



Freehold Soccer League Boys/Girls Recreation League Rules

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INTRODUCTION

The following information defines the rules and regulations governing the Freehold Soccer League (FSL) Boys and Girls recreation soccer leagues. It is broken up into two distinct sections. The first section covers general rules which apply to how the leagues are run during the season. The second section deals with the specific games rules that are followed during the course of the season. You will see that for all our soccer games, we follow the FIFA/USSF Laws Of The Game manual, and supplement it with FSL specific modifications. Any questions regarding the general rules can be brought up with either the FSL Boys or Girls Recreation League Commissioner, and any questions regarding the game rules should be brought up to the FSL Referee Coordinator.

All volunteers of the FSL Boys and Girls recreation programs are expected to be examples of sportsmanship for players and the spectators. They must refrain from derogatory and abusive remarks towards players, other coaches, and referees.

General League Rules

Registration

To be eligible for play in the recreation leagues, all children must be registered during the advertised open registration dates for the league in which they are playing. be in school grades K-8th during the season that they are playing. For registration, a registration form must be properly filled out and submitted, and the appropriate registration fee must be paid. Once the initial open registration dates have passed, an open late registration period may be held, during which time children may still be registered for the league, with the same requirements as previously stated. However, a late fee will be charged for the registration. Once the open late registration period has passed, parents may place their children on a waiting list for the recreation league. Should an opening appear for their child, they must submit their registration as designated previously, including payment of the late fee for registration.

Refunds of registration fees will be granted as long as the request for a refund is received in writing by the Boys/Girls recreation commissioner prior to the first week of play of the recreation season. No players will be added to teams after the first week of the season.

Age Divisions/Team Formations

The divisions for play will be based on the school grade the child will be in during the season in which they are playing (i.e., for boys, their division of play will be based on the grade of school they are in during September of that year). The Senior division will be comprised of children in the 6th, 7th and 8th grades, unless there is enough children in one of the age groups to form a competitive division of its own. The other divisions will be Kindergarten (K), 1st, 2nd, 3rd, 4th & 5th grade. The Recreation commissioners will have the discretion to combine additional age groups in order to form competitive divisions. Children will NOT be allowed to play up from the division they are suppose to be in as a result of their school grade.

Division coordinators will attempt to balance the teams as best they can. Divisions in which there are travel soccer players will have the travel players divided evenly among all the teams.

Coaches/Coaches Meetings/Voting Rights

All coaches will be selected by the combination of the FSL Board Of Directors, the Boys/Girls Recreation commissioners and the corresponding division coordinators. Any person who coaches travel soccer outside of Freehold Soccer League will not be permitted to coach with the Freehold Soccer League recreation program. Exceptions may be made the discretion of the Recreation Commissioner and FSL Board of Directors. All coaches will be required to submit a New Jersey State Youth Soccer Association Volunteer/Kids Safe Form, and also be required to attend a Rutgers Safety/Coaches Certification Course at least once prior to coaching in the FSL for the first time.

Once approved as a FSL recreation coach, coaches are granted the right to vote on issues presented before the club membership (including end of the year Board Of Director elections) and also to present items before the membership for discussion. To retain the right to vote, a coach must attend two-thirds (2/3) of the monthly FSL Coaches meetings held during their season (for Girls recreation, season is January – June, for Boys recreation, season is July – December). These meetings are held on the first Monday of each month at the Knights Of Columbus building in Freehold Borough.

All coaches of the FSL Boys and Girls recreation programs are expected to be examples of sportsmanship for players and the spectators. They must refrain from derogatory and abusive remarks towards players, other coaches, and referees, and will be responsible for the behavior of the parents and guests of the players on their team, or face disciplinary action from the club.

Playing Time

For the FSL recreation leagues, it is mandatory that every child play a minimum of ½ of each game, with no exceptions, regardless of whether the child is able to attend practice or not. In addition, every child must play in each half of every game as well. The object of the recreation leagues is to let the children play.

Game Start Times

Games must start at their designated start times, with no exceptions. The referees are instructed to start the games on time. This is to keep the entire day on schedule (this includes other soccer games which may follow our recreation games). There is no grace period allowed for teams to warm-up, or wait for additional players to arrive. Once a team has enough players to start (as designated in the *Numbers Of Players* section), the game must begin.

