

Okanagan United Soccer League Rules

2025/26





League Information and Governance

Okanagan United Soccer League (OUSL) indoor soccer is a modified version of soccer as described in the BC Soccer Association (BCSA) small sided or “Super 8” rules, unless otherwise stated in the league specific amendments. For rules of play, see Appendix A. The rules apply to both divisions of the OUSL (Premier League and Championship) unless otherwise specified in the document.

League Communication

- Communication between teams and the league must be done through designated team and league officials only.
- All enquiries to the league can be sent to the main league contact: ousl@okanaganunited.ca

Rosters & Players

- Roster size is limited to 20 players. The maximum number of players dressed per game is 15.
- A player can only be registered to 1 team per division.
 - Championship (division 2) rosters are limited to 4 Premier League (division 1) registered players per team (not including goalkeepers).
- Player releases or transfers require formal submission to the league admin at least 48 hours before their next match.
- All players and teams must be registered in the league and be in good standing to be eligible to play.
 - “In good standing” includes no outstanding fines, suspensions, or registrations.
 - Fielding players not in good standing may result in fines to the player/teams or a forfeit of the match.
- Players must check-in with league officials to verify their attendance for a match.
- Teams are required to have matching uniforms with numbers.
- Players must play a minimum of 5 regular league games with the team they are registered with to qualify as a player for playoffs.
- Players are required to identify themselves to the league or match officials via their player ID or government issued ID if requested.

Match Rescheduling/Cancellations

- Facility Conditions
 - If the facility is deemed unsafe to play in by match officials the match(es) affected will be rescheduled
- Team Cancelling
 - Teams must notify the league officials a minimum of 48 hours prior to the scheduled day of the match if they wish to reschedule or will be subject to forfeit the match (3-0).
 - The non-cancelling team has the option of agreeing to a reschedule or taking the win.
 - Rescheduling requests must be submitted via email to league admin.
 - The league officials will provide available dates/times for the rescheduled match.



Player and Team Discipline

- The OUSL follows the current BCSA Disciplinary Sanction policy when applying disciplinary action.
- Suspensions are applied to the team the player picked up the suspension with in determining start and end dates.
- Suspensions and discipline carry over between all league and playoff play in the OUSL.
- Suspensions can carry over to the following season, if applicable.
- Yellow Accumulation:
 - Accumulation of 3 yellow cards during the regular season will result in a 1-week suspension of all OUSL play.
 - Accumulation of 5 yellow cards during the regular season will result in a 1-week suspension of all OUSL play.
 - Accumulation of each yellow card following 5 will result in a 1-week suspension of all OUSL play.
 - Accumulation of 2 yellow cards during playoffs will result in a suspension for the next round of playoffs.

Fines

- All fines applied will be payable by the player to the OUSL and will be due prior to the next match they are eligible for. See below table for base fines.

Offense	Fine Amount	Applied to
Dissent (Second Offense)	\$25	Player
Straight Red	\$50	Player
Mass Confrontation	\$100	Team

- Mass Confrontation will result in further fines/sanctions to players/teams as applicable.
- Spitting inside the facility will result in a caution for the player and a \$25 fine.
- Teams that leave garbage behind on the bench or in the facility will be subject to a \$25 fine following their first warning.
- Severity of offense and repeat offenses may result in great disciplinary sanctions and fines.
- Other behaviours which are in contravention the player or manager code of conduct may result in fines, suspensions, or expulsion of players, managers, or teams at the discretion of the OUSL or OUFC.

League Structure and Season Results

- The league will be comprised of two (2) divisions:
 - The Premier League (Division 1), and
 - The Championship (Division 2)
- At maximum, the top eight (8) teams of each division will qualify for playoffs, playoff structure to be determined based on total number of teams in each division.
- The top team of the Championship will be promoted to the Premier League, and the bottom team of the Premier League will be demoted to the Championship.
- The winning teams will be awarded the following:
 - Premier League regular season winners: \$750 off their next year's registration
 - Championship regular season winners: \$500 off their next year's registration
 - Playoff winners: Match ball



APPENDIX A: RULES OF THE GAME - OKANAGAN UNITED SOCCER LEAGUE

RULE 1 – The Field of Play

- A dome for the Okanagan United Football Club to call home. This 28,000 square foot seasonal dome keeps the game going all year long.
 - **Dimensions:** 210' x 135' x 40' (64m x 41m x 12m)
 - **Seasonal/Permanent:** Seasonal
 - **Year Installed:** 2015
 - **Location:** 375 Hartman Rd, Kelowna, BC (beside Rutland Secondary School)



