

NORTHERN UNITED FC

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Recreational Soccer – Referee Training Plan

Training Information

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For more information, please utilize the following additional resources:

- A. Northern United FC (NUFC)
northernunitedfc.org (click on “Home” tab followed by “Referee” tab)
- B. US Soccer
ussoccer.com (click on “Referee” tab)
- C. Northwest Recreational Soccer League
nrslsoccer.org

U6 - U7 LAWS OF THE GAME

Format	6 v 6 (5 Field Players & Keeper)
Keeper	Yes
Ball Size	3
Coaches	Coaches should be on the field with players to coach and guide play. Coaches may not be physically involved in any play under any circumstance.
Game Time	Four 8-minute quarters <ul style="list-style-type: none"> • 2-minute breaks • 3-minute half
Offside	No
Keeper	Yes
Slide Tackles	No
Throw-ins	Maximum of 3 attempts <ul style="list-style-type: none"> • Coaches should demonstrate proper technique (ball over head, feet on ground, no jumping)
Safety	<ul style="list-style-type: none"> • Shin guards are required • Only soccer shoes or cleats (no toe spikes) • No jewelry
Substitutions	Fly (coach may request 1-minute play clock stoppage for substitutions)
Drop Kicks by Goalie	No
Punting	No
Heading	No
Penalty Mark	8 yds
Kick Radius for free kicks, start of the game, direct, penalty	6 yds
Buildout Line	The buildout line is half the distance between the Center line and top of the Penalty Box.
Buildout Line	The ball is live once the goalie releases the ball, and it is touched by the team in possession.
FIFA Laws of the Game	All other non-conflicting FIFA rules apply.

U8 - U9 LAWS OF THE GAME

Format	7 v 7 (6 Field Players & Keeper)
Keeper	Yes
Ball Size	4
Coaches	Coaches are not allowed on the field of play.
Game Time	Four 12-minute quarters <ul style="list-style-type: none"> • 2-minute breaks • 3-minute half
Offside	No
Keeper	Yes
Slide Tackles	No
Throw-ins	Maximum of 3 attempts <ul style="list-style-type: none"> • Coaches should demonstrate proper technique (ball over head, feet on ground, no jumping)
Safety	<ul style="list-style-type: none"> • Shin guards are required • Only soccer shoes or cleats (no toe spikes) • No jewelry
Substitutions	Fly (coach may request 1-minute play clock stoppage for substitutions)
Drop Kicks by Goalie	No
Punting	No
Heading	No
Penalty Mark	8 yds
Kick Radius for free kicks, start of the game, direct, penalty	6 yds
Buildout Line	The buildout line is half the distance between the Center line and top of the Penalty Box.
Buildout Line	The ball is live once the goalie releases the ball, and it is touched by the team in possession.
FIFA Laws of the Game	All other non-conflicting FIFA rules apply.

U10 LAWS OF THE GAME

Format	7 v 7 (6 Field Players & Keeper)
Keeper	Yes
Ball Size	4
Coaches	Coaches are not allowed on the field of play.
Game Time	Two 25-minute halves <ul style="list-style-type: none"> • 5-minute half (minimum)
Offside	Yes (from the buildout line)
Keeper	Yes
Slide Tackles	Yes
Throw-ins	Maximum of 1 attempt
Safety	<ul style="list-style-type: none"> • Shin guards are required • Only soccer shoes or cleats (no toe spikes) • No jewelry
Substitutions	Fly (coach may request 1-minute play clock stoppage for substitutions)
Drop Kicks by Goalie	No
Punting	No
Heading	No
Penalty Mark	8 yds
Kick Radius for free kicks, start of the game, direct, indirect, penalty	6 yds
Buildout Line	The buildout line is half the distance between the Center line and top of the Penalty Box.
Buildout Line	The ball is live once the goalie releases the ball, and it is touched by the team in possession.
NRSL Rules Apply	
FIFA Laws of the Game	All other non-conflicting FIFA rules apply.

U11 - U12 LAWS OF THE GAME

Format	9 v 9 (8 Field Players & Keeper)
Keeper	Yes
Ball Size	4
Coaches	Coaches are not allowed on the field of play.
Game Time	Two 30-minute halves <ul style="list-style-type: none"> • 5-minute half (minimum)
Offside	Yes
Keeper	Yes
Slide Tackles	Yes
Throw-ins	Maximum of 1 attempt
Safety	<ul style="list-style-type: none"> • Shin guards are required • Only soccer shoes or cleats (no toe spikes) • No jewelry
Substitutions	Fly (coach may request 1-minute play clock stoppage for substitutions)
Drop Kicks by Goalie	Yes
Punting	Yes
Heading	No
ARs	Not required
Penalty Mark	10 yds
Kick Radius for free kicks, start of the game, direct, indirect, penalty	8 yds
Buildout Line	None
NRSL Rules Apply	
FIFA Laws of the Game	All other non-conflicting FIFA rules apply.

