball crossed the goal line.
- At the taking of a goal kick, all opponents shall be behind the retreat line
- If the player taking the goal kick plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
- A goal may not be scored directly from a goal kick.
- Only the goalkeeper is to restart play from a goal kick. This will provide the goalkeeper with both practice and confidence in playing out of the back.

U8/U9 RECREATIONAL PROGRAM RULES & REGULATIONS

Corner Kicks:

- When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.
- The corner kick shall be taken from within the corner arc nearest to where the ball crossed the goal line. All opponents shall be not less than 6 yards [5.5m] from the ball until it has been kicked.
- The ball is in play when it is kicked and moves
- If the player taking the corner kick plays or touches the ball a second time before it has been played or touched by another player a free kick shall be awarded to the opposing team
- A goal may be scored directly from a corner kick

Goalkeeper:

- The goalkeeper is the only player allowed to use his/her hands to handle the ball in the penalty area.
- The goalkeeper cannot handle the ball outside the penalty area
- If the goalkeeper handles the ball outside the penalty area, a free kick will be awarded to the attacking team and taken at the location where the offense occurred
- The goalkeeper may put the ball back into play within the penalty area either by kicking or throwing the ball. The 6-second rule will not be called on the goalkeeper, who can, therefore, run up to the line before releasing the ball. Drop kicks are permissible; however, we encourage our goalkeepers to play the ball out from the back.

Season Length: 10-13 Weeks

Playing Time: Fair time in all positions

Session Style: 1 Game-based activity + Game (5v5)

U10/U11 RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format: 7v7

Player to Coach Ratio: Maximum: (12:1)

Total Session Duration:

- 60 min
- U10 and U11 games shall be played with two x 25-minute halves.
- All games will have a half-time break of 5 minutes
- Fair time in all positions
- Games shall be postponed only when it is ordered by the Match Official

Maximum Goal Size: 6ft x 16ft

Field Size:

- ¼ of the full 11v11 indoor field
- Outdoor: Width: 30-36m, Length: 40-55m

Ball Size: 4

Referee or Game Leader:

- As per Ontario Soccer, games have assigned Match Officials
- Match Officials shall explain infractions to the offending players
- Match Officials are responsible for bringing game sheets for Coaches to sign prior to the start of the game

Sideline Restarts: Pass in & Dribble in

Offside: No

Retreat Line:

- To allow our young players to learn and gain confidence in how to play the ball out from the back and build an attack, as opposed to the goalkeeper/last player kicking it aimlessly up the field, the concept of the retreat line has been introduced.
- What would happen is as follows:
 - When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would "retreat" to a third of the field
 - Once all the opposing players have retreated to the line the goalkeeper can successfully throw or pass the ball to one of his/her teammates. No dropkicks are to be taken
 - The ball is in play once it leaves the penalty area. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
 - Is touched by a player of the team releasing the ball OR,
 - Leaves the field of play OR,
 - Goes over the retreat line (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line).

U10/U11 RECREATIONAL PROGRAM RULES & REGULATIONS

Number of Players:

- Each team roster has a maximum of twelve (12) registered players
- NMSC reserves the right to over-roster depending on registration numbers
- Games are played with seven (7) players per team on the field (6 outfield players and a goalkeeper)
- All players are encouraged to rotate through all the positions

Mandatory Equipment:

- Shin pads (under soccer socks)
- Outdoor soccer cleats
- Club provides uniform
- NO JEWELRY PERMITTED!

Ball In and Out of Play:

The ball is in play:

- At all other times including when it rebounds into play from a goal post, a cross bar or Game Leader and remains in the field of play.

