



## **Soccer**

**All participants must wear their SYG wristband when playing, and show it to the umpires, officials and Sports Coordinators when requested.**

### **GRADE**

Open A

Open B

Open C

Mixed B (Maximum 7 males on pitch)

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### **FORMAT**

- Finals will be held at the completion of the Round Robin competition.
- Each team will provide one scorer/ timekeeper and linesperson. Play will not commence until both scorer/timekeepers and linesperson are in place.
- Each Open Team will consist of 11 players (male or female) plus substitutions.
- Each Mixed Team will consist of 11 players (no more than 7 males on the pitch at any one time) plus substitutions.

### **UNIFORMS AND EQUIPMENT**

- Uniforms must be of like kind and colour.
- Balls and Umpires will be provided.
- Player may supply their own shin guards and mouth guards for their own protection.
- Soccer/Football boots are needed if possible. We strongly encourage you if you are playing soccer to borrow/buy some football/soccer boots and the grass is very slippery if only running shoes are worn.

### **UMPIRES**

- Each team will be expected to supply linesperson to some games when they are not playing
- Failure to do so could result in the loss of 1 point from the Round Robin competition ladder for each game not umpired as required.
- Teams supplying umpires for the finals will receive bonus points

### **RULES AND REGULATIONS**

- Victorian Soccer Associations Rules, adapted for State Youth Games, apply, see below.

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## Cards

There are 2 colours of "cards" which the referee will hold up to indicate serious fouls or behaviour which won't be tolerated. He carries these cards in his shirt pocket, so if he reaches for his pocket it's a bad sign for the player who committed the foul. These cards are about the size of a playing card and one is yellow and the other is red.

When a card is to be given (it isn't actually given to the offending player, it is actually just shown to him and to everyone else) the referee will stop the game, call the player over, hold up the card and write the player's name in his notebook. This is called "booking" the player and when it happens the player has been "booked", (e.g., "she was booked"). **Any time a Yellow or Red Card is shown, a "direct" or "indirect kick" will also be awarded.**

**Yellow Card** -Indicates a formal "caution" for any of the following 7 offences:

1. "Unsporting **behaviour**" - this includes hard fouls; holding an opponent or deliberately handling the ball for the purpose of preventing an opponent from gaining possession of the ball; faking an injury; saying things that are designed to confuse or distract an opponent; harassment (such as jumping around, shouting or making gestures to intentionally distract an opponent; jumping in front of a corner kick, free kick or throw-in; worrying the goalkeeper or trying to prevent him from putting the ball into play; & adopting a threatening posture), gaining an unfair advantage by leaning on, climbing on the back of, or holding a team-mate, or the goal; blatant cases of holding and pulling an opposing player or his uniform; any action designed to deceive the Referee; and behaviour which in the Referee's judgment is unsporting or causes an unfair advantage,
2. Dissent by word or actions,
3. Persistently breaking the rules,
4. Delaying the restart of play,
5. Defenders failing to stay the proper distance away from the kicker on a corner kick or free kick (see" Corner Kick" & "Free Kick"),
6. Entering the field without the referee's permission
7. Deliberately leaving the field without the referee's permission.

A player who receives 2 Yellow Cards is given a Red Card & ejected.

**Red Card** - A player **must** be shown a Red Card and "sent off" (i.e., made to leave the field) for the 7 offences listed below. A player shown a "Red Card" & sent off may not be replaced during that game (i.e., his team must play a player "short" for the rest of the game; however, in some leagues a player may be replaced if he is ejected for receiving a second Yellow Card). The 7 offences for which a player must be shown a Red Card and sent off are:

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1. Serious foul play (includes any use of excessive force or brutality against an opponent when challenging for the ball. Examples include a dangerous slide tackle from behind, or an "over the top tackle" in which a player raises his foot so the cleats could hit a player, or a two footed tackle that takes down the opponent. FIFA has broadened this definition by saying that "Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force and endangering the safety of an opponent is guilty of serious foul play violent conduct,
2. Spitting at anyone,
3. A deliberate hand ball to deny an obvious goal scoring opportunity,
4. Fouling an opponent to prevent an obvious goal scoring opportunity (e.g., holding to stop a breakaway),
5. Using offensive or threatening language,
6. Or receiving a second yellow card in one game.

### **Corner Kick**

When the ball goes out of bounds over the end line & was last touched by the defending team, the attacking team inbounds it from the nearest corner by kicking it in from the Corner Arc. The ball may be placed anywhere inside the Corner Arc or on the Corner Arc lines. A player is not offside if he receives the ball from a Corner Kick.

