



North Dakota  
Soccer Association  
Players  
&  
Playing Rules

December 17, 2013

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NORTH DAKOTA SOCCER ASSOCIATION  
**PLAYERS AND PLAYING RULES**

**PART I--GENERAL**

**Rule 100. DEFINITIONS.**

**Section 1. General.**

1. **"Federation"** means the United States Soccer Federation, Inc.
2. **"USASA"** means the United States Adult Soccer Association.
3. **"USYSA"** means the United States Youth Soccer Association, Inc.
4. **"Region"** means one of those regions established by USYSA
5. **"State Association"** means NDSA is the administrative body within a territory determined by the National Council to carry out USYSA's program for youth players.
6. **"Club"**
  - a. Means an organization that is a member club of NDSA that has an identifiable membership of youth players on whose behalf the organization conducts or engages in youth soccer activities; and
  - b. Sometimes referred to as a "league" or "local association", is the basic administrative unit of NDSA.
7. **"Coach"** means the person(s) registered by the club who is recognized as the trainer of the game of soccer for a team or teams.
8. **"Assistant coach"** means the person(s) registered by the club who is recognized as the assistant to a team(s) coach.
9. **"Player"**
  - a. **"Youth player"** means an individual who is an amateur player and who has not reached 19 years of age prior to August 1 immediately before the start of any seasonal year. A player who reaches 19 years of age during seasonal year is allowed to compete that seasonal year. A player who reaches 19 years of age during August of one seasonal year shall be allowed to compete all of the next seasonal year.
  - b. **"Adult player"** means any amateur player who plays in an adult game(s).
10. **"Adult league"** means teams of adult players formed for the purpose of playing under a common set of administrative and competition rules.

**Section 2.** The following definitions also apply:

1. **"Add"** means the addition of a player to a team's roster.
2. **"Eligibility to play"** means registered and not under suspension.
3. **"Game roster"** means the list of players who will participate in a particular competition. "Game roster" can be a list of names, player ID numbers, jersey

numbers, etc. "Game rosters" must have at least one signature from a coach or team manager. "Game rosters" may be compared to a "team roster" to verify a player's status if needed.

4. **"Involuntary release"** means the removal of a player from a team's roster at the request of team authorities.
5. **"Registration"** means the execution of an intent to play the sport of soccer and the paying of fees to become a member of NDSA.
6. **"Roistering"** means Affiliate Member Club assignment of a registered/transferred player to a team.
7. **"Select team"** means the official select or all-star team of a club, league, subdivision of NDSA, or NDSA.
8. **"Signature roster"** means a team roster where all listed players and a coach/manager have affixed their signature next to their printed name on the roster.
9. **"Suspension"** means a temporary withdrawal of rights and privilege, such as the right to play, coach, or otherwise administer or participate (directly or indirectly) in NDSA soccer, and the suspension is for the term of the suspension with all rights and privileges withdrawn unless specifically stated otherwise by the suspending authority.
10. **"Team roster"** means a list, including the coach (es), of registered players eligible to play for a team. Team rosters must have signatures from all players and at least one signature of a coach or team manager.
11. **"Uniform"** means a jersey or shirt, shorts, thermal undershorts, stockings, shin guards, footwear, warm-up jacket, pants, or suit, and other similar items of wear.
12. **"Voluntary release"** means the removal from a team's roster at the request of the player and/or his/her parents/guardians.

**Section 3.** The following definitions are specific to NDSA and other State Associations to facilitate communication and understanding.

1. **"Classic league"** means an interclub league in which—
  - a. The use of tryouts, invitations, recruiting, or any similar process to roster players selectively to any team on the basis of talent or ability, is permitted; and
  - b. One or more league rules restrict the manner in which players may be rostered to participating teams.
2. **"Classic team"** means a team that participates in a classic league.
3. **"District"** means a geographical subdivision of NDSA.
4. **"Guest player"** means a registered player participating in a competition for a team to which the player is not rostered to including league play, tournaments, friendly games, etc.
5. **"Interclub tournament team"** means a tournament team whose roster includes players who are members of more than one club.

6. **“Interclub transfer”** means the removal of a player from a team’s roster at the request of the player or his/her parents and/or guardian(s) and the contemporaneous addition of the player to the roster of another team.
7. **“Intraclub tournament team”** means a tournament team whose roster includes players who are members of only one club.
8. **“Intraclub transfer”** means the removal of a player from a team’s roster at the request of the player and/or his/her parents or guardian(s) and the contemporaneous addition of the player to the roster of another team from the same club.
9. **“League”** –
  - a. means a structure group of 4 or more teams joined for the purpose of inter-team play under a common set of administrative and competition rules; and
  - b. is differentiated from other leagues by the rules that govern the rostering of players to each league’s teams, and the different terms used to describe each league do not necessarily reflect the level of ability or talent of teams participating in the league.
10. **“League team”** means a team that participates in regularly scheduled league play.
11. **“Player”** means a youth or adult player registered in accordance with USYSA, USASA, and/or NDSA rules.
12. **“Premier league”** means an interclub league in which no rule restricts the manner in which players may be rostered to participating teams, except for rules that—
  - a. Define and prohibit unethical recruiting behavior; or
  - b. Limit the participation of players previously rostered to another team.
13. **“Premier team”** means a team that participates in a premier league.
14. **“Recreational all-star team”** means an intraclub tournament team whose roster only includes players selected from teams that participate in the same recreational league or recreational plus league.
15. **“Recreational league”** means an intraclub league in which—
  - a. The use of tryouts, invitations, recruiting, or similar process to roster players to any team on the basis of talent or ability is prohibited.
  - b. The club administering the league accepts its participants in the league any eligible youths (subject to reasonable terms of registration);
  - c. a system or rostering players is used to establish a fair and balanced distribution of playing talent among all teams formed to participate; and
  - d. League rules require that each player must play at least one –half of each game except for reasons of injury, illness, or discipline.
16. **“Recreational plus league”** means an interclub or intraclub league in which
  - a. The use of tryouts, invitations, recruiting or any similar process to roster players selectively to any team on the basis of talent or ability is prohibited;

- b. The club or clubs administer the league except as participants in the league any and all eligible youths (subject to reasonable terms of registration); and
  - c. The league does not otherwise meet the definition of a recreation league.
17. **“Recreational plus team”** means a team that participates in a recreational plus league.
  18. **“Recreational team”** means a team that participates in a recreational league.
  19. **“Tournament team”** means a team that includes guest players and is put together for the sole purpose of playing in a tournament(s) or other approval non-league competition.
  20. **“Transfer”** means the removal of a player from a team’s roster on the request of the player and/or his/her parents or guardian(s), and the contemporaneous addition of the player to the roster of another team within a different club.

