



# EXETER YOUTH SOCCER ASSOCIATION

# COACHING MANUAL

*This booklet is provided to the coaches of Exeter Youth Soccer Association as a courtesy to be used as a reference guide only. Please refer to the EYSA website for additional information.*

*Revised July 2016*

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## **BOARD OF DIRECTORS**

Here is a quick summary of the Board members. Additional details about job responsibilities are noted in our bylaws. You can contact EYSA volunteers via email at the following email addresses.

- President** *president@eysasoccer.com*
- *Presides over EYSA meetings, represents EYSA outside of the club.*
- Vice President** *vice\_president@eysasoccer.com*
- *Acts in President's absence when needed.*
- Secretary/RBJSL Rep** *secretary@eysasoccer.com*
- *Records minutes at club and league meetings, sends correspondence to membership.*
- Treasurer** *treasurer@eysasoccer.com*
- *Maintains all financial and insurance records.*
- Registrar** *registrar@eysasoccer.com*
- *Oversees registration process, maintains rosters, keeps record of clearances.*
- First Youth Director** *u56\_coordinator@eysasoccer.com*
- Second Youth Director** *u78\_coordinator@eysasoccer.com*
- *Oversee the activities of the Recreational Youth Program.*
- Girls' Director** *girls\_director@eysasoccer.com*
- Boys' Director** *boys\_director@eysasoccer.com*
- *Oversee activities of the girls and boys in the Travel Program.*
- Field Commissioner** *fields@eysasoccer.com*
- *Responsible for scheduling of practice and game fields.*
- Equipment Director** *equipment@eysasoccer.com*
- *Responsible for acquisition and distribution of equipment for the club and coaches.*
- Coach & Player Development Director** *candpdevelopment@eysasoccer.com*
- *Enacts programs that enhance the skills and knowledge of coaches and players.*
- Website Director** *webmaster@eysasoccer.com*
- *Maintains website and social media accounts.*
- Fundraising Director** *fundraiser@eysasoccer.com*
- *Organizes events to raise money for the club.*

## **RECREATIONAL YOUTH PROGRAM**

This program is for children turning age 4 to 7 in a given calendar year as an introduction to soccer, where the focus is on basic skills and learning how the game is played. Every registered player will be placed on a team. Boys and girls are typically mixed together on teams, however genders may be split depending on numbers. Player passes are not required for this age group as they compete against each other. Teams have one practice and one game each week. Registration fee includes a uniform shirt. Children will use a size 3 soccer ball.

## **TRAVEL LEAGUE**

This is a competitive program for players turning at least 8 years old in a given calendar year. While players will continue to improve basic skills, they also learn more challenging skills, field positions and rules of the game. Teams practice twice a week. Games are played on weekends against other clubs in the Reading-Berks Junior Soccer League (RBJSL) at various fields in Berks and surrounding counties. Players are responsible for the cost of their uniforms.

- Tier 1 (T1) is the most competitive division at every age group. The top four teams compete in season-end playoffs.
- Tier 2 (T2) is also competitive but one step below because of talent level and/or club preference. The top four teams also compete in season-end playoffs.
- Tier 3 (T3) is geared more for developing skills and team play. There is no season-end playoff at this level.

All participating players must have a player's pass.

## **PRINCIPLES OF CONDUCT**

We promote and encourage high standards of sportsmanship and fair play. Players must adhere to all rules of sportsmanship and attendance to be eligible to play. If a player repeatedly demonstrates a lack of respect for their coaches, teammates, competitors or officials, a player may, after the coach consults with the appropriate Board Member, be suspended from future practices and games for a period of time. It shall be the responsibility of each coach to maintain records of behavior infractions if such coach intends to request a player suspension pursuant to this provision. This rule includes yellow and red card infractions in games, however, goes further by including behavior issues that are not game related.

Parents are required to agree to a Code of Conduct during the registration process. Coaches will not be allowed to coach until they have returned their signed Code of Conduct forms to EYSA.

## **PLAYER PARTICIPATION RULES AND PROCEDURES (travel league)**

Except in cases of injury, illness or an extenuating circumstance, Tier 1 and 2 coaches shall ensure that each player plays at least 40% of each game. Tier 3 coaches shall ensure that each player plays at least 50% of each game. A game includes regular season games, tournaments and playoffs where applicable.

If a player fails to participate in at least 75% of the team's practices that precede any game (measured from the beginning of official practices for the season), for reasons other than illness or injury, such player's playing time in such game shall be determined at the discretion of the team's head coach or acting head coach. It shall be the responsibility of each head coach to maintain attendance records if such coach intends to limit playing time pursuant to this provision.

If a player fails to participate in at least 50% of the team's regular season games up to any point after the first two games of the applicable season, for reasons other than illness or injury, such player's playing time in the next game of the season shall be determined at the discretion of the team's head coach or acting head coach, until that player's attendance is again at or better than 50%. It shall be the responsibility of each head coach to maintain attendance records if such coach intends to limit playing time pursuant to this provision.

The Board reserves the right to remove a player from a team or the club, or relegate a player to a different level of play if any of the above guidelines are not followed or improved upon.

### ***SECONDARY PLAYER STATUS (travel league)***

A player may register with more than one team during the same registration year. At initial registration, the player must declare the team on which he/she will have primary status. The player will be considered a secondary player on any other teams with which the player registers, provided the proper paperwork is completed.

Any player registered to more than one team must participate in the game played by the team with which the player is a primary player in order to qualify him/herself as a player on the team to which he/she is registered as a secondary player if both or all teams have games scheduled on the same day.

A player is primary on only one team but may be a secondary player with several different teams at the same or older age groups. Secondary players on a roster count in the total number of players on a roster. Secondary players on a roster are ineligible for EPYSA Indoor Cup, USYSA/EPYSA Cup play, and tournament play. Any secondary player wishing to accompany his/her team to a tournament must do so as a "guest" player.