### **Dangerous Play**

Any action by a player that is unsafe to him or another player, in the judgment of the referee. When contact is made, the referee will consider whether it was "careless, reckless or there was excessive force". The penalty for some types of dangerous actions such as tripping is a direct kick, but for others such as a high kick the penalty is an indirect free kick.

### **Direct Kick**

A type of "free kick" given after severe fouls such as hitting or kicking. On a direct kick, kicking the ball into the goal without it first touching another player can score a goal.

### **Fouls**

There are 2 kinds of fouls, Direct Kick Fouls & Indirect Kick Fouls.

- (1) **Direct Kick Fouls** - For which the other team receives a "direct free kick" (meaning a goal can be scored by kicking the ball straight into the goal) or a "penalty kick" ("PK") if the foul occurs within the Penalty Box (Note: It doesn't matter whether the ball was in the Penalty Box or not; what matters is where the foul was committed).

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There are 10 direct kick fouls. The rules say that the referee should call a foul for numbers 1 through 6 if he believes they are committed in a manner he considers "careless, reckless or using excessive force":

1. Kicking or attempting to kick an opponent. Accidentally kicking an opponent while tackling the ball is not a foul unless it was careless, reckless, or there was excessive force. If a player slide tackles from the front, it will be considered at least "dangerous play" (which is an indirect kick foul), or kicking, or tripping, or "unsporting behaviour", even if the ball is contacted, since it would at the least be reckless or dangerous. (See "Cards, Red Card, Serious Foul Play")
2. Tripping or attempting to trip an opponent (if careless, reckless or using excessive force),
3. Charging into an opponent (the goalkeeper can also be called for this if his action is careless, reckless or uses excessive force),
4. Striking or attempting to strike an opponent (if careless, reckless or using excessive force),
5. Pushing an opponent, including the goalkeeper (if careless, reckless or using excessive force),
6. Jumping at an opponent in a careless or reckless manner or using excessive force (this includes jumping for a header if an opponent is carelessly or recklessly bumped, and jumping at the goalkeeper),
7. Blatant holding or pulling (including holding clothing, using any part of the body to hold an opponent),
8. Making contact with an opponent before touching the ball when tackling an opponent to gain possession of the ball (Note: it is always a foul if the tackler contacts the ball handler before touching the ball. However, it can still be a direct kick foul if the ball is touched first but the tackler was "careless, reckless, or used excessive force" and was judged to have kicked, tripped, charged or jumped at the ball handler. Or, if the Referee believes the tackler played in a "dangerous manner", an indirect kick can be awarded),
9. Spitting at an opponent, even if it doesn't hit the opponent (this is grounds for a Red Card),
10. Deliberately handling the ball (a "hand ball" should not be called if a player is instinctively trying to protect themselves from injury or if the ball hits the hand while it is in a natural position near the players side and has not been moved toward the ball. See "Hand Ball" for more details; this does not apply to the goalkeeper inside his own penalty area.),

**(2) Indirect Kick Fouls** - For which the other team receives an "**indirect free kick**" (meaning a goal only counts if another player touches the ball before it enters the goal).

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There are 2 types of indirect kick fouls:

**a) Four that apply to all players:**

**1. "Dangerous Play"** (or playing in a dangerous manner) is any action by a player that in the judgment of the Referee is dangerous to himself or to another player and that isn't a "direct kick foul" such as tripping. Examples would be a high kick when an opponent is nearby, or if a player tries to head a low ball that an opponent is trying to kick, then the player who is putting himself in danger would be guilty of dangerous play. Another example would be any action that might endanger the goalkeeper within the Penalty Box. If the goalkeeper and an opponent both go for a loose ball, the Referee will tend to favour the goalkeeper if there is a collision. It isn't necessary for someone to be hurt for dangerous play to be called. For example, slide tackling with spikes high would be dangerous play, even if the opponent weren't contacted. However, a dangerous act (such as a high kick) isn't "dangerous play" unless an opponent is nearby.

**2. "Impeding the Progress of an Opponent"**. Generally, a player cannot use his body to impede another player's movements, even if it is not deliberate. This can be called if a player is not within "playing distance" of the ball (i.e., 3 feet) and block's an opponent's movement or screens an opponent from the ball. However, if a player is within playing distance & able to play the ball (meaning not laying on the ground), the player can legally screen an opponent from the ball. (You usually see this when a ball is going out of bounds & the player whose team will get the throw-in screens the opponent so the opponent can't save the ball). Impeding the progress of an opponent used to be called "obstruction". The rule also applies to "innocently" impeding the goalkeeper by standing in front of him when he has the ball.