- **Dimensions:** The field of play is as shown in the diagram, including the team benches and the penalty area.
- **Field Markings:** All lines belong to the areas of which they are boundaries.
 - **Team Benches:** An area off the playing surface must be provided for each team. Substitutes for the team must remain in the team bench area.
 - **The Penalty Area:** A penalty area is defined at each end of the field as illustrated:
 - **The Penalty Mark:** The Referee will make a determination of the location of the penalty mark at the top of the penalty area, so that the ball is centered with the middle of the goal.
 - **Goals:** The goal must be placed on the center of the goal line - there is a designated mark on the field to assist with the placement. The distance between the inside of the post will be no less than 21 feet and the distance from the crossbar to the ground is no less than 7 feet.
 - **The Corner Mark:** There is no designated corner mark, however the player taking the corner kick may place the ball approximately 1 yard from the corner of the field. The Referee has the authority to ask the player to reposition the ball if the referee determines that the ball is placed closer than 1-yard from the corner of the field.



RULE 2 - The Ball

- The ball must be:
 - Spherical
 - Made of leather or other suitable material
 - Of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins) • Not more than 450 g (16 oz) in weight and not less than 410 g (14 oz)
 - At the start of the match of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1100 g/cm²) at sea level (8.5 lbs./sq. in - 15.6 lbs./sq. in)
- If the ball 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 becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick or penalty kick, the match is restarted accordingly
- The ball may not be changed during the match without the permission of the referee.



RULE 3 – Players, Coaches & Technical Staff

- All Divisions - a team shall consist of **8** players, one of whom must be designated as a goalkeeper
 - A match will not start if a team has **fewer than (5) players**.
 - Teams will be fined and forfeit the match 3-0 if they cannot field **(5) players for the match**.
 - If the number of players on a team falls **below (5) players** during the course of a match, the match will be abandoned.
- If both teams are not able to field enough players to start a match, the match will be forfeited with neither team receiving a point, and the GAME WILL **NOT** BE RESCHEDULED.
- Officials are not required to stay and officiate a forfeited game. The non-offending team may use the field for their scheduled game time, but only registered players who have signed waivers may be on the field.
- Outfield players may only play for the team that they are assigned/registered to by the league.
- To replace a player by a substitute, the following conditions must be observed:
 - Substitutions can take place on-the-fly at the designated substitution area
 - All players must leave the field of play from the substitution area, the substitute must also enter from the designated area
 - Once the player has left the field, the substitute may enter the field
 - Unlimited number of substitutions are permitted
 - Violations of the substitution procedure will be punished with an indirect free kick or advantage may be applied.
- A member of a team may be cautioned for persistent infringement of the Rules of the Game in the case of repeated violations by an individual or team
- All substitutes are subject to the authority and jurisdiction of the referee, whether called upon to play or not.
- The substitute goalkeeper, or any other player, may change place with the goalkeeper at any guaranteed substitution, provided the referee is notified before the change is made.
 - If a teammate changes places with the goalkeeper without the referee's permission both players are cautioned and shown the yellow card when the ball is next out of play
- If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field, play is stopped and restarted with a free kick to the opposing team at the place the ball was located when play was stopped.
- The coach may convey tactical instructions to the players during the match. He and the other team officials must remain within the confines of the bench area; they must behave in a responsible manner
- **No non-team officials or spectators are permitted on the bench.**



RULE 4 – The Players' Equipment

- A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). Jewelry may not be taped to cover it. Exceptions are religious jewelry (must be taped tight to skin) and medical alert bracelets or necklaces (both must be safely secured to avoid possible injury).
- Players are not allowed to wear the heavy plaster casts. Lighter sports casts are allowed provided that they are covered with appropriate padding (e.g. foam) and the referee has inspected the covering/padding to judge the padding is safe for everyone on the field of play. All medical joint braces, such as a knee brace, must be covered with a neoprene cover or sleeve.
- The basic compulsory equipment of a player is:
 - A jersey. Players may not play unless their shirt/jersey is consistent with the rest of their team. The shirt must be numbered, and each jersey must have a different number. During the regular season, in the event both teams have similar colors, the away team changes colors
 - Shorts. Shorts must end above the knee. A player may wear leggings beneath their shorts, but the leggings must be the same color as the shorts.
 - Socks
 - Shin guards
 - Appropriate footwear. No steel/metal studded shoes may be worn.
 - Street shoes must not be worn onto the playing surface. Turf studs are recommended, blade or round studs also permitted. Sole of boots must be molded
 - Playing footwear should be removed before leaving the field.
 - Playing footwear cannot be worn from outside, players must change into their boots inside the facility
 - Shin guards must be covered entirely by the socks. Players are responsible for wearing shin guards made of a suitable material and of an appropriate size to provide reasonable protection.
 - Each goalkeeper wears colors which distinguish him from the other players, and the match officials
 - Goalkeepers may wear track pants
- For any infringement of this Rule, play need not be stopped, and the player is instructed by the referee to leave the field of play to correct the equipment
- Leaves when play stops, unless the equipment has already been corrected
- A player who leaves the field of play to correct or change equipment must:
 - have the equipment checked by a match official before being allowed to re-enter
 - only re-enter with the referees permission, which may be given during play