**Rule 101. GENDER OF TEAMS.**

**Section 1.** NDSA recognizes two (2) types of team genders;

1. Teams with females only are girls/women’s teams.
2. All other teams are boys/men’s teams.

**Rule 102. YOUTH AGE GROUPS.**

**Section 1.** NDSA only recognizes teams sanctioned by NDSA from the following youth age groups for any NDSA State Tournament, any NDSA Sanctioned Tournament or Competition, or any NDSA Sanctioned League (Interclub). The age groups shall be comprised of youth players who are, before the first day of August of the immediately prior seasonal year—

1. Under 19
2. Under 18
3. Under 17
4. Under 16
5. Under 15
6. Under 14
7. Under 13
8. Under 12
9. Under 11
10. Under 10.

NOTE: Intraclub **recreational** teams only may be designated and registered by school year. For example 1<sup>st</sup> Grade teams: 6<sup>th</sup> Grade teams: Pre-K Teams: etc.

**Rule 103. SEASONAL YEAR.**

**Section 1.** The seasonal year for all youth and adult player, coach, team, and club will be from September 1 thru Aug 31 of each year.

**PART II—AFFILIATED CLUB and LEAGUE MEMBERSHIP**

**Rule 200. Affiliate Member Clubs Membership.**

**Section 1...** When a group of 4 or more unrelated individuals within a community/city Would like to organize themselves for consideration by NDSA as a potential Affiliate Member they must submit the following to NDSA:

1. Established club constitution and/or by-laws that are signed.
2. List of officers/administrators along with their complete mailing address, Phone numbers, and e-mail addresses
3. Rules and Procedures for club teams to play and/or operate under.
4. Submit the appropriate annual Club Membership fee.
5. List of fields or areas where games will be played to include complete address/location of fields. Also written verification from the owner of the fields or areas that they are available for use by the new member club applicant.
6. Member Clubs registering as “recreational clubs” must register four (4) complete recreational at the number of players per team listed in para (7). Member Clubs registering as “competitive clubs” must register four complete teams at the number of players per team listed in para (7). Player(s) can be registered as both recreational and competitive at the member club’s digression.
7. Proof of registration of enough players to form four complete recreational or competitive teams. Under 9 teams and below will have a minimum of 6 players, Under 10 teams will have a minimum of 8 players, U11/12 teams will have a minimum of 10 players, and U13 teams will have a minimum of 13 players.
8. New member clubs who have never been accepted by NDSA as a Member Club will have a one year probationary period from the date of acceptance as a Member Club to achieve the minimum four team recreational and/or competitive team registration requirement listed in para (7). After one year of probation the new member club must register a minimum of four recreational teams or competitive teams.

**Section 2.** Applicant must conform to the NDSA rules on recruiting and poaching. Violation of these policies before, during or after the application process will be considered a serious violation to the application process and may not result in the acceptance of the club as a member or may result in termination of the clubs affiliation With NDSA once membership is approved.



**Section 3.** Affiliate Member Club Application Review.

1. Upon completion, submission and receipt of the appropriate items in Section 1 and/or 2 above, the NDSA State Office will notify the NDSA President who will then appoint a 3 person Membership Committee. This Membership Committee will examine the submitted application documents for conformance or non-conformance and will suggest any changes necessary to bring the documents into conformance. Once the documentation is deemed complete the Membership Committee provides their recommendation for acceptance/declination to the Board of Directors at the next Quarterly Board Meeting.

**Section 5.** Final vote for acceptance/declination will rest with the Board of Directors.

**Section 6.** Renewal of Affiliated Member Clubs

1. To renew existing Affiliate Member Club status with NDSA, clubs who is in good standing, must submit the following to NDSA State Office
  - a. Appropriate Annual Membership Fee
  - b. Written list of Officers/Administrators including complete addresses, phone number and e-mail for each individual.
  - c. Any changes that have been made to the items in Section 1. Para (1), (3), (6), or (7) above.

**NOTE: For clubs that are affiliated with other USSF National Organizations who apply to become member of clubs of NDSA as well—that Member Clubs Officers are not held to the “unrelated” criteria of Section 1, Para 1.**

**Rule 200.5 Extraterritorial Member Clubs Membership**

**Section 1. MEMBERSHIP REQUIREMENTS FOR NEW EXTRATERRITORIAL MEMBERS**

Applicants who wish to enter teams in competitive leagues for the Spring/Summer season must complete the following requirements by January 1 of the same year preceding the Spring/Summer season.

In order to apply for Extraterritorial Membership in NDSA, a new applicant must submit the following:

1. The appropriate Extraterritorial Membership fee and application form;
2. Proof of any of the following:
  - a. Current incorporation status;
  - b. Current incorporation status of a parent organization along with a current Certificate of Compliance;
  - c. Government affiliation along with a current Certificate of Compliance.

3. Copies of the applicant's Articles of Incorporation and Bylaws;
4. A list of administrator's names, telephone numbers and addresses. In addition, before participating in any NDSA activity, administrators must pass a background check conducted by an NDSA-specified agency;
5. A list of fields, including locations and street addresses with zip codes;
6. A cover letter identifying the geographic area that the applicant intends to serve, including any limitations or requirements in its bylaws;
7. A written plan for field access adequate to support the projected number of teams. The plan must include a list of field identifiers and location with appropriate documentation of access from the public or private organization that controls field access. NDSA reserves the right to limit the number of competitive teams if an inadequate number of fields are available;
8. The applicant will register a minimum of four competitive teams (U9 and older). This requirement may be waived if the Board of Directors approves a request for a waiver which is submitted by January 1 for the summer season of each soccer year. Final approval of the application for competitive status will not be given until teams are registered or a waiver is granted for the first year;
9. A plan for referee development and assignment approved by certified referee assignor. The plan should include details that address the provision of a sufficient number of referees for the projected number of games and a description of the mentorship program that the applicant anticipates using;
10. A written plan for referee education and recruitment, including the name and phone number of the program coordinator. This plan should include provisions for increasing the number of referees available for projected number of games and improving the quality of the referees as the applicant's program grows;
11. A written plan for coaching education and recruitment, including the name and phone number of the program coordinator, with provisions for increasing the number of coaches available and improving the quality of coaches as the applicant's program grows;
12. A written plan for player development, including the name and phone number of the program coordinator;
13. A written plan for risk management, which complies with the NDSA Risk Management Policy, including the name and phone number of the program coordinator.
14. Written proof of good standing with their National State Association and written approval to affiliate with the North Dakota Soccer Association for the purpose of competitive league play;
15. Applicants who have been determined to meet the requirements of this section may be admitted as an Extraterritorial Member. The Board of Directors may

consider additional criteria for the good of the membership based on the specific contractual relationship with each National State Association;

16. The new Extraterritorial Member will have an annual review for the first three years of membership. During this period, its competitive status is subject to revocation by the Board of Directors if the Extraterritorial Member fails to comply with the requirements of approval.

