

Rule 10 - Fouls & Misconduct (Continued)

Rule 10 - Fouls and Misconduct

Free Kick - Fouls

If a player commits any foul, a (direct) free kick is awarded to the opposing team. The ball is placed where the foul occurred, unless a player commits the foul from inside his/her own goal area. The ball must be stationary and the defending team must be at least 15 feet away or on the goal line until the kick is taken, for all free kicks except for penalty kicks.

Penal Fouls

A penalty kick is awarded if a player commits any of the following fouls inside his/her own goal area in a manner considered by the referee to be careless, reckless or by use of excessive force:

- (1) Kicks or attempts to kick an opponent;
- (2) Trips or attempts to trip an opponent;
- (3) Jumps at or on an opponent;
- (4) Charges an opponent;
- (5) Strikes or attempts to strike an opponent;
- (6) Pushes an opponent;

A penalty kick is also awarded if a player commits any of the following fouls inside his/her own goal area:

- (7) Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball;
- (8) Holds an opponent;
- (9) Spits at an opponent;
- (10) Deliberately handles the ball (except for the goalkeeper within his/her penalty area).

Other Fouls

A free kick from the top of the penalty arch is awarded for a goalkeeper infraction, as identified below, or if a player commits any other fouls inside his/her penalty area, including:

- (1) (A) Slides or slide tackles an opponent in all non-slide tackle leagues; ***See Also Rule (1)(B)
- (2) Plays in a dangerous manner;
- (3) Impedes an opponent (Obstruction);
- (4) Boarding (checks opponent into boards);
- (5) Prevents the goalkeeper from releasing the ball
- (6) Unsporting Conduct;
- (7) Encroachment;
- (8) Delay of Game;
- (9) Double touch violations; and
- (10) Illegal Substitutions/Too Many Men

***(1)(B) In leagues where slides or slide tackles are permitted, it shall be a foul for a player to slide tackle an opponent within 5 feet of the perimeter wall or in an unduly forceful, reckless or dangerous manner (from the side or from behind directly into opponent's leg (s) placing opponent in great risk of harm or injury).

Goalkeeper Rules

A goalkeeper:

- (1) Must be inside his/her goal area to legally handle the ball;
- (2) (A) May only slide to make a save when inside his/her own goal area and when it does not endanger another player. (Applies in non-slide tackle leagues. **See Also Rule (2)(B))
- (3) May not handle the ball after it has been deliberately passed back to him/her by a teammate;
- (4) Must release or distribute the ball within 5 seconds after gaining possession of ball with his/her hands;
- (5) May not, after releasing the ball, touch or play the ball again with hands until it has been touched or played by another player.

** (2)(B) In leagues where slide tackles are permitted, a goalkeeper may slide to make a save when inside or outside the goal area but only when it does not endanger another player.

Multiple Fouls

Should a player commit multiple fouls or misconduct, the most serious offense will be penalized by the referee.

Advantage

The referee may allow play to continue, notwithstanding the commission of an offense, when the team against which an offense has been committed will benefit from such an advantage. The referee may subsequently penalize the original offense if the anticipated advantage does not materialize or ensue.

Time Penalty (Blue Card) Offenses

At a minimum, a player will receive a two-minute penalty for (1) committing any play foul deemed serious by the referee, and for any of the following:

- (2) Slide tackling an opponent in all non-slide tackle leagues; Slide tackling an opponent in an unduly forceful, reckless or dangerous manner in all leagues;
- (3) Boarding (Checking or pushing an opponent into the perimeter wall);
- (4) Sliding or charging the Goalkeeper within the penalty arch in a dangerous manner;
- (5) Spitting (on floor or on turf);
- (6) Swearing (not directed at opponent or referee);
- (7) Jumping the Boards;
- (8) Minor substitution infractions (Too many players); and
- (9) Inappropriate Conduct

Cautionable (Yellow Card) Offenses

A player is formally cautioned and will receive a full two-minute penalty (1) if, in the referee's opinion, he/she commits a play foul or a "blue card" offense in a reckless or forceful manner, and for committing any of the following:

- (2) Persistent fouls;
- (3) Dissent (or disrespect by word or action toward referee);
- (4) Taunting an opponent;
- (5) Unsporting Conduct;
- (6) Delay of Game;
- (7) Encroachment; and
- (8) Entering, reentering or leaving field without authorization (ie. Entering field without checking in or without an ordered uniform or equipment adjustment)

Sending Off (Red Card) Offenses

A player is sent-off and his/her team will receive a full five-minute penalty (1) if, in the referee's opinion, he/she commits a play foul, a "blue card" offense, or a "yellow card" offense in a violent or excessively forceful manner, and for committing any of the following:

- (2) Serious foul play;
- (3) Violent conduct;
- (4) Fighting (Striking or attempting to strike an opponent or any person);
- (5) Denying an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball or by deliberately committing a penal foul;
- (6) Receiving 2nd Caution (yellow card) in a game;
- (7) Use of offensive, insulting or abusive language;
- (8) Spitting at an opponent, referee or any other person;
- (9) Extreme dissent or disrespect toward referee (Excessive arguing, taunting, abusive language, face to face confrontation, bodily contact with referee).

