

Abbreviated Rules

Law 3 Substitutions

>> from the midline

When can a team substitute? >> Stoppage of play
 Throw-in, in your favor or either throw-in, if other team is substituting and players must be at the center line ready to sub
 Goal Kick, either team
 After a score
 Start of game or half
 1 for 1, if stoppage due to injury - and team subs for injured player
 Goalie Change - must inform referee

Law 4 Equipment

What to wear and NOT to wear?
 Shin guards covered completely by socks
 No hard hair berets or hats
 Cleats or flats - No sharp metal spikes
 NO JEWELRY OF ANY KIND >> (taping over doesn't count)

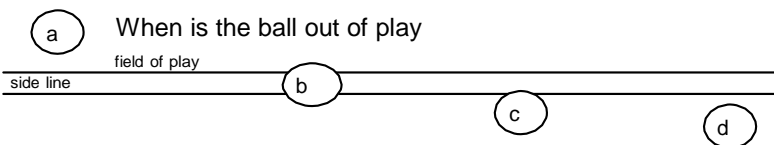
Law 7 Duration of Match

How Long is match		Girls	
equal halves (boys)		LAGS	Quarters
U10	50 min	U10	12 min
U12	60 min	U12	15 min
U14	70 min	U14	18 min
U16	80 min		40 min halves
U19	90 min		40 min halves

Law 8 Start and restart of Play

How to start game
 Must move forward (rekick if infraction)
 No double kick (opponents IDFK)

Law 9 Ball out of play



Law 11 Offsides

(remember offsides versus offside position)

Definition: being nearer to the goal line than both the ball & second to last opponent and...

1, interfering with play* 2, interfering with opponent 3, gaining an advantage by being in that position

Can not be offsides:

1, own half 2, throw in 3, corner kick

*Change:

Playing or touching ball passed by a teammate

Law 12 Fouls and Misconduct

Direct Free Kick (DRK signal)

Kicks
Trips
Jumps
charges
strikes
pushes

tackles (improperly)
holds
spits
handles

Indirect Free Kick (IDFK Signal)

Dangerous manner of play

Impedes (obstruction)

Prevents GK from releasing ball

GK infractions

six seconds to release

deliberate "kick back"

receives from throw in

Cautionable (YELLOW)

Unsporting Behavior
Dissent
Persistently Infringes
Delays restart
Required distance

Sending-Off (RED)

Serious Foul Play
Violent Conduct
Spits
Obvious Scoring Opportunity
Second Caution

Law 13 Free Kicks

DFK (signal)

Hand & Arm perpendicular to ground

IDFK (signal)

Hand & Arm straight up in the air until touched

observe ten yards (especially when requested by offense)

goal box?

Law 14 Penalty Kick

Change:

Kicker Infringes & ball does not enter goal IDFK - opp

Kicker team Infringes & ball does not enter goal IDFK - opp

Goalie on line

Players & opponents outside box and arc, behind penalty mark

Law 15 Throw-in

How to throw-in correctly?

can be on touchline

face field

two hands

feet on ground

delivers from behind head

Change:

Opponent must stand no less than 2 meters from the point of which throw is taken

Law 16 Goal Kick

Ball must be kicked directly beyond the penalty box (18 yds)

Players can be inside box
Opponents must be outside box

Law 17 Corner Kick

No offsides on a corner kick

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