

Referee Cheat Sheet

Competitive

Players

1. 6 field players plus 1 goalie (U10, U12)- Min 5 players
2. 5 field players plus 1 goalie/ Minimum of 4 players (U14 and up)
3. Adult Coed 3 males and 3 females/ May have more females than males (Female goalie does not count as one of the three female players.)

Substitution

1. Can be made at any time during play (on the fly) and during stoppages (guaranteed)
2. Guaranteed subs can be made on stoppages dictated by referee up to 20 secs
3. **NO Guaranteed subs in the final two minutes of the half**

Match Duration 2x 25 minute halves, clock does NOT stop unless instructed by Parks staff

Players Equipment- Shin guards are mandatory, no jewelry, and no outdoor cleats.

Start and Restart of Play

- 1) All kicks are direct, defending players must be 4 yards away, restart must occur within six seconds
- 2) All kicks including penalty kicks in the box go to the yellow dot or goalkeeper if for the defending team

Keeper Distribution

- 1) After the ball goes **out of play** for a Goal Kick
- 2) Can be thrown or sat down anywhere in penalty area
- 3) Ball is in play when it leaves the penalty area
- 4) **MAY NOT BE PUNTED and the Keeper cannot dribble it outside the area during a Keeper Distribution.**
- 5) If the ball hits the ceiling in the penalty area and the restart is for the attacking team, the restart goes to the dot.

Ball out of play

- 1) If the ball hits the ceiling net, it is out of play
- 2) The restart is a direct free kick where the ball touched the net unless in the penalty area, then it goes to the dot (it is not a penalty kick)

Three Line Violation

- 1) Anytime the ball is kicked or thrown over three lines without touching the ground, wall, or a player, the restart is a free kick from the dot from first yellow line that it crossed

Fouls and Misconduct

- 1) Boarding- players cannot propel an opponent into the boards, minimum blue card, serious offenses should result in more serious consequences (yellow or red)
- 2) Slide Tackling- players cannot slide tackle

RED card- Any player that slides and makes contact with the opponent

YELLOW card- Any player that slides within dangerous proximity (with potential of contact)

****Any player that slides and is not within dangerous proximity does not need to be called.**

****There should NEVER BE BLUE CARDS FOR SLIDE TACKLING!!**

Misconduct: All cards result in a specific time penalty. The team will play down a player for the specific time frame.

Blue cards (2 minute “SOFT” penalty)- Boarding, dissent, taunting, persistent infringement, illegal substitution, encroachment, any reckless fouls, bicycle kick with no one around

Yellow cards (2 minute “HARD” penalty)- serious penal offense, slide tackle within proximity, denying the obvious goal scoring opportunity, persistent infringement, dissent, taunting, unsporting behavior, already received a blue card, bicycle kick within dangerous proximity

Red cards (5 minute “HARD” penalty)- Fighting, violent conduct, serious foul play, offensive/insulting/abusive language, already been issued two time penalties, slide tackle into an opponent, spitting on field or person, penal foul with excessive force, bicycle kick that makes contact, jumping over the wall, touching time clock console without permission

U10 Heading- No player can intentionally head the ball in the U10 league. The restart is a direct free kick at the spot of the infringement, unless in the penalty area, where the restart is on the dot (not a penalty)

Illegal GK handling- A GK cannot attain possession of the ball outside the area, dribble back into the area, and pick up the ball. The restart is a free kick on the yellow dot.

****This cheat sheet should not be a substitute for the full game rules. This is only a brief overview of the major rules.**