RULE 5 – The Referee

- Enforces the Rules of Indoor Soccer
- Controls the match in cooperation with a second official (playoffs) • Ensures that the ball meets the proper requirements
- Ensures that the players' equipment meets the requirements
- Stops, suspends or abandons the match, at their discretion, for any infringement(s) of the Rules. Stops, suspends or abandons the match because of outside interference of any kind. Stops the match if a player is seriously injured and ensures that the player is removed from the field of play
- Allows play to continue until the ball is out of play if a player is only slightly injured
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return upon receiving approval by the referee, who must be satisfied that the bleeding has stopped
- Allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalizes the original offence if the anticipated advantage does not materialize at that time
- Punishes the more serious offence when a player commits more than one offence at the same time & takes disciplinary action against players guilty of technical offences, cautionable and sending-off offences. The Referee is not obliged to take this action immediately but must do so when the ball next goes out of play
- Ensures that no unauthorized persons enter the field of play • indicates the restart of the match after it has been stopped
- Provides the appropriate authorities with a match report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents which occurred before, during or after the match
- Takes action against team officials who fail to conduct themselves in a responsible manner, and may, at their discretion, expel them from the field of play and its immediate surroundings
- Decisions of the Referee: Regarding facts connected with play, including whether or not a goal is scored, and the result of the match, are final
- The referee may not change a decision on realizing that it is incorrect or on the advice of another match official if play has restarted, or the referee has signaled the end of the first or second half (including extra time) and left the field of play or terminated the match
- A referee or assistant referee is not held liable for:
 - Any kind of injury suffered by a player, official or spectator
 - Any damage to property of any kind
 - Any other loss suffered by any individual, club, company, association or other body, which is due, or which may be due to any decision which they may take under the terms of the Rules of the Game or in respect of the normal procedures required to hold, play and control a match. This may include:
 - A decision that the condition of the field of play or its surrounds is such as to allow or not to allow a match to take place
 - A decision to abandon a match for whatever reason
 - A decision as to the condition of the fixtures or equipment used during a match including the goalposts, crossbar, and the ball
 - A decision to stop or not to stop a match due to spectator interference or any problem in the spectator area



- A decision to stop or not to stop play to allow an injured player to be removed from the field of play for treatment
- A decision to request or insist that an injured player be removed from the field of play for treatment
- A decision to allow or not to allow a player to wear certain apparel or equipment • A decision (in so far as this may be their responsibility) to allow or not to allow any persons (including team or stadium officials, security officers,
- photographers or other media representatives) to be present in the vicinity of the field of play
- Any other decision which the referee may take in accordance with these rules or in conformity with their duties under the terms of the league rules or regulations under which the match is played



RULE 6 – The 2nd Referee

- The second referee will have the same powers and duties as those of the Referee, if applicable.



RULE 7 – The Duration of the Match

- A match consists of two equal halves, which may only be reduced if agreed upon between the referee and the two teams before the start of the match.
- The Okanagan United Soccer League consists of 2 x 25-minute halves with no additional time added.
- Digital scoreboard - The Referee has the authority to prolong play (even if the scoreboard displays 00:00) so as to allow for a phase of play to be completed to benefit the game and in keeping with the spirit of the game.
- Time shall be extended to allow the taking of a penalty kick during normal play.



RULE 8 – The Start and Restart of Play

- All players are in their own half of the field (player kicking off may be in opposing team's half of the field)
- The opponents of the team taking the kick-off are outside the center circle until the ball is in play
- The ball is stationary on the center mark
- The referee gives a signal
- The ball is in play when it is kicked and moves in any direction
- The kicker does not touch the ball a second time until it has touched another player
- After a team scores a goal, the kick-off is taken by the other team
- 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
- 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 these rules.
- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
 - the ball was in the penalty area or
 - the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, a match official
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play
- The ball is in play when it touches the ground.
- The ball is dropped again if it:
 - touches a player before it touches the ground
 - leaves the field of play after it touches the ground, without touching a player
- If a dropped ball enters the goal without touching at least two players, play is restarted with:
 - a goal kick if it enters the opponents' goal
 - a corner kick if it enters the team's goal



