

LAWS OF THE GAME

Official Indoor Soccer Rules of Play

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Law 1. The Field of Play

Due to structural differences among Arena Sports indoor facilities, 'The Field of Play' is included as Appendix A, rather than set forth by rule.

1.1. Team Technical Area

The team technical area refers to the sitting area for team officials, players, substitutes and substituted players as outlined below:

- **1.1.1. Team Technical Area Personnel**

No one, except coaches and players currently participating, are allowed in the team Technical Area (maximum of 2 coaches).

- No children, other than those playing the present game, are allowed in the team Technical Area.

- **1.1.2. Videography and Photography**

No recording or photography is allowed from inside the Team Technical Area or attached to the netting within the Team Technical Area.

The person/team shall be asked to remove any device from the team technical area. A warning will be issued followed by a team blue card time penalty if they do not adhere to the rule. If they continue to violate the rule, the referee shall issue a red card to the camera operator and/or team manager. Further recording will result in the match being terminated and a forfeit declared.

- **1.1.3. Glass Containers Prohibited**

No glass containers are allowed in the Team Technical Area.

- **1.1.4. Leave the Team Technical Area Neat for Next Team(s)**

Exit the field in a timely manner after your match and PLEASE leave the Team Technical Area clean for the next match by picking up all belongings and garbage.

- **1.1.5. Participant Intoxication**

No players or coaches may be under the influence of drugs or alcohol in the technical area or on the field of play.

1.2. No Alcohol or Prohibited Food Products

No smoking is allowed and no chewing tobacco, gum or alcohol may be brought onto the premises. Anyone violating this rule shall be removed from the facility.

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LAW 2. The Ball

2.1. Ball Provided

Arena Sports will provide all game balls, as well as balls to warm up with before matches.

- Size #3: U-8 and under
- Size #4: U-9 to U-12
- Size #5: U-13 through adult

No outside balls are permitted.

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Law 3. The Players

3.1. Number of Players

A match is played between two teams, See chart below.

Number of Players						
	Redmond		SODO Seattle	Issaquah	Magnuson Seattle	Mill Creek
	Side Field	LAX and Main Field	Main Field	Main Field	All Field	All Fields
U6 to U7 (1/3 or 1/2 of the field)	N/A	4 players with no goalkeeper				
U8 (1/3 or 1/2 of the field)	N/A	5 players, one of whom is a goalkeeper				
U9 to U11	7 players, one of whom is a goalkeeper					
U12 to U15	6 players, one of whom is a goalkeeper	7 players, one of whom is a goalkeeper				
U16 to Adult Leagues	5 players, one of whom is a goalkeeper	6 players, one of whom is a goalkeeper				
Coed Adult Leagues	5 players, at least 2 women field players	6 players, 3 men and 3 women				

- **3.1.1 Minimum Number of Players**

A match may not start if either team has fewer than 4 (four) players, one of whom is a goalkeeper.

- After a match has started, a match may continue if a team has fewer than 4 (four) players due to blue card power play penalties or cautions being served, minor injuries or at the referee's discretion for all other circumstances.
- If a player is sent off and causes the team to continue playing below 4 (four) players, then the match shall be declared a forfeit and will result in a 3-0 win for the team that was forfeited on.

3.2. Substitution Procedure

Substitutions may be made on an unlimited basis.

3.2.1. Substitutions while the ball is in play

Substitutions (field players and goalkeepers) may be made at any time while the ball is in play, provided the player substituted for is within the touchline [3.3 yards (10 feet)] at his or her own team technical area, or off the field of play within his or her own team technical area, before the substitution is made.

The departing player may not participate in play or gain an advantage during a period of time when they are simultaneously on the field and the ball is in play (even if within the touchline).

- Such violation shall result in a blue card power play penalty issued to the departing player, unless considered accidental by the referee
- The opposing team shall be awarded a direct free kick - Category B at the spot of the ball when play was stopped by the referee

3.2.2. Substitution when ball is out of play

- Substitutions may be made during a stoppage of play. The following stoppages are considered guaranteed substitution times where a team shall be allowed ten (10) seconds to complete all player substitutions. The restart of play will be delayed further at the referee's discretion to allow completion of substitution(s) on the following occasions:
 - After a goal has been scored
 - After a blue card power play penalty, caution or send off has been issued
 - Injury that creates a stoppage in the match
 - At any unusual stoppage acknowledged by the referee

3.2.3. Goalkeeper Substitutions and Changes

Any teammate may change places with the goalkeeper at any time as per regular substitution procedures, provided that the goalkeeper wears a jersey that distinguishes him from all other field players and the referees.

Teams may ask the referee for a goalkeeper substitution when the ball is next out of play provided the substitution wouldn't take away a promising attack or goal scoring opportunity from the goalkeeper's opponents.

- The referee will allow 10 (ten) seconds (or more at the discretion of the referee) to allow for the substitution (goalkeeper change)

3.2. Guest Player Policy

A team is allowed to use guest players who are not on the roster as long as the player has a current Arena Sports membership (single day or annual) AND the opposing team gives permission prior to the start of the match. Failure to follow this policy results in forfeiture for the team using non-rostered players.

- **3.2.1. Guest Player Removal**

Once the opposing team has approved the use of a guest player, it is at the referee's discretion to remove the guest player from the game (due to player conduct, ability level restrictions, etc.)

3.3. Same Division Play

Players may only roster on 1 team per division. Violations will result in a loss for the teams that the player plays for. Divisions are separated by levels of play and day of week.

3.4. Adult Age Specific Leagues

Adults must be the age of their league during the session (i.e. over 30 etc.).

3.5. Ability Level Restrictions

A player in an Adult League C or D league determined by the referee to be playing at a level that is not cohesive with the rest of the league may be removed from play at the referee's discretion.

3.6. Coed Leagues

- **3.6.1. Coed Substitution Restrictions**

Male players may not substitute for female players, however females may play in place of males.

- **3.6.2. Minimum Number of Women**

In Coed Leagues, at least 1 player must be a woman to start a match.

- **3.6.3. Non Binary Players**

Arena Sports is an inclusive company for all of its employees as well as the customers who come through its doors. In an effort to ensure that player behavior, code of conduct, and rules reflect the policies of Arena Sports, the following is our official transgender player policy.

When following gender-specific league rules, such as women-only leagues, or gender-specific rules, such as the macho rule or the minimum number of male and female players on the field during a coed game, we will base the gender identity of the player as stated on the person's ID. The ID must be an official state ID such as a Driver's License or a State ID Card.

- **3.6.4 Misconduct and Gender Representation:**

If a player receives a misconduct (blue, yellow, or red card) that player is required to leave the field, their gender will still count toward the required gender ratio on the field for the team. The team must continue to meet the coed gender requirements while playing with one fewer player.

Example: If a male player receives a card, the team may not substitute a female player off the field in place of a male bench player. The carded player's gender designation remains in effect for the duration of the time penalty.

3.7. 3 Goal Differential (a.k.a. Mercy Rule)

If any team is down by 3 goals or more they may add an additional player. This includes combination leagues and applies to youth leagues. *Mercy Rule goals may change per facility*

3.8. Arena Sports Membership

All players must have a current Arena Sports membership and be on their team's roster before the start of each match.

3.9. Liability Waivers

All players must have a signed waiver on file with Arena Sports. Players under the age of 18 must have a parent or legal guardian sign on their behalf.

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Law 4. The Equipment

4.1. Safety

A player must not use equipment or wear anything that is dangerous. All items of jewelry considered dangerous by the referee (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are forbidden and must be removed. Using tape to cover jewelry is not permitted.