### ***FIELD USAGE***

EYSA primarily uses fields owned by Exeter Township and School District. The usage is issued to us by permit only, and only during dates designated by EYSA. Never use a field other than EYSA practice fields for practice. EPYSA insurance does not cover practices for fields other than those we disclose to them and injuries to players will not be covered.

Every effort is made to provide field conditions that are playable, however, the fields are not maintained by us. Should you have any issues with a field, you must contact the EYSA Field Commissioner. Do not contact the Township or School District directly. Do not attempt to fix holes, bald spots, or weed-whack or mow the grass in any way. Occasionally with the field owner's permission EYSA will fix issues with fields as part of our ongoing partnership with the owner.

Fields are lined by EYSA on school district fields, or by Exeter Township on township fields. While we try to maintain decent lines on practice fields, they are not always guaranteed. Do not line the fields on your own at any time. Prepare to use cones. Flags are never present at practice fields.

Do not move goals from their position unless they have wheels attached. If you want to play short field, use one goal and cones at the opposite end. Goals cost a lot of money and are prone to cracked welds and other damage if they are constantly moved around the field. Always inspect your goals for weights or spikes to be sure they are secure; if they are missing, do not use the goals and report the issue to the EYSA Equipment Coordinator.

Generally practices are not made up if rained out, unless open dates for fields are available. Do not move practices to other fields or days without the EYSA Field Commissioner's permission.

### ***RAINED OUT***

We have implemented a system called "Rained Out" as the advisory system for practice cancellations (all ages) and game cancellations for the Recreational Youth Program. Game cancellations for the Travel League are decided by the home team's Field Commissioner, and will be communicated by coaches to the parents.

To set up your subscription, use the link provided on the EYSA website. NOTE: The system deletes all contacts at the end of each soccer year (July 31) so you may need to re-subscribe.

### ***LIGHTNING SAFETY***

The general rule we follow at EYSA:

- At the first sign of thunder or lightning, seek shelter in a solid building (enclosed) or a hard-topped vehicle.
- Do not resume any activities until 30 minutes has passed since the last sign of thunder or lightning. If storms are known to be in the area, assume there will be more lightning.
- You are responsible for communicating to your referee any concerns regarding the weather. If your referee insists on continuing a game that you feel puts children or spectators at risk, refuse to continue and exit the field.

### ***MEDICAL CONCERNS***

If a player has a serious medical condition, we urge at least one parent to be present for all practices and games as a precaution. In some cases, a release from the child's doctor may be requested.

Coaches are encouraged to take a course in basic first aid so they can tend to injuries if needed. Reimbursement is available upon request.

In the travel league, parents are required to complete a medical release form for their children. The form asks for allergies or medical conditions in the event a player needs medical attention. This information is kept confidential by the coach and is not forwarded to EYSA.

## **CONCUSSIONS IN SPORTS**

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussions can occur in *any* sport or recreation activity. So, all coaches, parents and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs. To help recognize a concussion, you should watch for the following two things among your athletes:

- A forceful bump, blow or jolt to the head or body that results in rapid movement of the head AND
- Any change in the athlete’s behavior, thinking, or physical functioning.

Athletes who experience **any** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

### **Signs Observed by Coaching Staff**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior or personality changes
- Can’t recall events *prior* to hit or fall
- Can’t recall events *after* hit or fall

### **Symptoms Reported by Athlete**

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

Remember, you can’t see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer. For additional information, go online to [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports).

## **UNIFORMS**

Uniform shirts must be tucked in, socks over shin pads, and only cleats approved for soccer are allowed. No jewelry or metal hair clips may be worn. In the travel league, players should always bring the alternate game jersey in case a last-minute change is necessary.

During cold weather, it is OK to have a long-sleeve shirt (no hoods) under uniform jersey. Long pants can be worn under uniform shorts but should be tight-fitting and must go under shin pads and socks. Gloves may be worn but we recommend grips on palms so they have traction when doing throw-ins. Hats may be worn but should be tight-fitting.

### ***LINE UP SHEET / GAME CARD (travel league)***

Each team must present the referee with a game card and official stamped roster prior to the start of the game. The other coach gets a copy of the line-up sheet. The forms must contain the names of all the players that will play in the game and the jersey numbers of each. Keep a copy of the line-up sheet for yourself in case of a dispute. Blank line-up sheets can be found on the EYSA website.

The game card is the official record of players that have participated in a given game. An “x” should be noted next to each player present during each game. “First game,” “second game,” etc., are the actual first/second/etc. games played, even if it’s not in order of the schedule. After the game the referee will sign the card, noting the final score and any cautions issued, and return to the coach with the coach/player passes. If the game card is not filled out properly, a fine or forfeit may be issued.

## **GAME PREPARATION**

### **MONDAY/TUESDAY PRIOR (travel league)**

- Contact opposing coach. Confirm game time, get directions to the field, and confirm uniform colors. If colors are the same the Home team changes.

### **WEDNESDAY/THURSDAY/FRIDAY PRIOR**

- Give directions to the field and game time information to your team.
- Recommend to the parents that the players:
  - Go to bed early the night before a game
  - Drink a lot of water before and after the game
  - Have a light and healthy meal one hour before game, and focus on healthy carbs and smaller portions for lots of energy and nutrients.

## GAME DAY

Arrive 30-45 minutes before game time to allow ample time to warm up, stretch and review positions. Make sure your goalie's shirt is a different color from both teams' uniform shirts. Although the Field Commissioner will have completed an inspection earlier that morning, the home coach should double-check the field for corner flags, and make sure nets are fastened and goals are anchored, in case something happened after the initial inspection.

