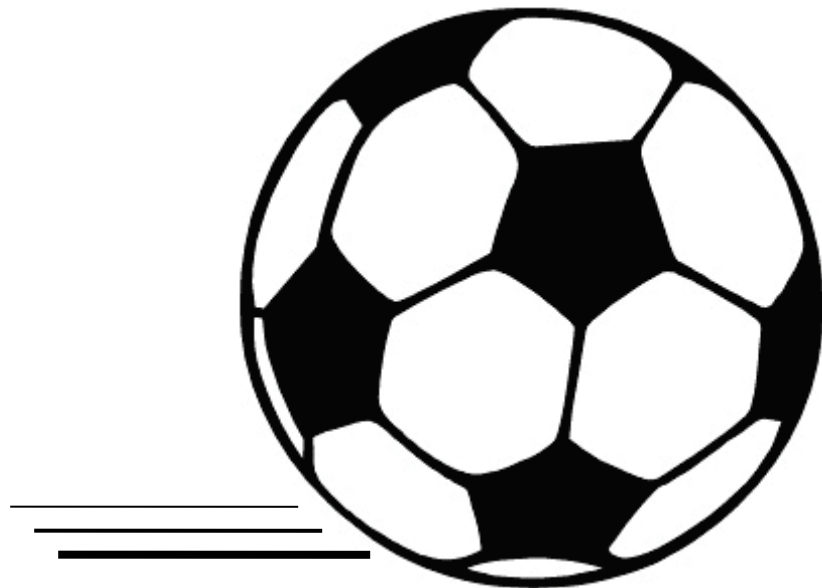


Lakeshore Soccer League

Coaching Manual



Lakeshore Soccer League Coach's Declaration

This must be signed and returned to the Division Convener before your first game!

Division: Boys/Girls

Coach Name: _____

Club Name: _____

Club Representative: _____

I hereby declare that I have read and understand the rules and regulations of the Lakeshore Soccer League, and that I will abide by them. I also declare that I am aware that as a coach I have no authority to request rule changes from the referees or league and that any requests to the league or referees must be made through the club.

Coach Signature: _____

Club President Signature: _____

Date: _____

Coaching Manual

The Lakeshore Soccer League Executive would like to welcome you to the soccer season. Please take the time to review this manual and become familiar with the rules and policies that are in place to make your soccer year successful. We ask that if you have any questions or concerns to contact the most appropriate member of your local soccer organization or the Lakeshore Convener for the age group you are involved with. The last page of this manual includes a form to read and sign and then return to your Lakeshore Convener that indicates you have read this manual. This form must be completed prior to your first game.

The official website for the Lakeshore Soccer League is <http://lakeshoreleague.ca/>. At this site, you will find valuable information including your teams schedule and standings as well as field locations.

Lakeshore Soccer League Executive

President	Stephen Cobean	(519) 364-0263	scobean03@gmail.com
Vice President	Sarah Gatto		sarah_gatto@hotmail.com
Secretary	Sarah Gatto		sarah_gatto@hotmail.com
Treasurer	Jim Grabas	(519)396-4030	jim.grabas@gmail.com
Head Referee	Randy Corfield	(226)923-0505	randycorfield@gmail.com
Discipline Chair	Jeff Virgo	(519)389-1091	lsldiscipline@gmail.com
Tournament Chair	Bob Hoarse		cbysc1@hotmail.com

Meetings

The Board of directors for the Lakeshore Soccer League shall meet periodically at the call of the President.

The Annual General Meeting (AGM) of the league shall take place in October or November of each year where the principle officers shall be elected for a term of two (2) years and the town reps shall be elected for a term of one (1) year. Other suggested meetings are:

October

- Annual General Meeting
- Election of Principle Officers
- Year end reports
- Final bills and payments

January

- Reps from each community soccer club, association or organization register with league
- Set budget

February

- Appoint committees (referee, discipline)
- Set clinics (referee, coaching)

March

- Committee reports (referee, discipline)
- Clinic reports (referee, coaching)
- Club reports (preliminary number of teams)

April

- Club reports (number of teams, colours, sponsors, coaches, fields)
- Appoint division conveners
- Set tournament dates and locations

May

- Distribute coaching manuals
- Distribute schedules
- Club entry fees to be paid
- Division convener meeting
- Club Head Referees meeting