## **Section 2. PROCEDURES FOR NEW EXTRATERRITORIAL MEMBERS**

1. The NDSA office staff will examine the documentation required in section 1 and advise the Board of Directors of the applicant's conformance or nonconformance and suggest any changes necessary to bring an applicant into conformance.
2. The Board of Directors shall have the responsibility to determine qualifications, to accept an application for Extraterritorial Membership as complete, or reject any application found to be incomplete.
3. Applicants who have been determined to meet the requirements of section 1 by the Board of Directors may be admitted as Extraterritorial Members.
4. The Board of Directors upon recommendation of the Competitive Committee will make the final determination of the district assignment of an Extraterritorial Member.

## **Section 3. RENEWAL OF EXTRATERRITORIAL MEMBERSHIP**

1. In order to renew an Extraterritorial Membership in NDSA, an existing Extraterritorial Member who is in good standing with NDSA and their own National State Association must submit the following to the State Office by September 1 of each year:
  - a. The appropriate Extraterritorial Membership fee and application form;
  - b. Proof of any of the following: a) Articles of Incorporation submitted to the Secretary of State or Certificate of Good Standing from the Secretary of State, b) Current incorporation status of a parent organization along with a current Certificate of Compliance or c) Government affiliation along with a current Certificate of Compliance;
  - c. Copies of the Extraterritorial Member's Articles of Incorporation and Bylaws, if not already on file with NDSA or if changes have been made;
  - d. A list of fields, including locations and street addresses with zip codes;
  - e. List of administrators upon election;
  - f. Any written plan required in section 1 which has been revised during the previous year;
  - g. Written proof of good standing with their State organization and written approval to affiliate with the North Dakota Soccer Association for the purpose of competitive league play.

2. The NDSA office staff may examine each Extraterritorial Member's conformance or nonconformance to the requirements of this section and may investigate each Extraterritorial Member's adherence to its written plans required in section 1. The NDSA office staff shall advise the Board of Directors of its findings after examining or investigating any Extraterritorial Member.
3. The Board of Directors will have the authority to determine whether an Extraterritorial Member is in good standing under NDSA Bylaws Article 4.1.
4. The NDSA retains the right to accept or reject any Extraterritorial Member.

### **Rule 201. League Membership.**

**Section 1.** A group of Affiliated and Extraterritorial Member Clubs of NDSA may form a League. A League must have a minimum of four teams in each U13-19 division. Ages groups may be combined. Boys/Men's teams may not play girls/women's teams in any League. Any new proposed League must take into consideration that their League members should come from new clubs, not existing clubs who already are members of an existing League.

**Section 2.** New Leagues must accomplish the following prior to applying to NDSA for membership:

1. Establish written League Rules which will include the following as a minimum:
  - a. Which clubs will be members of this League?
  - b. How member clubs will select their administrator(s).
  - c. Establish League membership fees.
  - d. Establish how/who will pay for fields use, referees, etc.
  - e. Establish roster due dates (Due dates for rosters may not be later than May 1).

**Section 3.** Pay current NDSA League Membership Fees.

**Section 4.** Once the new League has accomplished items in para 2, then the League and/or Administrator will send these items to NDSA State Office.

**Section 5.** Once the NDSA State Office receives the League information listed in Section 2, the League application will be placed on the next NDSA Quarterly Board Meeting agenda.

## PART III—INSURANCE

### Rule 300. Insurance.

**Section 1.** Member clubs are required to register their players, coaches, and club for the seasonal year. For the purpose of insurance, NDSA provided medical and liability insurance which is in force once clubs have registered their board, players, coaches, or volunteers.

**Section 2.** Player Medical Insurance coverage is in force only when member clubs /teams are playing, (includes team practice, scrimmages, games) with sanctioned/authorized teams or sanctioned events from NDSA, USSF State Associations, USSF Affiliate Members, and FIFA Federations

**Section 3.** Injured players, coaches, assistant coaches who need or desire medical care and subsequent insurance claim paperwork should report the injury within 20 days of occurrence to NDSA. Insurance claim forms can be found on the NDSA website or requested from the State Office... **NOTE: The claim forms must be submitted to NDSA not the insurance company**

**Section 4.** The state office will submit the claim to the current insurance carrier.

**Section 5.** Insurance for Adult players is provided by part of the registration fee paid to USASA.

## PART IV--REGISTRATION

### Rule 400. Youth Player Registration.

**Section 1.** NDSA Board of Directors will select an appropriate registration system/method to be used by the state office and each Affiliate Member Club. Member Clubs shall designate a Registrar to perform registrar duties who shall have the responsibility for proper registration of its players, coaches, club officials, team managers, and volunteers.

**Section 2.** All required players, coaches, assistant coaches must be registered.

**Section 3.** Proof of Age may be taken from one or more of the following:

1. A Birth Certificate.
2. Certified Notification of Birth.
3. U. S. Board of Health Record.
4. Certificate of Naturalization.
5. Passport.
6. Uniformed Services Identification Card.

7. Any other document authorized by USSF.

**Rule 401. Adult Registration.**

**PART V—ROSTERS and PASSES**

**Rule 500. Youth Team Rosters.**

**Section 1.** At the NDSA State Cup, NDSA Tournament, Affiliated Member Club NDSA Sanctioned Tournaments (does not include recreational jamborees, Kohl's Cup or similar event), and NDSA Sanctioned Leagues team rosters are mandatory.

**Section 2.** The **initial roster** that a club makes up for its team(s) each season must have original signatures of the coach and/or manager. This signature roster must be sent to NDSA state office for signature and date by NDSA. Once NDSA signs and dates the original roster it will be returned to the club/team.

**Section 3.** Once a member club team has its initial roster in its possession and an updated roster is needed, then the member club may complete, sign, and date this new roster. The member club has the authority to sign this new roster on behalf of NDSA without sending it to the state office. First the member club must designate in writing to the NDSA State Office the name of the person will now have authority to sign these new roster(s) on behalf of NDSA State Office—this person CANNOT be the club registrar. This new roster can then be signed by the previously designated club board member in the area where it would normally be signed and dated by NDSA. Once the new roster has been signed by the coach and/or/manager, designated club officer and date a copy will be made and mailed to NDSA the next business day (M-F) after the club officer signs and dates on the roster.

***THIS PROCESS THAT ALLOWS MEMBER CLUBS TO COMPLETE NEW ROSTERS AFTER THEY HAVE AN INITIAL ROSTER SIGNED BY THE NDSA STATE OFFICE DOES NOT APPLY TO ROSTERS NEEDED/USED FOR THE NDSA STATE CUP or NDSA SPONSORED TOURNAMENTS.***

**Section 4. Roster Sizes**

1. Under 13 and above teams will have no more than 22 players registered at one time.
2. Under 11 & 12 will roster no more than 14 players on a team.
3. Under 10 and below will roster no more than 12 on each team

#### **Rule 501. Youth Alternate Rosters.**

**Section 1.** There may be times where an NDSA Affiliated Member Club team(s) will want to participate in a non USYSA or NDSA Sanctioned Competition. In this case an alternate roster is available from NDSA State Office. The alternate rosters format can be found in the USYSA Travel Policy.