RULE 9 – The Ball In and Out of Play

- Whenever the ball touches any part of the building or its appurtenances, such as lights or heaters. An indirect free kick is awarded to the opposing team of the player who last touched the ball from beneath the appurtenance that it hit. This is aside from the field wire separators.
- If the ball touches the building or its appurtenances inside the penalty area, the indirect free kick is taken from the top of the penalty area in line with where it touched the roof.
- The ball is out of play when:
 - play has been stopped by the referee
 - strikes any structure above or overhanging the playing surface
- If the ball touches a match official, remains on the field of play and:
 - A team starts a promising attack or
 - The ball goes directly into the goal or
 - The team in possession of the ball changes
 - In all these cases, play is restarted with a dropped ball.



RULE 10 – Determining the Outcome of a Match and League Standings

- A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Rules of Indoor Soccer has been committed previously by the team scoring the goal.
- The following points are awarded for the specified match outcomes:
 - Win: 3 pts
 - Draw: 1 pt
 - Loss: 0 pts
- If two teams are tied for points the tiebreak works in the following order:
 - Head-to-Head
 - Goal Differential
 - Goals Against (lowest succeeds)
 - Goals For
 - Most Games Won
 - Least Games Lost
- **FOR PLAYOFFS ONLY:**
 - If the score is tied after regular time, the winner of the game will be decided by a penalty shoot-out (5-player format, as per IFAB protocol).
 - In the play-off final, if the score is tied after regular time, there will be two 10-minute periods of added time. Time may be added on due to substitutions, injuries, cards and goals due to the referee's discretion. If the score is tied after the extra time, the winner of the game will be decided by a penalty shoot-out (5-player format, as per IFAB protocol).



RULE 11 – Offside

- There are no offsides



RULE 12 – Fouls and Misconducts

- Direct and indirect free-kicks and penalty kicks can only be awarded for offences committed when the ball is in play.
- A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:
 - charges
 - jumps at
 - kicks or attempts to kick
 - pushes
 - strikes or attempts to strike (including head-butt)
 - tackles or challenges (see below details regarding slide tackles or slide challenges)
 - trips or attempts to trip
 - boards an opponent
 - slides within 1-meter of an opponent
- If an offence involves contact, it is penalized by a direct free kick
- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed.
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned.
- Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off
- A direct free kick is awarded if a player commits any of the following offences:
 - a handball offence (except for the goalkeeper within their penalty area)
 - holds an opponent
 - impedes an opponent with contact
 - bites or spits at someone
 - throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object See also offences in Law 3.
- Sliding tackles and sliding challenges are **NOT** permitted.
- A sliding tackle or challenge is defined as a deliberate attempt to play the ball by leaving one's feet and is in a body position whereby they are parallel to the ground, either along the field or in the air, with one or both legs extended. Sliding may be either:
 - In an attempt to dispossess their opponent of the ball
 - In an attempt to kick the ball when they do not have possession of the ball and are within playing distance of an opposing player (playing distance = 1-meter or 1-yard).
 - If the knee/hip makes contact with the ground in a sliding challenge position or makes contact with the ground first in order to make the challenge this constitutes sliding
- If the knee makes contact with the ground as a result of making a challenge (i.e. loss of balance, lunge position, or due to contact from an opponent, this would not constitute sliding)
- A player may slide in an attempt to intercept a pass or block a cross, pass, or shot as long as they do not make contact with an opposing player & are out of playing distance (> 1 meter).
- The Referee has final authority in determining whether a player's action to play the ball is a sliding tackle or challenge based on the above considerations.
- For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.



- It is an offence if a player:
 - deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball
 - touches the ball with their hand/arm when it has made their body unnaturally bigger - a player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for the specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized
 - scores in the opponents' goal directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their or a team-mate's hand/arm, even if accidental
- The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area.
- If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.
- An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offences:
 - plays in a dangerous manner
 - impedes the progress of an opponent
 - prevents the goalkeeper from releasing the ball from his hands or attempts to kick or attempts to kick the ball when the goalkeeper is in the process of releasing it
 - initiates a deliberate trick for the ball to be passed (including from a free-kick or goal kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Rule, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is penalized if responsible for initiating the deliberate trick
 - commits any other offence not previously mentioned in Rule 12, for which play is stopped to caution or dismiss a player
- An indirect free kick is also awarded if a goalkeeper, inside his own penalty area, commits any of the following three offences:
 - touches the ball with the hand/arm after releasing it and before it has touched another player
 - touches the ball with the hand/arm, after it has been deliberately kicked to the goalkeeper by a teammate, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play
 - touches the ball with the hand/arm after receiving it directly from a kick-in taken by a team-mate, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play
- **A corner kick is awarded if a goalkeeper, inside their penalty area, controls the ball with their hand(s)/arm(s) for more than 8 seconds before releasing it**
- A goalkeeper is considered to be in control of the ball with the hand(s) when:
 - the ball is between their hands/arms or between their hand(s)/arm(s) and any surface (e.g. ground, own body)
 - holding the ball in their outstretched open hand(s)
 - bouncing it on the ground or throwing it in the air



