

TSA Recreational 1 League

Playing Rules

(Revised 09/12/2017)

Referees of TUSA will follow the rules set forth by FIFA, US Soccer, USSF and these local rules, TUSA rules take precedence.

RULE 1 The Field of Play

The field of play shall be rectangular, consisting of longer lines – touch lines and perpendicular shorter lines – goal lines.

A halfway line shall be marked across the field, equidistant from the goal lines and parallel to them. The center of the field shall be marked by a spot or an X.

Goals shall be placed on the goal line; the rear of the goal posts shall be even with the outer edge of the goal line.

Note: All markings are part of the area they enclose.

Other field markings by age group are:

U5 & U6

Field Dimensions: 30 yards in length x 20 yards in width

Goals: 4ft. x 6ft.

Markings: A center circle with a 3-yard radius. Four corner arcs each with a 2ft. radius.

Goal Area: Two yards from each goal post and two yards into the field of play.

Penalty Area: A 6-yard radius semicircle extending from the center of the goal.

U7 & U8

Field Dimensions: 40 yards in length x 30 yards in width

Goals: 4ft. x 8ft.

Markings: A center circle with a 5-yard radius. Four corner arcs each with a 2ft. radius.

Goal Area: Three yards from each goal post and three yards into the field of play.

Penalty Area: An 8-yard radius semicircle extending from the center of the goal.

U9 & U10 (Also U11 & U12 with 7 or 8 players per team)

Field Dimensions: 70 yards in length x 50 yards in width

Goals: 6ft. x 18ft.

Markings: A center circle with an 8-yard radius. Four corner arcs each with a 2ft. radius.

Goal Area: Six yards from each goal post and six yards into the field of play.

Penalty Area: Fourteen yards from each goal post and fourteen yards into the field of play

Penalty Spot: Eight yards into the field of play from the center of the goal line.

Penalty Arc: Is a restraining line for penalty kicks drawn outside the penalty area at an 8-yard radius from the center of the penalty kick line

U11 & U12 (Also U14 & Above Small Sided Games)

Field Dimensions: 90 yards in length x 60 yards in width

Goals: 8ft. x 24ft.

Markings: A center circle with a 10-yard radius. Four corner arcs each with a 3ft. radius.

Goal Area: Six yards from each goal post and six yards into the field of play.

Penalty Area: Eighteen yards from each goal post and eighteen yards into the field of play

Penalty Spot: Twelve yards into the field of play from the center of the goal line.

Penalty Arc: Is a restraining line for penalty kicks drawn outside the penalty area at a 10-yard radius from the center of the penalty kick line

U14 & Above

Field Dimensions: 105 yards in length x 70 yards in width

Goals: 8ft. x 24ft.

Markings: A center circle with a 10-yard radius. Four corner arcs each with a 3ft. radius.

Goal Area: Six yards from each goal post and six yards into the field of play.

Penalty Area: Eighteen yards from each goal post and eighteen yards into the field of play

Penalty Spot: Twelve yards into the field of play from the center of the goal line.

Penalty Arc: Is a restraining line for penalty kicks drawn outside the penalty area at a 10-yard radius from the center of the penalty kick line

TUSA may change the size of the field in divisions where enrollment may require modification. Field markings will be in accordance with FIFA and USYSA rules.

FIELD AND GAME PROCEDURES FOR TEAMS, COACHES AND SPECTATORS:

The goal of TUSA is to promote fair play and good sporting behavior

1. In case of unsporting behavior by coaches and/or spectators (abusive behavior towards referees, players, coaches or spectators), the referee has the option to send anyone off the field, which includes the spectator side and the general vicinity of the field, or the referee may choose to ABANDON THE GAME!
2. Spectators and parents shall remain on the designated spectator's side of the field and at least 2 yards from the touch line or behind the spectator line, if present. Spectators are not allowed behind the goal line.
3. Coaches and players shall remain on the designated player's side of the field one yard behind the touchline or behind the coach's line, if present. Coaches are not allowed behind the goal line. In U10 and below, the coaches are allowed to range from the top of their penalty area to the top of their opponent's penalty area. This is from the one eighteen-yard line (penalty area top line) to the opposing eighteen-yard line on a full size field, lesser yard lines on smaller fields. In U10 and below coaches shall be allowed, for the first two games of the season, to enter the field at intervals to set up their players. In U12 and above the Coaches are allowed to range from the penalty area top line (eighteen-yard line) to within five yards of the halfway line on the end of the field adjacent to their team bench. Teams are limited to a maximum of three team staff members on the team side of the field. One coach and one assistant coach per team may coach from the coach's area. Each team may also have a team manager on or behind the bench. No other persons are allowed on the team side of the field.