#### **Rule 502. Youth Member Passes.**

**Section 1.** USYSA Member Passes are required for all competitive teams who participate in any event listed in Rule 500, Section 1. USYSA Member Passes are available from the State Office upon request based on the number of competitive players registered by the Affiliated Member Club for a seasonal year.

**Section 2.** Member Passes must have an NDSA Signature, Player signature on that players Member Pass, Coaches or assistant coaches signature on that coach or assistant coaches Member Pass. Player Member Passes must also have a photo attached. Coaches and assistant coaches do not have to have a photo attached. All player, coach, assistant coach Member Passes must be laminated.

#### **Rule 503. Youth Alternate Passes.**

**Section 1.** There may be times where an NDSA Affiliated Member Club team(s) will want to participate in a non USYSA or non NDSA sanctioned competition. In this case Alternate Passes are available from NDSA. Alternate Passes can be requested from the NDSA State Office. The number of passes granted will be based on verification that the competition is a non USYSA or non NDSA sanctioned competition and the number of teams that need Alternate Passes.

#### **Rule 504. Adult Team Rosters.**

#### **Rule 505. Adult Passes.**

### **PART VI--PLAYER TRANSFER**

#### **Rule 600. Competitive Player Transfer.**

**Section 1.** When a NDSA registered competitive player wishes to be transferred from their current team, the player or his/her parents and/or guardian can request in writing that they be released so they can transfer to another team. This other team can be in the same club (intraclub transfer), or to another NDSA Affiliated Member Club (interclub transfer team or to another State Association team (interstate transfer).

**Section 2.** All transfer request must be in writing. It can be an actual transfer form that

NDSA provides or it can simply be in a letter format.

1. Transfer request must provide the players, name, date of birth, current registration number.
2. Printed name, complete address, and signature of the person requesting the transfer (player, parent, and guardian).
3. Printed name, complete address, and signature from a current club representative approving the transfer.
4. Name and address of the new team the player will be transferring to.

**Rule 601. Intraclub Transfer.**

**Section 1.** Once the transfer form or letter is completed, send a copy to the NDSA State Office.

**Rule 602, Interclub Transfer.**

**Section 1.** Completion of the transfer form or letter must include an approval from the releasing club. Once the transfer form is completed it must be sent to the NDSA State Office. NDSA State Office will then approve or disapprove the transfer request.

**Section 2.** If the transfer request is approved NDSA State Office will forward the approved transfer to the new club and or State Association.

**Section 3.** If the transfer is disapproved, the NDSA State Office will communicate the reason to the player/person requesting the transfer.

**Rule 603. Recreational Player Other Transfers.**

**Section 1.** Recreational players moving from recreational teams to competitive summer club teams shall not be considered a transfer.

**Rule 604. Interstate Player Transfers.**

**Section 1.** Any player wishing to play in North Dakota when they are a resident of another State Associations' boundaries must comply with the requirements of USYSA Rule 201 and 203.

**PART VII-- PLAYER RECRUITMENT**

**RULE 700. Improper Recruiting.**

**Section 1.** The following shall be considered improper recruitment practices and violators will be subject to disciplinary action:



1. Recruitment of, or an attempt to recruit any player whom the recruiter knows to be currently registered with another NDSA club or other National State Association Club.
2. The recruitment of any player with the enticement of material goods.
3. Recruitment of, or an attempt to recruit any player with the enticement of offers of free trips, scholarships or opportunities for recognition and exposure to situations which could result in future monetary benefits.
4. Recruitment of players outside the North Dakota state boundaries.
5. Holding team tryouts prior to dates designated by NDSA, club or leagues.

**Section 2.** Any team which through its responsible officer or other representatives, coaches, parents, etc, who attempts to induce a registered player of any team, under the jurisdiction of another club of this Association to leave his/her team before the end of the current seasonal year shall be deemed to have committed an offense of poaching and shall be subject to a hearing by the Disciplinary Committee of this Association. This may result in censure, probation, or suspension from the Association.

## PART VIII—RULES OF PLAY

### **Rule 800. Recreational Soccer Programs.**

**Section 1.** Affiliate Member Clubs may use these rules for in house recreational programs. With the exception of Rule 803, Affiliated Member Clubs may vary these rules for their in house recreational program as each sees fit based on population of players, available field space, availability of goals, goal sizes, etc.

### **Rule 801. Competitive Soccer.**

**Section 1.** These rules are for all Affiliated Member Clubs Competitive Programs, NDSA State Tournament and State Cup, and all other competitions approved or sanctioned by NDSA.

**Section 2.** The playing rules of NDSA shall conform to the FIFA “Laws of the Game” except as provided by this rule.

**Section 3.** The length of games, overtime periods, and ball size for each age group shall be as follows:

<u>AGE DIVISION</u>	<u>MAX GAME LENGTH</u>	<u>OVERTIME PERIOD</u>	<u>BALL SIZE</u>
Adult	2-45 minute halves	2-10 min periods	5

U-19	2-45 min halves	2-10 min periods	5
U-18	2-45 min halves	2-10 min periods	5
U-17	2-45 min halves	2-10 min periods	5
U-16	2-40 min halves	2-10 min periods	5
U-15	2-40 min halves	2-10 min periods	5
U-14	2-35 min halves	2-5 min periods	5
U-13	2-35 min halves	2-5 min periods	5
U-12	2-30 min halves	2-5 min periods	4
U-11	2-30 min halves	2-5 min periods	4
U-10	2-25 min halves	none	4

**Section 4.** Overtime will apply only in championship play of the finals of tournaments. Tie breakers will be used to establish which teams go forward to championship play. For U-19 down to U-11, teams will play two overtime periods. If still tied, then “Kicks From the Mark” will be used to decide the winner. For U-10 and below, there are no champions declared and no overtime. Participation awards are given to all U-10 players.

#### **Rule 802. COACHING GUIDELINES.**

**Section 1.** Coaching from the touch lines is permitted provided:

1. It is done for tactical, strategic, or teaching purposes.
2. The tone of voice of the coach is informative and not a loud negative harangue.

**Section 2.** No coach or substitute is to be anywhere but at his/her bench area. It is recommended that both team bench areas be on one side of the field and the spectators are on the other. The bench areas should be three yards from the touch line, ten yards from the half line, and no more than 10 yards in total length.

**Section 3.** Affiliated Member Clubs are expected to take proactive steps to ensure that individuals involved in their programs understand and work to adhere to the standards in Section 1 and 2 above.

#### **Rule 803. Referees.**

**Section 1.** All games will use referees and assistant referees that have a current year USSF Referee Certification.

**Section 2.** Certified USSF Assignors are to be used to assign referees to all games, Except for recreational in house (s) or recreational games.

**Section 3.** The referee shall have the power to decide on the fitness of the ground in all games. In other respects the, duties of the referee and assistant referee are as defined in the “Laws of the Game”. When field playing conditions are questionable or become deteriorated it is recommended that the referee and club or competition officials work together to reach a joint decision on how and whether to proceed. However, if the referee feels that an unsafe or dangerous situation exists then his/her judgment is final.