**3. Preventing the goalkeeper from releasing the ball.** A player who attempts to prevent the Goalkeeper from putting the ball into play by standing directly in front of the Goalkeeper can be called for breaking this rule or for "unsporting behaviour", in which case both a Yellow Card & an indirect kick would be awarded. (See "Cards")

**4. Any time a yellow or red card is shown & a direct kick isn't awarded** (e.g., for "unsporting behaviour", "dissent", persistently breaking the rules, and offensive or threatening language; see "Cards" for a list of the many types of unsporting behaviour).

**b. Four indirect kick fouls that only apply to the goalkeeper & only if committed inside the Penalty Box** (the goalkeeper is treated like a regular field player when he is outside the Penalty Box):

1. Taking more than six seconds while controlling the ball with his hands before releasing it (releasing it can include throwing it, kicking it or dropping it to the ground and then kicking or dribbling it. Once released, it is "live").

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2. Touching the ball with hands after it is deliberately kicked to the Goalkeeper by a team mate. (Note: It is okay to pick up an accidentally kicked ball or a pass from a teammate that isn't "kicked" but is made using the head, chest, knee, etc.)

3. Touching the ball with hands on a throw-in from a teammate (i.e., the goalkeeper can't pick up a throw-in from a teammate).

4. Intentionally handling the ball again after he has released it and it has not touched any other player (e.g., dropping the ball, dribbling it and then picking it back up). Read b.2 and b.3 above. The Goalkeeper can only handle it again after an opponent touches or if it is accidentally kicked back or if it is headed or chested back by a teammate. He can't pick it up if a teammate has intentionally kicked or thrown it to him.

**Advantage Clause.** This rule states that the Referee, in his discretion, may decide to not stop play due to a foul if it would be to the advantage to the fouled team to not stop play (i.e., The concept is that the team that was fouled should not be punished by having an attack stopped which might result in a goal and, conversely, that the team which committed the foul should not gain an advantage as a result of the foul). (See "Advantage Clause").

### **Free Kick**

When one team is penalized, the other usually gets a "free kick". There are 2 types of free kicks (direct & indirect) and a special type of Direct Free Kick called a Penalty Kick:

- **Direct Free Kick** - Where a goal may be scored by kicking the ball directly into the opponent's goal without anyone else touching it (although it still counts if someone else does touch it).
- **Indirect Free Kick** - On which a goal may be scored only if another player touches the ball before it enters the goal. Question: "How do you know if a free kick is indirect?" Answer: "The referee will raise his arm above his head and leave it up until the ball is kicked". On an indirect kick you should have one player gently tap the ball so another player standing behind the ball can kick it; or pass it to someone who shoots it. If on an Indirect Free Kick the ball is kicked into the goal without anyone else touching it (other than the kicker) the goal does not count and the other team is awarded a goal kick. However, if a player on either team, including the goalkeeper, before it goes into the goal, touches the ball the goal counts.
- **Penalty Kick** - When a player commits a foul within his own Penalty Box, which would normally result in a Direct Free Kick, the other team is given a Penalty Kick ("PK"). (See "Penalty Kick").

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On Direct & Indirect Free Kicks, defenders must stay away from the until a player on the kicking team moves the ball, if they don't they can receive a yellow card. On Penalty Kicks, everyone but the kicker & goalkeeper must stay out of the Penalty Box until the kicker moves the ball.

### **Goal Kick**

When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either team until it clears the Penalty Box and the other team must stay outside the Penalty Box until the ball clears the Penalty Box.

### **Goalkeeper**

Each team must have a designated goalkeeper. He is the only player on the field who can legally use his hands and then only inside the Penalty Box. Once he picks up the ball he has six seconds to punt it or release it. He is allowed to pick up the ball, run with it and then punt it, throw it, or drop it and dribble or kick it. (However, he cannot touch it with his hands outside the "Penalty Box" and once he drops it he can't touch it again with his hands until an opponent has touched it). The goalkeeper has special protections inside the Penalty Box; the ball may not be kicked if he is touching it with his hand or arm and the referee will call a foul if the goalkeeper is endangered.

### **Hand Ball**

It is a "direct kick foul" if a player (other than the goalkeeper inside his own penalty area) deliberately handles the ball (meaning to touch it with any part of the arm up to & including the shoulder). If the player handles it for the purpose of preventing an opponent from gaining possession, it is a "cautionable offence" and a yellow card should be given. If a player deliberately handles the ball to deny an obvious goal scoring opportunity (e.g., to prevent a breakaway or to deliberately stop a shot), a red card should be given and the player "sent off". However, a hand ball foul should not be called if: (1) a player is instinctively trying to protect himself from injury or (2) the player did not deliberately touch the ball but the ball hit his arm & he did not move the arm toward the ball (however, if the player's arms were in an unnatural position such as above his shoulders or sticking out to the sides, then he should be called for a handball).