Be sure to bring with you:

- Ice and a First Aid kit, and the team's medical release forms.
- Coach passes.
- Game ball if you are the home team.

In travel league, also:

- One copy of your line-up sheet completed with players names and uniform #'s for the other team's coach.
- Game card and official stamped roster for the ref (do not complete the back until the morning of the game in case of cancellation).
- Player passes.
- Your half of the Referee fee in cash.

When applicable, before a game starts, the Referee will call for captains for the coin toss (pick any two players from your team). The home team selects heads/tails. If they win the call, they choose which side to defend first and the away team kicks off first. During the second half, the teams switch sides and the home team kicks off first. If they lose the coin toss, the opposite happens. Depending on the age group, the Referee may ask each team to provide one linesperson to assist the Referee in calling out-of-bounds.

In the event of a sanctioned Referee not covering a game, a spectator may be used to officiate by mutual agreement of both head coaches. No protests will be honored by the RBJSL pertaining to a game so officiated.

You have the right to walk away from a game if you feel your players' safety will be at risk due to field conditions or any other reason. For travel league, see FORFEITS below.

## DURING A GAME

- Demonstrate proper conduct and sportsmanship toward opposition, and Referee if applicable.
- You are responsible for your players' conduct and the conduct of your fans.
- Keep your comments and instructions to your players positive. Criticism should be constructive. Don't just tell them they did something wrong - explain how to do it correctly next time.
- Let the players play and make some decisions on their own. If you coach them through the entire game they will not learn to think for themselves or learn from their mistakes.

- Help ensure players on the bench are focused on watching their teammates.
- Be prepared for injuries. If a player is injured during the game, or they need to come out for any other reason, they should take a knee to get the Ref's attention.

In travel league, also:

- Play continues until the Ref blows the whistle, even if a player is down.
- Coaches are only allowed on the field if signaled by the Referee.
- PARENTS ARE NOT ALLOWED ON THE FIELD DUE TO INSURANCE/SAFETY REASONS.

### SUBSTITUTIONS

Substitutions shall be unlimited and be made, with the consent of the referee, at the following times:

- Prior to a throw-in (for the team in possession)
- Prior to a goal kick by either team
- After a goal by either team
- For an injured player when the referee stops play. The other team may substitute 1 for 1 at that point.
- At half-time

### AFTER A GAME

- Congratulate the opposing team, and thank the Referee if applicable.
- Keep your post game talk short and positive. This is not the time to discuss mistakes observed during the game.
- Communicate to parents how the game went, explain any calls that may have been questioned during the game, how the players did, what they need to work on next time, etc. Remind them to support their kids and offer positive feedback.

In travel league, also:

- On score card, put an "X" in the column for players who were there if Referee did not do it him/herself.
- Get your official score card signed and returned with player and coach passes from the Referee.
- If no Referee showed up for the game report this to the EYSA Field Commissioner and RBJSL.
- If any comments are warranted, good or bad, about the refereeing complete a Referee Evaluation Form and send it to RBJSL. Please send a copy to the EYSA Field Commissioner and EYSA Boys/Girls Director. **Do not confront the Referee about a call you disagreed with.**
- Report the score to the league through the website link provided by the league. If your game did not get played, you cannot record it until after the time the game was scheduled to start.

### ***FORFEITS (travel league)***

A game is forfeited when either team fails to field the required minimum number of players (currently seven) within the 15 minutes after the scheduled start of the game. If a team fails to appear, the other team will pay the Referee's fee (half the regular fee). Referee's fee will be reimbursed by RBJSL to that club in the event of a forfeit. In the event of a forfeit, the member club causing the forfeit will be fined. The RBJSL Games Commissioner must be notified of the forfeit by the non-forfeiting team within 24 hours of the forfeit.

### ***PROTESTS (travel league)***

A protest may be filed for violations of RBJSL rules or procedures. The Referee and opposing coach must be notified verbally prior to, during a game, or prior to departure from the field of play that a protest is being made. Such protests will be annotated on the Roster Card and initialed by the Referee and the protesting coach.

A formal written protest (post marked or emailed) must be submitted to RBJSL within 72 hours after the game. One copy shall be sent to the President of the RBJSL, one copy to the opposing team coach, and the third copy retained for the protester's file. Such letter shall contain the following:

- A protest fee.
- Name, address, and telephone number of the protesting team coach and the club President.
- Location, time, and date of game.
- All facts regarding the protest, including the desired solution.
  - No protest fee shall be returned if the protest is denied, or if the protest is improperly filed.
  - Any protests upheld will result in the return of protest fees.

### ***POSTPONING AND RESCHEDULING GAMES***

#### **RECREATIONAL YOUTH PROGRAM**

The EYSA Youth Directors will take care of rescheduling games when needed.

#### **TRAVEL LEAGUE**

On game days, it is the responsibility of the home team's Field/Game Commissioner to inspect the game fields. If fields are unplayable, or in the event of bad or dangerous weather conditions, they must call the game via telephone by 8:00 am (Saturday games) or 10:00 am (Sunday games). The home team coach must then notify the away coach via telephone of the cancellation, and, of course, notify their own team. Both coaches should agree on a day and time to make up the game, and forward that information to the home team's Field Commissioner. Once the make-up game is approved by RBJSL, both teams' coaches will be notified. Any game not postponed prior to the times above will be left to the discretion of the

Referee assigned to the game. If the Ref decides the field is not playable he/she is to be paid half the fee. The Referee has the right to call a game if the weather gets bad. If that happens, the home team pays their half of Ref fee. Rescheduling games is very difficult. The RBJSL has the final decision on all cancellations. All games will be played as scheduled with the only exceptions being for weather, field conditions or for Cup games. Games postponed for other reasons are subject to fines.