Game Cancellations/Makeups

The only person who has the authority to cancel games is the Boys/Girls recreation commissioner, who will work in conjunction with FSL Field Assignor and the local field administration personnel. Once the decision to cancel games has been made, the recreation commissioner will contact the division coordinators, who in turn will contact the individual coaches. Under no circumstances are coaches allowed to cancel games on their own.

Season/Playoffs/Championship Games

For the Kindergarten, 1st & 2nd grade divisions, no scores of games will be recorded. These are non-competitive league. At the end of the season, all children will receive a participation award from the FSL.

For the 3rd, 4th, 5th grade and Senior divisions, game results will be recorded, and division standings will be kept. Standing will be determined via total points earned by a team.

Three points are earned for each win, 1 point for each tie, and 0 points for each loss. Standings tiebreakers will be the following:

- Head to head competition
- Least losses
- Most wins
- Least goals against
- Coin flip

Scores for the competitive divisions will be recorded by the individual division coordinator, who will then forward them onto the Recreation commissioner. Coaches are strongly encouraged to ensure that the goal differential in a recreation game is never greater than 5 goals. Coaches who repeatedly exceed this goal differential could face sanctions by the FSL, potentially including the revocation of their ability to coach in the FSL.

It is the responsibility of the coaches in both non-competitive and competitive divisions to keep the scores respectable. Running up of a score will NOT be tolerated by the FSL, and coaches who violate the spirit of this could face disciplinary action against them, which could include revocation of their ability to coach in the FSL.

Final season placement will be determined by either one of two ways, to be determined by the division coordinator and the Boys/Girls Recreation commissioner. The first option is to base placement on season standings, with no end of season playoffs. The second option is to play the regular season for a certain amount of weeks, and then play single elimination games until a champion is determined.

RULES OF PLAY

LAW 1: THE FIELD OF PLAY

Dimensions

The field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.

Field Markings

The field of play is marked with lines. These lines belong to the areas of which they are boundaries.

The two longer boundary lines are called touch lines. The two shorter lines are called goal lines.

The field of play is divided into two halves by a halfway line.

The center mark is indicated at the midpoint of the halfway line.

The Goal Area

A goal area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line. These lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

The Penalty Area

A penalty area is defined at each end of the field as follows:

Two lines are drawn at right angles to the goal line. These lines extend into the field of play for a distance of 18 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area.

Flagposts

A flagpost, not less than 5 ft high, with a non-pointed top and a flag is placed at each corner.

The Corner Arc

A quarter circle with a radius of 1 yard from each corner flagpost is drawn inside the field of play.

Goals

Goals must be placed on the center of each goal line. Both goalposts and the crossbar have the same width and depth. Nets may be attached to the goals and to the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper.

FSL Addendum:

Penalty Area

No penalty area for Kindergarten division. For 1st and 2nd grade divisions, this area will be set as 14 yards from the goal line.

Goals

The goals must be securely anchored to the ground for all divisions except for the Kindergarten division. If you find that this is not the case, immediately notify both coaches, Division Coordinator or Recreation Commissioner as soon as possible.

LAW 2: THE BALL

The ball is:

Spherical

Made of leather or other suitable material

If the ball bursts or becomes defective during the course of a match:

the match is stopped

the match is restarted by dropping the replacement ball at the place where the first ball became defective.

If the ball bursts or becomes defective while not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or throw in:

the match is restarted accordingly

The ball may NOT be changed during the match without the authority of the referee.

FSL Addendum:

?? Kindergarten, 1st, 2nd, 3rd, 4th & 5th grade divisions use a size 4 ball.

?? The Senior Division uses a size 5 ball.

LAW 3: THE NUMBER OF PLAYERS

Players

A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

Substitution Procedures

To replace a player by a substitute, the following conditions must be observed:

the referee is informed before any proposed substitution is made.

a substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee.

a substitute only enters the field of play at the halfway line and during a stoppage in the match.

a substitution is completed when a substitute enters the field of play.
From that moment, the substitute becomes a player and the player he has replaced ceases to be a player.
A player who has been replaced takes no further part in the match.
All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.