The referee shall stop the match and direct the player to leave the field of play to correct an issue if they are in violation of rule 4.1. A substitute can come in for the player leaving the field or the team may choose to play down a player until the violation is resolved. If the ball was in play when the referee stopped the match, play will be restarted with a drop ball for the team in possession at the time the match was stopped. If the ball was not in play, it will be restarted in the same way it would have been had the referee not stopped the match.

A player who refuses to comply or wears the item again must be issued a blue card power play penalty.

4.2. Compulsory Equipment

The compulsory equipment of a player comprises the following separate items:

- **4.2.1. A shirt or jersey with sleeves**

All team members must wear the same color shirt or jersey to distinguish them from the opposing team and the referee. Players are asked to bring an alternate shirt or jersey (dark and light). In the event both teams are the same color, the home team must change.

- The goalkeeper must wear colors that distinguish them from all other players and the match official. If the two goalkeepers' shirts or jerseys are the same color and neither has another shirt or jersey, the referee allows the match to be played.

- **4.2.2. Shorts or pants**

Proper shorts or pants must be worn. Shorts or pants cannot be deemed dangerous or inappropriate by the referee or management staff.

- **4.2.3. Socks**

If a player is playing in shorts. Socks must be worn to cover shin guards.

- **4.2.4. Shin Guards**

Shin guards are REQUIRED for all players, all levels. NO EXCEPTIONS. Shin guards must be made of a suitable material to provide reasonable protection and covered by the socks or pants. The referee has final say on the safety of shin guards.

- **4.2.5. Footwear**

Flat-soled or small rubber studded turf shoes. No outdoor cleats are allowed. The referee has final say on the safety of footwear.

- Examples are included at the end of Law 4

- **4.2.6. Additional Equipment**

All other equipment considered dangerous to players or opponents will not be allowed. The referee has final say on the safety of equipment. By allowing them to play, Arena Sports in no way accepts responsibility for any aggravation of the injury that may occur while playing.

- **4.2.6.1 Protective Gear**

Players wearing any kind of protective gear (i.e. knee pads) must wear the soft cushioned type. The referee has final say on the safety of protective gear.

- **4.2.6.2. Cast**

All players with a cast must have it wrapped in a material deemed safe. This decision is made at the discretion of the referee and the referee's decision is final.

Allowed



Not
Allowed



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Law 5. The Referee

5.1. The authority of the referee

Each match is controlled by a referee who has full authority to enforce the Arena Sports Laws of the Game in connection with the match.

- When two or more referees are appointed to a match, this referee is defined as the head referee.

5.2. Decisions of the referee

Decisions will be made to the best of the referee's ability according to the Arena Sports Laws of the Game and the 'spirit of the game'. It will be based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the Arena Sports Laws of the Game.

The 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 decisions of the referee, and all other match officials, must always be respected.

5.3. Powers and Duties

The referee has a set of power and duties they must perform to the best of their abilities during each match

5.3.1. The referee:

- Enforces the Arena Sports Laws of the game
- Controls the match to the best of their ability
- Acts as timekeeper, keeps a record of the match and provides Arena Sports with a match report, including information on disciplinary action and any other incidents that occurred before, during or after the match
- Supervises and/or indicates the restart of play

- Ensures that the players' equipment meets the requirements of Law 4;
- Stops, suspends or terminates the match, at their discretion, for any infringements of Arena Sports Laws
- Stops, suspends or terminates the match because of outside interference of any kind

5.3.2. Advantage

- Allows play to continue when an offense occurs and the non-offending team will benefit from the advantage, and penalizes the offense if the anticipated advantage does not ensue at that time or within a few seconds

5.3.3. Disciplinary action

- Punishes the more serious offense, in terms of sanction, restart, physical severity and tactical impact, when more than one offense occurs at the same time
- Takes disciplinary action against players guilty of blue card power play penalties, cautionable and sending-off offenses

5.3.4. Injuries

- Allows play to continue until the ball is out of play if a player is only slightly injured
- Stops play if a player is seriously injured and ensures that the player is removed from the field of play. When time is stopped for an injury, the injured player must leave the match. An injured player may not be treated on the field of play and may only re-enter after play has restarted. Exceptions to the requirement to leave the field of play are only when:
 - A goalkeeper is injured
 - A goalkeeper and an outfield player have collided and need attention
 - Players from the same team have collided and need attention
 - A player is injured as the result of a physical offense for which the opponent is issued a blue card power play penalty, cautioned or sent off (e.g. reckless or serious foul challenge)
 - A penalty kick has been awarded and the injured player will be the kicker
 - Any situation where moving an injured player before treatment may cause further harm. In these situations, Players requiring treatment on the field will not be allowed to re-enter the match.
- Ensures that any player bleeding leaves the field of play. The player may only re-enter if the referee is satisfied that the bleeding has stopped and there is no blood on the equipment
- Any player who suffers a head injury, regardless of their position on the field, will not be allowed to re-enter the match

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Law 6. Additional Match Officials

Other match officials may be appointed to matches. They will assist the head referee in controlling the match in accordance with the Arena Sports Laws of the Game, but the final decision will always be taken by the head referee. The other match officials operate under the direction of the head referee.

The other match officials assist the head referee with offenses when they have a clearer view than the head referee and they must submit a complete report on any serious misconduct or other incident that occurred out of the view of the head referee.

Law 7. The Duration of the Match

Arena Sports may change the length of the match for any reason, at any time.

7.1. Periods of play

Matches consist of two halves:

- Adult league: 2 (Two) 22.5-minute halves.
- Youth league: 2 (Two) 20.0-minute halves.

The duration of a match may be shortened if agreed upon by both teams (managers and coaches) prior to the start of the match. No refunds are issued for any such agreements.

7.2. Half-Time Interval

Players shall receive a half-time interval, not exceeding 30 seconds.

- In the interest of time constraints, the half-time interval may be shortened to catch up on lost time due to injuries or other stoppages in play.

7.3. Time Between Games

Time between games shall be 1 ½ minutes (90 seconds).

- Teams are required to be ready to play at kickoff
- Time constraints may require this interval to be shortened

7.4 Game Start Times

The game clock shall be started at the scheduled start time, including the second half, regardless of the number of available players on the field.

- If a field is running late, the game clock shall start as quickly as possible at the referee's discretion, regardless of the number of available players on the field.

7.5. Time Stoppage

The clock may be stopped at the referee's discretion, including, but not limited to, the event of serious injury, to allow for the taking of a penalty kick just before time has expired in the first or second half, or if the ball leaves the perimeter wall and causes a significant delay.

- If a penalty kick has to be taken or retaken and if the clock stops for half-time or the end of the match, prior to the penalty kick, then the kick will be immediately taken by one of the players on the field at that time
 - Rebounds will not be playable

7.6. Allowance for time lost

In extreme circumstances, additional time may be added to the clock at the referee's discretion. Additional time being added that would cause later matches to kickoff significantly later than scheduled will need the approval of the Manager on Duty.

7.7. Forfeit Declared

A forfeit is declared when a team is unable to put the minimum number of rostered players on the field within 5 minutes after the match start time and will result in a 3-0 win for the team that was forfeited on.

The match clock will start at the designated game time and continue to run while the team is attempting to field their players. The time elapsed will not be reinstated and the following penalties shall apply to the team attempting to field their players:

- ONE (1) goal will be awarded to the opposing team when 90 seconds have elapsed (game clock shows 21:00:00 for adults, 18:30:00 for youth).
- ONE (1) goal will be awarded to the opposing team after 120 additional seconds have elapsed (game clock shows 19:00:00, 16:30:00 for youth).
- ONE (1) goal will be awarded to the opposing team after 90 additional seconds have elapsed (game clock shows 17:30:00, 15:00:00 for youth). The game would then become a forfeit and a friendly game may be played.
 - In the event of a forfeit, referees shall not officiate friendlies.