U13 - U14 LAWS OF THE GAME

Format	11 v 11 (10 Field Players & Keeper)
Keeper	Yes
Ball Size	5
Coaches	Coaches are not allowed on the field of play.
Game Time	Two 35-minute halves <ul style="list-style-type: none"> • 5-minute half (minimum)
Offside	Yes
Keeper	Yes
Slide Tackles	Yes
Throw-ins	Maximum of 1 attempt
Safety	<ul style="list-style-type: none"> • Shin guards are required • Only soccer shoes or cleats (no toe spikes) • No jewelry
Substitutions	Fly (coach may request 1-minute play clock stoppage for substitutions)
Drop Kicks by Goalie	Yes
Punting	Yes
Heading	Yes
ARs	Yes (recommended)
Penalty Mark	12 yds
Kick Radius for free kicks, start of the game, direct, indirect, penalty	10 yds
Buildout Line	None
NRSL Rules Apply	
FIFA Laws of the Game	All other non-conflicting FIFA rules apply.

BEFORE THE GAME

Items for your referee bag

- Uniform(s) - All Colors
 - Shorts
 - Socks
 - Shoes
 - Whistle (bring extra)
 - Yellow Card & Red Card (bring extra)
 - Watch (bring extra)
 - Referee notebook and pen/pencil
 - Coin
 - Water
 - Snack
 - Towel
 - Sunscreen
- Remember to place your bag in a safe and visible location (usually at midfield between the team benches)

PRE-GAME

- Arrive at least 30 minutes before scheduled kick-off
- Look and act professional
- Show confidence when meeting the coach/team
- Inspect the field
- Look for unsafe objects (broken glass, bottles, cans, tree branches)
- Look for unsafe field conditions (holes, divots, rocks)
- Ensure goals are anchored and secured to the ground
- Acquire game roster and player passes from coach or team manager
- Check-in and inspect players for unsafe equipment like jewelry
- Inspect player's equipment (jersey/shorts/socks/shin guards/footwear)
- Inspect the game ball(s)

DURING THE GAME

Enforce the Laws of the Game

- Modify for age (see local rules of competition)
 - Show confidence in your decisions
 - Use crisp and clear hand signals
 - Player safety first, STOP the game when a player is seriously injured
 - Have medical personnel assess injured players
 - Do not touch injured players
 - Do your best to keep other players from touching the injured players
- ### U.S. Soccer Concussion Initiative
- No heading for players under the age of 11
 - Restart is an Indirect Free Kick to the opposing team from the spot of the header
 - If restart is in goal area, the restart is on the goal area line parallel to the goal line from spot of header

AFTER THE GAME

- Monitor the teams while leaving the field
- Retrieve and return the game ball
- Return player passes to each team
- Have team manager/coach sign game report (see local rules of competition)
- Verify all game data (score, misconduct, substitutions)
- Complete game report in a timely manner (see local rules of competition)
- Complete incident report if needed (see local rules of competition)
- Take notes on your game and do a self-assessment