### ***PLAY-OFFS (travel league)***

During the fall season, the top four teams from each age group (T1 and T2 only) compete in a semi-final, then a championship game. There are no play-offs during the spring season.

### ***END OF SEASON***

Travel coaches are asked to complete a Player Evaluation Form for each player. There is a link to this form on the EYSA website. Coaches provide feedback which include strengths and weaknesses, and assign an overall point value to their skill level. This serves as a tool to help us determine if a player has progressed, and if they were placed at the appropriate skill level. Game cards, coach passes, player passes and equipment bags must be returned to EYSA.

### ***TOURNAMENT POLICY***

The purpose of the EYSA Tournament Policy is to ensure the safest and fairest field of play for all children enrolled in Exeter Youth Soccer.

- 1) Coach must present the tournament to the EYSA board with paperwork proving that it is a tournament sanctioned by EPYSA (Eastern Pennsylvania Youth Soccer Association). Tournaments not sanctioned by EPYSA will not be allowed to be played as an Exeter team. An EPYSA-sanctioned tournament will ensure each child is covered by insurance offered through EPYSA as a registered player.
- 2) All players of your current team – fall or spring depending on time of year – must be asked to play. If you cannot field a full roster with your current team then you may recruit players of another team, only after asking the coach of those players if they will be participating in a tournament on the same day(s); if the other team is, the players must play on their primary team.

If a coach wishes to put together a team with players outside their roster for the sole purpose of competing in tournaments, he/she must contact the EYSA board. Try-outs will be conducted by an outside party at an extra cost. This process will be open to any eligible player who wishes to try out for the tournament team. Roster spots will be awarded to players with the highest scores. A coach may not select players of his/her own choice if they plan to register as an Exeter team.

Failure to follow this process for tournament play may result in disciplinary action against the coach.

## **REPORTING GAME SCORES (travel league)**

Each team must report the accurate scores of the team's game to the RBJSL web site at the end of the game, or at the latest by 6:00 P.M. on Monday following the game. Failure to comply will result in a fine to the club. Head coaches should contact the EYSA Boys' or Girls' Director for their login ID and password.

Log in to the RBJSL website ([www.RBJSL.org](http://www.RBJSL.org)). Click on Schedules in the upper left hand corner.



**READING BERKS Junior Soccer League**

HOME | SITE MAP | [PRINTABLE](#)

**RBJSL FALL 2008 COACHES MEETING**

Thursday - August 21, 2008 7:00 PM

Monday - August 25, 2008 7:00 PM

**Fleetwood High School Auditorium**

All teams registered for the Fall 2008 Season

The list of divisions will appear on the next page. Select the division you are interested in.



**READING BERKS Junior Soccer League**

HOME | SITE MAP | [PRINTER FRIENDLY](#)

**RBJSL League Fall 2008**

Boys	Girls
<b>Under 09</b> <a href="#">U09BT1</a> <a href="#">U09BT2</a> <a href="#">U09BT3A</a> <a href="#">U09BT3B</a> <a href="#">U09BT3C</a>	<b>Under 09</b> <a href="#">U09GT2</a> <a href="#">U09GT3A</a> <a href="#">U09GT3B</a>
<b>Under 10</b> <a href="#">U10BT1</a> <a href="#">U10BT2</a> <a href="#">U10BT3</a>	<b>Under 10</b> <a href="#">U10GT1</a> <a href="#">U10GT2</a> <a href="#">U10GT3</a>
<b>Under 11</b>	<b>Under 11</b> <a href="#">U11GT1</a>

It will show the division schedule. Click on your team name.



**READING BERKS Junior Soccer League**

HOME | SITE MAP | [PRINTER FRIENDLY](#)

**RBJSL League Fall 2008**

U09BT1	Pts	GP	W	L	T	GF	GA	GF3
<a href="#">Bovertown BSC FIRE (PA)</a>	0	0	0	0	0	0	0	0
<a href="#">MYE ELCO United (PA)</a>	0	0	0	0	0	0	0	0
<a href="#">OLE 03 (PA)</a>	0	0	0	0	0	0	0	0
<a href="#">TWI -U09B-LAWLER (PA)</a>	0	0	0	0	0	0	0	0
<a href="#">WIL B.U09 SNYDER (PA)</a>	0	0	0	0	0	0	0	0
<a href="#">WIL B.U09 WAGNER (PA)</a>	0	0	0	0	0	0	0	0

**U09BT1**

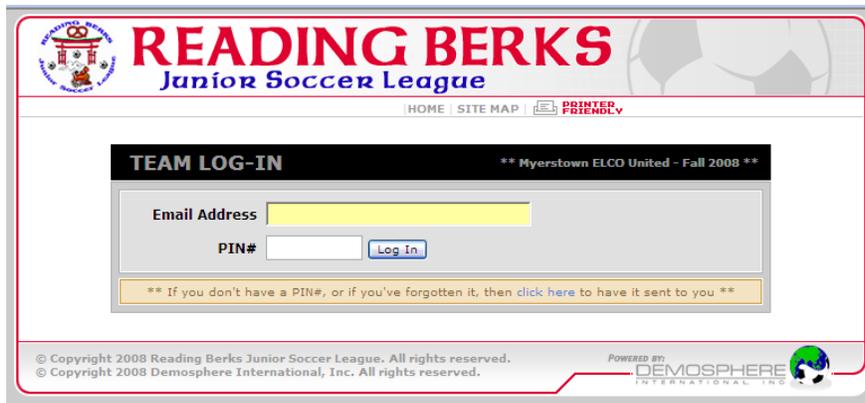
Sat, September 13, 2008

103	10:00 am	TWI -U09B-LAWLER vs OLE 03	TWI 1 - Zack Saint Memorial
101	10:00 am	WIL B.U09 WAGNER vs Bovertown BSC FIRE	WIL - REEDY ROAD 8 - Sterling Investment

Next it will show the schedule just for your team. In the upper right corner click on TEAM LOGIN.