**Section 4.** The referee shall inspect each player’s equipment prior to the game

**Section 5.** Referee Assault and Referee Abuse are separate and distinct offenses and if reported will each be dealt with separately by a three person Committee appointed by the President of NDSA.

#### **Rule 804. Uniforms.**

**Section 1.** A player, coach, assistant coach, or other official is not prohibited by NDSA from having a mark or name, or both on any part of their uniform being worn at a game, if the mark or name is related to an item or service that is appropriate. NDSA shall determine the appropriateness of a uniform or its additions when raised. If NDSA decides that a mark or name on the person/teams uniform is inappropriate it must be removed or completely covered before the person(s) may participate in the game or competition

**Section 2.** When uniform colors are similar or when the referees see a uniform conflict, the home team must change. Home teams will always be listed first on the schedule.

#### **Rule 805. GAME BALLS.**

**Section 1.** Home teams will provide the game ball(s).

#### **Rule 806. SUBSTITUTIONS.**

**Section 1.** Substitutions of one or more players may be at the following times:

1. Prior to a throw-in by the team taking the throw-in.
2. Prior to a goal kick by either team.
3. After a goal by either team.
4. After an injury, and when the referee stops play by either team.

5. At half time or quarters by either team.
6. Substitutions are allowed only when the center referee indicates.

#### **Rule 807. Member Passes.**

**Section 1.** The referee shall verify the identity of each player with his/her member pass. Use of signature comparison to the roster may be used at the referee, club, or competition authority's digression. If proof of age is asked for by a player in the competition, then proof of age of the player in question will be made available by the team that the player in question is registered to for that competition.

#### **Rule 808. Send Off.**

**Section 1.** In the case of sendoff (red card), the referee for that match **MUST** submit a report to the club or tournament officials.

**Section 2.** Any player receiving a red card must sit out the remainder of that match and the next scheduled match.

*NOTE: A player who receives a red card for Violent Conduct/Serious Foul Play will sit out the remainder of that match and the next two matches. The next scheduled match (league or tournament) must have been scheduled prior to obtaining the red card.*

**Section 3.** Players receiving red cards in the last games of a tournament must be sanctioned appropriately at the beginning of the next scheduled tournament games(s). Players receiving red cards in the a league game must be sanctioned appropriately at the beginning of the next scheduled league games(s)

**Section 4.** Players receiving multiple red cards in a season may be given more Severe sanctions by Affiliated Member Clubs, Leagues, or the State Association.

**Section 5.** Clubs/Tournaments may define whether yellow or red cards can be issued to coaches, assistant coaches, other team officials, etc. and what the sanctions are if they receive yellow or red cards.

#### **Rule 809. Forfeits.**

**Section 1.** Any team intending to forfeit a scheduled game for any reason must take steps to notify the club and/or competition administration no later than two days prior to the scheduled date of the match. Any team intentionally forfeiting without notifying the opponent/club shall be subject to probation, censure, or suspension...

**Section 2.** Field size for U-13 and above should be a minimum of 65 yards by 100

yards. For U-11 and U-12 fields should be a minimum of 40 yards by 80 yards. For U-10 and below fields should be 30 yards by 50 yards.

**Rule 810. Goals.**

**Section 1.** Goals size for U-13 and above should be 8 by 24 feet. Goal size for U-11 and 12 should be 6 by 18 feet. Goal size for U-10 and below should be 5 by 12 feet.

**Section 2.** All goals must be anchored.

**Rule 811. Substance Abuse Policy.**

**Section 1.** The use of illegal drugs, alcohol and tobacco by players is considered Substance abuse. The substantiated use and/or consumption of illegal drugs, alcohol, or tobacco by players during NDSA sanctioned soccer seasons will not be tolerated. Member clubs are encouraged to adopt individual club substance abuse policies and Sanctions.

**Section 2.** The possession and/or consumption of any alcoholic beverage at any practice or game fields during practices, games or competitions which are sanctioned by NDSA by any parent, coach, administrator, volunteer, spectator, player, etc. is strictly prohibited.

**Section 3.** Disciplinary action will be left to the digression of the individual clubs. However, if the infraction occurs during the inclusive date of the State Cup or State Tournament then the NDSA President will appoint a three person Disciplinary to review the facts and circumstances and will decide if probation, suspension or permanent sanctions are warranted.

**PART IX—PERMISSION TO TRAVEL AND HOST**

**Rule 900. Travel.**

**Section 1.** Permission to travel to games or competitions held in states or countries outside of North Dakota's borders are provided for by the US Youth Soccer Travel Policy.

**Section 2.** All forms for travel outside or North Dakota's borders must be submitted to the NDSA State Office. No travel shall be allowed until approval of the application is made by the NDSA State Office.

**Section 3.** Travel request should be made thirty days in advance of the travel date and

should be inclusive for all travel dates within a seasonal year or late fees may be assessed by the Board of Directors.

**Rule 901. Hosting Games or Tournaments.**

**Section 1.** Restricted Games or Tournaments.

1. Permission to host restricted games or tournaments is provided for by US Youth Soccer Association.

**Section 2.** Unrestricted Games or Tournament.

2. Permission to host games or tournaments are provided for by US Soccer Federation

**PART X--SELECT, REGIONAL and ODP TEAMS**

**Rule 1000. State Select Teams.**

**Section 1.** The formation of State Select teams shall be vested with the Board of Directors of NDSA. The Board of Directors may delegate this authority at its discretion.

**Rule 1001. Region Cup Teams.**

**Section 1.** Regional Teams are those teams in each boys and girls age division which win their respective division at the State Cup.

**Rule 1002. Olympic Development Program.**

**Section 1.** Olympic Development Program Teams will be managed by the NDSA Boys and/or Girls Director. The ODP Director(s) will work closely with the Region II ODP Administrative staff to assure that all required tasks have been addressed for ND ODP Teams to participate at the Region II Regional Camp(s). The Director will report to the Board of Director(s) \_.,

**PART XI--STATE CUP**

**Rule 1100. Authority.**

**Section 1.** The purpose of the NDSA State Cup is to qualify teams for regional competition. Age groups allowed are U13-U19 Boys and Girls.

**Section 2.** The NDSA Annual State Cup will be held in late May or early June. Teams

interested in participating in the NDSA State Cup will have to enter by December 31 of the previous calendar year. Any team registering will attend Region II Cup if they are the bracket winner. Teams withdrawing from the State Cup will be fined up to the maximum fines imposed by Region II or NDSA.

**Section 3.** The NDSA State Cup will be managed by a Tournament Committee which will be made up of the following elected/appointed positions:

- a. Tournament Committee Chair-President Elect
- b. Committee Member-Summer Clubs Chair
- c. Committee Member-Coaching Committee Chair
- d. Committee Member-Local Clubs Tournament Representative
- e. State Youth Referee Administrator

The Tournament Committee Chair will not vote unless a tie vote must be broken.