FOULS

AND / OR

MISCONDUCT

WHILE BALL IS IN PLAY		WHEN		ANYWHERE - FIELD / BENCH / STANDS / PARKING LOT	
Occurs in playing field confines (where players are typically competing for the ball)		WHERE		ANYWHERE - FIELD / BENCH / STANDS / PARKING LOT	
BY A PLAYER, SUBSTITUTE, OR TEAM OFFICIAL		WHO		PLAYER, SUBSTITUTE, OR TEAM OFFICIAL	
DIRECT	INDIRECT	7 CAUTIONS (YC)	7 SEND OFFS (RC)		
REQUIRED (ALL BUT #10) REQUIRED (1 THROUGH 7)	AGAINST an Opponent, Substitute Team Official, or Game Official CARELESS, RECKLESS EXCESSIVE FORCE	"SPIRIT OF THE GAME" "BRINGING GAME INTO DISREPUTE" "FOUL TO STOP PLAY"	"LOSS OF SELF CONTROL BY PLAYER"		
11 DFK FOULS	1FK FOULS/INFRACTIONS	7 CAUTIONABLE OFFENSES	7 SEND-OFF OFFENSES		
<ol style="list-style-type: none"> KICKS/ATTEMPTS TO... TRIPS/ATTEMPTS TO TRIP JUMPS AT CHARGES STRIKES/ATTEMPTS TO... PUSHES TACKLES HOLDS SPTS AT HANDLES BALL DELIBERATELY (EXCEPT KEEPER IN OWN PENALTY AREA) IMPEDING WITH CONTACT 	<ol style="list-style-type: none"> PLAYS IN A DANGEROUS MANNER IMPEDES THE PROGRESS OF AN OPPONENT PREVENTS THE KEEPER FROM RELEASING BALL FROM HANDS IF PLAY IS STOPPED TO CAUTION OR SEND OFF A PLAYER FOR AN OFFENSE NOT OTHERWISE MENTIONED IN LAW GOALKEEPER IN OWN PENALTY AREA - RELEASE BALL FROM HANDS REGAINS HAND CONTROL PRIOR TO TOUCH BY ANOTHER PLAYER TOUCHES BALL WITH HANDS WHEN KICKED BY TEAMMATE TOUCHES BALL WITH HANDS FROM THROW IN BY TEAMMATE 	<ol style="list-style-type: none"> UNSPORTING BEHAVIOR..... (UB) SHOWS DISSENT BY WORD OR ACTION..... (DT) PERSISTENTLY INFRINGES THE LAWS OF THE GAME..... (PI) DELAYS THE RESTART OF PLAY..... (DR) FAILS TO RESPECT THE REQUIRED DISTANCE..... (FRD) ENTERS OR RE-ENTERS THE FIELD W/O REFEREE'S PERMISSION..... (E) LEAVES THE FIELD W/O REFEREE'S PERMISSION..... (L) 	<ol style="list-style-type: none"> SERIOUS FOUL PLAY..... (SFP) VIOLENT CONDUCT..... (VC) SPTS AT OPPONENT OR ANY OTHER PERSON..... (S) DENIES "OGSO" BY HANDLING THE BALL..... (DGH) DENIES "OGSO" TO OPPONENT MOVING TOWARD THE GOAL WITH A FOUL..... (DGF) USES OFFENSIVE, INSULTING OR ABUSIVE LANGUAGE OR GESTURES..... (AL) RECEIVES A 2nd CAUTION IN THE SAME MATCH..... (2CT) 	<p>SUBSTITUTES CAN BE CAUTIONED BY THE REFEREE</p> <p>*OGSO=OBVIOUS GOAL-SCORING OPPORTUNITY</p>	
JUDGEMENT OF ACTION:	"TECHNICAL" 1FKS	MOST DANGEROUS TIMES FOR REFEREE			
EYES	UNUSUAL ACTIONS	<ul style="list-style-type: none"> ALL OFFICIALS MUST BE ESPECIALLY ALERT AT THESE TIMES! WHEN BALL IS OUT OF PLAY! WHEN FOUL OCCURS IN FRONT OF BENCH AREA 			
UNUSUAL BODY MOVEMENTS	TACKLE:	<ul style="list-style-type: none"> READING THE GAME TRACKING TEAM TACTICS - JUDGING PLAYERS' SKILLS KEEPING "SCORE" BETWEEN PLAYERS READING THE PLAY ANTICIPATING ACTION - EXPERTISE/LOGICAL MOVES STARTING MOVEMENT TOWARD NEXT AREA OF PLAY 			
AN ATTEMPT TO GAIN POSSESSION OF THE BALL WITH FOOT (STANDING/RUNNING/SLIDING)	CHARGE : DELIBERATE PHYSICAL CONTACT WITH OPPONENT				

(OVER for Start and Re-Start Chart)

12.29 CAUTIONABLE OFFENSES

12.29.1 UNSPORTING BEHAVIOR

Among the specific actions considered cautionable as unsporting behavior, the following are noted:

- Commits a penal (direct free kick or penalty kick) foul in a reckless manner
- Commits a penal (direct free kick or penalty kick) foul while tackling for the ball from behind (i.e., outside the opponent's peripheral vision)
- Commits a technical (indirect free kick) foul designed to interfere with or impede an opposing team's attacking play
- Commits an act deemed by the referee as bringing the game into disrepute (e.g., aggressive attitude, inflammatory behavior, or taunting)
- Pushes or holds an opponent (including holding the opponent's uniform) to interfere with that opponent's attacking play
- Handles the ball deliberately to interfere with an opponent's attacking play
- Handles the ball deliberately to score a goal
- Changes jerseys with the goalkeeper during play or without the referee's permission (wait for stoppage, both players are cautioned, but the player with the identifying jersey is considered the goalkeeper and can use the goalkeeper's privileges); this is a **mandatory caution**
- Engages in trickery to circumvent the goalkeeper's limitation on handling a ball played from a teammate's foot (the defender who initiates the "trickery" is cautioned and the decision does not require that the goalkeeper actually handle the ball); this is a **mandatory caution**
- Fakes an injury or exaggerates the seriousness of an injury
- Fakes a foul (dives) or exaggerates the severity of a foul
- Interferes with or prevents the goalkeeper from releasing the ball from his hands into play
- Unfairly distracts or impedes an opponent performing a throw-in; this is a **mandatory caution**
- Verbally distracts an opponent during play or at a restart
- If identified as the kicker, engages in unfair deception while taking a penalty kick

2.3 CARELESS, RECKLESS, INVOLVING EXCESSIVE FORCE

- *"Careless" indicates that the player has not exercised due caution in making his play.*
- *"Reckless" means that the player has made unnatural movements designed to intimidate an opponent or to gain an unfair advantage*
- *"Involving excessive force" means that the player has far exceeded the use of force necessary to make a fair play for the ball and has placed his opponent in considerable danger of bodily harm.*

If the foul was careless, simply a miscalculation of strength or a stretch of judgment by the player who committed it, then it is a normal foul, requiring only a direct free kick (and possibly a stern talking-to). If the foul was reckless, clearly outside the norm for fair play, then the referee must award the direct free kick and also caution the player for unsporting behavior, showing the yellow card. If the foul involved the use of excessive force, totally beyond the bounds of normal play, then the referee must send off the player for serious foul play, show the red card, and award the direct free kick to the opposing team

2.4 TRIPPING

Tripping or attempting to trip an opponent includes situations in which the player moves under the opponent and uses his body to upset or upend the opponent. This is also known as "bridging." Referees must carefully distinguish an act of tripping from the fact of being tripped. Tripping or attempting to trip is an offense if it is clearly directed at an opponent and causes the opponent to falter or fall. Players, however, may trip over or fall over an opponent as a result of natural play and no infringement of the Law has been committed.

2.5 CHARGING

The act of charging an opponent can be performed without it being called as a foul. Although the fair charge is commonly defined as "shoulder to shoulder," this is not a requirement and, at certain age levels where heights may vary greatly, may not even be possible. Furthermore, under many circumstances, a charge may often result in the player against whom it is placed falling to the ground (a consequence, as before, of players differing in weight or strength). The Law does require that the charge be directed toward the area of the shoulder and not toward the center of the opponent's back (the spinal area): in such a case, the referee should recognize that such a charge is at minimum reckless and potentially even violent. It is a violation of Law 12 to perform an otherwise fair charge against an opponent who is already being fairly charged by another player. Such an action is at minimum a careless challenge. It is also holding and is commonly referred to as a "sandwich."

2.6 STRIKING

Striking can include the use of any object (including the ball) as well as hands, arms, head, or knees (if feet are used, the offense would be called as kicking). In the special case of a player using an object (shoe, stone, etc.) to strike an opponent, the restart is located where the offense originated. Thus, a goalkeeper has committed a penal foul within his own penalty area and play is restarted with a penalty kick if he throws a ball with excessive force at an opponent standing outside the penalty area. If the striking was initiated from a throw-in, the restart is taken from the place on the touch line where the throw-in was taken (the point from which the ball was thrown). On the other hand, if the goalkeeper or any other player, standing within his own penalty area, strikes an opponent who is outside the penalty area, the restart must be a direct free kick from the spot where the contact took place (outside the penalty area).

12.7 HOLDING

Holding an opponent includes the act of stretching the arms out to prevent an opponent from moving past or around.

12.8 MAKING CONTACT WITH THE OPPONENT

Making contact with the opponent after touching the ball while performing a tackle does not necessarily mean that a foul has not been committed. *The declaration by a player that he has in fact played the ball is irrelevant if, while tackling the ball, the player carelessly, recklessly, or with excessive force commits any of the prohibited actions.*

12.9 DELIBERATE HANDLING

The offense known as "handling the ball" involves deliberate contact with the ball by a player's hand or arm (including fingertips, upper arm, or outer shoulder). "Deliberate contact" means that the player could have avoided the touch but chose not to, that the player's arms were not in a normal playing position at the time, or that the player deliberately continued an initially accidental contact for the purpose of gaining an unfair advantage. Moving hands or arms instinctively to protect the body when suddenly faced with a fast approaching ball does not constitute deliberate contact unless there is subsequent action to direct the ball once contact is made. Likewise, placing hands or arms to protect the body at a free kick or similar restart is not likely to produce an infringement unless there is subsequent action to direct or control the ball. The fact that a player may benefit from the ball contacting the hand does not transform the otherwise accidental event into an infringement. A player infringes the Law regarding handling the ball even if direct contact is avoided by holding something in the hand (clothing, shinguard, etc.).