The final score in the event of a forfeit will be 3-0.

In the event that both teams are unable to put the minimum number of rostered players on the field within 5 minutes after the match start time, the match will result in a forfeit by both teams and be counted as a 0-0 match. No points will be awarded for either team for the purposes of standings.

7.8. Forfeits Not Rescheduled

Forfeits are rescheduled only if it was an administrative error.

Weather conditions may cause Arena Sports to close. If the facilities are open, the expectation is for your team to attend their scheduled match.

7.9. Forfeit Penalties

In order to try to prevent teams not showing up to their match without notice, and also to curb the number of games lost by opponents, the following sanctions shall be incurred:

- If Arena Sports is not notified by a team that they will not participate in a match, it shall be declared a No call - No Show Forfeit and their opponents shall be declared the winner. The final score will be 3-0.
- In addition to forfeiting the match, the offending team will be issued a -3 (minus three) point deduction to their season standings.

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Law 8. The Start and Restart of Play

A kick-off starts both halves of a match, both halves of extra time and restarts play after a goal has been scored. Free kicks (direct or indirect), penalty kicks, kick-ins, goalkeeper throw-ins and corner

kicks are other restarts (see Laws 13–17). A dropped ball is the restart when the referee stops play and the Law does not require one of the above restarts.

If an offense occurs when the ball is not in play, this does not change how play is restarted.

The following requires a whistle before play may be started or restarted:

- Kickoffs
- Penalty kicks
- After a blue card power play penalty, caution or send off has been issued
- Any other stoppage where the referee has indicated the whistle is required to restart the match

8.1. Kick-off

8.1.1. Procedure

- The home team starts the match defending the half of the field in front of their Team Technical Area.
- The visiting team shall kick off to start the match
- For the second half, the teams change ends, attack the opposite goals and the home team shall have kick-off to start the second half
- After a team scores a goal, the kick-off is taken by their opponents

For every kick-off

- All players, except the player taking the kick-off, must be in their own half of the field of play
- The opponents of the team taking the kick-off must be at least 3.3 yards (10 feet) from the ball until it is in play
- On a kickoff the ball may be kicked in any direction
- The ball is in play when it is kicked and clearly moves
- A goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents

8.1.2. Offenses and sanctions

If the player taking the kick-off touches the ball again before it has touched another player, a direct free kick - category B, or for a handball offense, a direct free kick - category A, is awarded.

In the event of any other kick-off procedure offense, the kick-off is retaken.

8.2 Dropped Ball

8.2.1. Procedure

- 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, as listed in Law 9.1., a match official.
- All other players (of both teams) must remain at least 3.3 yards (10 feet) from the ball until it is in play
 - The ball is in play when it touches the ground.

8.2.2. Offenses and sanctions

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 goalkeeper throw-in if it enters the opponents' goal
- A corner kick if it enters the team's goal

8.3. Additional Restart Laws (Rules)

8.3.1. 5 (Five) Second Restart

The following restarts require play to be restarted no longer than 5 (five) seconds after having placed the ball for the restart or after a referee's whistle indicating play to restart:

- Kickoffs after a goal has been scored
- Free kicks (direct or indirect)
- Penalty kicks
- Kick-ins
- Goalkeeper throw-ins
- Corner kick

8.3.1.1. Procedure

Once the ball has been placed, the referee shall start a verbal and/or visual count indicating the 5 (five) second restart has initiated. This is referred to as the 5 (five) second restart count.

Once the ball has been played (kicked and clearly moves), the player who restarted play cannot touch the ball again until it has been touched by another player

- The opposing team shall be awarded a direct free kick - category B at the spot where the player touched the ball a second time

8.3.1.2. Offenses and Sanctions

If play is not restarted within the 5 (five) second restart count, and the opponents are not guilty of any offense:

- The restart shall be considered a turnover
- Play will be restarted by the opponents with a direct free kick - Category B

The opposing team's restart shall be at the spot of the original restart

- If the turnover occurred within the opponents penalty area, a goalkeeper throw-in shall be awarded
- If the turnover occurred within their own penalty area, a direct free kick - category B shall be awarded

8.3.2. Required Distance by Defending Team

For all restarts, excluding penalty kicks (see Law 14):

- Until the ball is in play, all opponents must remain at least 3.3 yards (10 feet) from the ball, unless they are on their own goal line between the goalposts

8.3.3. Macho Restarts

In Coed C and Coed D leagues:

- When a female is playing as goalkeeper, all attacking restarts taken in the attacking third (red line and forward) must be restarted by a female opponent
 - Exception is if the fouled player is male and the same player plays quick by passing it to a teammate. If the team chooses to take a ceremonial free kick, the restart must be by a female player.

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Law 9. The Ball In and Out of Play

Law 9.1. Ball out of Play

The ball is out of play when:

- It has wholly passed over the goal line on the ground or in the air
- It touches the netting above the perimeter wall
- It leaves the field of play beyond the perimeter wall
- It touches the ceiling or netting above the field
 - Play is restarted on the nearest red line to where the ball was last touched
 - A direct free kick - Category A is awarded to the opponents of the team that last touched the ball
- Play has been stopped by the referee
- It 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

9.2. Ball in Play

The ball is in play at all other times when it touches a match official and when it rebounds off a goalpost, crossbar or perimeter wall and remains on the field of play

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Law 10. Determining the Outcome of a Match

10.1. Goal scored

A goal is scored when the whole of the ball legally passes over the goal line prior to the start of the buzzer sounding to end the first or second half, between the goalposts and under the crossbar, provided that no offense has been committed by the team scoring the goal.

In the event the buzzer does not sound or is not working, the official time shall be kept by the referee and will signal the end of the first or second half by their whistle.

If the goalkeeper throws the ball directly into the opponents' goal, a goalkeeper throw-in is awarded to the opponent.

If a referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a dropped ball.

10.2. Winning Team

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

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Law 11. Three Line Violation

A three-line violation is defined as the ball being played by a player and crossing, in the air, over both red lines without touching a wall, the ground or a player between the two red lines.

11.1. No Offense

There is no three line violation offense:

- For kicks taken from the red line
- When passing the ball three lines towards their teams own goal
- Any team playing with two players less than the opposing team
 - Exception to this is when the higher level team or older age team (youth leagues) in a mixed division match is also ahead by three goals and playing at full strength

11.2. Offense

If a three line violation offense occurs, the referee awards a direct free kick - Category A to the opposing team from the first line the ball crossed.

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Law 12. Fouls and Misconducts

Free kicks and penalty kicks can only be awarded for offenses committed when the ball is in play.

12.1. Direct Free Kicks

There are two types of direct free kicks.

12.1.1 Direct free kick - Category A

A direct free kick - Category A is awarded at the spot where the offense occurred.

- If the offense occurs in the offending team's own penalty area, a penalty kick is awarded to their opponent.
- If the offense occurs in the opposing team's penalty area, a goalkeeper throw-in is awarded to their opponent

A direct free kick - category A is awarded if a player commits any of the following offenses against an opponent in a manner considered by the referee to be careless, reckless, reckless with additional force or using excessive force:

- Charges
- Jumps at
- Kicks or attempts to kick
- Pushes
- Strikes or attempts to strike (including head-butt)
- Tackles or challenges
- Trips or attempts to trip
- Boarding
- Coed Macho

If an offense involves contact, it is penalized by a direct free kick - Category A.