September

- Season review

Division Conveners

Division Conveners are appointed annually for each division by the Lakeshore Soccer League President and approved by the Board of Directors

Division Conveners shall:

- a. Record game scores and infractions (phone or email) as reported by both Team Coaches after each game,
- b. Record game infraction (phone or email) as reported directly by the Referee within forty-eight (48) hours of a game being played,
- c. Record game scores on the Lakeshore Soccer League web site (<http://lakeshoreleague.ca/>),
- d. Receive a copy of the game sheet by the home team;
- e. Approve and record all rescheduled games (including the reason for rescheduling) as reported by the Home Team Coach,
- f. Organize and ensure the successful completion of an end of season tournament (playoffs) of their responsible division (Lakeshore Cup),
- g. Report all complaints received regarding any aspect of League operation to the Lakeshore Soccer League President.

The Division Conveners are:

U12 Boys	Mils Farmus	519-986-1919	ascot@sympatico.ca
U12 Girls	Jim Grabas	(519)396-4030	jim.grabas@gmail.com
U15 Boys	Corinne Sales	(519)321-9533	corinne3313@yahoo.ca
U15 Girls	Jim Grabas	(519)396-4030	jim.grabas@gmail.com
U18 Boys	Jeff Virgo	(519)389-1091	president@ssunitedfc.com
U18 Girls	Stephen Cobean	(519)389-1091	virgojeff@gmail.com
Open Men	Mils Farmus	519-986-1919	ascot@sympatico.ca
Open Women	Sarah Gatto		sarah_gatto@hotmail.com

Club Members

[Blue Mountain - www.bluemountainsoccer.com](http://www.bluemountainsoccer.com)

President Heather Ruffett info@bluemountainsoccer.com

[Chatsworth - www.cbysc.ca](http://www.cbysc.ca)

President Ian Eriksen cbysc1@hotmail.com

[Hanover - www.hanoverminorsoccer.ca](http://www.hanoverminorsoccer.ca)

President Eric Obermyer president@hanoverminorsoccer.ca

[Kincardine - www.kincardinesoccer.com](http://www.kincardinesoccer.com)

President Stuart Killin president@kincardinesoccer.com

[Markdale - www.markdaleminorsoccer.com](http://www.markdaleminorsoccer.com)

President Mils Marmus ascot@sympatico.ca

[Mildmay](#)

Club Contact Krista Beninger kristaj@rocketmail.com

[Mount Forest - www.mtforestdistrictsoccer.ca](http://www.mtforestdistrictsoccer.ca)

Club Contact Corinne Sales corinne_trevor@yahoo.ca

[Saugeen Shores - www.ssunited.com](http://www.ssunited.com)

President Jeff Virgo president@ssunitedfc.com

[Tara - www.taraminorsoccer.com](http://www.taraminorsoccer.com)

President Tammy Klages kevtam03@hotmail.com

[Walkerton - www.walkertonfc.ca](http://www.walkertonfc.ca)

President Robin Taylor walkertonfc@gmail.com

[West Grey - www.westgreysoccer.ca](http://www.westgreysoccer.ca)

Club Coordinator Ann Hagedorn hagedornfamilyfarm@gmail.com

Standing Committee on Discipline

The Lakeshore Soccer League adopts the Ontario Soccer Association Policies and Procedures upon Discipline as criteria for decisions of the Discipline Committee.

Structure

The Chair will be the point of contact for all discipline related issues. The League will use a three-person system when dealing with league discipline. All persons must be non-relevant to the club in question. All members of the Lakeshore Soccer League Executive can be on the discipline committee.

A) Discipline By Review System (DBR):

For the following offences:

- All misconducts will be dealt with by the Discipline by Review, where permitted under the OSA Policies.
- The Discipline Committee will review all misconduct reports based on the referee report only and render a decision without a formal hearing.
- *Except in cases of OSA Misconduct Type 1.3, 1.5 and 1.6, the Accused will have four (4) days after receiving a red card at a game to request a hearing by email. The hearing will not be scheduled until the hearing fee has been received. If found Not Guilty, the fee will be refunded. The Request for a Hearing form can be found on our website under the Discipline tab.
*The Requested Hearing must be submitted by email to one of the following: League President, League Discipline Chair or Club President/Coordinator.
- Otherwise, the Lakeshore Executive will issue a letter stating game suspension(s) to offending person(s), team coach and associated club along with the Division Convener.
- Discipline decisions that are made under the Discipline by Review System cannot be appealed.
- The League will review any carryovers on a case by case basis if needed and advise the Club in question.