4. Any unsporting behavior before, during or after a game, when brought to the Board's attention, will be turned over to the Disciplinary Committee for disposition.
5. Any coach (or other team staff member) that was required to leave the field of play by a referee shall not be allowed to coach in the team's next scheduled game. If the referee recommends additional disciplinary action of the coach, the issue will be reviewed by the Disciplinary Committee prior to the Team's next scheduled game. The coach will be advised as quickly as possible of any subsequent discipline deemed necessary by the committee. The coach has the right to appeal all disciplinary actions, including the initial game suspension, but must do so at least 49 hours before the team's next scheduled game, or within 12 hours of the issuance of the discipline if issued less than 48 hours prior to the team's next scheduled game.

FORFEITURE OF GAME RULES (Score for forfeited game shall be 3 – 0)

1. The ball must be put into play within 10 minutes after the scheduled start time. If the game is not started within this time frame without good cause, the referee will declare game abandoned. TUSA will award the win to the team that was on time.
2. If the minimum number of players, required by their division to start a game, are not present the referee will abandon the game. TUSA will award the win to the team with the required number of players present. (TUSA wants players to be able to play if they come to the field for their scheduled game. Should the other team be short of players or does not arrive, the referee will get pinnies from the referee storeroom and divide the players present into two equal teams and play a game. Forfeiture rule will apply to the team short of players)
3. A consistent showing of poor sportsmanship by a team, a coach, an assistant coach or parents of a team towards another team or referee, will result in abandonment of the game by the referee. When a game is abandoned, the game shall be considered a forfeit and shall not be rescheduled. This violation will be reviewed by the Disciplinary Committee to determine if additional action is required.
4. If a coach pulls his team from the field during the game without the referee's permission, it shall be considered that the game has been abandoned. Therefore, forfeited.

RULE 2 The Ball

TUSA will provide game balls. Players and coaches shall provide soccer balls for warm up as needed.

The ball shall be inflated to the manufacturer's recommended pressure. If the ball becomes deflated during play, it is declared dead where it was last played and the game resumes with a drop ball between two opposing players at the spot where it was last played.

Ball sizes are as follows:

1. U5 through U8 divisions will play with size 3 ball.
2. U9 through U12 divisions will play with size 4 ball.
3. U14 & above age divisions will play with size 5 ball

RULE 3 The Players and Substitutions

A. Number of Players

The game will be played by two teams, each consisting of equal number of players. Each team coach shall have with him/her at all games a roster listing the names of the coach, the assistant coach and all players.

The number of players for each age division is as follows:

1. U5 and U6 play 3 a side with NO GOALKEEPER
2. U7 and U8 play 4 a side with NO GOALKEEPER
During games of age groups U5 through U8, defenders must remain outside of their own penalty area until the ball crosses the mid-field line and enters their end of the field.
3. U9 and U10 play 7 a side including a goalkeeper. (May start with min. of 5 players)
4. U11 and U12 play 9 a side including a goalkeeper. (May start with min. of 7 players)
5. U14 plays 11 a side including a goalkeeper. (May start with min. of 8 players)
6. Scholastic (U18 Fall) plays 7 a side including a goalkeeper (May start with min. of 5 players)

TUSA may change the number of players per side in divisions where enrollment and/or field size is an issue. U12, U14 and above divisions may be formed as Co-Ed depending on enrollment.

B. Substitutions

A substitute who desires to enter the game shall go to the touch line at the halfway line and stand one yard back from the touch line. To be eligible for substitution; the substitute must be at the halfway line before the substitution opportunity occurs. The substitute may only enter the game when the player he/she is replacing is called off the field and the referee beckons him/her onto the field. (Wait for the Referee to give permission) The substitute may only enter the field of play at the halfway line.