- **The referee will decide when the goalkeeper has control of the ball and the 8 seconds begin and will visually count down the last 5 seconds with a raised hand**
- A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).
- Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury or someone (including the player themselves) and includes preventing a nearby opponent from playing the ball for fear of injury.
- A scissors or bicycle kick is permissible provided that it is not dangerous to an opponent.
- Impeding the progress of an opponent without contact
- Impeding the progress of an opponent means moving into the opponent's path to obstruct, block, slow down or force a change of direction when the ball is not within playing distance of either player.
- All players have the right to their position on the field of play; being in the way of an opponent is not the same as moving into the way of an opponent.
- A player may shield the ball by taking a position between an opponent and the ball if the ball is within playing distance and the opponent is not held off with the arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.

Disciplinary Sanctions

- The referee has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark).
- If, before entering the field of play at the start of the match, a player or team official commits a sending-off offence, the referee has the authority to prevent the player or team official taking part in the match; the referee will report any other misconduct.
- A player or team official who commits a cautionable or sending-off offence, either on or off the field of play is disciplined according to the offence.
- The yellow card communicates a caution, and the red card communicates a sending-off.
- Only a player, substitute, substituted player or team official may be shown the red or yellow card.

Delaying the restart of play to show a card

- Once the referee has decided to caution or send off a player, play must not be restarted until the sanction has been administered, unless the non-offending team takes a quick free kick, has a clear goal-scoring opportunity and the referee has not started the disciplinary sanction procedure. The sanction is administered at the next stoppage; if the offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned; if the offence interferes with or stops a promising attack, the player is not cautioned.

Advantage

- If the referee plays the advantage for an offence for which a caution/sending-off would have been issued had play been stopped, this caution/sending-off must be issued when the ball is next out of play. However, if the offence was denying the opposing team an obvious goal-scoring opportunity the player is cautioned for unsporting behavior; if the offence was interfering with or stopping a promising attack, the player is not cautioned.
- Advantage should not be applied in situations involving serious foul play, violent conduct or a second cautionable offence unless there is a clear opportunity to score a goal. The referee must send off the player when the ball is next out of play, but if the player plays the ball or challenges/interferes with an



opponent, the referee will stop play, send off the player and restart with an indirect free kick, unless the player committed a more serious offence.

- If a defender starts holding an attacker outside the penalty area and continues holding inside the penalty area, the referee must award a penalty kick.
- A player is cautioned if guilty of:
 - delaying the restart of play
 - dissent by word or action
 - entering, re-entering or deliberately leaving the field of play without the referee's permission
 - failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick or throw-in
 - persistent offences (no specific number or pattern of offences constitutes 'persistent')
 - unsporting behavior
 - entering the referee box area without consent from the referee
 - confronting an opponent or official within "personal distance" (i.e. going face to face) in order to challenge or verbally disagree with an opponent or official
 - leaving their feet in an attempt to dispossess the opponent of the ball (slide tackle) and making contact with their opponent
- A substitute or substituted player is cautioned if guilty of:
 - delaying the restart of play
 - dissent by word or action
 - entering or re-entering the field of play without the referee's permission • unsporting behavior
 - entering the referee box/area
- Where two separate cautionable offences are committed (even in close proximity), they should result in two cautions, for example if a player enters the field of play without the required permission and commits a reckless tackle or stops a promising attack with a foul/handball, etc.