B) Discipline By Hearing System (DBH):

For all other types of misconduct, the registrant or his/her designated representative (with a signed proxy of accused) must appear before the Discipline Hearing Panel at the Southwest Soccer office for hearing on the scheduled discipline date as published on the Southwest Soccer website with the Discipline Hearing Fee of \$100.00 (cash or credit only) If payment is not received the hearing will not go ahead and the accused will have failed to attend. If found not guilty, the fee will be refunded.

Discipline by Hearing (DBH) decision may be appealed to Ontario Soccer.

C) Failure To Attend Discipline By Hearing:

- The District rules will apply if an Accused fails to appear on the schedule hearing date.

D) Request For Postponement:

- Parties required to attend a Hearing may request (1) postponement. The request must be made in writing to Lakeshore SL Executive no later than four (4) days prior to the scheduled hearing date.
- District rules will apply for any Parties required to attend a Hearing but request a postponement.
- Postponement requests are to be directed to the Lakeshore League Discipline Chair at lsldiscipline@gmail.com.

The Discipline Chair will keep a record of all yellow and red cards handed out to players. As well any dismissal's of team staff and or any inappropriate behavior from players, team officials, and clubs reported by the Referee and/or other persons attending the game.

Lakeshore Cup

Placement will be determined by the regular season standings for the end of the season tournament (playoffs) known as the Lakeshore Cup. Tournament format and rules will be determined by the Tournament Chair and the Lakeshore Soccer League Executive. Schedule and rules governing Lakeshore Cup play will be issued to coaches prior to the start of the tournament and posted on the Lakeshore Soccer League website. The first round of the Lakeshore cup may be played during the weeks prior to the tournament.

The Lakeshore Cup is scheduled for the following dates and locations:

U12 Boys Tournament	Markdale	Saturday, August 17 th
U12 Girls Tournament	Kincardine	Saturday, August 17 th
U15 Boys Tournament	Mount Forest	Saturday, August 24 th /Sunday, August 25 th
U15 Girls Tournament	Kincardine	Saturday, August 24 th /Sunday, August 25 th
U18 Boys Tournament	Saugeen Shores	Saturday, August 17 th /Sunday, August 18 th
U18 Girls Tournament	Walkerton	Saturday, August 17 th /Sunday, August 18 th
Men's Tournament	Markdale	Saturday, August 10 th
Women's Tournament	Walkerton	Wednesday, August 14 th

Rosters **MUST** be submitted prior to the tournament for verification of player eligibility. A player receiving a red card or 3 yellow cards during the tournament will become ineligible to participate further in the tournament.

Players are eligible to play in the Lakeshore Cup if they meet one of the following requirements:

- They are registered to the team that they are playing for and have played a minimum of 3 regular season games with that team or,
- Call up players are permitted in the Lakeshore Cup if they meet all the requirements of rule 3.5 and have played a minimum of 3 regular season games with the team they are being called up from.

The hosting club has the following responsibilities on their tournament day:

- A club representative must be at the tournament at all times to ensure everything is running smoothly.
- A copy of the day's schedule must be posted at each location
- Fields must be lined and marked with corner flags
- Referees and assistant referees must be scheduled for each game
- Bathroom facilities must be available at the fields
- Water and first aid supplies are also recommended

Lakeshore Soccer League Rules

Rule 1 - The Field of Play

- 1.1. Clubs should attempt to schedule age groups to a specific home field.
- 1.2. Visiting Team Coaches must be advised of changes in location by the Home Team Coach with sufficient notice to ensure that affected players can also be notified.
- 1.3. Fields must be properly lined, with goal nets and regulation corner flags installed. Poor field conditions must be reported to the Division Convener immediately following the game.