1. Either team may substitute unlimited players from the bench or the halfway line:
 - a. After a goal is scored.
 - b. A substitution break called by the referee to ensure equal playing time
2. Either team may substitute unlimited players from the halfway line:
 - a. On stoppage for a goal kick
3. The team in possession of the ball may substitute unlimited players from the halfway line on a throw in. (When a team in possession of the ball substitutes players the other team may also substitute players to ensure equal playing time for all players).
4. An injured player may be substituted. If the injured player is substituted, the opposing team may also substitute one player.

5. Substitutions are NOT allowed on corner kicks
6. Substitutions are NOT allowed on free kicks
7. Change of goalkeeper must be approved by the referee
8. Entry onto the field of play by a substitute is prohibited without the approval of the referee.

RULE 4 Player Equipment

Each Coach shall be responsible for arranging procurement of uniforms for their team. The color of the uniform and the team's name must be approved by the commissioner of that team's division. Every child is required to wear a uniform in order to play.

The required player equipment includes a uniform consisting of a jersey, (sleeveless jerseys are allowed) shorts, socks, suitable shoes and age appropriate shin-guards. The jerseys shall all be of the same color and have a different number at least 6 inches tall on the back of each one. (In cold weather a sweater without a hood may be worn under the jersey – team jersey with number must be visible!) In cold weather a soft knit hat or soft knit head band may be worn – no hats with bills or rims are allowed. Team Shorts shall all be of the same color. (Athletic pants are allowed in cold weather). Team Socks must all be the same color must be soccer length and shall be worn over the shin-guards, completely covering the shin-guards. Soccer style shoes are recommended but not required.

Jerseys of the opposing team shall be of a distinctively different color. When colors are similar, the home team will wear cover jerseys (pinnies) over their team jerseys. (TUSA has pinnies available at the supply room) The jersey of the goalkeeper must be a different color from that of his teammates and of the opponents and need not be numbered. Goalkeeper may wear protective goalkeeper gloves.

The following are illegal equipment and not allowed:

1. Projecting metal or other hard plates or projections on clothing or person, including artificial limbs or braces
2. Knee, head, arm, thigh or hip pads containing fiber, metal or any other unyielding material.
3. Helmets, except those specifically designed for soccer and made of soft material
4. Shin-guards that have been damaged, broken or have sharp edges.
5. Shoes with a toe cleat that points outward from the front of the shoe, such as a baseball shoe cleat
6. Shoes with metal or metal tipped cleats
7. Shoes with cleats that slant or point out toward the side instead of straight down

8. All jewelry including watches, rings, any type of earrings (or other body piercings), necklaces of any kind, bracelets of any kind or any other adornments and objects that could cause injury to themselves or others. (medical alert necklaces may be worn under jersey as long as it is taped securely to the body) New piercings should not be done before soccer season begins; all piercings must be removable for games and practices.
9. Hair barrettes, bobby pins and any other hair adornment made of metal or hard material

Note: A brace or cast may be worn if it is covered and padded with a closed cell, slow recovery foam padding no less than ½ inch thick. No projections or sharp edges shall be exposed. The player and coach must have the referee's approval before the game begins. The referee's decision is final

RULE 5 The Referee

The Referee shall be responsible for:

Game Time:

Time will be kept on the field by the referee (time will only be stopped for quartertime and halftime)

Score Keeping:

Score will be kept on the field by the referee

Examination of Equipment

It is mandatory that the referee of each game examine the equipment of each player before the game is played to ensure that the equipment complies with TUSA rules.

Coin Toss

The referee will conduct a coin toss 5 minutes before game time. Team captains from opposing teams will participate. The away team calls the toss. Winner of the toss must choose which goal to attack. Loser of the toss always kicks off

Sound The Whistle

1. All play is to stop when the referee sounds (blows) the whistle.
2. The referee will sound the whistle 5 minutes before the game for team captains to come to the center mark for a coin toss.
3. The referee will sound the whistle for the ball to be kicked off at the beginning of each period and restarts after a goal is scored.
4. The referee will sound the whistle with three bursts to indicate the end of a period or the end of the game.