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 of play.
Play is restarted with a dropped ball at the place where it was located when play was stopped.

If a player changes places 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.

Restart of Play

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

FSL Addendum:

Players

- Kindergarten division - 6 v 6 (*no goalkeeper*).
- 1st grade division - 7 v 7 (*including goalkeeper*).
- 2nd, 3rd, 4th & *5th grade divisions - 8 v 8 (*including goalkeeper*).
- *5th grade division & Senior Division - 11 v 11 (*including goalkeeper*).

3rd, 4th & *5th grade divisions may not play with less than 6 players. *5th grade and Senior divisions may not play with less than 8 players. Once a team has the minimum number of players to play, the game must be started by the referee.

*In the event that the 5th grade division does not have enough players at the time of scheduling, they will play 8 v. 8 on the short sided fields with the short sided rules.

It is strongly recommended that at no time a team play with more than one player on the field than the other team is able to put on the field.

Substitution Procedures

In the **Kindergarten & 1st grade divisions**, substitutions may be made freely (referee does not need to be notified). However, player must be off the field before the new player enters the field.

In the **2nd, 3rd, 4th, 5th and Senior Divisions**, substitutions can be made at the following times:

- Either teams' throw in
- Either teams' goal kick
- After a goal has been scored
- When a player receives a caution (yellow card)
- When an injury occurs

All substitutions are at the Referee's discretion. A coach wanting to substitute may notify the referee or the assistant referee (if used, *club lines people are not the same*) ahead of time of intention to substitute. Substitutes must wait for the referee's signal before entering the field.

LAW 4: THE PLAYER'S EQUIPMENT**Safety**

A player must not use equipment or wear anything that is dangerous to himself or to another player (including any kind of jewelry).

Basic Equipment

The basic compulsory equipment of a player is:

- A jersey or shirt
- Shorts - if thermal under shorts are worn, they are of the same main color as the shorts.
- Stockings
- Shinguards
- Footwear

Shinguards

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

Goalkeepers

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

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 leaves the field of play when the ball next ceases to be in 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 when the ball is out of play.
Any 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 referee's permission is cautioned and shown the yellow card.

FSL Addendum:

Basic Equipment

Shinguards must be worn by all players no exceptions. Shinguards must be covered entirely by the players' socks. They cannot be worn outside the players' socks.
Rubber-molded soccer cleats may be worn, but are not required. **Baseball cleats may NOT be worn (these usually have an extra cleat at the tips of the toes, or may have metal spikes).**
Gloves and headbands may be worn during inclement weather. Also, if hooded sweatshirts and/or jackets are being worn, the hood must be tucked inside of their uniform jersey.
No jewelry of any kind can be worn, except in the case of religious reasons. Newly pierced earrings can be worn, must be covered with Band-Aids.

LAW 5: THE REFEREE

The Authority Of 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

The Referee:

Enforces the Laws of the Game
Controls the match in cooperation with the assistant referee and, where applicable, with the fourth official.
Ensures that any ball used meets the requirements of Law 2.
Ensures that the players' equipment meets the requirements of Law 4.
Acts as timekeeper and keeps a record of the match
Stops, suspends or terminates the match, at his discretion, for any infringement 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 offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time.
- Punishes the more serious offense when a player commits more than one offense at the same time.
- Takes disciplinary action against players guilty of cautionable and sending-off offenses. He is not obliged to take this action immediately but must do so when the ball next goes out of play.
- Acts on the advice of the 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 that includes information on any disciplinary action taken against players and/or team officials and any other incidents that occurred before, during or after the match.

Decisions 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.

FSL Addendum:

All FSL coaches must turn in a game score report to the Division coordinator. The Referee will report any disciplinary action taken by the referee during the course of the game to the Referee Coordinator.

LAW 6: THE ASSISTANT REFEREES

Duties

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

Assistance

The assistant referee also assists the referee to control the game in accordance with the Laws of the Game.

FSL Addendum:

For the **3rd, 4th & 5th grade divisions**, no assistant referees will be assigned. However, each team will have to provide someone to act as a linesman, to signal when the whole of the ball has passed out of the field of play along the touch lines.