Rule 2 - The Ball

- 2.1. The Home Team shall supply two (2) regulation game balls to the referee prior to the start of the match.
 - a. #4 size ball shall be used for all U12 games
 - b. #5 size ball shall be used for all U15, U18 and Adult divisions

Rule 3 - The Number of Players

- 3.1. All teams and players must be registered with the Ontario Soccer Association through their local district and all applicable registration fees paid before participating in Lakeshore Soccer League practice or games.
- 3.2. Minimum and maximum number of players permitted.
 - a. For all U12 games a team shall not dress more than eighteen (18) players. The league recommends teams of twelve (12) players max. A match is played by two (2) teams, each consisting of not more than nine (9) players on the field, one of whom is the goalkeeper. A match may not start or restart if either team consists of fewer than six (6) players.
 - b. For all U15, U18 and Adult division games a team shall not dress more than twenty-five (25) players. The league recommends teams of eighteen (18) players max. A match is played by two (2) teams, each consisting of not more than eleven (11) players on the field, one of whom is the goalkeeper. A match may not start or restart if either team consists of fewer than seven (7) players.
- 3.3. If a team shows up with less than the minimum number of players required to start the game:
 - a. 1st Offense, warning and automatic loss.
 - b. All other offenses, automatic loss and fine of \$100.
- 3.4. Conveners will keep track of no shows and teams that show up with too few players. If a team needs to be sent a warning or a fine, please contact the discipline chair.
- 3.5. Teams have 21 days to pay fines, after 21 days the matter will be sent to the disciplinary committee for follow-up.
- 3.6. A player is not permitted to register for more than 1 team in the Lakeshore Soccer League.

- 3.7. Any player registered as a competitive level player (i.e. old L5 or above) may only register for a Lakeshore team 1 division higher as per the OSA pyramid of play rules. Example: A player is registered to a U14 L5 team. He/she may only register for a Lakeshore team U15 and above.
- 3.8. Players may be called up to field a team within the following guidelines:
- a. The player must be registered to a recreational (old L7 or L6) team in the same club in the age division directly below the age group for which they are called up to play for
 - b. If the club does not have a division directly below the age group for which they are called up to play for, then they can use a player from a division 2 age groups below. Special consideration should be taken by the coach to ensure the player being called up is of adequate size and has a minimum skill level to ensure his/her safety.
 - c. Players may not be called across (ie: girls to boys) in the same age division
 - d. Players may only be called up to replace missing players or to have a maximum of 14 dressed players, whichever is greater.
 - e. If a player is registered to two (2) teams in different clubs, they may not be used as call up in games against either club
 - f. Before a player may be called up, the coach **must** get permission from the player parents and their coach.
- 3.9. A team shall only have on the field of play one (1) more player than the opposing team unless a player receives a red card during a game, then the offending team may have more than one less than the opposition.
- Example: Team A only has nine (9) players available, Team B shall play with only ten (10) players.
- a. Team A player receives a red card, then Team A would play with eight (8) players and Team B would play with ten (10) players.
 - b. Team B player receives a red card, then Team B would play with nine (9) players and Team A would play with nine (9) players.
 - c. If Team A has another player arrive and now has ten (10) players, both teams would be allowed to add another player to the field.
- 3.10. During the game play, an unlimited number of player substitutions may be made, upon permission from the referee during the following stoppages in play:
- a. Goal is scored (by either team),
 - b. Goal kick (by either team),
 - c. Throw in (the team awarded the throw-in or by the opposing team only after substitution has been requested by the team awarded the throw-in), or
 - d. Player injury (substitution for injured player only).
- 3.11. All substitutions must enter the field at the half line after the substituted players have left the field.
- 3.12. No substitutions will be allowed for a player issued a red card.
- 3.13. If a player is issued a yellow card, they must exit the field, a substitution may occur and the carded player may only return to the field on the next available substitution.

Rule 4 - The Player's Equipment

- 4.1. Competing teams must wear uniforms of differing colours. The home team must arrange for alternate uniforms or pinnies if their uniform colours are the same as the visitor's uniform colours.
- 4.2. Soccer shoes, shin pads and individually numbered jerseys are required by all players.
- 4.3. Other uniform requirements may be required by local soccer club, association or organization rules.
- 4.4. Players shall not wear anything, which endangers themselves or others, including jewelry.
- 4.5. A player asked to leave the field because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment no longer presents a danger. A substitute shall NOT be allowed in this instance.
- 4.6. Please review player equipment and uniform rules.

Rule 5 - The Referee

- 5.1. Referees must be a minimum Ontario Soccer Association (OSA) Entry Level and should be a minimum two (2) years older than the age group of the teams competing.
- 5.2. A Referee must be available for each game, arranged and compensated by the local soccer club, association or organization.
- 5.3. Following the game Referees will submit OSA reports for all red or yellow cards issued to their local Refereeing Coordinator who shall record and provide copies of all reports within 48 hours of the game to the responsible Convener.