5. The referee will sound the whistle when he is ready to call on substitutes and sound the whistle again to restart play after substitutions.
6. The referee will sound the whistle when he determines that there has been a foul committed
7. In the event that the referee sounds the whistle inadvertently, play will be restarted with a drop ball.

RULE 6 The Assistant Referees (Full Sides Games)

The assistant referees shall assist the referee:

Before Play:

1. Insure that corner flags are properly placed
2. Inspect all players for proper equipment

During Play:

1. Indicate when the ball leaves the field of play:
 - a. the whole ball crossing the touchline
 - b. the whole ball crossing the goalline
2. Indicate when offside has occurred
3. Indicate when substitutions are requested

On occasions where the referee has fewer than 2 assistant referees available, the referee will recruit the necessary number of volunteers (club linesmen) from the spectators to hold a flag and assist the referee by observing when the ball goes out of play only; all other calls will be made exclusively by the referee.

RULE 7 Duration of the Game

1. Length of periods

- | | |
|----------------|--------------------------|
| a. U5 & U6 | 4 - 8 - minute quarters |
| b. U7 & U8 | 4 - 12 - minute quarters |
| c. U9 & U10 | 2 - 25 - minute halves |
| d. U11 & U12 | 2 - 30 - minute halves |
| e. U14 & above | 2 - 35 - minute halves |
| (small sided) | 2 - 30 - minute halves |

2. Intervals between periods

- a. The halftime interval shall be 5 minutes.
- b. Games with quarter shall also have a 2-minute break after 1st and 3rd quarters

3. Required Playing Time

- a. ALL PLAYERS MUST PLAY AT LEAST 50% OF EACH GAME, unless a player is injured or absent from the game. A Coach may reduce the 50% required playing time by a reasonable amount if that player has missed more than 30 minutes of practice during the preceding week. This is to be determined on a week-by-week basis and penalties are not to be carried into subsequent weeks if practice attendance is corrected. A Coach must report any such reduction of playing time to the player's parent or guardian prior to the start of the game. Also the referee of the game is to be notified of the reduction of playing time for the player. If a Coach must penalize a player's playing time more than 2 times in a season, the coach must report this issue to the division commissioner.
- b. In games with halves, the referee may stop play close to the midway point of each half to allow substitutions. This is to ensure that each player plays as close to 50% of the game as possible. If a team has no substitutes the Referee may stop play to allow for rest and hydration.

RULE 8 The Start and Restart of Play

Kickoff

1. The team that lost the coin toss shall kick the ball. The ball shall be placed on the center mark of the halfway line. When the referee signals with a sound of the whistle, a kick-off shall initiate play at the start of each period and after each goal.
2. At the moment of the kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be outside the center circle in their team's side of the field until the ball is kicked. (re-kick if not observed)
3. The ball must be kicked and visibly move (in any direction) to be in play (if not properly put in play, the kick is retaken). U9 through U18 a goal may be scored directly from a kickoff. U6 through U8 a goal may NOT be scored directly from a kickoff
4. The kicker may not touch the ball again until it is touched by another player.
Penalty: Indirect free kick awarded to the opponent from the spot of the infraction.
5. At the start of the second half of the game, teams shall change ends of the field and the kick-off is taken by a player of the team opposite from the team that kicked off to start the first half of the game.

Drop Ball

1. The game is restarted with a drop ball:
 - a. when the ball becomes deflated
 - b. when the ball goes out of bounds by two players simultaneously
 - c. when simultaneous fouls of the same degree occur by opponents

- d. Temporary Suspension: In case of a temporary stoppage of play such as injury, inadvertent whistle by the referee, outside interference or other cause; the game will be restarted with a drop ball where play was stopped by the referee.

2. Procedure:

- a. The referee drops the ball between two opposing players.
- b. The ball is in play when it touches the ground.
- c. If the ball is touched by a player before it touches the ground, the ball is not in play and will be dropped again.
- d. If a dropped ball is kicked into a player's own goal on first touch, play is restarted with a corner kick.
- e. If a dropped ball is kicked into a player's opponent's goal on first touch, play is restarted with a goal kick.