**Section 4.** The Summer Club Chair is responsible to ensure tournament rules are published in advance of each year's NDSA State Cup.

**Section 5.** In addition to the Rules of Play (Part 8) this part gives specific rules and procedures for the conduct of the NDSA State Cup.

**Section 6.** The authority for approval and /or operational control, including dates and times of games will be vested with the Tournament Committee. NDSA State Cup games will take precedence over all league and local tournaments.

**Section 7.** Entrance fees shall be set by the NDSA Board of Directors. All fees, completion of entrance forms, and registration due dates shall be published under separate letter.

**Section 8.** NDSA State Cup competition will be open to all youth NDSA Affiliated Member Clubs.

#### **Rule 1101. Player Registration.**

**Section 1.** Any player participating in the State Cup shall be registered and rostered by April 15. Late rostering or registration will not be allowed.

#### **Rule 1102. Pairings.**

**Section 1.** All seeding/scheduling will use a random draw.

**Section 2.** Brackets will be determined using the following:

1. Two Team Bracket: A single championship round. If possible, friendly

matches with an appropriate age group will be arranged.

2. Three Team Bracket: Round robin set of matches. First and second place teams will play a championship match.
3. Four Team Bracket: Round robin set of matches. First and second place teams will play a championship match.
4. Five Team Bracket: Each team will play three matches. The team seeded 4<sup>th</sup> will lay four matches. In the semi finals the first place team will play the fourth seed and the second place team will play the third place team. The semi final winners will play a championship match.
5. Six Team Bracket: Two three team pools will be drawn. Teams seeded first, third and fifth will form Pool A and teams seeded second, fourth and sixth will form Pool B. Each team will play a round robin set of games within their pool along with a single interpool match arranged as follows: seed 1 vs. seed 6, seed 2 vs. seed 5, and seed 3 vs. seed 4. In the semi finals the first place team of Pool A will play the second place team of Pool B and the first place team of Pool B will play the second place team of Pool A. The semi-final winners will play the championship match.
6. Seven Team Bracket: A single seven team bracket where the 6<sup>th</sup> seed will play four matches. In the semi final the first place team will play the fourth place team and the second place team will play the third place team. The semifinal winners will play a championship game.
7. Eight Team Bracket: Two four team pools will be seeded. Pool A will consist of seeds 1, 3, 5 and 7. Pool B will consist of seeds 2, 4, 6, and 8. Each pool will play a round robin set of three games for each team in their respective pool. Semifinals will have the first place team in Pool a play the second place team in Pool B and the first place team in Pool B play the second place team in Pool A. The semifinal winners will play a championship match.
8. Nine Team Bracket: One four team (Pool B) will consist of seeds 2, 4, 6, and 8 and one five team (Pool A) will consist of seeds 1,3,5,7 and 9. Each pool will play matches as described in the four and five team brackets. In the semi finals the first place team of Pool A will play the second place team of Pool B and the first place team of Pool B will play the second place team of Pool A. The semi-final winner will play a championship match.
9. Weighting for teams playing an extra match: For teams playing four matches in pool play, each match will be weighted by multiplying the total match points by 0.75.

### **Rule 1103. Tie Breakers.**

**Section 1.** For tie breaker procedures refer to Rule 801. Section 3 and 4

### **Rule 1104. Cup Host.**

**Section 1.** The club which hosts the State Cup will designate a referee assignor and



along with the SYRA will ensure enough qualified referees are available for the tournament.

**Rule 1105. Trophies.**

**Section 1.** Trophies will be addressed as required for each year of the Cup. Low team number registration may not allow for trophy presentations.

**Rule 1106. Cancellations and Withdrawals.**

**Section 1.** In the event that a team does not comply with withdrawal or cancellation terms as stated in the State Cup entry form, the Summer Club Chair/Tournament Committee shall determine the fines and the offending clubs status for the next year's State Cup.

**Rule 1107. Send Offs-Red Cards in State Cup**

**Section 1.** A player sent off by a referee during the State Cup shall surrender his /her player's pass for game suspensions as follows: Suspension of play for remainder of current game and the next State Cup Game; for violent conduct the suspension will be for the remainder of the current game and the next two State Cup Games. In the event that a suspension cannot be served during the remainder of the current Cup because there are not enough games for that player's team to play so that the suspension may be served, then one of the following will apply: If the suspended player's team advances to Region II Cup play then the remainder of the suspension must be served during the first game(s) of the Region II Cup: If the suspended player's team does not advance to the Region II Cup then the game(s) suspension will be served at the next State Cup that player plays in. If an NDSA team advances from Region II Cup play to the National Tournament then suspensions will be served in accordance with Region II/National Tournament rules. If an NDSA player receives red card suspension in his/her last game(s) of the National Tournament and the suspension cannot be served in the remainder of that National Tournament then the suspension will be served when that player's next enters a State Cup. REMINDER: NDSA has a mandatory two (2) game suspension for violent conduct.

**PART XII--STATE TOURNAMENT**

**Rule 1200. AUTHORITY.**

**Section 1.** The purpose of the NDSA State Tournament is offer games for all member clubs. This Tournament will be held the late July.

**Section 2.** The may have separate brackets for competitive and recreational teams.

**Section 3.** Brackets will be determined using the following:

1. Two Team Bracket: A single championship round. If possible, friendly matches with an appropriate age group will be arranged.
2. Three Team Bracket; Round robin set of matches. First and second place teams will play a championship match.
3. Four Team Bracket: Round robin set of matches. First and second place teams will play a championship match.
4. Five Team Bracket: Each team will play three matches. The team seeded 4<sup>th</sup> will lay four matches. In the semi finals the first place team will play the fourth seed and the second place team will play the third place team. The semi final winners will play a championship match.
5. Six Team Bracket: Two three team pools will be drawn. Teams seeded first, third and fifth will form Pool A and teams seeded second, fourth and sixth will form Pool B. Each team will play a round robin set of games within their pool along with a single interpool match arranged as follows: seed 1 vs. seed 6, seed 2 vs. seed 5, and seed 3 vs. seed 4. In the semi finals the first place team of Pool A will play the second place team of Pool B and the first place team of Pool B will play the second place team of Pool A. The semi-final winners will play the championship match.
6. Seven Team Bracket: A single seven team bracket where the 6<sup>th</sup> seed will play four matches. In the semi final the first place team will play the fourth place team and the second place team will play the third place team. The semi final winners will play a championship game.
7. Eight Team Bracket: Two four team pools will be seeded. Pool A will consist of seeds 1, 3, 5 and 7. Pool B will consist of seeds 2, 4, 6, and 8. Each pool will play a round robin set of three games for each team in their respective pool. Semi finals will have the first place team in Pool a play the second place team in Pool B and the first place team in Pool B play the second place team in Pool A. The semi final winners will play a championship match.
8. Nine Team Bracket: One four team (Pool B) will consist of seeds 2, 4, 6, and 8 and one five team (Pool A) will consist of seeds 1,3,5,7 and 9. Each pool will play matches as described in the four and five team brackets. In the semi finals the first place team of Pool A will play the second place team of Pool B and the first place team of Pool B will play the second place team of Pool A. The semi final winner will play a championship match.
9. Weighting for teams playing an extra match: For teams playing four matches in pool play, each match will be weighted by multiplying the total match points by 0.75.