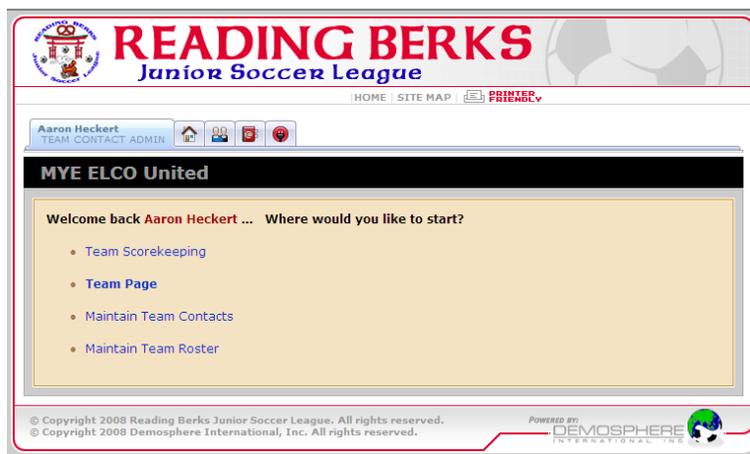


You will be asked to enter your email address and PIN#



Click on Log In.

The next panel will ask, "where do you want to start?" Select on Team Scorekeeping.



This will take you to the schedule and allow you to enter the scores after the date when you were scheduled to play. If the score is already entered, confirm the score is correct and Log Out.

The screenshot shows the Reading Berks Junior Soccer League website. At the top, there is a logo for the league and the text "READING BERKS Junior Soccer League". Below this, there are navigation links for "HOME", "SITE MAP", and "PRINTED FRIENDLY". A user profile for "Mark Pfeiffenberger" is visible, with options for "TEAM CONTACT ADMIN". The main content area is titled "MOU Mount Penn Match Score" and includes a "Return without saving" link. A table lists match scores for three games:

GAME CODE	DATE	TEAM 1	SCORE	TEAM 2	SCORE
104	6/3/2008	Myerstown ELCO UNITED	5	Mount Penn Mount Penn	2
106	6/10/2008	Muhlenburg Varsity	1	Mount Penn Mount Penn	1
111	6/24/2008	Mount Penn Mount Penn	1	Myerstown ELCO UNITED	10

At the bottom of the form is a "Save" button. The footer contains copyright information for 2008 Reading Berks Junior Soccer League and Demosphere International, Inc., along with a "POWERED BY DEMOSPHERE INTERNATIONAL INC." logo.

You can make other changes on your Team's Home page such as coach contact information, uniform color changes, etc.

## ***RBJSL POLICY ON SUSPENSIONS AND DISCIPLINARY ACTIONS***

*Note: Applies only to games played within RBJSL travel league*

Players and team officials who are ejected by the referee will be subject to a suspension based on the infraction, and in the case of a player, his/her age. In addition, the team to which the official or player is affiliated when he/she commits the offense shall be deducted one point in the team standings for each ejection. All suspensions are doubled for after-game infractions. See RBJSL website for additional details on infractions and suspensions.

### **ILLEGAL PLAYERS**

Any coach using illegal players will be subject to a one game suspension for each player used. An illegal player is one who is not registered with the team they are playing for. Additionally, any game in which an illegal player was used will be forfeit and the appropriate forfeit fine levied against the club to which the offending team is affiliated.

### **SERVING SUSPENSIONS**

Suspended coaches are to have no contact what-so-ever with any RBJSL team until their suspension is over. Any questions regarding suspensions should be addressed to the RBJSL Disciplinarian (1<sup>st</sup> VP). All periods of suspension shall run continuously. Game suspensions in effect at the termination of one playing season or registration year shall remain in effect into the following playing seasons or registration years until the full period of suspension has been satisfied. Game suspensions received as a result of misconduct in a league game, or as a result of infractions of league rules and regulations, must be served in the league in which the suspension was applied.

## THE ACCUMULATION OF CAUTIONS

A player or team official who, in a given registration year, accumulates three cautions shall be suspended for one game. The second accumulation of three individual cautions within the same registration year shall result in additional suspension equivalent to two games. Further misconduct on the part of the individual during the same registration year shall be sufficient cause for the Executive Board or its respective subordinate authority to consider additional penalties of increased severity. In each case, action against the individual is automatically initiated by the referee's game report. The club to which any team official receiving three cautions within a soccer registration year is subject to a fine in accordance with RBJSL by-laws.

## CONDUCT DETRIMENTAL TO THE GOOD AND WELFARE OF SOCCER

Any player, team official, or club officer whose conduct is considered to be detrimental to the good and welfare of soccer shall be suspended for one game for the first offense and for a minimum of two games for the second or more offense within a two-year period. Such misconduct shall include but shall not be limited to misbehavior while a spectator, the consumption of alcoholic beverages and/or the use of any illegal substance in the vicinity of the playing field before, during, or after a soccer game.

## ***COACHING EDUCATION***

### **WHY YOUNG CHILDREN PLAY SOCCER**

The vast majority of young children play soccer for the following reasons:

- To have fun
- To be with friends
- The excitement of competition
- To learn and improve skills

It is crucial that a coach considers these factors when working with a team. If the children are improving, having fun and keep coming back to play soccer then the coach must be succeeding.

### **WHY DO SOME CHILDREN DROP OUT OF SOCCER?**

- Not having fun
- Not being with friends
- Not experiencing the excitement that healthy competition provides
- Failing to learn and improve new skills

As coaches we have the responsibility to ensure that this does not happen.