For the **Senior Division**, two assistant referees will be assigned by FSL, to assist the referee in enforcing the Laws of the Game.

LAW 7: THE DURATION OF THE MATCH

Period of Play

The match lasts two equal periods of 45 minutes, unless otherwise mutually agreed between the referee and the two participating teams. Any agreement to alter the periods of play (for example, to reduce each half to 40 minutes because of insufficient light) must be made before the start of play and must comply with competition rules.

Half-Time Intervals

Players are entitled to an interval at half time. The half time interval must not exceed 15 minutes. Competition rules must state the duration of the half-time interval. The duration of the half time interval may be altered only with the consent of the referee.

Allowance for Time Loss

Allowance is made in either period for all time lost through:

Substitution(s)

Assessment of injury to players

Removal of injured players from the field of play for treatment

Wasting time

Any other cause.

The allowance for time lost is at the discretion of the referee.

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.

FSL Addendum:

Periods of Play

Kindergarten, 1st, 2nd, 3rd, 4th, 5th grade divisions - 2 equal 25-minute halves

Senior Division - 2 equal 30-minute halves

Half-Time Interval

All Divisions receive a 5-minute break

Allowance for Time Lost

No time shall be added to a game, even for an injury, in any division.

Overtime in playoffs

In the case of a tie game during a playoff match, two five-minute overtime periods will be played (no sudden death). A coin is tossed and the team that wins the toss decides which goal it will attack in the first overtime period. The other team takes the kick-off to

start the overtime. The team that wins the toss takes the kick-off to start the second overtime period. In the second overtime period, the teams change ends and attack the opposite goals. *There is no time allowed for any break between overtime periods.* If the match remains tied after the overtime periods, penalty kicks will be used to decide the game (see Appendix 1).

LAW 8: THE START AND RESTART OF PLAY

Preliminaries

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 a way of starting or restarting play:

At the start of the match.

After a goal has been scored.

At the start of the second half of the match.

At the start of each period of extra time, where applicable.

A goal may be scored directly from the kick-off.

Procedure

All players are in their own half of the field

The opponents of the team taking the kick-off are at least 10 yards from the ball until it is in play.

The ball is stationary on the center mark

The referee gives the signal

The ball is in play when it is kicked and moves forward.

The kicker does not touch the ball a second time until it has touched another player.

After a team scores a goal, the other team takes the kick-off.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

An indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred.

For any other infringement of the kick-off procedure, the kick-off is retaken.

Dropped Ball

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

Procedure

The referee drops the ball at the place where it was located when play was stopped. Play restarts when the ball touches the ground.

Infringements/Sanctions

The ball is dropped again:

If a player before touches the ball before it makes contact with the ground.

If the ball leaves the field of play after it makes contact with the ground, without a player touching 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 opponent's goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

A dropped ball to restart the match after play has been temporarily stopped inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

LAW 9: THE BALL IN AND OUT OF PLAY

Ball Out of Play

The ball is out of play when:

It has wholly crossed the goal line or touch line whether on the ground or in the air.

The referee has stopped play.

Ball in Play

The ball is in play at all other times, including when:

It rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play.

It rebounds from either the referee or an assistant referee when they are on the field of play.

LAW 10: THE METHOD OF SCORING

Goal Scored

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

Winning Team

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

FSL Addendum:

The **Kindergarten, 1st & 2nd grade divisions** are non-competitive leagues. No game score will be kept or turned in by the referee on his report of the game.

LAW 11: OFFSIDE

Offside Position

It is not an offense 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:
he is in his own half of the field of play, or
he is level with the second last opponent, or
he is level with the last two opponents.

Offense

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, 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 Offense

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

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

Infringements/Sanctions

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

FSL Addendum:

Offsides will NOT be called in **Kindergarten & 1st grade divisions**. However, coaches are expected to instruct the players properly in the rules of the game. In particular, a coach will not instruct or allow a player to deliberately take an offside position and thus gain an advantage. In the 2nd grade division, only blatant offside is called. "Blatant" is at the discretion of the referee not the coaches and parents.

If the referee determines that a coach is violating this rule, then the referee can issue the Coach a yellow card for unsportsmanlike conduct. An indirect kick shall be awarded to the opposing team.