RULE 9 Ball In and Out of Play

Ball in and out of play

1. The ball is out of play when the whole ball has completely crossed a goal line or a touch line, whether on the ground or in the air.
2. The ball is in play at all other times, including:
 - a. when it rebounds from a goal post, crossbar or corner flag post
 - b. when it touched an official on the field of play
 - c. until a referee sounds the whistle
 - d. when a drop ball touches the ground
 - e. when a player who has left the field in the normal course of play plays the ball while it is still in the field of play

RULE 10 Scoring

Goals

A goal is scored when the entire ball crosses over the entire goal line, between the goal posts and under the crossbar, provided it was not done by infringing the rules. After a goal is scored, the team that was scored against restarts play with a kick-off.

1. A goal may be scored directly from a:
 - a. Kick-off (except U5 through U8, these groups cannot score directly from a kick off)
 - b. Direct free kick
 - c. Penalty kick
 - d. Corner Kick
 - e. Goalkeeper's throw, punt or drop-kick

2. A goal may NOT be scored directly from a/an:
 - a. Indirect free kick
 - b. Throw-in (Kick-In, U5 – U6)
 - c. Free kick into a team's own goal
 - d. Goal kick
 - e. Drop Ball
 - f. Corner kick into a team's own goal

Determining League Standings

League standings are kept in the Fall Season only
– No standings are kept in the Spring Season –

Score is not kept in U5 through U8 divisions.

Score for a forfeited game is 3 - 0

The following point system will be used to determine League Standings:

Win = 3 points

Tie = 1 point

Loss = 0 points

The following procedure is used as the tie-breaker:

- a. Head-to-head record – if still tied, then
- b. Head to head goal differential (no goal maximum) – if still tied, then
- c. Goal differential for entire season (max of 3 goals per game) – if still tied, then
- d. Total goals allowed for the season.

Awards (Fall Season Only)

-Awards are not given in the Spring Season -

Participation trophies will be given to all participants in U5, U6, U7 and U8

Trophies for U9, U10, U11, U12, U14 and U18 divisions will be:

- a. Trophies given for 1st, 2nd, 3rd & 4th place in divisions with 10 or more teams
- b. Trophies given for 1st, 2nd & 3rd place in divisions with 7 to 9 teams
- c. Trophies given for 1st & 2nd place in divisions with 4 to 6 teams
- d. Trophies given for 1st place in divisions with 3 or less teams

RULE 11 Offside

Note: There is No offside in small-sided games (U5 – U8) where there is no goalkeeper

1. A player is in an offside position when: He/she is in the opponent's half of the field and,
 - a. He/she is closer to the opponent's goal line than the ball and
 - b. He/she is closer to the opponent's goal line than at least two opponents (Note: He/she can be even with the second from the last opponent)

2. A player is penalized for offside if at the moment the ball is touched or played by one of his/her teammates and he/she is in an offside position and he/she
 - a. plays the ball or
 - b. is involved in active play. A player will be penalized for offside if the player comes from an offside position to an onside position to play the ball.

3. A player is involved in active play when:
 - a. He/she is interfering with play, or
 - b. He/she is interfering with an opponent, or
 - c. He/she is gaining an advantage by his/her position.
Penalty: Indirect Free Kick

4. A player is **NOT** offside if:
 - a. He/she is on his/her half of the field
 - b. He/she receives the ball directly from:
 - i. A Throw-in
 - ii. A Goal Kick
 - iii. A Corner Kick
 - c. He/she is merely in an offside position and is not involved in play

RULE 12 Fouls and Misconduct

HEADING THE BALL IS ILLEGAL FOR AGE GROUPS U5 – U14

The days of kids heading the ball in a soccer game or practice are over. The U.S. Soccer Federation has issued new guidelines banning players heading the ball during games. TUSA extends this restriction to no heading the ball during practices. The changes come at a time when concussions have become a serious concern, particularly in youth soccer and football. Some experts claim the ban on heading could result in more talented players in the coming years because they are forced to become more skilled with their feet.