### **Kick-Off**

The referee will toss a coin to decide which team kicks off first & in which direction they face when they kick off. In the second half, the teams switch sides of the field & the team that received the first kick off gets to kick off to start the second half. Each time a goal is scored, the team that didn't score gets to kick off. At each kick off, the ball is placed in the centre of the "Centre Mark" (on the half-way line) &

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both teams must be on their own half of the field & the receiving team must stay outside the Centre Circle until the ball is "kicked". Moving the ball constitutes a "kick off", even if it only goes an inch. However, the ball must move forward on the "kick off". The "kicker" may not touch the ball again until someone else (on either team) has touched it. However, the "kicker" may put his foot on top of the ball & barely move it forward so a team mate standing nearby can dribble it or pass it backward or forward.

### **Offside Rule (Simplified)**

You are not offside if you are doing any of the following:

1. Are in your own half of the field (your half is the half your goalkeeper is on). Or,
2. Are even with or behind the ball. Or,
3. Don't go past the "Second Last Defender" (The goalkeeper is usually, but not always, the last defender; this might be the case if the goalkeeper is out of goal). Or,
4. Receive the ball direct from a goal kick, corner kick or throw-in. (But you can be offside if you receive it direct on a "free kick"). Or,
5. Are the ball handler (the ball handler can be closer to the goal than the ball if he has his back to the goal).

### **Penalty Kick**

A "penalty kick is a special type of direct free kick. When a player commits any of the 10 "Direct Free Kick Fouls" within his own Penalty Box, the other team is given a Penalty Kick. On a PK, a player from the fouled team (the coach can choose who, but it is nice to choose the player who was fouled) gets a free shot at goal from the "Penalty Mark" with only the goalkeeper to stop the shot. All other players must stay outside the Penalty Box & the Penalty Box Arc until it is kicked. The kick must go forward & once "in play" (i.e., once the ball moves) any player other than the kicker may then touch the ball. The goalkeeper must stay on the goal line until the ball is kicked, but he can move laterally along the line. The goalkeeper cannot take actions (such as waving his arms or yelling) to try to intentionally distract the kicker because that would be "unsporting", nor can the kicker start his run & then stop for the purpose of faking the Goalkeeper, for the same reason.

### **Red Card**

A player is ejected from the game & may not be replaced (i.e., his team must "play short"). A red card does not have to be preceded by a "Yellow Card".

### **Substitutions**

SYG allows "unlimited substitutions" (a team can "sub" as many times as they want during the game) and substitutions between quarters. If "unlimited substitution" is allowed, you can usually sub at these times: after a goal kick is called for either team, after a goal by either team, after a throw-in is called for your team (not the other team), at halftime, and at an injury time-out if the other team replaces a player. Substitutions may only occur with the Referees permission (you can get his attention

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by yelling "sub"). Players entering & leaving the field should only do so at the halfway line.

### **Throw-In**

When the ball goes out of bounds over the side line ( i.e. the "touch line"), it is "out" on the team that last touched it before it crossed totally over the side line & the other team inbounds it by a "throw-in". For a throw-in to be legal: (a) the ball must be thrown from behind & over the head (b) it must be thrown using both hands (c) the thrower must face the field (d) at the instant the ball leaves the thrower's hands, some part of both feet must be on the ground, either on or outside the side line. If the thrown ball does not enter the field, the same team retakes the throw-in. The thrower may not touch the ball again until it has touched another player. The penalty for an illegal throw-in is that your team loses the ball & the other team gets to take a throw in from the same spot. A goal may not be scored on a direct throw-in (i.e., it doesn't count if it is thrown into the goal without another player touching it first).

A player is not offside if he receives the ball direct from a throw-in. An opponent is guilty of unsporting behaviour and should be given a yellow card if he unfairly distracts or impedes the thrower. When a throw-in is awarded the Assistant Referee will point the flag in the direction in which the attackers will advance (i.e. toward the goal of the team it is out on).

### **Wall**

When the opposition has a "free kick", you are allowed to have your players stand side-by-side between the ball & their goal so they form a "wall" so the kicker doesn't have a straight shot on goal. They will have to stand the required distance back & they can be given yellow cards if they are too close (although the Referee almost always gives a warning first).