12.10 RULE OF THUMB FOR "HANDLING"

The rule of thumb for referees is that it is handling if the player plays the ball, but not handling if the ball plays the player. The referee should punish only deliberate handling of the ball, meaning only those actions when the player (and not the goalkeeper within his own penalty area) strikes or propels the ball with his hand or arm (shoulder to tip of fingers).

12.11 USE OF THE SHOULDER

Any use of the shoulder in playing the ball is considered as using the hand. This can mean that, even though the player leaves his hand/arm close to his body, he may have moved the body so as to strike or propel the ball with the arm or hand, and the referee must watch for actions of that sort. Propelling the ball forward using the front part of the shoulder is considered handling, even when the main area of contact between ball and body is the chest.

12.12 THE TECHNICAL FOULS

A second group of offenses is described in Law 12 for which the correct restart is an indirect free kick. These are referred to as "technical" fouls.

12.13 PLAYING IN A DANGEROUS MANNER

Playing "in a dangerous manner" can be called only if the act, in the opinion of the referee, meets three criteria: the action must be dangerous to someone (including the player himself), it was committed with an opponent close by, and the dangerous nature of the action caused this opponent to cease his active play for the ball or to be otherwise disadvantaged by his attempt not to participate in the dangerous play. Merely committing a dangerous act is not, by itself, an offense (e.g., kicking high enough that the cleats show or attempting while on the ground to play the ball). Committing a dangerous act while an opponent is near by is not, by itself, an offense. The act becomes an offense only when an opponent is adversely and unfairly affected, usually by the opponent ceasing to challenge for the ball in order to avoid receiving or causing injury as a direct result of the player's act. Playing in a manner considered to be dangerous when only a teammate is nearby is not a foul. Remember that fouls may be committed only against opponents.

12.14 IMPEDING AN OPPONENT

"Impeding the progress of an opponent" means moving on the field so as to obstruct, interfere with, or block the path of an opponent. Impeding can include crossing directly in front of the opponent or running between him and the ball so as to form an obstacle with the aim of delaying his advance. There will be many occasions during a game when a player will come between an opponent and the ball, but in the majority of such instances, this is quite natural and fair. It is often possible for a player not playing the ball to be in the path of an opponent and still not be guilty of impeding.

The offense requires that the ball not be within playing distance or not capable of being played, and physical contact between the player and the opponent is normally absent. If physical contact occurs, the referee should, depending on the circumstances, consider instead the possibility that a charging infringement has been committed (direct free kick) or that the opponent has been fairly charged off the ball (indirect free kick, see also 12.22). However, nonviolent physical contact may occur while impeding the progress of an opponent if, in the opinion of the referee, this contact was an unavoidable consequence of the impeding (due, for example, to momentum).

12.15 PLAYING DISTANCE

A usable guideline for the concept of "playing distance" is the distance a player can cover in two strides at the speed he or she is moving at the time.

12.16 GOALKEEPER POSSESSION OF THE BALL

The goalkeeper is considered to be in possession of the ball while bouncing it on the ground or while throwing it into the air. Possession is given up if, while throwing the ball into the air, it is allowed to strike the ground.

12.17 PREVENTING THE GOALKEEPER FROM RELEASING THE BALL INTO PLAY

An opponent may not prevent the goalkeeper from releasing the ball from his hands. While players have a right to maintain a position achieved during the normal course of play, they may not try to block the goalkeeper's movement while he is holding the ball or do anything which hinders, interferes with, or blocks the goalkeeper who is throwing or punting the ball back into play. An opponent does not violate the Law, however, if he takes advantage of a ball released by the goalkeeper directly to him, in his direction, or even deflecting off him nonviolently.

12.18 THE "FOUR-STEP" RULE

The International Board has often emphasized the need to enforce strictly the requirement in Law 12 that a goalkeeper may not take more than four steps while controlling the ball with his hands and before releasing it into play. However, this restriction is not intended to include steps taken by the goalkeeper while gaining control of the ball, while moving as a natural result of momentum, or while moving around nearby opponents. Furthermore, an overly precise count of the goalkeeper's steps may often involve a trifling infringement if these steps are not, in the opinion of the referee, to the keeper's advantage or taken as a means of wasting time.