- 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 issued a blue card power play penalty
- Reckless with additional force is when a player exceeds the necessary use of force and 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 - Category A is awarded if a player commits any of the following offenses:

- A handball offense (except for the goalkeeper within their penalty area)
- Holds an opponent
- Impedes an opponent (including the goalkeeper) with contact
- Bites or spits at someone on the team lists or a match official
- Throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object
- Sliding and 3 points of contact that denies an opponent an obvious goal-scoring opportunity

12.1.1.1 Boarding

Propelling an opponent into the perimeter wall

12.1.1.2 Coed Macho

If the referee feels that a male player, in the reasonable belief of a female player, intimidates or threatens a female player, on his team or the opposing team, a direct free kick - category A is awarded at the location of the female player when the offense occurred. This includes:

- Any kick or throw taken with force beyond what is considered reasonable in the direction of a female player, within an arc described by her arm span, and which rises at or above waist level in relation to that player.

- The ball need not make contact with the player in question for a direct free kick - category A to be awarded
- Any attempt to take advantage of gender differences through physical or verbal intimidation.

If a league is a combination of two ability level leagues, the macho rule of the lower league will apply.

Application of Macho Rule

	Coed A	Coed B	Coed C	Coed D	Coed Beginner
Field Player	No	Yes	Yes	Yes	Yes
Goalkeeper	No	No	Yes	Yes	Yes

12.1.1.3 Handling the ball

For the purposes of determining handball offenses, 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 offense.

It is an offense if a player:

- deliberately touches the ball with their hand/arm, for example 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 that 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 hand/arm, even if accidental

12.1.1.4 Handling the ball - Goalkeepers

The goalkeeper has the same restrictions on handling the ball as any other player outside their own penalty area. A direct free kick - Category A is awarded to the opponents where the offense occurred.

If the goalkeeper handles the ball inside their penalty area when not permitted to do so, a direct free kick - Category B is awarded at the penalty spot, but there is no disciplinary sanction. The opposing team may set a wall no less than 3 yards (10 feet) from the spot of the free kick.

However, if the offense 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 offense

stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

12.1.2 Direct free kick - Category B

A direct free kick - category B is awarded at the spot where the offense occurred.

- If the offense occurs in the offending team's own penalty area, a freekick is awarded to their opponent at the penalty mark. The opposing team may set a wall no less than 3.3 yards (10 feet) from the spot of the free kick
- If the offense occurs in the opposing team's penalty area, a goalkeeper throw-in is awarded to their opponent

A direct free kick - Category B is awarded if a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent (including the goalkeeper) without any contact being made
- Is guilty of dissent, using offensive, insulting or abusive language and/or action(s) or other verbal offenses
- Prevents the goalkeeper from releasing the ball from the hands or kicks 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 goalkeeper throw-in) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, 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 offense, not mentioned in the Laws, for which play is stopped to issue a blue card power play penalty, caution or send off a player

A direct free kick - Category B is awarded if a goalkeeper, inside their penalty area, commits any of the following offenses:

- Controls the ball with the hand/arm for more than 5 (five) seconds before releasing it
- Touches the ball with the hand/arm after releasing it and before it has touched another player
- Dribble or play the ball from outside the penalty area into their own penalty area and play it with their hand/arm before it has touched another player
- Touches the ball with the hand/arm, unless the goalkeeper has clearly kicked or attempted to kick the ball to release it into play, after it has been deliberately kicked to the goalkeeper by a team-mate

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms, except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- Holding the ball in the outstretched open hand
- Bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hand(s).

12.1.2.1 Playing in a dangerous manner

Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury to someone (including the player themselves) and includes preventing a nearby opponent from playing the ball for fear of injury.

Sliding and 3 points of contact are considered to be playing in a dangerous manner.

- If contact is made against the opponent, the offense is then considered careless, reckless, reckless with additional force or excessive force. The offense is penalized by a direct free kick - Category A.
- The goalkeeper shall not be penalized for sliding or 3 points of contact while playing in their own penalty area.
 - If a goalkeeper begins a slide inside their own penalty area and, as a result of the slide, continues the slide outside of the penalty area is guilty of playing in a dangerous manner. The offense is penalized by a direct free kick - Category B from the point where the goalkeeper's body left the penalty area.
 - If contact is made with an opponent, The offense is penalized by a direct free kick - Category A.

12.1.2.2 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 a 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.

12.1.2.3 Advantage

Advantage should not be applied in situations involving serious foul play, violent conduct, a third blue card power play penalty or 2nd cautionable offense 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 a direct free kick - category B, unless the player committed a more serious offense.

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.

12.1.2 Disciplinary Action

The referee has the authority to take disciplinary action from arriving at the field of play for the pre-match inspection until leaving the field of play after the match ends while on the premises of Arena Sports.

If, before entering the field of play at the start of the match, a player or team official commits a sending-off offense, 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 blue card power play penalty, cautionable or sending-off offense, either on or off the field of play, is disciplined according to the offense.

The blue card communicates a blue card power play penalty, 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 blue, yellow or red card.

12.1.2.1. Delaying the restart of play to show a card

Once the referee has decided to issue a blue card power play penalty, 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 offense was denying the opposing team an obvious goal-scoring opportunity, the player is not issued a caution, but instead issued a blue card power play penalty
- If the offense interfered with or stopped a promising attack, the player is not issued a blue card power play penalty.

12.1.2.2. Blue card power play penalties (Player)

A player, substitute or substituted player is issued a blue card power play penalty if guilty of:

- Delaying the restart of play
- Dissent considered by the match official as a minor/low-level disagreement (by word or action) with a decision
- Entering or re-entering the field of play without the referee's permission
- Failing to respect the required distance when play is restarted with a kick-in, dropped ball, corner kick, free kick or goalkeeper throw-in
- Persistent offenses (no specific number or pattern of offenses constitutes 'persistent')
- Unsporting behavior - Level 1

Where two separate blue card power play penalty offenses are committed (even in close proximity), they should result in two blue card power play penalties, 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.

12.1.2.3. Blue card power play penalties (Team)

A team is issued a blue card power play penalty if guilty of:

- Team persistent offenses Level 1 - Committing 6 (six) team fouls in a half

The player who commits the 6th offense does not need to serve the blue card power play penalty. Any player who has not been sent off or is not currently serving a penalty may serve the penalty and the team must remove someone from play. The person serving the team penalty may return to the field if the other team scores a goal during the 2 (two) minute time penalty.

In an instance where a player commits a 6th team foul in a half in conjunction with an offense that is worthy of a blue card power play penalty, caution or send off the guilty player shall be

issued the correct card for the misconduct and the team shall also receive a blue card power play penalty (Team).