Offsides WILL be called to the **3rd, 4th, 5th and Senior divisions**.

LAW 12: FOULS AND MISCONDUCTS

Fouls and misconducts are penalized as follows:

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses 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 at 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 offenses:

- 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 offense occurred.

Penalty Kick

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

Indirect Free Kick

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

- ?? It takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
- ?? 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.
- ?? Wastes time.

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- ?? Plays in a dangerous manner.
- ?? Impedes the progress of an opponent.
- ?? Prevents the goalkeeper from releasing the ball from his hands.
- ?? Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

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

Cautionable Offenses

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 a 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.

Sending-Off Offenses

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

- ?? 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 the goalkeeper within his own penalty area).
- ?? Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
- ?? Uses offensive, insulting or abusive language and/or gestures.
- ?? Receives a second caution in the same match.

FSL Addendum:

Kindergarten & 1st grade divisions

Coaches must be examples of sportsmanship for players and the spectators.

They must refrain from derogatory and abusive remarks towards players, other coaches, and referees, and will be responsible for the behavior of the parents and guests of the players on his/her team, or face disciplinary action by the league. Should the referee have a problem with a dissension or unsportsmanlike conduct from a coach, parent or guest, the referee will issue a yellow card to the coach of the offending team. If the problem persists, then the coach will receive a red card and the League Commissioner will take appropriate disciplinary action.

In the **1st grade division**, there should be no roughing of a goalkeeper once he/she gains possession of the ball. Possession includes one finger on the ball.

In the **1st grade division**, all opposing players must go outside the penalty area and the goalkeeper can kick or throw from anywhere inside the penalty area. The “6 Second Rule” will not apply in these divisions.

There will be no penalty kicks in the **1st & 2nd grade divisions**. Instead an indirect kick will be taken outside the box.

All kicks in the **Kindergarten & 1st grade divisions** are indirect kicks. There are no direct kicks in these divisions. Hence, any foul called will result in a indirect free kick for the team that was fouled.

Offsides will not be called in the **Kindergarten & 1st grade divisions**. However, coaches are expected to instruct the players properly in the rules of the game. In particular, a coach will not instruct or allow a player to deliberately take an offside position and thus gain an advantage. If the referee determines that a coach is violating this rule, then the referee will give the coach a yellow card. A free indirect kick shall be awarded to the opposing team.

2nd, 3rd, 4th, 5th and Senior Divisions

Coaches must be examples of sportsmanship for players and the spectators.

They must refrain from derogatory and abusive remarks towards players, other coaches, and referees, and will be responsible for the behavior of the parents and guests of the players on his/her team, or face disciplinary action by the league. Should the referee have a problem with a dissension or unsportsmanlike conduct from a coach, parent or guest, the referee will issue a yellow card to the coach of the offending team. If the problem persists, then the coach will receive a red card and the League Commissioner will take appropriate disciplinary action.

All FSL Divisions

Any player who receives a yellow card will HAVE to be substituted by the coach with another player. If a substitute is not available, the player must remain on the sidelines until such time when the referee has determined the player has remained on the sidelines for a sufficient length of time, which is not to exceed more than five minutes.

LAW 13: FREE KICKS

Types of 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 opponents' goal, a goal is awarded.

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

The Indirect Free Kick

Signal

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.

Ball Enters The Goal

A goal can only be scored if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded. If an indirect free kick is kicked directly into the teams' own goal, a corner kick is awarded to the opposing team.

All opposing players must be at least 10 yards from the ball until it is in play, unless they are on their own goal line between the goal posts.

LAW 14: THE PENALTY KICK

A penalty kick is awarded against a team that commits one of the ten offenses for which a 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 players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark and at least 10 yards from the penalty mark.

The Referee

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

Procedure

The player taking the penalty kicks the ball forward.
He 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.

Infringements/Sanctions

If the referee gives the signal for a penalty kick to be taken, and before the ball is in play, one of the following occurs:

The player taking the penalty kick infringes the Laws of the Game:

- ?? The referee allows the kick to proceed.
- ?? If the ball enters the goal, the kick is retaken.
- ?? If the ball does not enter the goal, the kick is not retaken.