12.19 SECOND TOUCH BY THE GOALKEEPER

A goalkeeper who has taken hand control of the ball and then released it back into play may not handle the ball again until it has been played by an opponent anywhere on the field or by a teammate who is outside of the penalty area. Referees should note carefully Decision 3, which defines "control" and distinguishes this from an accidental rebound or a save.

12.20 BALL KICKED TO THE GOALKEEPER

A goalkeeper infringes Law 12 if he touches the ball with his hands directly after it has been deliberately kicked by a teammate. The requirement that the ball be kicked means only that it has been played with the foot. The requirement that the ball be "kicked to" the goalkeeper means only that the play is to or toward a place where the keeper can legally handle the ball. The requirement that the ball be "deliberately kicked" means that the play on the ball is deliberate and does not include situations in which the ball has been, in the opinion of the referee, accidentally deflected or misdirected. The goalkeeper has infringed the Law if he handles the ball after initially playing the ball in some other way (e.g., with his feet).

12.21 BALL THROWN TO THE GOALKEEPER

A goalkeeper infringes Law 12 if he touches the ball with his hands after he receives it directly from a throw-in taken by a teammate. Referees should take care not to consider as trickery any sequence of play that offers a fair chance for opponents to challenge for the ball before it is handled by the goalkeeper from a throw-in.

12.22 CHARGING AN OPPONENT AWAY FROM THE BALL

A player who charges an opponent in an otherwise legal manner (i.e., not carelessly, recklessly, or with excessive force) but with the ball not within playing distance has infringed the Law. Such an "off the ball" charge is considered a form of impeding the progress of an opponent and is thus penalized with an indirect free kick restart for the opposing team.

12.23 GOALKEEPER TIMEWASTING

A goalkeeper wastes time, within the meaning of Law 12, if he maintains hand control of the ball for longer than 5-6 seconds. This restriction is to be evaluated in much the same way as the limitation on the steps a goalkeeper may take. Referees must not measure this time with any obvious visual or verbal counting. Goalkeepers who hold the ball for longer than 5-6 seconds will normally be warned by the referee before any more serious action is taken.

12.24 CHARGING THE GOALKEEPER

Referees must carefully observe any charge against the goalkeeper and call as an infringement of Law 12 only those charges which are performed carelessly, recklessly, or with excessive force (direct free kick), are performed in a dangerous manner (indirect free kick), or prevent the goalkeeper from releasing the ball from his hands (indirect free kick).

Part B. Misconduct

12.25 CATEGORIES OF MISCONDUCT

Law 12 identifies seven categories of action for which a player may be cautioned and shown the yellow card. Another seven categories of action are identified for which a player may be sent off the field (expelled or dismissed) and shown the red card. A player sent from the field under Law 12 may not be replaced (i.e., the team must continue the match with one fewer player). A substitute sent from the field under Law 12 also may not be replaced, but this does not alter the number of players his team may field.

12.26 RESTARTS FOR MISCONDUCT

If play is stopped solely to deal with misconduct committed by a player on the field, the proper restart is an indirect free kick taken from the location of the misconduct (subject to the conditions imposed by Law 8 and Law 13). If play is stopped solely to deal with misconduct committed by a substitute, for misconduct committed off the field of play, or for team officials who fail to conduct themselves in a responsible manner, the restart is a dropped ball taken from where the ball was when play was stopped (subject to the special circumstances of Law 8). If play is stopped for any reason in addition to misconduct, the restart is determined by the other reason. The restart cannot be a direct free kick unless the reason for the stoppage included a penal foul. If misconduct occurs while play is stopped, the restart is determined by the original reason for the stoppage.

12.27 WHEN TO PUNISH MISCONDUCT

Law 5 empowers the referee to take "disciplinary action against players guilty of cautionable and sending-off offenses. He is not obligated to take this action immediately, but must do so when the ball next goes out of play." If the referee has applied advantage and delayed punishment for misconduct until the next stoppage, he must normally act quickly to prevent play from restarting when the next stoppage occurs so that the punishment will be recorded and the proper card displayed. In cases of serious misconduct where a sending-off will be ordered, the referee must be certain that he has the full opportunity to take the necessary actions despite any apparent loss of advantage due to a quick restart opportunity being denied. However, if the misconduct was less serious and the team that suffered the misconduct wishes to put the ball back into play quickly, the referee should weigh the value of the quick restart against the necessity to deal with the misconduct. If a quick restart is in the best interest of the game, then the referee should not interfere. In such a case, the referee must remember that by giving an immediate restart he no longer has the authority to caution the offender. He should take the next opportunity to warn the offending player about his conduct.