Rule 11 - Time Penalties

Penalties for Carded Offenses

All offenses for which a blue, yellow or red card is issued shall result in a time penalty to the offending player or team as described in the following sections:

Blue Card: Two-Minute Penalty

The offending player must enter the penalty box and be identified to the scorekeeper for penalty time to run. That player's team must play short for two minutes or until a goal is scored by the opposing team, whichever occurs first.

Rule 11 - Time Penalties (Continued)

Yellow Card: Full Two-Minute Penalty

The offending player must enter the penalty box and be identified to the scorekeeper for penalty time to run. That player's team must play short for the entire two-minute penalty.

Red Card: Send Off and Full Five-Minute Team Penalty

The offending player is sent off and his/her team must serve a full five-minute penalty. The team's time penalty does not start to run until the following events occur:

- The offending player must be identified to the scorekeeper;
- The offending player must leave the field, the team area and the arena; and
- The offending player's team must delegate a player to serve the penalty time. The offending player's team must play short for the entire five-minute penalty. The red carded player must also promptly leave the facility* and, at a minimum, will be required to sit out at least one additional game.

****Simultaneous Penalties:** If two or more players from opposing teams receive blue cards for simultaneous offenses, then all offending players must serve the full two minutes of penalty time.

Service of Penalties

A person who commits a carded offense serves his/her own penalty time, except for those receiving red cards. A player will be designated by his/her team to serve penalty time for red carded players or for offenses charged to the team.

Offenses by Bench Personnel

If misconduct is committed by players, coaches, team representatives or others in the team boxes, the offender may be warned, cautioned or sent off and the offender's team will serve penalty time.

Multiple Penalties

A maximum of two players per team may serve simultaneous penalty time. If, as a result of players serving penalty time, a team is unable to field the minimum number of players (4), the referee may terminate the match and declare the match a forfeit loss to the offending team.

Rule 12 - Penalty Kick

Penalty Kick

When a penalty kick is awarded, the following standards apply:

- The ball is placed on the penalty spot (restart mark near the attacking goal).
- All players, except the player taking the kick and the defending goalkeeper, must be on or behind the halfway line until the ball is touched.
- The goalkeeper must be on the goal line until the ball is touched.
- At the referee's signal, the player taking the kick may touch, dribble or shoot the ball at any time or manner.
- As soon as the ball is touched, the goalkeeper may leave the goal line to stop the shot (s) or to make the save and all players from the attacking and the defending teams may leave the halfway line to participate in the ensuing play.

Penalty Kick - End of Period

When a penalty kick is awarded at or near the end of each half or overtime period, the referee may allow additional time for a penalty kick to be taken. The clock will be set with the amount of additional time designated by the referee, and the clock will start when the ball is touched by the player taking the kick.

Rule 12 - Penalty Kick (Continued)

Penalty Kick - Infringements

If an infringement occurs by the goalkeeper or by the defending team, the referee will allow the kick to proceed and then:

- (1) If the ball enters the goal, a goal is awarded; or
- (2) If the ball does not enter the goal, the kick is retaken.

If an infringement occurs by the kicker or by the attacking team, the referee will allow the kick to proceed and then:

- (1) If the ball enters the goal, the kick is retaken; or
- (2) If the ball does not enter the goal, the kick is not retaken and the appropriate restart (free kick or goal kick) is awarded to the defending team.

If time has been extended for the taking of a penalty kick and an infringement occurs by the kicker or by the attacking team, the referee may stop play and allow the additional time to expire.

Rule 13 - Overtime and Shootouts

Playoffs

A team's place, as established by Rule 14, will determine its eligibility and seeding for playoff game (s). If more than one round of playoff games are played, the winning team will advance to the next round. If a championship game is played, the winning team will be the champions. If, in a playoff or championship game, the score is tied at the end of regulation play, the match will proceed to overtime and/or a shootout to determine the winner.

Overtime

Overtime will consist of two 5-minute "Golden Goal" overtime periods, and a 1-minute interval between periods. The first team to score is the winner. If the score remains tied at the end of overtime, a shootout will occur.

Shootout

The referee will determine the goal for the shootout. Each team selects five (5) shooters and a defending goalkeeper. The goalkeeper may also be a shooter. The names and the order of the shooters must be presented in advance to the appropriate game official. A coin toss determines which team shoots first. After that, teams will alternate turns.

The shootout will be administered like a penalty kick except:

- Only the shooter and the defending goalkeeper may participate; and
- The shooter has 5 seconds to score.

The team with the most goals at or after the 5th shooter, will be the winner. If the score is tied after the 5th pair of shooters, the shootout will continue with the same shooters in the same order; however, the "Golden Goal" rule will apply to each pair of shooters until a winner is determined.

Rule 14 - League Standings and Tiebreakers

League Standings

A team's place in a league or division will be determined by the number of points earned in each game played over the course of the season. Points will be awarded based on the following system:

Win	3 Points
Tie	1 Point
Loss	0 Points

If teams in the same league or division play an unequal number of games, then certain games may be designated in advance as "no count" games and will not be counted in determining league standings.

Tiebreakers

If two or more teams in the same league or division are tied, then these tiebreakers will be applied, as needed, in descending order, to determine the higher placed team:

- (1) Points earned in league or division;
- (2) Points earned in non-league or non-division games;
- (3) Head to head record;
- (4) Fewest goals allowed;
- (5) Goal differential (Total goals scored less total goals allowed);
- (6) Most goals scored;
- (7) Shootout or coin toss to be determined by Management