The ball is out of play:

- When the whole of the ball has crossed the goal-line, whether on the ground or in the air.
- When the play has been stopped by the Game Leader

Method of Scoring:

- A goal is scored when the whole ball has crossed over the goal line, between the goal posts, and under the cross-bar and all other Laws of the Game have been followed [eg: no hands, etc.
- The Game Leader shall be the sole judge as to whether the goal has been scored and his/her decision will be final.
- During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The Game Leader shall restart the game by dropping the ball
- There are no scores or standings as per LTPD guidelines

Substitutions:

- Unlimited substitutions are permitted at the following times by notifying the Match Official:
 - On a side-line restart for either team.
 - After a goal is scored by either team.
 - At a goal kick by either team.
 - At the start of the 2nd Half.
 - To replace an injured player

U10/U11 RECREATIONAL PROGRAM RULES & REGULATIONS

Pass in & Dribble in:

- When the whole of the ball has crossed the touchline, either on the ground or in the air, the ball shall be passed in or dribbled in from the point where it left the field of play, by a member of the opposing team
- The player taking the pass in or dribbling in shall:
 - Face the field of play,
 - Deliver the ball from behind and over his/her head
- The ball will be in play immediately after it enters the field of play.
- If the player taking the pass in or dribble in plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
- At the taking of a pass-in or dribble all opponents must be at least 1.8 m from the ball.
- A goal may not be scored directly from a pass-in or dribble-in.

Free Kick:

- For any infringement of the rules when the ball is in play, the Match Official may award a free kick to the non-offending team. The free kick shall be taken from the place where the infringement occurred. If the infringement occurs within the offending team's penalty area, a penalty kick will be awarded to the attacking team. See the penalty kick procedures outlined below for further detail.
- At the taking of a free kick, the ball shall be stationary and all opponents shall be not less than 6 yards (5.5m) from the ball until it has been kicked. The ball shall be in play when it is kicked and moved.
- A player taking a free kick within his own penalty area shall kick the ball into play beyond the penalty area. The ball shall be in play when it has been kicked and moved and has passed outside the penalty area. All opponents shall be outside the penalty area and not less than 6 yards (5.5m) from the ball until it has been kicked. For any infringement of this rule, the free kick shall be retaken.
- A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringement of this rule, a free kick shall be awarded to the opposing team.
- A goal may not be scored directly from a free kick
- All free kicks are considered to be indirect with the exception of the penalty kick

Fouls/Misconduct:

- A player who, in the opinion of the Match Official, intentionally commits any of the following offenses, shall be penalized by the awarding of an indirect free kick to the opposing team:
 - Spits or jumps at an opponent/teammate
 - Kicks, trips, strikes, or attempts to kick, trip, or strike an opponent/teammate
 - Charges, bites, hold, or pushes an opponent/teammate
 - Handles the ball deliberately, [except a goalkeeper from within his own penalty area]
 - Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

U10/U11 RECREATIONAL PROGRAM RULES & REGULATIONS

- Should a player commit one of the above offenses within his/her own penalty area, a penalty kick shall be awarded

Goal Kick:

- A goal kick is a method of restarting the play when the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air but not between the goalposts and under the crossbar. The ball shall be kicked into play from a point within that half of the penalty area nearest to where the ball crossed the goal line.
- At the taking of a goal kick, all opponents shall be behind the retreat line
- If the player taking the goal kick plays or touches the ball a second time before it has been played or touched by another player, a free kick shall be awarded to the opposing team.
- A goal may not be scored directly from a goal kick
- Only the goalkeeper is to restart play from a goal kick. This will provide the goalkeeper with both practice and confidence in playing out of the back.

Corner Kicks:

- When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.
- The corner kick shall be taken from within the corner arc nearest to where the ball crossed the goal line. All opponents shall be not less than 6 yards [5.5m] from the ball until it has been kicked.
- The ball is in play when it is kicked and moves
- If the player taking the corner kick plays or touches the ball a second time before it has been played or touched by another player a free kick shall be awarded to the opposing team
- A goal may be scored directly from a corner kick

Goalkeeper:

- The goalkeeper is the only player allowed to use his/her hands to handle the ball in the penalty area.
- The goalkeeper cannot handle the ball outside the penalty area
- If the goalkeeper handles the ball outside the penalty area, a free kick will be awarded to the attacking team and taken at the location where the offense occurred
- The goalkeeper may put the ball back into play within the penalty area either by kicking or throwing the ball. The 6-second rule will not be called on the goalkeeper, who can, therefore, run up to the line before releasing the ball. Drop kicks are permissible; however, we encourage our goalkeepers to play the ball out from the back.