12.28 MANDATORY CAUTIONS

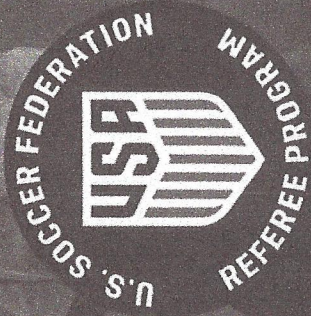
Although the decision to issue a caution and display the yellow card for an act of misconduct is in most cases a matter of discretion based on the opinion of the referee, there are various specific instances of misconduct for which the Laws of the Game mandate that a caution be given. These are identified below and elsewhere in bold print as a **mandatory caution**. Referees must carefully distinguish between those relatively few actions for which a caution is mandated by the Laws of the Game and the remaining actions for which a caution is discretionary. In most cases, the referee exercises discretion in deciding if the act he has observed comes under one of the seven categories of cautionable offenses found in Law 12.

12.29 CAUTIONABLE OFFENSES

12.29.1 UNSPORTING BEHAVIOR

Among the specific actions considered cautionable as unsporting behavior, the following are noted:

- Commits a penal (direct free kick or penalty kick) foul in a reckless manner
- Commits a penal (direct free kick or penalty kick) foul while tackling for the ball from behind (i.e., outside the opponent's peripheral vision)
- Commits a technical (indirect free kick) foul designed to interfere with or impede an opposing team's attacking play
- Commits an act deemed by the referee as bringing the game into disrepute (e.g., aggressive attitude, inflammatory behavior, or taunting)
- Pushes or holds an opponent (including holding the opponent's uniform) to interfere with that opponent's attacking play
- Handles the ball deliberately to interfere with an opponent's attacking play
- Handles the ball deliberately to score a goal
- Changes jerseys with the goalkeeper during play or without the referee's permission (wait for stoppage, both players are cautioned, but the player with the identifying jersey is considered the goalkeeper and can use the goalkeeper's privileges); this is a **mandatory caution**
- Engages in trickery to circumvent the goalkeeper's limitation on handling a ball played from a teammate's foot (the defender who initiates the "trickery" is cautioned and the decision does not require that the goalkeeper actually handle the ball); this is a **mandatory caution**
- Fakes an injury or exaggerates the seriousness of an injury
- Fakes a foul (dives) or exaggerates the severity of a foul
- Interferes with or prevents the goalkeeper from releasing the ball from his hands into play
- Unfairly distracts or impedes an opponent performing a throw-in; this is a **mandatory caution**
- Verbally distracts an opponent during play or at a restart
- If identified as the kicker, engages in unfair deception while taking a penalty kick