**Section 4.** The NDSA State Tournament will be managed by a Tournament Committee which will be made up of the following elected/appointed positions:

1. Tournament Committee Chair–President Elect

2. Committee Member-Summer Clubs Chair
3. Committee Member-Recreational Clubs Chair
4. Committee Member-Host Club Officer (Normally the President)

The Tournament Committee Chair will vote only to break a tie. Rulings made by the Tournament Committee will be final.

**Section 5.** The Summer Clubs Chair is responsible to ensure tournament rules are published in advance of the Tournament. Rules must be published along with the registration forms.

**Section 6.** Approval of host club/city lies with the Board of Directors. Clubs interested in Hosting the NDSA State Tournament must submit for acceptance through the Summer Clubs Committee. Summer Club Committee will submit their selection to the Board of Directors for final selection approval.

**Section 7.** Entrance Fees are set by to the Board of Directors.

**Rule 1201. Player Registration.**

**Section 1.** Any Player participating in the State Tournament shall have been registered and rostered by June 1.

**Section 2.** Team rosters shall be frozen/completed 14 days prior to the first date of the State Tournament.

**Rule 1202. Pairings.**

**Section 1.** Pairings shall be decided by the Summer Clubs Chair. Format will be determined by the Summer Clubs Committee.

**Rule 1203. Tie Breakers.**

**Section 1.** For Tie Breaker procedures refer to Part 8.

**Rule 1204. Referees.**

**Section 1.** The host club will designate a referee assignor and along with the SYRA will ensure enough qualified referees are available for the Tournament.

**Rule 1205. Trophies.**

**Section 1.** Individual trophies will be presented to first and second place winners in each gender age group U-11 thru U-19. U-10 will be awarded participation

medals/trophies for all players and coaches of teams entered in the tournament. Only participation awards will be given in the U-10 age bracket.

**Rule 1206. Cancellations and Withdrawals.**

**Section 1.** In the event that a team does not comply with cancellation or withdrawal terms as described in the Tournament Rules, the Tournament Committee shall determine the status of play for that team(s) regarding their eligibility at the following years Tournament.

**Rule 1207. Send Offs-Red Cards In State Tournament.**

**Section 1.** A player sent off by a referee during the State Tournament shall surrender his her player's pass for game suspensions as follows: Suspension of play for remainder of current game and the next Tournament Game. For violent conduct the suspension will be for the remainder of the current game and the next two Tournament Games. In the event that a suspension cannot be served during the remainder of the current Tournament because there are not enough games for that player's team to play so that the suspension may be served, then the following will apply: the suspension will be served at the beginning of the next season's summer tournament schedule. **REMINDER: NDSA has a mandatory two (2) game suspension for violent conduct.**

**PART XIII-INDOOR SOCCER**

**Rule 1300. Definition.**

**Section 1.** Indoor soccer shall be defined as soccer being played indoor on an artificial surface whether it is a turf, court, or other surface. The facility can be a hockey style rink, a basketball court, etc.

**Rule 1301. Facility.**

**Section 1.** The facility must be inspected annually and the inspection must be documented on the NDSA Indoor Soccer Facility Inspection Form and must be signed by the Club President or other recognized club official and forwarded to NDSA prior to any games being played that season.

**Rule 1302. Indoor Playing Rules for Tournaments, Leagues, Games.**

**Section 1:** The Field of Play. Field(s) size is determined by the local club.

**Section 2:** The Ball. A FIFA approved indoor ball shall be used.

**Section 3:** The Players. There is no limit on team roster sizes. The game will be played

With 5 players on the field at one time, one of whom must be identified by contrasting Jersey or training vest as the goalkeeper. Each team may substitute freely; provided that

The player coming off the field must enter into the player's designated team area prior to the player's substitute entering upon the field. Substitutes must stay within their designated team area at all times. Goalkeepers may be substituted at any time and a goalkeeper may be substituted for a player on the field by exchanging the identifying jersey or training vest. The game will not start with less than three players. The game will be abandoned if a team is left with less than three players.

**Section 4: Players Equipment.** Players on the same team must wear the same color jerseys, shirts or training vests. If both teams share the same color jerseys, shirts or vests, the home team shall be required to change its color. Goal keepers must wear jerseys or training vests in a color or pattern that distinguishes them from field players. Players may not wear jewelry, accessories, metal zippers or anything which poses a danger to themselves or other players. Canvas or soft leather training or gymnastic shoes may be used. Shoes with any type of spike or cleat may not be worn. Age appropriate shin guards must be worn which shall be entirely covered by socks.

**Section 5: The Referee.** Each game will be controlled by either one or two referees charged with the responsibility to enforce these Rules of the Game. The decision of the referee or referees regarding the facts connected with play as well as interpretations of the rules is final.

**Section 6: Duration of the Game:** Games should consist of two (2) twenty (20) minute half with a five (5) minute half time break. The referee or referees will keep game time. Except as otherwise determined by the referee, the clock will run continuously, with no stoppages for out-of-bounds or other restarts. Referees will have the discretion to extend game time following injuries and other extended stoppages of play. Each team will be allowed one (1) sixty (60) second time-out per half. Teams served a red card will play short for five (5) minutes (with the referee keeping track of this time) or until the opposing team scores a goal, whichever occurs first. The replacement player (for the player sent off) may enter on to the field when the referee signals it is appropriate. In final tournament competition, games that end in a tie will be followed by two (2) five (5) minute overtimes. These will be "golden goal" type overtimes, such that once a team scores, the match ends immediately and the scoring team is declared the winner.

**Section 7: Start and Restarts of Play: Kick-off:** A kick-off starts the match, starts the second half, starts each period of overtime and starts play after a goal has been scored. The home team will take the kickoff to start the match as well as the kickoff for the first overtime period and will defend the south end of the field. The visiting team will take the kickoff for the second half and the second overtime period and will defend the south half of the field for that half. The ball is in play when it moves forward.

1. **Out-of-Play:** The ball is out of play when it has wholly crossed the goal or
2. **Dropped Ball:** If neither team has clear possession of the ball when play is

stopped, the ball will be dropped on a spot on the penalty arc closest to the location of the ball when play was stopped. A dropped ball must touch the floor before it can be played.