## PRINCIPLES OF COACHING

First-time coaches often are parent volunteers. A typical scenario has mom or dad registering a young child in a youth sports organization, which then asks parents to volunteer. The parent might consider him or herself capable of being an assistant coach, and then all of a sudden is named a head coach! Many first-time coaches find this role harder than they expected, so here are concrete tips to ease matters and help your youth athletes.

- The Coach Must Have Fun. Enthusiasm is caught, not taught. Children are quick to pick up on the coach's mood. An enthusiastic, motivated coach will tend to have more motivated children to work with. Consider the following things:
  - Tone of voice: If you sound enthused and energetic, your mood tends to be caught by the children.
  - Share a joke: Children love to laugh and joke so instigate this at the right times. This way the children have fun, get the laughter out of their systems, and are ready to concentrate when you need their attention to make a coaching point.
  - Join in: No matter how limited your soccer skills, the children love to see their coach join in (be careful not to hurt them or yourself!). It gives them a chance to get their revenge and brings you down to their level. It can also be a timely reminder of the difficulty of some of the skills you are asking them to perform.
- Share your goals with your players and their parents from the start. Having a pre-season parent meeting is ideal. It might sound like this: "My number one goal this season is to give your kids such an enjoyable experience that they all can't wait for next season. And, yes, I hope to teach them some skills, too!" Of course, if you have more ambitious goals in terms of skill development or imparting life lessons, share those, too.
- Implement a player participation policy. Take attendance; if a player misses a lot of practices they won't have as much play time. If a parent complains, recite the policy.
- Welcome each player by name at every practice and game. When kids arrive to coaches who are smiling and greeting them by name, they feel welcome and positive from the start.
- Plan practices that keep kids active. When kids are moving and active, they are more likely to stay focused. At the younger ages, avoid lines. Bring plenty of equipment, so kids are not standing around waiting for their turn. Conduct activities that give kids a lot of repeated practice of the skills.
- Face the sun, take a knee and be brief. When you're talking to your athletes, get onto their level (at least physically!) by taking a knee, so you can (literally and figuratively) see eye-to-eye. Then make the most of the 30-60 seconds you've got their attention! Six 60-second conversations with your players at a practice are much better than two 5-minute conversations.
- Pick 1-2 areas of focus per practice/game. Pick one topic (two at the most!) to introduce and repeat over and over again. At the start of practice you might say, "Today is going to be all about passing." Then each time you bring the players in, ask them, "What is our

focus today?” Then have this same focus for your competition that week. Whenever you see it being executed well, let your players know it, “Milo, awesome pass to Nathan!”

- Plan activities that are developmentally appropriate. Attempting to teach a wall-pass to 8 year olds when they cannot think in advance of the ball, or asking a 6-year-old player to stay in a specific position when their spatial awareness is limited, will be unsuccessful.
- How instructions are given is crucial when dealing with young children. Too much information overwhelms them and too little information doesn't give them enough to get started. Provide enough information to get them started and then add new challenges.
- Always Give Positive Feedback. Children must be willing to try new things and have no fear of being incorrect. Making mistakes is an integral part of the learning process, providing that the child receives positive feedback as to how to correct that mistake next time. Criticism such as “that was a terrible shot” is not only discouraging, it has no value in terms of learning. Instead begin with a positive statement before adding your coaching point, for example: “You struck that ball well. If you can follow through with your foot you will get a lot more power.”
- Don't over-coach. Let your players try to figure some things out. Decisions may be spatial (where to run or pass), temporal (when do I pass or run), or kinesthetic (how do I handle the ball)? These need to be present in all activities for learning to occur. Allow them to learn from their mistakes.
- The activities presented in a training session must in some way reflect the demands a player faces in the game. The younger the player the less clear this may seem, while the older the player (i.e. 10 or older), the more clear it will become. However, the implications for the game are even more important for the younger players. The coach at this level is providing the foundational movement and thinking skills that will enable the player to later solve more complex problems.
- Create a team cheer and do it often. Young kids love having adults who are willing to be silly with them. Bring them in multiple times during practice to do their cheer, and make sure they see and hear you as an active participant.
- Show players how to win and lose gracefully on the field. If your team is winning, teach your players not to rub it in the other team's faces.
- As a team, decide on a gesture to “brush away” mistakes so they can quickly move on and get their heads back in the game.
- End practice/competition on a positive note. At the end of practice or a competition call in all of the athletes and the parents. Ask the kids: “Who saw one of your teammates do something well?” The kids are actually good at answering this question. Then ask the parents, “Parents, what did you see that you liked?” This gives the parents a nice chance to recognize specific, positive things they saw, and it ends the practice/competition on a high note. Communicate with parents about what happened at a game if there was an issue or a confusing call that was made.

Don't forget, this can be hard. Most parents are surprised by how hard it is to feel successful coaching. We go in with very high expectations, and we don't have control over the outcome. You are not alone. Find other coaches who have been doing this for a while, and share your challenges. They can serve as a wonderful resource.

There are countless resources available online that provide lesson plans, ideas for developing specific skills, instructional videos, fun activities, advice for coaching kids at different ages, and more. Never stop learning!

## **POSITIVE COACHING**

We are committed to the principals of PCA (Positive Coaching Alliance) and against a "win at all costs" mentality. A win at all costs coach has only one goal – to win. We share that goal but have a second, more important goal – to use the sports experience to help young people learn "life lessons" and positive character traits that will help them be successful throughout their lives.

Three PCA principles have the power to transform youth sports so that sports can transform youth: Redefining "winner," filling the emotional tank, and honoring the game.

### REDEFINING "WINNER"

In professional sports (which is entertainment) there is only one goal – to have the most points at the end of the contest. However, in youth sports (which is education), there is a second goal – to produce young people who will be winners for life.