The goalkeeper infringes the Laws of the Games:

- ?? The referee allows the kick to proceed.
- ?? If the ball enters the goal, a goal is awarded.
- ?? If the ball does not enter the goal, the kick is retaken.

A teammate of the player taking the kick enters the penalty area or moves in front of or within 10 yards of the penalty mark:

- The referee allows the kick to proceed.
- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is NOT retaken.
- If the ball rebounds from the goalkeeper, the crossbar or the goalposts and is touched by this player, the referee stop play and restarts the match with an indirect free kick to the defending team.

A teammate of the goalkeeper enters the penalty area or moves in front of or within 10 yards of the penalty mark:

- ?? The referee allows the kick to proceed.
- ?? If the ball enters the goal, a goal is awarded.
- ?? If the ball does not enter the goal, the kick is retaken.

A player from both the defending team and the attacking team infringe the Laws of the Game:

The kick is retaken.

If, after the penalty kick has been taken:

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.

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.

An outside agent touches the ball as it moves forward:

The kick is retaken.

The ball rebounds into the field of play from the goalposts, 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 place where it touched the outside agent.

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 is awarded:
when the whole of the ball passes over the touch line, either on the ground or in the air.
From the point where it crossed the touch line.
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 touch line 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. The ball is in play immediately after it enters the field of play.

Infringements/Sanctions

Throw-in taken by a player other than the goalkeeper.

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 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 throwers' penalty area.

Throw-in taken by the goalkeeper

If, after the ball is in play, the goalkeeper 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, with the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- ?? A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeepers' penalty area, the kick to be taken from the place where the infringement occurred.
- ?? An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeepers' penalty area, the kick to be taken from the place where the infringement occurred.

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, a player of the opposing team takes the throw-in.

FSL Addendum:

In the **Kindergarten, & 1st grade divisions**, there is no penalty for foul throws. The player making the foul throw will be allowed to retake the throw-in, after being instructed in the proper technique for taking the 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

- ?? A player of the defending team kicks the ball from any point within the goal area.
- ?? Opponents remain outside the penalty area until the ball is in play
- ?? The kicker does not play the ball a second time until another player has touched it
- ?? 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.

Goal kick taken by a player other than the goalkeeper

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.

Goal kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper 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 where the infringement occurred.

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:

- ?? A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.
- ?? An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.

For any other infringement of this Law, 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 flagpost.
- ?? The corner flagpost is not moved.
- ?? Opponents remain at least 10 yards from the ball until it is in play.
- ?? A player of the attacking team kicks the ball.
- ?? The ball is in play when it is kicked and moves.
- ?? The kicker does not play the ball a second time until it has touched another player.

Infringements/Sanctions

Corner kick taken by a player other than the goalkeeper

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 where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before another player has touched it:

- ?? 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.

Corner kick taken by the goalkeeper

If, after the ball is in play, the goalkeeper 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 goalkeeper deliberately handles the ball before it has touched another player:

- ?? A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.
- ?? An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.

For any other infringement, the kick is retaken.

APPENDIX 1: TIEBREAKERS FOR PLAYOFF GAMES**KICKS FROM THE PENALTY MARK:**

Referee chooses the goal that will be used for the kicks.

Each team will designate five (5) players to take the kicks (this could include the goalie).

Any player who played in the match may change places with the goalkeeper at any time during the taking of the kick at the "Penalty Mark".

The referee will toss a coin and the team whose captain wins will take the first kick.

Each team will take five (5) kicks, alternating players from each team

Each kick will be taken by a different player until all five have kicked or until a team has an insurmountable lead in goals. The team with the most goals is declared the winner.

If each team has the same number of goals after five (5) kicks have been taken, the taking of the kicks continues using the remaining players until such time as each team has taken the same number of kicks and one team has scored a goal more than the other. No player may take a second kick until all his/her teammates have had a turn.

All players other than the players taking the kick and the opposing goalkeeper shall remain outside the penalty area towards mid-field.

No coaches, players, parents, or other spectators are allowed behind or alongside the goal area.

QUESTIONS AND FINAL DECISIONS:

The Boys/Girls Recreation Commissioner or an individual appointed by the Recreation Commissioner has the final authority on any ruling regarding the recreation leagues.