Rule 6 - The Assistant Referee (Linesperson)

- 6.1. Assistant Referees should be a minimum Ontario Soccer Association (OSA) Entry Level. Mini Soccer Referees may not be used for Assistant Referees per OSA rules.
- 6.2. Two (2) Assistant Referees must be available for each game, arranged and compensated by the local soccer club, association or organization.

Rule 7 - Duration of the Match

- 7.1. U12 regular season games shall consist of two (2) thirty-five (35) minute halves with a ten (10) minute half-time break. U15 regular season games shall consist of two (2) forty (40) minute halves with a ten (10) minute half-time. All other regular season games shall consist of two (2) forty-five (45) minutes halves with a ten (10) minute half time break.
- 7.2. Kick off for games will occur at the scheduled time.
- 7.3. Games shall be scheduled for the following evenings whenever possible.

<u>Under 12</u>	<u>Under 15</u>	<u>Under 18</u>	<u>Men/Women</u>
Thursday	Wednesday	Tuesday	Sunday

- 7.4. Games may be rescheduled by the mutual consent of the home team coach and the visiting team coach, must be approved by the Division Convener and subject to the following guidelines:
- Rescheduling **must** be done at least seven (7) days prior to the game date. If there are fewer than seven (7) days until the game a reschedule will not be allowed.
 - A new game date **must** be decided upon before the reschedule will be permitted.
 - A field must be available **and** booked by the home team coach before the reschedule will be permitted.

Reasons for rescheduling may include school trips and events or conflicts with other sporting events. NOTE: Do not postpone the game to the end of the season since timing may not allow the game to be played.

- 7.5. Only the referee can cancel play during the game or just prior to the start of the game. Normally this would be due to thunderstorms (lighting present). Note: As a courtesy, the home coach should notify the visiting coach of inclement weather and field closures.
- 7.6. If a game is cancelled, the game must be rescheduled unless:
- It has been played fifteen (15) minutes into the second half, at which time it is considered official, or
 - It has been mutually agreed between opposing coaches to call the game at its current standing.
- 7.7. For cancelled games, both coaches **must** arrange to reschedule a cancelled game within one week. The Division Convener must be notified by the home team coach. NOTE: Do not postpone the game to the end of the season since timing will not allow the game to be played.
- 7.8. If the coaches can not agree on a reschedule date (due to a reschedule request or cancellation) the Division Convener will assign a date, field and time for the game.

Rule 8 - The Start and Restart of Play

- 8.1. At the beginning of game, choice of halves and the kickoff shall be decided by the toss of a coin. The team, which wins the toss, shall have choice of which end to start the game, the other team shall take the kick off.
- 8.2. **Lakeshore Inclement Weather Policy:** To insure player safety in the Lakeshore Soccer League, teams will follow the direction of the game officials. Game Officials will determine before the start of the game if there should be water breaks given throughout the game. This also will reflect if the game should be canceled due to inclement weather as per the warning levels outlined below.

WARNING LEVELS on Serve Weather:

Range of Humidex & Temperature: Environment Canada

Caution: Mandatory Water Breaks: 30-39° C Humidex & 28°-30° C Temp.

Dangerous: Cancellation of Games: 40° C & above Humidex & 31° C & above Temp.

**This will also apply with severe weather based on location.*

The League will determine whether a game will be cancelled due to the Humidex and Temperature levels being exceeded. An email will be sent out by the League to all Division

Convenor's and coaches who are on the League's weather advisory email list prior to 3 pm advising whether games will be cancelled. Please advise your Division Convenor if you wish to be added to the League email list.

Rule 9 - The Ball In and Out of Play

- 9.1. The ball is out of play when it has wholly crossed the goal line or the touch line, on the ground or in the air and play has been stopped by the referee.
- 9.2. The ball is in play at all other times including rebounds from the game officials (when they are on the field of play), goalposts, crossbars, or corner posts, and the ball remains on the field of play.