To help our children get the most out of competitive sports, we need to redefine what it means to be a "winner." Winners are people who:

- Make maximum effort.
- Continue to learn and improve.
- Refuse to let mistakes (or fear of making mistakes) stop them.

This is called the Mastery Orientation. PCA says that the Tree of Mastery is an ELM tree, where ELM stands for **E**ffort, **L**earning, and rebounding from **M**istakes.

If our athletes keep these things in mind, they will develop habits that will serve them well throughout their lives. There is an added benefit. Athletes who are coached with the Mastery Orientation tend to have reduced anxiety and increased self-confidence. And when athletes feel less anxiety, they are more likely to have fun playing their sport and do better.

Here's how you can help:

- Tell your players it's OK to make a mistake.
- Let your players know you appreciate it when they try hard even if unsuccessful.

- Ask rather than tell. Try to get your players to talk about the way they played rather than what you think. Ask open ended questions to get them to talk (e.g., what did we do right in the game? What could we do better next time?).

### FILLING THE EMOTIONAL TANK

Research shows that the home team wins about 60% of the time because of the emotional support a team receives when it plays in front of its own fans. Like gas tanks in cars, athletes have “Emotional Tanks” that need to be filled to do their best.

There will be times when you need to correct and criticize. Research has shown that a “Magic Ratio” of 5:1 (praise to criticism) is ideal. Praise your players about 5 times for every time you criticize. If you do, they will be more likely to hear your criticism without becoming defensive.

Here’s how you can help:

- Encourage your players regardless of what happens in the game.
- Before you give advice, find a few good things about your players’ performance.

### HONORING THE GAME

Honoring the game gets to the ROOTS of positive play. ROOTS stands for respect for:

- **Rules:** We don’t bend the rules to win.
- **Opponents:** A worthy opponent is a gift that forces us to play to our highest potential.
- **Officials:** We treat officials with respect even when we disagree.
- **Teammates:** We never do anything that would embarrass our team on or off the field.
- **Self:** We live up to our own standards regardless of what others do.

Here’s how you can help:

- Discuss the meaning of each element of ROOTS with your players.
- Be a good role model.
- If, in your opinion, an official makes a mistake, be silent.

### **PLANNING AND ORGANIZING A PRACTICE**

Most coaches have relatively little time to work with their team. Therefore, it is important that each practice is planned and organized to maximize productivity within that time. Careful attention must be paid to the following factors to ensure that you get the most from your practice:

#### 1. EQUIPMENT

- a. **Balls.** The ball should be the appropriate size for the age group. Having one ball per child or pair allows even warm-up activities to enhance the child’s soccer skills.

- b. **Cones.** These are extremely useful for marking out your practice areas. Large cones can be useful for making extra goals or marking corner areas, while small cones are useful for subdividing fields and areas.
- c. **Pinnies (if used by club).** These are useful not only for scrimmaging but for any activity involving opposition e.g., 4v2 keep away.

## 2. AREA

Time taken to mark out areas with cones or other markers is time well spent. Children find it hard to visualize area and space without physical boundaries. Be aware of the possible need to adjust the size of your areas. For example, if they are playing “keep away” in too small an area then the children will have problems maintaining control of their ball; by making the area larger you give them more time and space to control the ball. Similarly, the area may need to be made smaller to increase the difficulty of the practice.

## 3. WARM UP

A warm-up can be defined as any activity which prepares the body and mind for further exertion. Use the common sense rule of beginning slowly and gently, and gradually increasing the intensity of a given activity. Warm-up activities can be adapted to incorporate a ball and can also relate to your theme.

## 4. THEME

Try to choose one theme for your practice. This allows the children to concentrate and focus their attention on what is being taught. Trying to cover too much in one session tends to result in confusion and lack of retention on the children’s part. For example, if your theme is dribbling with the ball, it could progress as follows:

- Warm up: dribbling activity with no/limited pressure
- Dribbling activities with pressure, e.g., 1v1
- Conditioned scrimmage to reinforce theme
- Scrimmage

Once you have made your key points, concentrate on coaching only those points. For example, when coaching passing, avoid the temptation to give coaching points or criticism as to why a shot was missed. You can work on shooting another day. If the error is common to the whole group, stop the practice, quickly make your point and restart. However, if the error is only with one or two individuals, take them aside for a quiet word.

## 5. ADAPTABILITY

It is inevitable that some players will master a skill or technique quicker than others. Therefore it is important that you are able to adapt. Be prepared to move on or increase the difficulty of the task for those who are no longer challenged. At the same time a step backward may be needed if a task proves too much of a challenge and success is not being achieved.

## 6. MAXIMUM ACTIVITY

Children must receive maximum exposure to a task if they are to master it. Therefore, always try to create a learning environment where children have as many attempts at a task as possible ensuring the constant repetition of the desired technique. This can be achieved by:

- a. Avoiding long lines. Instead of having 12 kids waiting to shoot into one goal, set up extra goals using cones and split up the group.
- b. Avoid long lectures. The players “switch off” after a period of time as their attention span is relatively short. Keep all interventions and explanations short and simple.
- c. Use all of the techniques discussed earlier to make your practices fun.

## 7. BE IN CHARGE

Children need to know who they should be listening to and why. They can only process a limited amount of information at one time. Practices become confusing and lose their purpose when too much (sometimes conflicting) information is given by too many people. Helpful parents are invaluable assistants as long as they remain just that. Set up your practice emphasizing one or two coaching points, and then ask your assistants to circulate, reinforcing those points.

## THE FIELD



## THE PLAYERS

In travel soccer, there are anywhere from 7 to 11 players on the field for each team during the game. There are no required formations, but most teams will use three forwards, three midfielders, four backs/defenders and a goalkeeper. Positions are very fluid as any player may score a goal and all players may drop back to defend.

