

Rules and Definitions:

- Kickoff: At the start of the game, halftime, after goals. Team that loses coin flip kicks first. Other team gets to choose end to defend first. The ball must be kicked and clearly move to be in play.
- Start and Restart of Play: Kickoff, free kicks, goal kicks and corner kicks are similar in that opponents must be 10 yards away from the ball and ball is in play when it moves. Kicker cannot play it a second time until someone else touches it.
- Penalty Kick: Taken from penalty spot. Keeper can move on goal line laterally until ball is struck. Kicker may not touch a second time until touched by another player. All players, other than kicker and keeper must be behind the penalty spot, outside penalty area and outside arc. Re-kick if: defense encroaches and no goal, both teams encroach, offense encroaches and a goal is made. Indirect kick for second touch by kicker.
- Free Kick: If within 10 yards of the defensive teams' goal, defense can stand on goal line. If infraction occurs inside goal area ball is brought straight out to six-yard line.
- Corner Kick: This occurs when defense kicks ball over their own end line. Kick is taken from corner arc and goal can be scored directly from kick.
- Direct Kick: Straight into the goal without having to touch anyone, can score a goal.
- Direct Kick Fouls: Unfair physical contact with an opponent or the ball. Unfair charge, pushing, holding, tripping, striking, attempting to kick or strike; handling the ball unless by a goalkeeper inside his/her penalty area. If defensive team commits a direct kick foul in own penalty area, it's a penalty kick.
- Indirect Kick: The ball has to touch another player, cannot score a goal.
- Indirect Kick Fouls: Offside, dangerous play, obstruction, cautions. Goalie infractions: wastes time, takes more than four steps when in control of ball, no back-pass rule, parrying rule (second touch).
- Goal Kick: Taken from goal (corner of goal box for 1st grade and up) by defending team. Ball must clear penalty area before anyone else may play it.
 - First Penalty: Re-kick it and either side touches the ball, must clear goal box.
 - Second Penalty: If touched by offense, then it's an indirect kick for defense and if touched by defense then it's a direct kick for offense.
- Drop Ball: For other stoppages, such as injuries or deflated ball, where the ball was when play was stopped, play restarts once the ball hits the ground.
- Ball In and Out of Play: It's out when entirely outside the touchline or goal line on the ground or in the air. It's out of play when the referee has stopped the game. It's IN when it rebounds from a goalpost, crossbar, corner flag or assistant ref or referee on the field of play.
- Offside: Will be called for 3rd grade up. Offensive player must be in opponent's half of field, in front of the ball, behind the next-to-last defender when the ball is played to him/her by a teammate and he/she is interfering with play, interfering with an opponent, or gaining an advantage. NO offside on a goal kick, a throw-in, or a corner kick.

- **Throw-In:** Ball is thrown from spot where it went out. Two hands on ball applying equal strength, part of both feet are on the ground at release. Feet must be on or outside the touchline. Ball is delivered from behind and over the head with thrower facing the field. Ball is in play when it crosses the plane of the outside edge of the touchline.
 - **Penalty 1st grade up:** Throw in by other team, goal cannot be scored directly and ball cannot be thrown and picked up by other team's goalie but the goalie can use their feet. Ball cannot be played again by thrower until another player has touched it.
- **Fouls and Misconduct:** Always results in a free kick, unless some other restart takes precedent.
- **Obstruction:** "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 blocks an opponent's movement or screens an opponent from the ball. However, if a player is within playing distance and 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 and 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.
- **Headers:** RAPRD Does Not Allow Headers.
- **Side Tackling:** Regarded in our league as a foul, Indirect and Direct kicks based on position of field.
 - **First offense:** Yellow Card
 - **Second offense:** Yellow Card
 - **Third offense:** Red Card
- **Cards Issues:** Yellow and Red Cards can and will be issued for serious offenses such as:
 - Over aggressive play.
 - Slide Tackles.
 - Handling the ball to prevent a goal.
- **Ejection:** Player may be ejected for:
 - Second caution (second yellow card).
 - Serious foul play (Red Card): includes slide tackling from behind, making physical contact regardless of whether ball was touched or not.
 - Violent conduct; offensive, insulting or abusive language. (Red Card).