12.1.2.4. Blue card power play penalty for unsporting behavior - Level 1

There are different circumstances when a player must be issued a blue card power play penalty for unsporting behavior, including if a player:

- Attempts to deceive the referee, e.g. by feigning injury or pretending to have been fouled (simulation)
- Commits in a reckless manner a direct free kick - Category A offense
- Handles the ball to interfere with or stop a promising attack
- Commits any other offense which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offense which was an attempt to play the ball
- Denies an opponent an obvious goal-scoring opportunity by an offense 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
- Makes unauthorized marks on the field of play
- Plays the ball when leaving the field of play after being given permission to leave
- Shows a lack of respect for the game

- Initiates a deliberate trick for the ball to be passed (including from a free kick or goalkeeper throw-in) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands; the goalkeeper is issued a blue card power play penalty if responsible for initiating the deliberate trick
- Verbally or physically distracts an opponent during play or at a restart
- Taunts a match official or an opponent(s)

12.1.2.5. Delaying the restart of play

Referees must issue blue card power play penalties to players who delay the restart of play by:

- Appearing to take a kick-in but suddenly leaving it to a team-mate to take
- Delaying leaving the field of play when instructed to do so by the referee
 - Failing to leave the field within a reasonable time after receiving a blue card power play penalty or caution.
 - If a player delays the game or refuses to leave the field of play after being issued a blue card power play penalty, they will be issued a subsequent (2nd) blue card power play penalty. This will result in a caution (yellow card) and the player must serve 4 minutes.
 - If a player further continues to delay the game or refuses to leave the field of play after being issued a second blue card, they will be issued a subsequent (3rd) blue card power play penalty. This will result in a send off (red card).
 - If a player delays the game or refuses to leave the field of play after being issued a caution (yellow card), they will be issued a subsequent blue card power play penalty. This will result in a send off (red card)
- Excessively delaying a restart
- Kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play

- Taking a kick-in or free kick from the wrong position to force a retake

12.1.2.6. Cautionable Offenses (Player)

A player, substitute or substituted player who commits any of the following is cautioned (issued a yellow card) if guilty of:

- Receiving two blue card power play penalties in the same match
 - For the purposes of card accumulation, a caution received due to a second blue card power play penalties counts only as a single blue card power play penalty offense, however the guilty player must serve the full duration of 4 (four) minutes as their time penalty. The guilty player is considered to have received two blue card power play penalties and is not sent off.
- Dissent by word(s) or action(s) which show(s) a clear lack of respect for the match official
- Unsporting Behavior - Level 2

Caution for unsporting behavior - Level 2

- Commits in a reckless with additional force manner a direct free kick - Category A offense

12.1.2.7. Cautionable offenses (Team)

A team is issued a caution if guilty of:

- Team persistent offenses Level 2 - Committing 12 (twelve) team fouls in a half

The player who commits the 12th offense does not need to be issued the caution. Any player who has not been sent off or is not currently serving a penalty may serve the penalty and the team must play down one player. The person serving the team penalty may return to the field if the other team scores a goal during the 4 (four) minutes.

In an instance where a player commits a 12th team foul in a half in conjunction with an offense that is worthy of a blue card power play penalty, caution or send off, the guilty player shall be issued the correct card for the misconduct and the team shall also receive a caution (Team).

12.1.2.8. Sending-off offenses (player)

A player, substitute or substituted player who commits any of the following offenses is sent off

- Receiving any of the following combinations of blue card power play penalties or cautions in the same match
 - 3 blue card power play penalties
 - 1 blue card power play penalty and 1 caution
 - 2 cautions
- Serious foul play
 - This includes using excessive force when committing a direct free kick - Category A offense
- Violent conduct
 - Fighting
- Biting or spitting at someone
- Using offensive, insulting or abusive language and/or action(s)

- Physical or aggressive behavior (including spitting or biting) towards a match official
- Leaving the team technical area to become involved in a fight on or off the field of play:
 - All players that leave the team technical area to become involved in a fight will be sent off
 - If more than one player leaves the team technical area and enters the field of play during a fight, the match will be stopped and a forfeit assessed to the team(s) of all players that left the team technical area and entered the field of play.

A player, substitute or substituted player who has been sent off must leave the vicinity of the building immediately. Any player refusing to leave after being asked by the person in charge, whether it is a referee or Manager on Duty, will result in the police being called and a complaint filed.

12.1.2.9. Sending-off offenses (Team)

A team is issued a red card if guilty of:

- Team persistent offenses Level 3 - Committing 18 (eighteen) team fouls in a half

The player who commits the 18th offense does not need to be sent off. Any player who has not been sent off or is not currently serving a penalty may serve the penalty and the team must play down one player. The person serving the team penalty does not need to leave the premises for this red card, but may not return to the field if the other team scores a goal during the 5 (five) minute time penalty. The person serving the penalty may return after the 5 (five) minute time penalty is completed.

In an instance where a player commits an 18th team foul in a half in conjunction with an offense that is worthy of a blue card power play penalty, caution or send off, the guilty player shall be issued the correct card for the misconduct and the team shall also receive a send off (Team).

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.

- The threshold for what is considered serious foul play is lowered when the tackle or challenge committed is boarding. This decision is made in the opinion of the referee.

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.

Fighting

Fighting is considered violent conduct, but has its own classification within Arena Sports for the purposes of reporting. A fight is defined as a deliberate strike or punch

or an attempt to strike or punch another player, official, coach or bench personnel in a malicious manner

12.2. Time Penalties

When a blue card power play penalty, caution or send off is issued, a time penalty is assessed to the team, player, or substituted player that was guilty of the offense.

12.2.1. Time penalties are issued as followed:

	Blue Card Power Play Penalty (Blue Card)	Caution (Yellow)	Send Off (Red)
Duration	2 minutes	4 minutes	5 minutes
If Opponent Scores	Team returns to full strength	Team returns to full strength	Team remains short-handed for entire duration
Player who committed the offense	Serves full 2 (Two) minute penalty off field	Serves full 4 (Four) minute penalty off field	Immediately ejected from the match. Must exit building promptly
Team Offense (6/12/18)	Team plays down for full duration (2 minutes) or until scored on, whichever occurs first	Team plays down for full duration (4 minutes) or until scored on, whichever occurs first	Team plays down for full duration (5 minutes)

Time penalties are assessed, regardless of whether or not the ball was in play at the time of the offense.

Time penalties that do not expire by the end of the first half are continued into the second half. Time penalties that do not expire by the end of the match are not continued into the next match.

12.2.2. Player Time Penalties

All players, including the goalkeeper, must serve the entirety of the penalty.

- If a goal is scored by the opponent of a player serving a time penalty for a blue card power play or caution, then the team of the player serving the time penalty may return one player to the field. The player who was penalized (including the goalkeeper) must continue to serve the duration of their time penalty.
- Player time penalties for send offs (red card) do not allow for a player to return to the field, even after a goal is scored by an opponent. The full 5 (five) minutes must be served by the team before a player may (re)enter the field.

12.2.3. Team Time Penalties

Team time penalties are issued when a team has committed 6, 12, and 18 fouls in a half. The appropriate card (blue - 6 fouls, yellow - 12 fouls, red - 18 fouls) shall be shown to the team technical area to indicate the team has received a time penalty. An individual is not assessed the card for tracking purposes, but the team must play down a player for the appropriate length of time.

- If a goal is scored by the opponent when a team is serving a time penalty for a blue card power play or caution, the team serving the team time penalty may return one player to the field. Because no individual is assessed the card, any player may return to the field.
- Team time penalties for send offs (red card) do not allow for a player to return to the field, even after a goal is scored by an opponent. The full 5 (five) minutes must be served by the team before a player may (re)enter the field.

12.2.4. Simultaneous Penalties (Same Team)

A maximum of two time penalties shall be served simultaneously against one team

- If a player is issued a time penalty when two players on the same team are currently serving time penalties then the time penalty of the third, fourth, etc player shall not begin until the first time penalty has expired. The player assessed the third, fourth, etc time penalty must leave the field and be replaced by a teammate not currently serving a time penalty until their time penalty begins.

When a team has two players concurrently serving time penalties and the opposing team scores a goal, only the first player who received a time penalty may be replaced. The second player serving a time penalty may be replaced once the opponent scores an additional goal OR the carded player's time penalty has been served, whichever occurs first. Neither player can return to the match until they have served the entirety of their penalty.