3. **Free Kicks:** Prior to a free kick, the ball must be stationary. At the time of the

4. **Kick-Ins:** When the ball wholly crosses the touch line, play is restarted with a out of bounds. Prior to the kick-in, the ball must be stationary. Once stationary, the ball must be kicked in within five (5) seconds. At the time of the kick-in, all players from the opposing team must be at least five (5) yards from the spot of the kick. A goal may not be scored directly on a kick-in. When the ball hits the ceiling, play is restarted by a kick-in awarded to the opposing team of the player that last touched the ball. The ball is placed on the point on the touch line below nearest to where the ball touched the ceiling. When the ball wholly crosses the goal line other than between the two goal posts and under the cross bar, play is restarted by a goal keeper throw-in or a corner kick, depending upon which

5. **Goal Keeper Throw-ins:** When the ball goes out-of-bounds, over the goal Line and is last played by an opponent, play is restarted by the goalkeeper throwing the ball back into play. There is a five (5) second limit on each goalkeeper's possession of the ball (control of the ball with hands and feet) within the goalkeeper's defensive side of the field, regardless of whether within the penalty area or outside of the penalty area. Opposing players may not enter the penalty area and teammates may not receive the ball from the goalkeeper within their own penalty area during a goalkeeper throw-in (violation: Retake). Play restarts as the ball crosses out of the penalty arc (whether in the air or on the floor). A goal maybe scored directly on a goalie throw-in.

6. **Corner Kicks:** If the ball wholly crosses the goal line and is last touched b by the defending team, play is restarted with a corner kick. Prior to the corner kick, the ball must be stationary. Once stationary, the ball must be kicked within five (5) Seconds. At the time of the corner kick, all players from the opposing team must be at least five (5) yards from the spot of the kick. The ball is in play when kicked and the kicker cannot play the ball a second time until it has been touched by another player. A goal may be scored directly on a corner kick.

**Section 8:** The Method of Scoring. A team scores a goal when the whole of the ball legally passes over the goal line between the two goal posts and under the crossbar. The team scoring the greatest number of goals during a game is the winner. If both teams score the same number of goals, the match is a draw (unless tournament rules otherwise require). A goal may be scored directly on a kick-off, a corner kick, a direct kick and a goal keeper throw-in; a goal may not be scored directly on a kick-in or an indirect kick.

**Section 9:** Fouls Resulting in Direct Free Kicks.

1. Holds an opponent

2. Handles the ball (except the goal keeper inside his own penalty area); or
  3. Slide tackles an opponent. A direct free kick is also awarded to the opposing team if a player commits any of the following offenses in a manner the referee considers careless, reckless or using excessive forces
  4. Kicks or attempts to kick an opponent;
  5. Trips or attempts to trip an opponent;
  6. Jumps at an opponent;
  7. Charges an opponent (even with only the shoulder);
  8. Strikes or attempts to strike an opponent; or
- Pushes an opponent A direct free kick is taken from the spot on the floor where any of the above referenced fouls occurred. Prior to the direct kick, the ball must be stationary. Once stationary, the ball must be kicked within five (5) seconds. At the time of the direct kick, all players from the opposing team must be at least five (5) yards from the spot of the kick.

**Section 10. Fouls Resulting In Indirect Free Kicks:**

1. Goalkeeper receives the ball from a teammate with his hands; or
  2. Posses the ball more than five (5) seconds, regardless of whether control is gained or maintained by the goal keeper's hands, feet or both.
  3. An indirect kick awarded as a result of an infraction taking place within the penalty area is taken from the spot on the penalty arc closest to where the infraction was committed. Prior to the indirect kick, the ball must be stationary. Once stationary, the ball must be kicked within five (5) seconds. At the time of the indirect kick, all players from the opposing team must be at least five (5) yards from the spot of the kick.
  4. Plays in a dangerous manner;
  5. Obstructs an opponent;
  6. Prevents the goalie from releasing the ball; or
  7. Commits any other offense not previously mentioned in Rule 9, for which play is stopped in order to caution or dismiss a player.
- Prior to the indirect kick, the ball must be stationary. Once stationary, the ball must be kicked within five (5) seconds. At the time of the kick, all players from the opposing team must be at least five (5) yards from the spot of the kick.

**Section 11. Cautionable Offenses:**

1. Unsportsmanlike conduct;
2. Dissent by word or action;
3. Persistent infringement of the rules of the game;
4. Purposely delays restart of the game;
5. Fails to respect the five (5) yards when the opposing team is taking a corner kick, kick-in, free kick, foul shot or a penal kick;
6. Except for substitutions, enters, re-enters or leaves the field without the

referee's permission.

7. For a cautionable offense, the opposing team is awarded an indirect kick from the spot on the floor where the infraction occurred. If the infraction occurred within the penalty area, the indirect kick is taken from the spot on the penalty arc closest to location where the infraction was committed.

**Section 12. Sending-Off Offenses:**

1. Serious foul play;
2. Violent conduct;
3. Spitting at another player or the referee;
4. Denying the opposing team an obvious goal scoring opportunity by an offense for which a direct kick or penalty kick would be awarded
5. Denying the opposing team an obvious goal scoring opportunity by deliberately handling the ball (not applicable to defending goalie);
6. Using offensive, insulting or abusive language; or
7. Receiving a second caution (yellow card) in the same game.

If a player is sent off for offenses (1) or (7) above, play is restarted with an indirect kick by the opposing team taken from the place where the infraction occurred. If the infraction occurred within the penalty area, the indirect kick is taken from the spot on the penalty arc closest to the location where the infraction was committed. For the sending-off offenses (a) through (d) above, play is restarted with a direct kick or foul shot, unless the infraction occurred within the penalty area, in which case a penalty kick is awarded.

When a player is sent-off, the player may not re-enter the game. A replacement player may not enter on to the field for a period of five (5) minutes or until a goal is scored by the opposing team, whichever occurs first.

**Section 10: Accumulated Fouls, Foul Shots:** Following the award of the fifth direct kick, all subsequent direct free kicks shall be foul shots. Foul shots must be taken on goal, The defending team (with the exception of the goalie) must stand behind the ball and stay at least five (5) feet from the spot of the foul shot and no player shall touch the ball until the foul shot has touched the goal keeper, the cross bar or uprights or gone out of bounds. A foul shot shall be taken from the spot where the infraction occurred, provided, however, a foul shot shall not be taken further out than the second penalty spot. If the foul occurred beyond the second penalty spot, the ball will be placed on the second penalty spot and the foul shot will be taken from there. If the game goes into extra time, the number of direct free kicks awarded in the second half and first half of overtime will carry over to the overtime period or periods. The goal keeper must remain on the goal line until the foul shot is taken. If a player on the defending team infringes, the foul shot is retaken if no goal is scored. If a teammate of the kicker infringes, the kick is retaken if a goal is scored.

**Section 11: Penalty Kick:** A penalty kick is awarded against a team for any offense



occurring inside the penalty area for which a direct kick is awarded. The ball is placed on the first penalty mark, the goal keeper must remain on the goal line until the ball is kicked and the remaining players must be outside the penalty area and at least five (5) yards from the spot of the kick. The ball is played when it moves forward and the kicker cannot play the ball a second time until it has been touched by a second player. If a player on the defending team infringes, the kick is retaken if no goal is scored. If a teammate of the kicker infringes, the kick is retaken if a goal is scored.