Season Length: 10-13 Weeks

Playing Time: Fair time in all positions

Session Style: Games

U12/U13 RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format:

- Indoor 7v7
- Outdoor 9v9

Player to Coach Ratio: Maximum (16:1)

Total Session Duration: 60 min

Maximum Goal Size: 6ft x 18ft

Field Size:

- Indoor: ¼ of the full 11v11 indoor field
- Outdoor: Width 42-55m, Length 60-75m

Ball Size: 4

Referee or Game Leader: Referee

Sideline Restarts: Throw In

Offside: Yes

Retreat Line: One Third

Season Length: 10-13 Weeks

Playing Time: Fair playing time per player

Session Style: Games

Free Kick, Penalty Kick, Goal Kick, Corner Kick as per the rules above

U14-U18 RECREATIONAL PROGRAM RULES & REGULATIONS

Game Format:

- Indoor 7v7
- Outdoor 9v9

Player to Coach Ratio: Maximum (16:1)

Total Session Duration: 60 min

Maximum Goal Size: 6ft x 18ft

Field Size:

- Indoor: ¼ of the full 11v11 indoor field
- Outdoor: Width 42-55m, Length 60-75m

Ball Size: 4

Referee or Game Leader: Referee

Sideline Restarts: Throw In

Offside: Yes

Retreat Line: One Third

Season Length: 10-13 Weeks

Playing Time: Fair playing time per player

Session Style: Games

Free Kick, Penalty Kick, Goal Kick, Corner Kick as per the rules above

General Rules:

- Conduct within our leagues should be in the spirit of good sportsmanship.
- No foul, abusive, racial, or derogatory language is allowed.
- All major accidents and injuries must be reported to league office within 24h after an incident has occurred.
- No smoking or alcoholic beverages on NMSC fields as per city by-laws

Terminology:

The following explanations of some common terms are general, not technical; they are intended to be helpful to players and coaches.

- **Advantage:** when the referee refrains from stopping play for a foul that a stoppage of play would benefit the team that committed the violation.
- **Dangerous play:** when a player attempts a play that the referee considers dangerous to that player or others, such as trying to kick the ball out of the goalkeeper's hands, even if no contact is made.
- **Dead ball:** refers to the situation when the ball is out of bounds or out of play due to stoppage of any kind.
- **Delaying the restart of game:** when a player or team is deliberately slowing down the progress of the game. Holding the ball after a goal and kicking away the ball after a foul are examples of delaying the restart.
- **Discipline by Review:** a system of discipline in which a panel decides the punishment for any indiscretion that has caused a report.

U14-U18 RECREATIONAL PROGRAM RULES & REGULATIONS

Handball: a foul that is called when a player intentionally or deliberately hits the ball with his hand or arm. A player may not deliberately carry, strike, or propel the ball with his hand or arm. (Except the goalkeeper inside his own area.)

Misconduct: any inappropriate behavior by a player, coach, or spectator (on or off the field) as determined by the referee or club staff. Examples of misconduct include but are not limited to: kicking the bench, or inappropriate remarks toward any player, coach, spectator, referee, facility staff or even a teammate.

Obstruction: deliberately impeding the progress of an opponent when the ball is not in playing distance.

Play on: a term used by referees to indicate that no foul or stoppage is to be called; used by referees when applying the advantage law.

Shielding: a legal play where a player protects the ball from an opponent using his body. Shielding is not a foul and is not obstruction. To be legally shielding a player must be within playing distance of the ball and be eligible to play the ball. A player who is not eligible or moves out of playing distance of the ball is guilty of obstruction.

Slide tackle: is when a player attempts to take the ball away from an opposing player by deliberately leaving their feet and sliding along the ground with one leg (or both legs). This method of obtaining the ball is illegal in our club's adult league. A Player may Slide to keep the ball in play provided his action is not dangerous.

Violent Conduct: physical force that injures or abuses any individual or facility property. Violent conduct is also any verbally or physically threatening action towards any individual.

Careless: Means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution. No further disciplinary sanction is needed if a foul is judged to be careless, and a direct free kick or penalty kick will be awarded.

Reckless: Means that the player has acted with complete disregard to the danger to, or consequences for, his opponent. A player who plays in a reckless manner must be cautioned in addition to a direct free kick or a penalty kick that will be awarded.

Excessive Force or Brutality: Means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent. A player who uses excessive force must be sent off in addition to a direct free kick or a penalty kick that will be awarded.