1. HEADING THE BALL
 - a. A player shall not deliberately play the ball with their head.
Penalty: Indirect Free Kick

2. SPITTING, KICKING, STRIKING, TRIPPING AND JUMPING:

- a. A player shall not kick, attempt to kick, strike, attempt to strike, spit at or jump at an opponent.
- b. A player shall not trip or attempt to trip or stoop in front of or behind an opponent in such a way that causes the opponent to fall or lose his/her balance.
- c. A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing the opponent with the ball while holding it.

Penalty: Direct Free Kick

3. HANDLING:

A player shall be penalized for deliberately handling, carrying, striking or propelling the ball with a hand or arm. EXCEPTION: Goalkeeper when the ball is within his/her own penalty area.

Penalty: Direct Free Kick

4. HOLDING, PUSHING:

A player shall not hold or push an opponent with the hands or arms extended from the body. Playing shoulder to shoulder, leaning into one another with at least one foot on the ground while playing or attempting to play the ball is not pushing

Penalty: Direct Free Kick

5. CHARGING:

A player shall not charge an opponent in a reckless or dangerous manner. A player shall not charge a player who is not within playing distance of the ball. A player shall not charge the goalkeeper within the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

Penalty: Direct Free Kick

6. OBSTRUCTION:

Obstruction is the deliberate act by a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or using his body as an obstacle (extending arms out to the side so that the opponent cannot play the ball)

Penalty: Indirect Free Kick

7. DANGEROUS PLAY

A player shall not participate in dangerous play which an official considers likely to cause injury to self or any other player.

1. High kick within playing distance of another player
2. Heading the ball
3. While attempting a tackle, raising the foot and showing the cleats toward another player
4. Playing the ball while sitting or lying on the ground while being within playing distance of another player and creates a dangerous situation to self or other players.

Penalty: Indirect Free Kick

Slide tackles are NOT allowed in age groups U5 through U8

Penalty: Direct Free Kick

8. RESTRICTIONS ON THE GOALKEEPER

- a. From the moment the goalkeeper controls the ball with the hands inside his/her own penalty area, he/she has 6 seconds in which to release the ball into play. Once the ball has been released, the goalkeeper cannot touch it again with the hands until it has been played by another player.

Penalty: Indirect Free Kick

- b. When a player kicks the ball to his own goalkeeper, the goalkeeper is not allowed to touch it with his/her hands.

Penalty: Indirect Free Kick

- c. A goalkeeper shall not touch the ball with his/her hands when receiving it from a throw-in by a teammate.

Penalty: Indirect Free Kick

- d. The goalkeeper has no more rights than any other player outside of the penalty area. The goalkeeper cannot touch the ball with his/her hands outside of the penalty area.

Penalty: Direct Free Kick

9. MISCONDUCT

- a. A player is cautioned and shown a yellow card if he/she:
- i. (UB) Is guilty of unsporting behavior
 - ii. (DT) Shows dissent, by word or action with any decision of the referee
 - iii. (PI) Persistent infringement of the rules
 - iv. (DR) Delays restart of play
 - v. (EN) Encroachment – Fails to respect the required distance from the ball on a free kick
 - vi. (E) Enters or leaves the field of play without approval of the referee
- b. A player is Disqualified, shown a red card and sent off the field if he/she:
- i. (SFP) Guilty of serious foul play
 - ii. (VC) Guilty of violent conduct
 - iii. (S) Spits at any person
 - iv. (DGH) Any player other than the goalkeeper who denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball.
 - v. (DGF) Denies an obvious goal scoring opportunity to an opponent moving toward the goal by an offense that is punishable by a free kick or penalty kick.
 - vi. (AL) Uses offensive, insulting or abusive language and/or gestures.
 - vii. (2CT) Receives a second caution in the same match
- c. If a player is disqualified (red card) and sent off the field of play, the team cannot replace that player with a substitute and must play short a player. If a player on the bench is disqualified the team does not reduce the number of players on the field. The referee may require the disqualified player to leave the vicinity of the field if, in the opinion of the referee, the conduct warrants such action.
- d. Team Staff: (Coaches, Assistant Coaches and Team Managers) are NOT to be shown any card for any reason. Team Staff Members are expected to provide a leadership role for the players and will be held accountable to the same standards as the players.
- i. A Team Staff Member shall be warned if he/she:
 1. Shows, by word or action, repeated dissent with any decisions of a referee
 2. Displays unsporting behavior
 3. Fails to conduct him/herself in a responsible manner

- ii. A Team Staff Member May be required to leave the field and its immediate surroundings if he/she:
 1. Is guilty of violent conduct
 2. Uses offensive, insulting or abusive language and/or gestures
 3. Does not cease actions that originally resulted in a previous warning by the referee.