12.2.5. Simultaneous Penalties (Opposing Team)

If one player from each team is serving a time penalty or an equal number of time penalties (team or individual) are being served when a goal is scored, teams cannot add an additional player to the field. Teams must continue to serve the time penalties for the full duration.

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Law 13. Free Kicks

13.1. Types of free kicks

Direct (Category A and B) and indirect free kicks are awarded to the opposing team of a player, substitute, substituted or sent-off player, or team official guilty of an offense.

Indirect free kick signal

The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player, goes out of play or it is clear that a goal cannot be scored directly.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal.

Ball enters the goal

- If a direct free kick is kicked directly into the opponents' goal, a goal is awarded
- If an indirect free kick is kicked directly into the opponents' goal, a goalkeeper throw is awarded
- If a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded

13.2 Procedure

All free kicks are taken from the place where the offense occurred, except:

- Free kicks to the defending team in their penalty area are restarted with a goalkeeper throw-in from anywhere within their penalty area.
 - The ball is in play once it is released by the goalkeeper
 - If, after the ball is in play, the goalkeeper touches the ball again before it has touched another player, a direct free kick - Category B is awarded.
- Free kicks for offenses involving a player entering, re-entering or improper substitution are taken from the position of the ball when play is stopped. The restarts shall be a free kick - Category B.
- If a player or substituted player commits an offense off the field of play, play is restarted with a direct free kick - Category B taken where the ball was when play was stopped.

The ball:

- must be stationary and the kicker must not touch the ball again until it has touched another player
- is in play when it is kicked and clearly moves

Until the ball is in play, all opponents must remain at least 3.3 yards (10 feet) from the ball, unless they are on their own goal line between the goalposts

Where three or more defending team players form a 'wall', all attacking team players must remain at least 1 yard (3 feet) from the 'wall' until the ball is in play.

A free kick can be taken by lifting the ball with a foot or both feet simultaneously.

Feinting to take a free kick to confuse opponents is permitted as part of football.

If a player, while correctly taking a free kick, deliberately kicks the ball at an opponent in order to play the ball again, but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

13.3. Offenses and sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless the advantage can be applied; but if a player takes a free kick quickly and an opponent who is less than 3.3 yards (10 feet) from the ball intercepts it, the referee allows play to continue. However, an opponent who deliberately prevents a free kick being taken quickly must be issued a blue card power play penalty for delaying the restart of play.

If, when a free kick is taken, an attacking team player is less than 1 yard (3.3 feet) from a 'wall' formed by three or more defending team players, a direct free kick - Category B is awarded.

If, after the ball is in play, the kicker touches the ball again before it has touched another player, a direct free kick - Category B is awarded; if the kicker commits a handball offense:

- A direct free kick - category A is awarded
- A penalty kick is awarded if the offense occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case a direct free kick - Category B is awarded

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Law 14. The Penalty Kick

A penalty kick is awarded if a player commits a direct free kick - Category A offense inside their penalty area. A goal may be scored directly from a penalty kick.

14.1. Procedure

The ball must be stationary on the penalty mark.

The player taking the penalty kick must be clearly identified.

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 players other than the kicker and goalkeeper must be behind the nearest red line and cannot cross the red line until after the ball has been kicked.

After the players have taken positions in accordance with this Law, the referee uses the whistle to signal 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.

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.

Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match. 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 offense by the kicker or the kicker's team.

14.2. Offenses and sanctions

Once the referee has signaled for a penalty kick to be taken (by sound of the whistle), the kick must be taken within the 5 (five) second restart count; If it is not taken within the 5 (five) second restart count, a goalkeeper throw-in is awarded to the opposing team.

For all other offenses and sanctions, See Chart below:

	Outcome of Penalty Kicks	
Offense	Goal	No Goal
Encroachment by attacking player	Penalty is retaken	Goalkeeper throw-in
Encroachment by defending player	Goal	Penalty is retaken
Encroachment by defending and attacking player	Penalty is retaken	Penalty is retaken
Offense by goalkeeper	Goal	Not saved: penalty is not retaken (unless kicker is clearly impacted) Saved: penalty is retaken and warning for goalkeeper; blue card power play penalty for any further offense(s)
Goalkeeper and kicker offend at the same time	Goalkeeper throw-in	Goalkeeper throw-in
Ball kicked backwards	Goalkeeper throw-in	Goalkeeper throw-in
Illegal' Feinting	Goalkeeper throw-in	Goalkeeper throw-in
Wrong Kicker	Goalkeeper throw-in	Goalkeeper throw-in

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Law 15. The Kick-in

A kick-in is awarded to the opponents of the player who last touched the ball when the ball passes over the perimeter wall along the touch line or touches the side netting.

A goal may be scored directly against the opponents from a kick-in; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

15.1. Procedure

The kick-in shall be played from the point where the ball passed over the perimeter wall along the touch line or hit the side netting.

The ball must be placed on the touch line or within 1 yard (3.3 feet) of the wall.

Until the ball is in play, all opponents must remain at least 3.3 yards (10 feet) from the ball, unless they are on their own goal line between the goalposts

The ball may be played in any direction and is in play when it is kicked and clearly moves.

If a player, while correctly taking a kick-in, deliberately kicks the ball at an opponent in order to play the ball again, but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

The Kicker must not touch the ball again until it has touched another player.

15.2. Offenses and sanctions

If, after the ball is in play, the kicker touches the ball again before it has touched another player, a direct free kick - category B is awarded to the opponents; if the kicker commits a handball offense:

- a direct free kick - Category A is awarded
- a penalty kick is awarded if the offense occurred inside the kicker's penalty area unless the ball was handled by the defending team's goalkeeper, in which case a direct free kick - Category B is awarded

An opponent who unfairly distracts or impedes the kicker (including moving closer than 3.3 yards (10 feet) to the place where the kick is to be taken) is issued a blue card power play penalty for unsporting behavior, and if the kick-in has been taken, a direct free kick - Category B is awarded.

For any other offense, the kick-in is taken by a player of the opposing team

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Law 16. The Goalkeeper Throw-in

A goalkeeper throw-in is awarded:

- When the ball hits the netting over the perimeter wall, between the corner marks having last touched a player of the attacking team, and a goal is not scored.
- When any free kick is awarded to a team within their own penalty area

A goal cannot be scored directly from a goalkeeper throw-in:

- If the ball enters the opponents' goal – a goalkeeper throw-in is awarded to the opponent
- If the ball enters the goalkeepers own goal – a corner kick is awarded

16.1. Procedure

Play is restarted:

- With the ball being distributed from the goalkeeper's hands
 - The ball is in play once it is released by the goalkeeper
- From any point within the goalkeeper's penalty area
- Within the 5 (five) second restart count

Opponents must be outside the penalty area until the ball is in play.

The ball can be distributed to a teammate who is within their own penalty area.

16.2. Offenses and Sanctions

If the ball is not put in play within the 5 (five) second restart count, the opposing team shall be awarded a direct free kick - Category B.

If, after the ball is in play, the goalkeeper touches the ball again (including with their hands) before it has touched another player, a direct free kick - Category B is awarded.

If, when a goalkeeper throw-in 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 goalkeeper throw-in 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 goalkeeper throw-in is retaken.

If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goalkeeper throw-in is retaken and the offender may be issued a blue card power play penalty, cautioned or sent off, depending on the offense.

For any other offense, the Goalkeeper throw-in is retaken.