Cautions for unsporting behavior

- There are different circumstances when a player must be cautioned for unsporting behavior including if a player:
 - attempts to deceive the referee, e.g. by feigning injury or pretending to have been fouled (simulation)
 - changes places with the goalkeeper during play or without the referee's permission (see Rule #3)
 - commits in a reckless manner a direct free kick offence
 - handles the ball to interfere with or stop a promising attack
 - **denies the opposing team a goal or an obvious goal-scoring opportunity and the referee awards a penalty kick for a non-deliberate handball offence**
 - commits any other offence which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offence which was an attempt to play the ball
 - denies an opponent an obvious goal-scoring opportunity by an offence which was an attempt to play the ball, and the referee awards a penalty kick
 - handles the ball in an attempt to score a goal (whether or not the attempt is successful) or in an unsuccessful attempt to prevent a goal
 - plays the ball when leaving the field of play after being given permission to leave • shows a lack of respect for the game



- uses a deliberate trick to pass the ball (including from a free kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Rule, whether or not the goalkeeper touches the ball with the hands
- verbally distracts an opponent during play or at a restart

Celebration of a goal

- Players can celebrate when a goal is scored, but the celebration must not be excessive; choreographed celebrations are not encouraged and must not cause excessive time-wasting.
- Leaving the field of play to celebrate a goal is not a cautionable offence but players should return as soon as possible.
- A player must be cautioned, even if the goal is disallowed, for:
 - climbing onto a perimeter fence and/or approaching the spectators in a manner which causes safety and/or security issues
 - gesturing or acting in a provocative, derisory or inflammatory way
 - covering the head or face with a mask or other similar item
 - removing the shirt or covering the head with the shirt

Delaying the restart of play

- Referees must caution players who delay the restart of play by:
 - appearing to take restart but suddenly leaving it to a team-mate to take
 - kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play
 - taking a free kick from the wrong position to force a retake

Sending-off offences

- A player, substitute or substituted player who commits any of the following offences is sent off:
 - denying the opposing team a goal or an obvious goal-scoring opportunity by committing a non-deliberate handball offence outside their own penalty area
 - denying the opposing team a goal or an obvious goal-scoring opportunity by committing a deliberate handball offence (except a goalkeeper within their penalty area)
 - denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick (unless as outlined below)
 - serious foul play
 - biting or spitting at someone
 - spitting on the field
 - violent conduct
 - using offensive, insulting or abusive language and/or gestures
 - receiving a second caution in the same match
 - slide tackle of an opponent and making excessive contact or using excessive speed or force, any contact on a slide tackle from behind
- A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.
- Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a handball offence, the player is sent off wherever the offence occurs.



- Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball etc.) the offending player must be sent off.
- Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a handball offence, the player is sent-off wherever the offence occurs (except a goalkeeper within their penalty area).
- A player, sent-off player, substitute or substituted player who enters the field of play without the required referee's permission and interferes with play or an opponent and denies the opposing team a goal or an obvious goal-scoring opportunity is guilty of a sending-off offence. The following must be considered:
 - distance between the offence and the goal
 - general direction of the play
 - likelihood of keeping or gaining control of the ball
 - location and number of defenders

Serious foul play

- A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.
- Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.

Violent conduct

- Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator or any other person, regardless of whether contact is made.
- In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.

Team Officials

- Where an offence is committed and the offender cannot be identified, the senior team coach present on the team bench area will receive the sanction.
- The following offences should usually result in a warning; repeated or blatant offences should result in a caution or sending off:
 - entering the field of play without permission from the referee
 - failing to cooperate with a match official e.g. ignoring an instruction/request from a referee
 - minor/low-level disagreement (by word or action) with a decision
 - occasionally leaving the confines of the technical area without committing another offence
 - Caution offences include (but are not limited to):
 - delaying the restart of play by their team
 - dissent by word or action including:
 - throwing/kicking drinks bottles or other objects



- actions or gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping
- entering the referee area without permission
- excessively/persistently gesturing for a red or yellow card
- gesturing or acting in a provocative or inflammatory manner
- persistent unacceptable behavior (including repeated warning offences)
- showing a lack of respect for the game
- Sending-off offences include (but are not limited to):
 - delaying the restart of play by the opposing team e.g. holding onto the ball, kicking the ball away, obstructing the movement of a player
 - deliberately leaving the players' bench area to:
 - show dissent towards, or remonstrate with, a match official
 - act in a provocative or inflammatory manner
 - entering the opposing bench area in an aggressive or confrontational manner • deliberately throwing/kicking an object onto the field of play
 - entering the field of play to:
 - confront a match official (including at full-time)
 - interfere with play, an opposing player or a match official
 - physical or aggressive behavior (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person (e.g. ball boy/girl, security or competition official etc.) receiving a second caution in the same match
 - using offensive, insulting or abusive language and/or gestures
 - violent conduct
 - Offences where an object (or the ball) is thrown
- In all cases, the referee takes the appropriate disciplinary action:
 - reckless – caution the offender for unsporting behavior
 - using excessive force – send off the offender for violent conduct