10. PLAYER DISCIPLINARY PROCEDURES:

- a. Any player that is disqualified (Red Card) from a game will not be allowed to play in his Team's next scheduled game. If a referee recommends additional disciplinary action, the issue will be reviewed by the Disciplinary Committee within one week of the red card violation. The player and his coach will be advised of any subsequent discipline deemed necessary by the committee.
- b. The player and his coach (or a team representative) may be required to appear before the Disciplinary Committee during its investigation of a Red Card violation against any player on that Team. The coach and the player involved in the violation will be given an opportunity to provide information on the violation to the Committee. The decision of this Committee is final and all such decisions cannot be appealed to the TUSA Board.
- c. Any Player that receives a second Red Card during one season may be suspended for the remainder of the season. This violation will be reviewed by the Disciplinary Committee and a final decision will be issued.
- d. If any player is issued a Red Card for any reasons, which are not clear violations of the Rules of Soccer, such as the Team Captain being Red Carded because of unruly spectators harassing the Referee, the automatic one game suspension will not apply. It will however, still be reviewed by the Disciplinary Committee for corrective action.

11. VIOLATIONS OF LEAGUE RULES

It is the TUSA Board's duty to follow up on any reported violation of any Association Rules. The Disciplinary Committee shall conduct an investigation and present its findings to the Board, who shall take whatever action they deem necessary to enforce these rules.

12. PROCEDURE FOR A PROTEST

- a. A coach may protest a game
- b. The protest must be in writing and may be submitted to any TUSA board member. It must be accompanied by a fee of \$20.00 and in the hands of the Board member within 24 hours after the game.
- c. If the protest is upheld, the \$20.00 will be returned to the coach. If the protest is turned down, the \$20.00 fee will go into the TUSA general fund
- d. Coaches should use caution in making a formal protest. In all cases where the referee has made a judgment call, his decision will be upheld.

RULE 13 Free Kick

Note: For U5 through U8 age divisions, all free kicks will be Direct

1. A free kick is awarded to a team when a foul is committed by the opposing team.
2. The ball must be stationary before being put into play.
3. The ball is in play when it is kicked and moves.
4. The kicker may not touch the ball a second time until it is touched by another player.
Penalty: Indirect free kick awarded to the opponent from the spot of the infraction.
5. Free kicks taken within a penalty area must clear the penalty area to be in play. (free kick is retaken if ball does not clear the penalty area)
6. U12 and above, players on the team opposing the kicker must be at least 10 yards away from the ball. Other distances from the ball by age group are:
 - a. U9 - U12 - 8 yards away from the ball
 - b. U7 - U8 - 5 yards away from the ball
 - c. U5 - U6 - 3 yards away from the ball
7. Free kicks taken within the goal area, the ball is to be placed on the goal area line closest to the spot of the infraction

DIRECT FREE KICK - from which a goal may be scored directly, is awarded for the following infractions:

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Recklessly charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent with hand and/or arms extended from the body
7. Makes contact with an opponent before making contact with the ball when tackling
8. Makes contact with an opponent when tackling from behind
9. Holds an opponent
10. Spits at an opponent

11. Deliberately plays the ball with the hands or arms (Exception for the goalkeeper within his/her own penalty area)

INDIRECT FREE KICK - from which a goal CANNOT be scored until the ball has been touched by another player from either team, is awarded for the following infractions:

1. Playing in a manner that the referee considers dangerous
2. Impedes the progress of an opponent (obstruction)
3. Prevents the goalkeeper from releasing the ball into play
4. Commits an offside offense
5. Commits any other offense, not mentioned, for which play is stopped
6. If the goalkeeper within his own penalty area:
 - a. After taking possession of the ball, takes more than 6 seconds to release the ball back into play. (Possession includes bouncing or tossing up and catching the ball)
 - b. Touches the ball again with the hands after releasing it into play, before it has been touched by another player from either team.
 - c. Touches the ball with his/her hands after it has been deliberately played to him/her by a teammate
 - d. Touches the ball after it has been received directly from a throw-in by a teammate

RULE 14 Penalty Kick

Note: There is No Penalty Kick in U5 - U8 games where there is no goalkeeper

A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

1. All players except the kicker and the opposing team's goalkeeper shall be within the field of play, but outside the penalty area and at least 10 yards from and behind the penalty mark until the ball is kicked.
2. The opposing goalkeeper shall stand on the goal line between the goal posts until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.
3. The ball shall be kicked while it is stationary on the ground from the penalty mark. To be in play, the ball shall be moved forward. Once the kicker starts his/her approach toward the ball he/she must not interrupt his/her movement. (no stutter steps or stop and restart of the approach)

4. After the penalty kick is properly taken, the ball may be played by any player except the kicker. The ball must be touched by another player from either team before the kicker may touch it again.

RULE 15 Throw-In From the Touchline

(Note: U5 & U6 age divisions do not re-start play with a throw-in, most U6 players do not yet have the eye-hand coordination to execute a throw-in to the letter of the law. This leads to endless retakes from one team to the other. In U5 & U6 age divisions a Kick-In shall be the method of putting the ball back into play. All rules (taking into account that the hands are not used) of the throw-in apply to the kick-in)

1. A throw-in shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.
2. The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The player shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.
Penalty: Throw-in awarded to the opponent from the spot of the foul. (U7 & U8 Players shall be given a second chance)
3. While a throw-in is being taken, an opponent shall neither interfere with nor in any way impede the actions of the thrower, and shall not stand any closer than two yards of the point at which the throw-in is being taken.
4. On the throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not touch the ball until it has been touched or played by another player.
Penalty: Indirect free kick awarded to the opponent from the spot of the infraction.
5. If on the throw-in, the ball fails to enter the field of play before it touches the ground, the ball is considered to not be in play and the throw-in is re-taken by the same team if otherwise properly taken.

RULE 16 Goal Kick

1. A goal kick is awarded when a member of the attacking(offense) team last touches the ball and it crosses the opponent's goal line (not in the goal)
2. A player on the defending team shall kick the ball from any point inside the goal area (the line is part of the goal area)

3. Once the ball is placed it must be played. (The ball cannot be picked up and moved to another spot – if moved after being placed the player will receive a caution for time delay) The ball is in play when it is kicked and passes beyond the penalty area. The ball is not in play if it does not leave the penalty area. The ball is not in play if touched by any player before it leaves the penalty area.
Penalty: Goal kick (re-kick of the goal kick)
4. The kicker may not touch the ball a second time until it is touched by another player.
Penalty: Indirect free kick awarded to the opponent from the spot of the infraction.
5. Players of the attacking team must remain outside of the penalty area until the ball is in play.
6. Players of the defending team may remain in the penalty area during the goal kick, but may not touch the ball until it leaves the penalty area.
7. A goal may not be scored directly from a goal kick

RULE 17 Corner Kick

1. A corner kick is awarded when a member of the defending (defense) team last touches the ball and it crosses the defending team's goal line (not in the goal)
2. A player on the attacking team shall kick the ball from a point inside the quarter circle of the corner of the field nearest to where the ball crossed the goal line.
3. Players of the defending team must be at least ten yards (U14 & up) from the ball until it is in play. Other distances from the ball by age group are:
 - a. U9 - U12 - 8 yards away from the ball
 - b. U7 - U8 - 5 yards away from the ball
 - c. U5 – U6 – 3 yards away from the ball
4. The ball is in play when it is kicked and moves
5. The kicker may not touch the ball a second time until it is touched by another player.
Penalty: Indirect free kick awarded to the opponent from the spot of the infraction.
6. A goal may be scored directly from a corner kick