Rule 10 - Method of Scoring

- 10.1. Failure of the Referee (not applicable to the Assistant Referees) to attend a game for which they are scheduled will result in a win by the Visiting Team (by a score of 1-0 by default). Home Team Coaches should verify with officials that they are available and will be able to attend their designated game.
- 10.2. Failure of a team to field fewer than, six (6) players for U12 or seven (7) players for U15, U18 and Adult divisions will result in a forfeiture of the game. The opposition team will be awarded a win (by a score of 1-0 by default). If both teams don't field the minimum number of players, the game will be removed from the schedule and will not be rescheduled except under circumstances approved by both the Division Convener and League President.
- 10.3. Teams shall be awarded points during the regular season to determine the Regular Season League Champion based on the following formula:
 - a. 3 points are awarded for a WIN
 - b. 1 point is awarded for a TIE
 - c. 0 points are awarded for a LOSS
- 10.4. The Convener for each division shall maintain league standings and enter all scores into the Lakeshore Soccer League website.
- 10.5. Team standing are determined in the following order:
 - a. Total Points
 - b. If tied, wins
 - c. If tied, total goals against,
 - d. If tied then the best record between tied teams (head to head),
 - e. If tied, plus/minus.
- 10.6. Every game shall have one game sheet, supplied by the home field coach. Both teams will complete their half and then submit to the Referee prior to the start of the game. The game sheet must be completed and signed by the referee. The game sheets shall have 3 (three) copies. The home team and the visiting team coach will each receive a copy of the game sheet and the Referee shall keep the third copy.

10.7. The following procedure is to be followed for submitting game sheets after each game:

- The Home Team is responsible to submit each game sheet to the Division Convener no later than forty-eight (48) hours after the game (an automatic email notification will be sent out at 7am the next day to all division coaches that the Home Team is to submit their game sheet to the Division Convener via cell phone picture or scan/email within 48 hrs. - to be implemented 2020);
- Player Safety/Discipline/Liability issues are to be forwarded directly to the League Discipline Chair;
- The League will use 9 pm (21h00) as the time stamp for the game sheet submission procedure;
- The following procedure will be followed for game sheets not submitted within 48 hrs of a game being played:
 - a. 48hrs after the game is played: First Time Reminder – Division Convener sends email sent to Home Coach/Staff if game sheet has not been submitted;
 - b. 5 days after: Second Time Reminder - Issue Warning. Division Convener sends an email to Home Coach/Staff, LSL Club Representative and Club President issuing warning if game sheet is still not submitted;
 - c. 7 days after: Third Time - Fine Issued. \$25 payable to Lakeshore Soccer League at the end of the season. LSL Discipline Chair sends email to HC/Club President advising them of the fine if game sheet is still not submitted;
 - d. No Response from Club/Coach League Discipline. Division Convener contacts Away Team for score so standings can be updated.

10.8. All Coaches must notify the Convener of any yellow or red cards issued with 24 hours of the game being played by phone or email.

Rule 11 - Offside

11.1. A player in an offside position is only penalized, if at the moment the ball touches or is played by one of their teammates, and in the opinion of the referee, they are involved in the play by:

- a. Interfering with play,
- b. Interfering with an opponent, or
- c. Gaining an advantage by being in that position

11.2. There is no offside if a player receives the ball directly from:

- a. A goal kick
- b. A throw in, or
- c. A corner kick

Rule 12 - Fouls and Misconducts

12.1. Coaches and team players must locate themselves on the OPPOSITE side of the field from the spectators during all games. Clubs and coaches are responsible for ensuring that parents and other spectators are aware and comply with this rule.