Restart of play after fouls and misconducts

- If the ball is out of play, play is restarted according to the previous decision. If the ball is in play and a player commits a physical offence inside the field of play against:
 - an opponent – an indirect or direct free kick or penalty kick
 - a team-mate, substitute, substituted or sent-off player, team official or a match official – a direct free kick or penalty kick
- All verbal offences are penalized with an indirect free kick.
- If the referee stops play for an offence committed by a player, inside or outside the field of play, against an outside agent, play is restarted with a dropped ball, unless an indirect free kick is awarded for leaving the field of play without the referee's permission; the indirect free kick is taken from the point on the boundary line where the player left the field of play.
- If, when the ball is in play:
 - a player commits an offence against a match official or an opposing player, substitute, substituted or sent-off player, or team official outside the field of play or
 - a substitute, substituted or sent-off player, or team official commits an offence against, or interferes with, an opposing player or a match official outside the field of play, play is restarted



with a free kick on the boundary line nearest to where the offence/interference occurred; for direct free kick offences, a penalty kick is awarded if this is within the offender's penalty area.

- If an offence is committed outside the field of play by a player against a player, substitute, substituted player or team official of their own team, play is restarted with an indirect free kick on the boundary line closest to where the offence occurred.
- If a player makes contact with the ball with an object (boot, shin guard etc.) held in the hand, play is restarted with a direct free kick (or penalty kick).
- If a player who is on or off the field of play throws or kicks an object (other than the match ball) at an opposing player, or throws or kicks an object (including a ball) at an opposing substitute, substituted or sent-off player, team official, or a match official or the match ball, play is restarted with a direct free kick from the position where the object struck or would have struck the person or the ball. If this position is off the field of play, the free kick is taken on the nearest point on the boundary line; a penalty kick is awarded if this is within the offender's penalty area.
- If a substitute, substituted or sent-off player, player temporarily off the field of play or team official throws or kicks an object onto the field of play and it interferes with play, an opponent of match official, play is restarted with a direct free-kick (or penalty kick) where the object interfered with play or struck or would have struck the opponent, match official or the ball.



RULE 13 – Free Kicks

- If a free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team. For all 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
- All opponents must be (8) yards from the ball at the taking of a free kick
- A goal can be scored from a direct free-kick, goal-kick and corner-kick - provided the ball enters the opposing team's goal
- A team cannot score an own-goal directly from a free-kick, goal-kick or corner-kick.
- Indirect free-kicks that are awarded inside the penalty area will be taken from along the top of the penalty area line, parallel to the goal-line
- Should the ball strike the field wire separator when it is in play, the play will continue.
- Where 3 or more defending team players form a 'wall', all attacking team players must remain at least 1m (1 yd) from the 'wall' (i.e. beside, in front or behind) until the ball is in play
- If the attacking player infringes (i.e. is less than 1 meter from wall) an Indirect free kick is awarded to the defending team
- The ball is in play when it is kicked and moves
- If, when a free kick is taken by the defending team inside its penalty area, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the free-kick is taken or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the free-kick is retaken.
- If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence:
 - a direct free kick is awarded.
 - a penalty kick is awarded if the offence occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded



RULE 14 – The Penalty Kick

- A penalty kick is awarded if a player commits a direct free-kick offence inside their own penalty area and while the ball is in play or off the field as part of play.
- A goal may be scored directly from a penalty kick.
- The ball is to be placed at the top of the penalty area, centered between the goalposts
- The player taking the penalty kick must be clearly identified
- All players, except for the identified kicker and goalkeeper, must be outside the penalty area, and at least (8) yards from the ball
- The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, without touching the goalposts, crossbar or goal net, until the ball has been kicked
- The goalposts, crossbar & goal net must not be moving
- When the ball is kicked, the defending goalkeeper must have at least part or one foot touching, or in line with, the goal line. The goalkeeper will be cautioned if they come off the line early to gain an advantage to save the ball
- After the players have taken positions in accordance with the rule, the referee signals for the penalty kick to be taken,
- The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward.
- When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, in line with or behind, the goal line
- The ball is in play when it is kicked and clearly moves
- The kicker must not play the ball again until it has touched another player
- The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence
- Additional time is allowed for a penalty kick to be taken and completed at the end of a half of the match or extra time. When additional time is allowed, the penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, or the referee stops play for an offence by the kicker or the kicker's team. If a defending team player (including the goalkeeper) commits an offence and the penalty is missed/saved, the penalty is retaken.
- If the referee gives the signal for a penalty kick to be taken and, the kick must be taken; if it is not taken, the referee may take disciplinary action before signaling again for the kick to be taken.
- If, before the ball is in play:
 - The player taking the penalty kick or a team-mate infringes offends
 - 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 Rules of the Game:
 - If the ball enters the goal, a goal is awarded.
 - If the ball does not enter the goal or rebounds from the crossbar or goalpost(s), the kick is only retaken if the goalkeeper's offence clearly impacted on the kicker
 - If the ball is prevented from entering the goal by the goalkeeper; the kick is retaken
 - If the goalkeeper's offence results in the kick being retaken, the goalkeeper is warned for the first offence in the game and cautioned for any subsequent offence(s) in the game
 - A team-mate of the player taking the kick enters the penalty area or moves in front of or within 8 yards of the penalty mark:



- 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 or the crossbar or goalpost(s) and is touched by this player, the referee stops play and restarts the game with a free kick to the defending team
- A team-mate of the goalkeeper enters the penalty area or moves in front of or within 8 yards of the penalty mark:
 - If the ball enters the goal, a goal is awarded
 - If the ball does not enter the goal, the kick is retaken
- A player of both the defending & attacking team infringes, the kick is retaken unless a player commits a more serious offence (e.g. 'illegal' feinting).
- Both the goalkeeper and kicker commit an offence at the same time, the kicker is cautioned and play restarts with an indirect free kick to the defending team
- If, after the penalty kick has been taken:
 - The kicker touches the ball again before it has touched another player, an indirect free-kick (or direct free-kick for handball offence) is awarded
 - The ball is touched by an outside agent as it moves forward, the kick is retaken unless the ball is going into the goal and the interference does not prevent the goalkeeper or a defending player playing the ball, in which case the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless interference was by the attacking team
 - The ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent the referee stops play
 - Play is restarted with a dropped ball at the position where it touched the outside agent



RULE 15 – Ball Out of Play – Kick-in

- A kick-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline. The ball must be kicked into the field of play either along the field or in the air below waist height.
- A goal may not be scored directly from a kick-in.
- Kick-in procedure:
 - The referee gives a signal.
 - All opponents must stand at least 2 meters from the ball on the touchline where the kick-in is to be taken.
 - The ball is in play when it is kicked and moves.
- Kick-in infringements/sanctions:
 - If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect free kick is awarded
 - Should the ball be played above the waist, then the kick-in is awarded to the opposing team.
 - If an opponent blocks or is within 2-meters of the ball when the kick-in is being taken, an indirect free-kick is awarded to the opposing team
 - If the kick-in was taken outside the penalty area, and the ball was then touched with the hands by a defender inside his own penalty area, a penalty kick is awarded.
 - If the goalkeeper handles the ball, played by a team-mate directly from a kick-in, an indirect freekick is awarded to the opposing team.
- When the ball strikes any structure above or overhanging the playing surface, play shall be stopped and restarted by an indirect free kick.
- If the ball strikes the over-hanging light fixture or ceiling at the West end of the field (farthest away from stands), the indirect free kick is placed anywhere along the top of the PA line.
- The free kick shall be:
 - Taken by an opponent of the team that touched or played the ball last
 - Taken from any spot on the field closest to where the ball hit the ceiling/wire/divider-netting.
 - The procedures of Rule 13 will apply to the restart.



RULE 16 – The Goal Kick

- A goal-kick is awarded when the whole of the ball passes over the goal-line, on the ground or in the air, having last touched a player of the attacking team and a goal is not scored.
- A goal-kick may be taken from anywhere inside the kicking team's own penalty area. The ball does not need to leave the penalty area before being played.
- A goal may be scored directly from a goal kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.
- Procedure:
 - The ball must be stationary and is kicked from any point within the penalty area by a player of the defending team
 - The ball is in play when it is kicked and clearly moves
 - Opponents must be outside the penalty area until the ball is in play
- If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence:
 - A direct free kick is awarded
 - A penalty kick is awarded if the offence occurred inside the kicker's penalty area, unless the kicker is goalkeeper, in which case an indirect free kick is awarded
- If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue.
- If an opponent who is in the penalty area when the goal kick is taken or enters the penalty area before the ball is in play, touches, or challenges for the ball before it is in play, the goal kick is retaken.
- If a player enters the penalty before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offence.
- For any other offence, the kick is retaken.
- Should the ball strike the overhanging wire on a Goal-Kick, that results in a retake of the Goal-kick.



RULE 17 – The Corner Kick

- A corner-kick is awarded when the whole of the ball passes over the goal line on the ground or in the air, having last touched a player of the defending team and a goal is not scored.
- Opponents must be (8) yards away from the ball on corner kicks.
- 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 perimeter boards or touches the netting above the glass between the corner marks, and a goal is not scored in accordance with Rule 10.
- Procedure:
 - The ball is placed at the nearest corner mark
 - 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
 - If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:
 - If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded
 - Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
 - For any other infringement, the kick is retaken