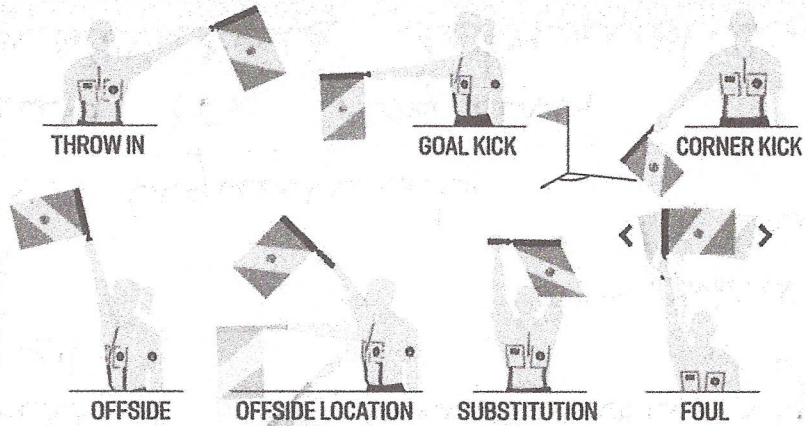
POCKET GUIDE

U.S. SOCCER FEDERATION
REFEREE PROGRAM

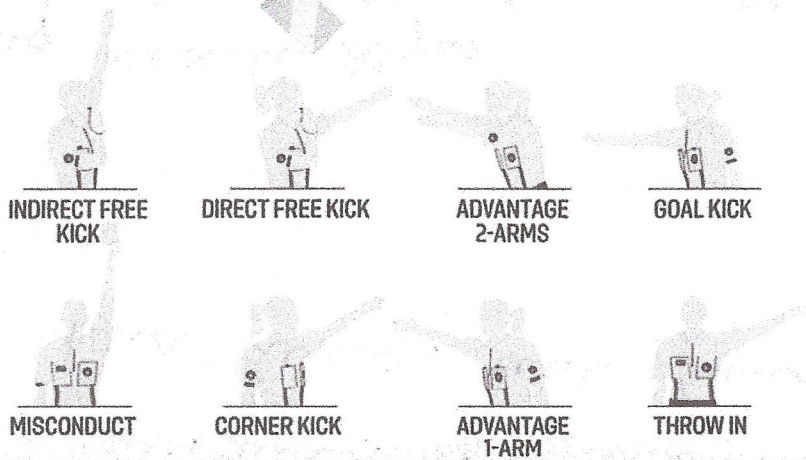
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ASSISTANT REFEREE SIGNALS



REFEREE SIGNALS



8.6 COMMON ELEMENTS OF THE EIGHT METHODS OF RESTARTING PLAY

RESTART	KICK-OFF	THROW-IN	GOAL KICK	CORNER KICK	INDIRECT FREE KICK	DIRECT FREE KICK	PENALTY KICK	DROPPED BALL
Reason for ball being out of play	Start of game Start of 2 nd half Goal scored	Ball passed completely over touch line	Ball passed completely over goal line last touched by attacking team	Ball passed completely over goal line last touched by defending team	Non-penal foul, misconduct, offside, and certain technical offenses	Penal foul, except when done by defending team in own penalty area	Penal foul by defending team in own penalty area	Any other temporary stoppage of the game by the referee
Where is restart taken?	Center of the field	Within 1 meter of the point where the ball crossed the touch line	From within goal area	Quarter circle at nearest corner flag	Where offense occurred (special circumstances in Law 8)	Where foul occurred, with exception of penalty area (special circumstances in Law 8)	Penalty mark	Where ball was stopped (special circumstances in Law 8)
Distance opponents must be from ball	10 yards	No specific distance; may not interfere	Outside penalty area	10 yards, with exception of quick kick	10 yards, or own goal line between posts, or outside penalty area, except on quick kick	10 yards or outside penalty area, with exception of quick kick	10 yards, outside penalty area and behind penalty mark	No distance required
When ball is in play	When ball moves forward	When ball enters field	When ball leaves penalty area	When ball moves	When ball moves, with exception of defender's kick in own penalty area	When ball moves, with exception of defender's kick in own penalty area	When ball moves forward	When ball touches ground
Can player who receives ball directly be declared offside?	Does not apply	No	No	No	Yes	Yes	Treat as violation of Law 14	No
Can a goal be scored directly?	Yes	No	Yes, but only against opponent	Yes, but only against opponent	No	Yes, but only against opponent	Yes	Only after ball hits ground

MATCHING

A. DIRECT KICK

B. INDIRECT KICK

C. PENALTY KICK

- ___ 1. DANGEROUS PLAY
- ___ 2. TRIPPING
- ___ 3. STRIKING
- ___ 4. HANDBALL
- ___ 5. SPITTING
- ___ 6. OBSTRUCTION
- ___ 7. HANDBALL (PENALTY AREA)
- ___ 8. DISSENTING REFEREE DECISION
- ___ 9. JUMPING AT
- ___ 10. IMPROPER SUBSTITUTION
- ___ 11. PUSHING (PENALTY AREA)
- ___ 12. UNSPORTSMANLIKE CONDUCT
- ___ 13. KEEPER THROWING BALL AT OPPONENT (PENALTY AREA)
- ___ 14. VIOLATION OF SIX SECOND RULE (BY KEEPER)
- ___ 15. VIOLENT CHARGE
- ___ 16. TWO TOUCH ON CORNER KICK
- ___ 17. KEEPER HANDLES BALL IN PENALTY AREA
(WHEN PASSED TO BY OWN PLAYER)
- ___ 18. TWO TOUCH ON CORNER KICK
- ___ 19. DEFENDER KICK BALL BACK TO KEEPER AND HANDLES BALL
(IN PENALTY AREA)
- ___ 20. A LAST DEFENDER OBSTRUCTS AN ATTACKING PLAYER TAKING
AWAY A GOAL SCORING OPPORTUNITY JUST OUTSIDE
PENALTY AREA