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Law 17. The Corner Kick

A corner kick is awarded when the ball hits the netting above the end perimeter wall or the whole of the ball passes over the end perimeter wall, between the corner mark, having last touched a player of the defending team, and a goal is not scored.

A goal may be scored directly from a corner kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

17.1. Procedure

- The ball must be placed on the corner mark nearest to the point where the ball went out of play
- The ball must be stationary and is kicked by a player of the attacking team
- The ball is in play when it is kicked and clearly moves
- Opponents must remain at least 3 yards (10 feet) from the corner mark until the ball is in play

17.2. Offenses and Sanctions

If, after the ball is in play, the kicker touches the ball again before it has touched another player, a direct free kick - Category B is awarded; if the kicker commits a handball offense:

- A direct free kick is awarded
- A penalty kick is awarded if the offense occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case a direct free kick - Category B is awarded

If a player, while correctly taking a corner kick, deliberately kicks the ball at an opponent in order to play the ball again, but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

For any other offense, the kick is retaken.

Law 18. Youth Leagues

The following outlines additional laws that pertain specifically to youth league matches.

18.1. Youth Age Deadlines

The age group that a player is assigned depends upon the player's birth year (i.e., a U-15 player will be turning 15 years old during the current calendar year).

18.2. Additional Rules regarding Number of Players:

A Mixed Combination league is a league where the age of the team's are the same, but the skill level is different. I.e. - U14 Gold vs U14 Silver

A Mixed Age League is a league where the age of the team's are different, but the skill level is the same. I.e. - U14 Bronze vs U15 Bronze

A Mixed Age/Mixed Combination League is a league where the age AND skill level are different. I.e. - U14 Silver vs U15 Bronze

- **18.2.1. Youth Mixed Combination and Mixed Age Leagues**

Youth teams playing in a mixed combination and/or mixed age league at Arena Sports' request should not exceed 8 players on the field per team at any time. The older team or higher level team in a mixed age league should remove one player if adding an additional player to the field would cause their opponent to exceed 8 players.

- **18.2.2. 3 Goal Differential (a.k.a. Mercy Rule)**

If any team is down by 3 goals or more they may add an additional player. This includes combination and mixed age leagues. In a combination and/or mixed age youth league, if adding an additional player will cause that team to have 9 players on the field, the opponents must remove a player instead.

If a youth league team is up by 3 goals or more, any goal scored by the team ahead in the score where the shot originated inside the defending team's penalty area will be disallowed. Play shall be restarted with a goalkeeper throw-in.

- **18.2.3. Select or Premier Teams**

Select Teams or any team playing in WSYDL or higher must play in select leagues and are not permitted in recreational leagues regardless of age level. A select team is any team having 2 or more players who currently compete on behalf of outdoor select teams.

- **18.2.4. Club Select Teams**

Club select teams not playing in WSYDL or higher must play up 1 year, but play with the same amount of players.

18.3. Youth League Headers

All U-12 and younger leagues will not allow intentional heading of the ball. When a player deliberately heads the ball in a match, the opposing team is awarded an indirect free kick (IFK) at the spot of the offense.

- If the deliberate header occurs within the opponents penalty area, play is restarted with a goalkeeper throw-in
- If the deliberate header occurs within their own penalty area, play is restarted with an indirect free kick taken on from the penalty mark.

If a player does not deliberately head the ball, then play should continue unless the player is injured. Play is then restarted with a dropped ball as outlined in Law 8.2

18.4. U9-U12 Development Rule: "The Build-Out Line"

- The build-out line is designed to encourage teams to play the ball out from the back in an unpressured environment.
- When the goalkeeper has possession of the ball during play from an opponent, the opposing team must retreat behind the build-out line until the ball is put into play.
- Once the opposing team is behind the build-out line, the goalkeeper can pass, throw, or roll the ball to a teammate (punting and drop kicks are not permitted).
- After the ball is in play, the opposing team may cross the build-out line, and regular play resumes.
- The opposing team is also required to move behind the build-out line during a goal throw-in, remaining there until the ball is in play.
- If the goalkeeper punts or drop-kicks the ball, the opposing team will be awarded an indirect free kick from top of the penalty area.
- If the infraction occurs within the goal area, the indirect free kick will be taken from the goal area line, parallel to the goal line, at the closest point to where the offense occurred.

Build-Out Line Applications

- Ideally, the goalkeeper will wait to put the ball into play until all opponents have moved past the build-out line. However, the goalkeeper may choose to play the ball sooner, accepting the position of the opponents and the resulting consequences.
- The referee may manage the situation using misconduct if necessary. Flexibility should be exercised when enforcing the 5-second rule, with the count beginning only once all opponents have moved behind the build-out line.

18.5. Youth League Micro Leagues (U6-U8)

The following outlines additional laws that pertain specifically to youth league micro matches.

18.5.1 Coaching Zone

Coaching Zone – For players and coaches only

18.5.2 Time format

Micro Leagues (U6-U8): 2 (Two) 20.0-minutes halves with a 1 minute water break

18.5.3 Players

A match is played between two team; 4 v 4 (No goalies)

18.5.4 Substitutions

On-the-fly, managed by the coach

18.5.5 No Score Zone – Arc around goal

A designated area (arc in front of each goal, approx. 6 feet out):

No defenders or offense can remain in this area.

Shots taken inside the arc are disallowed.

Players may enter to retrieve the ball.

18.5.6 Free Kicks

All free kicks are indirect; defenders must stay 5 feet away. Indirect Free Kick: Awarded for fouls or stoppages.

18.5.7 Scoring

Scores are not recorded; the league is non-competitive.

18.5.8 Out of play

The ball is out if:

Ball Over Border/Side Netting: Awarded as a free kick to the opposing team. Ball Behind Goal: Goal kick from any spot in front of the goal.

18.5.9 Stoppages

(Indirect Free Kick Awarded): Injury: Any player injured or on the ground. Ball Stuck: In corners or against the field borders.

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Law 19. Send offs, Ejections and Suspensions

A send off constitutes an automatic suspension.

- A person receiving a red card will be ejected from the match and must leave the premises immediately
- The person will be suspended through at least one additional division match. Additional matches, time or length may be added to suspensions at the discretion of League Management
- The suspension includes all play at all facilities, including play with other teams, for the duration of the suspension

19.1. Foul Abusive Language and/or Gesture towards staff members - 4 Weeks Ejection Minimum

A person who uses Offensive, Insulting, Abusive Language and/or Gestures towards staff members, including Match Officials will be suspended from play at all facilities for a period of minimum of four weeks.

19.2. Fighting - 1 Year Ejection

A person receiving a red card for fighting will be suspended from all play at all facilities for a period up to one year.

- Repeat offenders will be suspended longer at the discretion of League Management

19.3. Referee Intimidation - 1 Year Ejection Minimum

A person who intimidates or attempts to intimidate the referee by threat of physical abuse or attempting to make contact with the referee will be suspended from all play at all facilities for a period minimum of one year.

19.4. Assaulting an Arena Sports Employee - Lifetime Ban

Willfully and intentionally assaulting or attempting to assault an Arena Sport employee (including a match official) shall receive a lifetime ban from all Arena Sports facilities and will be excluded from any event at Arena Sports, including tournaments.

Arena Sports will also file a criminal complaint with the police whenever an employee is assaulted in the conduct of their duties.

19.5. Ejections Carry Over Season to Season:

In all instances, where necessary, suspensions will carry over into the following season.

19.6. Failure to Provide Name

When a player is issued a card they must give the referee their full name. Failure to do so, or providing a false name, will result in a forfeit of the game for the team with which the player was playing on and the player may be subject to further suspension.