12.2. It is the decision of the referee as to whether a foul or misconduct has occurred.

- 12.3. The Division Convener will be notified of any Yellow and/or Red Card infractions by:
- a. All Team coaches within twenty-four (24) hours (by phone or email) and also reported on the Game sheets submitted by the Coach of the offending player, and
 - b. The Referee within forty-eight (48) hours (by phone or email) as reported by the Referee of the game.
- 12.4. The Referee will report all infractions to the Discipline Chair within four days. (see Rule 5.3)
- 12.5. All Yellow and Red Card infractions will be dealt with either by the Discipline by Hearing (DBH) or Discipline by Review (DBR) process through the Lakeshore Soccer League Discipline policy.
- 12.6. A Red Card infraction will result in:
- a. The player being sent off and removed from the playing area,
 - b. The offending player's team is not permitted to use a substitute to replace the offending player. If the offending team has less than seven (7) players following the sending off, the referee will abandon the game (see Rule 3.5).
 - c. The abandoned game will be reported to the President and the Discipline Chair within 24 hours.
- 12.7. The offending player or team official has the right to appeal the decision of the Lakeshore Soccer League Standing Committee on Discipline to the South West Regional Soccer Association or to the Ontario Soccer Association.
- 12.8. Any player or team official assaulting a referee or assistant referee shall be automatically suspended until such time as a hearing is convened by the Discipline Chair with the South West Regional Soccer Association. The offending person will be notified when and where to appear.
- 12.9. It is the responsibility of the offending player's Coach to administer all suspensions.
- 12.10. Discipline fees shall be:
- a. Hearing (refundable if not guilty).....\$100.00
 - b. Request for hearing (non-refundable).....\$50.00
 - c. Playing under suspension.....\$250.00
 - d. Individual appeals (except automatic suspensions).....\$50.00
 - e. Individual appeal of an automatic suspension (\$75.00 refundable if not guilty).....\$80.00
 - f. Club, association, organization or team appeals.....\$100.00
 - g. Assault on a game official.....\$250.00
 - h. Appeal to the OSA for assault on a game official.....\$500.00
 - i. Failure to provide player identification at disciplinary hearing.....\$50.00

Rule 13 - Free Kicks

- 13.1. Direct Free Kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:
- a. Kicks or attempts to kick on opponent
 - b. Trips or attempts to trip an opponent
 - c. Jumps at an opponent
 - d. Charges an opponent
 - e. Strikes or attempts to strike an opponent, or

f. Pushes an opponent

13.2. Direct Free Kick is also awarded to the opposing team if a player commits any of the following offenses:

- a. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball,
- b. Holds an opponent,
- c. Spits at an opponent, or
- d. Handles the ball deliberately (except for the goalkeeper within their own penalty area)

13.3. Indirect Free Kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offenses:

- a. Takes more than six (6) seconds to release the ball while controlling the ball with their hands,
- b. Touches the ball with their hands after the ball has been released from their possession and has not touched another player
- c. Touches the ball with their hands after the ball is deliberately kicked to them by a teammate, or
- d. Touches the ball with their hands after receiving a ball directly from a throw-in taken by a teammate.

13.4. Indirect Free Kick is also awarded to the opposing team if a player, in the opinion of the referee:

- a. Plays in a dangerous manner
- b. Impedes the progress of a player
- c. Prevents the goalkeeper from releasing the ball from their hands, or
- d. Commits any other offense, not previously mentioned in FIFA Law 12, for which play is stopped to caution or dismiss a player

Rule 14 - The Penalty Kick

14.1. A penalty kick is awarded if any of the 10 offenses that results in a Direct Free Kick is committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.

14.2. The shot is taken from the penalty mark, which is 12 yards from the goal line.

Rule 15 - The Throw-In

15.1. A Player must deliver the ball by:

- a. Facing the field of play,
- b. Maintaining contact with part of each foot with the ground, on or outside the touch line,
- c. Uses both hands, and
- d. Throwing the ball from behind and over the head

Rule 16 - The Goal Kick and Retreat Line Rules for U12 Division

16.1. Goal kick may be taken from anywhere inside the goal area by any player of the defending team.

16.2. The ball is not in play and cannot be touched by either team until it leaves the penalty area. If the ball is touched by any player prior to the ball leaving the penalty area the goal kick shall be retaken.

- 16.3. For U12 games the ball is in play when it leaves the penalty area and is touched by a defending player or, the ball leaves the defending half of the field. If the ball is touched by the attacking team player prior to leaving the defending half or prior to a defending team player touching the ball the goal kick shall be retaken.
- 16.4. All U12 games will use a retreat Line. The retreat line will come into play when the ball has gone out for a goal kick or when the goalkeeper has the ball in his/her arms. The retreat line shall be marked at the 1/3 rds of the field. The use of field markers outside the field of play to indicate the retreat line is recommended. The ball is in play once it leaves the penalty area. All opponents must be behind the retreat line and cannot cross the retreat line until the ball:
- a. Is touched by a player of the team releasing the ball OR,
 - b. Leaves the field of play OR,
 - c. Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line).

Rule 17 - The Corner Kick

- 17.1. Corner Kicks are taken from the corner arc of the nearest flag post from where the ball went out of play.
- 17.2. The corner flag cannot be moved or repositioned when taking a Corner Kick
- 17.3. The ball is in play when it is kicked and it moves