19.7. Suspension Discretion

All suspensions can be extended beyond what is listed above for repeat offenders or depending on the circumstances.

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Law 20. Tie Games

All regular season matches end in a tie. Arena Sports currently does not have playoff matches that require winners.

If Arena Sports implements a playoff system in the future, the only permitted procedure to determine the winning team are:

- For all playoff matches except the championship game, the higher seeded team shall be declared the winner

- For a championship match, kicks from the penalty mark

20.1. Kicks from the penalty mark

Kicks from the penalty mark are taken after a championship match has ended. A player who has been sent off during the match is not permitted to take part.

20.2. Procedure

Before kicks from the penalty mark start

- Unless there are other considerations (e.g. ground conditions, safety etc.), the referee tosses a coin to decide the goal at which the kicks will be taken, which may only be changed for safety reasons.
- The referee tosses a coin again, and the team that wins the toss decides whether to take the first or second kick
- With the exception of a substitute for a goalkeeper who is unable to continue, only players who are on the field of play or are temporarily off the field of play (injury, adjusting equipment etc.) at the end of the match are eligible to take kicks
 - If at the end of the match and before or during the kicks one team has a greater number of players than its opponents, the team with fewer players must increase its numbers to the same number as its opponents and the referee must be informed. Their opponents may then change out any one of their players.
 - Players who are replacement kicker must not have been previously sent off or already been removed from the kicks from the mark
 - If the replaced player has already taken a kick, the replacement may not take a kick until the next round of kicks
 - If a team cannot increase their numbers, their opponents must reduce its numbers to the same number as its opponents and the referee must be informed
- Each team is responsible for selecting from the eligible players the order in which they will take the kicks. The referee is not informed of the order

During kicks from the penalty mark start

- Only eligible players and match officials are permitted to remain on the field of play
- All eligible players, except the player taking the kick and the two goalkeepers, must remain at midfield
- The goalkeeper of the kicker must remain on the field of play, outside the penalty area, on the corner mark or location specified by the referee
- An eligible player may change places with the goalkeeper
- The kick is completed when the ball stops moving, goes out of play or the referee stops play for any offense; the kicker may not play the ball a second time
- The referee keeps a record of the kicks
- If the goalkeeper commits an offense and, as a result, the kick is retaken, the goalkeeper is warned for the first offense and issued a blue card for any subsequent offense(s). No time penalty is served, but the card is counted towards card accumulation
- If the kicker is penalized for an offense committed after the referee has signaled for the kick to be taken, that kick is recorded as missed and the kicker is issued a blue card. No time penalty is served, but the card is counted towards card accumulation
- If both the goalkeeper and the kicker commit an offense at the same time, the kick is recorded as missed

Subject to the conditions explained below, both teams take three kicks

- The kicks are taken alternately by the teams
- Each kick is taken by a different player, and all eligible players must take a kick before any player can take a second kick
- If, before both teams have taken three kicks, one has scored more goals than the other could score, even if it were to complete its three kicks, no more kicks are taken
- If, after both teams have taken three kicks, the scores are level, kicks continue until one team has scored a goal more than the other from the same number of kicks
- The above principle continues for any subsequent sequence of kicks but a team may change the order of kickers
- Kicks from the penalty mark must not be delayed for a player who leaves the field of play. The player's kick will be forfeited (not scored) if the player does not return in time to take a kick

20.3. Tournament Rules

Tournaments may declare special tie breaking rules that supersede these tie breaking rules

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APPENDIX A

A.1. The Field of Play

Due to structural and field differences among each of our locations, the following pertains to the field dimensions, walls, goals, markings and other field related details.

A.1.1. Field Dimensions: The field of play shall be adapted for the size of the facility, Below are the field dimensions for each Arena Sports Field.

A.1.1.1. Issaquah

Main - 155 x 85

Outdoor - 100 x 65

A.1.2. Magnuson

Southeast - 75 x 150

Southwest - 75 x 150

Northwest - 75 x 145

A.1.3. Mill Creek

Field 1 - 85 x 150

Field 2 - 85 x 150

A.1.4. Redmond

LAX – 170 x 83

Main – 175 x 83

Side – 120 x 65

A.1.5. SODO

Micro - 62 x 33

Main - 84 x 168

A.1.2. Perimeter Wall: The field of play is enclosed by a Perimeter Wall, which is part of the playing surface. The Wall is 4 to 12 feet high, except above the Goals (roughly 2 feet above the Crossbar) and along the Team Benches (4 feet).

A.1.3. Playing Surface: Flooring (Turf) is affixed to the ground of the playing area.

A.1.4. Markings: The field of play is marked with distinctive lines.

A.1.5. Halfway Line: A Halfway Line, parallel to the Goal Lines, divides the field of play into two equal halves.

A.1.6. Center Mark: A Center Mark, 9 inches in diameter, marks the center of the field of play. Some fields may have no Center Mark - this location is still referenced as the center mark.

A.1.7. Center Circle: A Center Circle surrounds the Center Mark.

A.1.8. Restart Mark: A Restart Mark marks the center of the field of play between the halfway line and the goal line from each end. Some fields may have no Restart Mark - this location is still referenced as the Restart mark.

A.1.9. Red Lines: A Red Line, parallel to the Goal Lines, extends through each Restart Mark and up the Perimeter Wall. Some fields may have a white (or different color) line - this is still referenced as the Red Line.

A.1.10. Goals: A Goal adjoins the perimeter wall at the center of each end of the field of play. Each Goal consists of two uprights, called Goalposts, joined by a horizontal crossbar or perimeter wall. A Net, extending behind the Goalmouth and the plane of the Perimeter Wall, and the area created thereby. The foremost outside contours of the Goalposts and Crossbar are as smooth and flush with the plane of the perimeter wall as possible.

A.1.11. Goal Lines: A Goal Line, delineating the boundary of each Goal, is drawn between the Goalposts. Some fields may not have a physical goal line - this is still referenced as the Goal Line.

A.1.12. Corner Mark: A Corner Mark is at each corner of the field of play. Some fields may have no Corner Mark - this location is still referenced as the Corner mark.

A.1.13. Touch Line: A Touch Line is 3 feet (1yd) within the Perimeter Wall along its length between Corner Marks. Some fields may have no Touch Line - this location is still referenced as the Touch Line.

A.1.14. Penalty Arch: A Penalty Arch surrounds each Goal within the field of play. The Arch's consist of two lines drawn at right angles to the Goal Line, each extending from the Perimeter Wall. A semicircle, connecting the lines' ends and extending further into the field of play, completes the Arch.

A.1.14.1. Penalty Area: The area within the Penalty Arch is referenced as the Penalty Area.

A.1.15. Penalty Mark: A Penalty Mark marks the top of each Penalty Arch ("Top of the Arch"). Some fields may have no Penalty Mark - this location is still referenced as the Penalty Mark.

A.1.16. Team Technical Area: Team Technical Areas are on each side of the Halfway Line along one of the field's lengths. The Team Technical Areas are separated from each other as best as possible and reasonably protected from spectators.

A.1.17. Game Clock and Scoreboard: A Game Clock displays and counts down the game time of each Half, the intervals between Halves and an Overtime Period (when applicable). A Scoreboard maintains the score of the game for each team and contains the Game Clock.

A.1.18 Horn: A horn or buzzer, controlled by the Referee, is sounded upon the expiration of each Half, Overtime Period and upon the expiration of any Interval (halftime, etc.) Period. If the horn malfunctions, the referee keeps time and uses the whistle to signal the expiration of each Half and Overtime Period.

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