**Goalkeeper:** The goalkeeper (or keeper) is responsible for defending the goal and any shots that come toward it. Only the keeper can put his/her hands or arms on the ball in the penalty area surrounding the goal.

**Forwards:** The forwards (also called attackers or strikers) are in the team's primary offense. Their role is to advance the ball and score goals.

**Midfielders:** Midfielders play behind the forwards and in front of the defense. Their job is to assist both of these groups. Generally they'll receive the ball from the defenders and advance it to the forwards to score goals.

**Defenders** (also called fullbacks): In soccer, everyone plays offense and defense depending on when their team possesses the ball. Specialized defensive positions are sweepers and stoppers, depending on the type of formation a team uses.

**Substitutes:** Any player who does not start the game but is eligible to come off the bench. In recreational play, it is recommended that all players receive equal playing time. In older age groups and more competitive levels, substitutes may be used less frequently. Typically in youth games, substitutes may only enter the field with the referee's permission during a stoppage of play, and when their team has possession of the ball on throw-ins and goal kicks.

## **SOCCER LINGO**

**Advantage:** A decision by the referee to disregard a foul by the defensive team if a stoppage in play would benefit the team that committed the violation. This allows the team on offense to maintain its playing advantage.

**Beat:** To get the ball around an opponent by dribbling or shooting.

**Breakaway:** When an attacker with the ball makes it past the last defender and is on his/her way toward the goal for a one-on-one showdown with the goalkeeper.

**Charge:** To run into an opponent. This is legal if done from the front or side of the ball carrier. However, it is illegal against a player without the ball or from behind.

**Chip:** A short, lofted pass or shot.

**Clearing:** Happens when a team kicks the ball out of its defensive zone, ending an offensive threat by the opposing team.

**Cross:** A kick made near the sideline toward the middle of the field to get the ball closer to the front of the goal.

**Corner Arcs:** A quarter-circle located at each of the four corners of the field. On a corner kick, the ball must be kicked from inside this arc.

**Corner kick:** Awarded to the attacking team if the defense knocks the ball out of bounds over their own goal line. The kick is taken from the corner nearest where the ball went out of bounds. A goal can be scored directly from a corner kick.

**Direct Kick:** Awarded when a serious foul is committed against another player. This is a free kick in which a goal can be scored directly by the kicker. Some fouls resulting in a direct kick are holding, striking, tripping, pushing and hand balls.

**Dribble:** The basic skill of advancing the ball with the feet while controlling it.

**Drop ball:** A restart when the ball is dropped between two players and may only be played once it has touched the ground.

**Free kick:** Awarded by the referee due to an infraction of the rules. The kick is generally taken from the spot in which the infraction took place. The defending team must be a minimum of 10 yards away from the ball (modified for small-sided games). There are two kinds of free kicks- direct and indirect – determined by the severity of the infraction.

**Goal kick:** Awarded to the defense when the attacking team knocks the ball out of bounds over the goal line. The kick is taken from within the goal area, and must clear the penalty area before being touched by another player. Extremely rare and unlikely, but a goal can be scored directly from a goal kick.

**Goal area:** Also called “the 6.” A rectangular area extending six yards from the goal line. Used to designate where goal kicks are taken.

**Hand ball:** A foul where a player (other than the keeper in the penalty area) deliberately touches the ball with his hand or arm. The opposing team is awarded direct free kick.

**Hat trick:** Three or more goals scored in a game by a single player.

**Half-volley:** A kick of the ball just as it is rebounding off the ground.

**Header:** When a player controls or strikes a ball in the air, using their head.

**Holding:** When an opponent’s movement is obstructed with either hands or arms, a direct kick is awarded.

**Indirect Kick:** Awarded when an infraction of the rules has taken place or a less serious foul has been committed. On an indirect kick, a goal cannot be scored unless the ball is touched by a second player. Some minor fouls or infractions resulting in an indirect kick are offside and dangerous play.

**Juggling:** Keeping the ball in the air with any part of the body (no hands or arms). Used for practice and developing coordination.

**Kickoff:** Kickoff takes place at the center of the field and is used to start play at the beginning of a game, after halftime, or after a goal is scored.

**Marking:** Closely defending a player to prevent him/her from receiving the ball or advancing the ball by dribbling or passing.

**Officials** (referees): The official protects the players and enforces the rules. The referee officiates the game and is on the field with the players. The referee keeps the official time. The assistant referees each patrol one half of the field, from opposite sidelines. Their job is to provide assistance to the referee only. AR's as they are called, use a flag to signal when the ball is out of bounds, when a player is potentially offside, or they have seen a foul committed. The referee makes the final determination whether or not to blow the whistle.

**Offside:** Occurs when a player positions him/herself nearer to the opponent's goal line than both the ball and the second-to-last opponent. No fewer than two defenders (usually the goalkeeper and one other defender) must be nearer to the goal line than the attacker. The person advancing with the ball must be the first to cross the line of defense. A player in an offside position is only penalized if, at the moment the ball is played by a teammate, he/she is, in the opinion of the referee, involved in active play, or interfering with play or any opponent, or gaining an advantage by being in that position. When a player who is in an offside position receives the ball from a teammate or is involved directly in the play, an offside is called and an indirect free kick is awarded to the defense.

**Penalty Area:** Also called "the 18." Rectangular area extending 18 yards from the goal line (modified for small-sided games). Goalkeepers only can use their hands within their penalty area. Any foul against the defending team resulting in a direct kick inside this area results in a penalty kick for the attacking team.

**Penalty Kick:** A direct kick is awarded to the attacking team when a major foul is committed by a defender inside his/her own penalty area. The kick is taken from the penalty spot. Only the kicker and the keeper are allowed in the penalty area. The goalkeeper must be on the goal line until the ball is kicked.

**Receiving:** When a player uses his/her body to slow down and control a moving ball. Most often this is done using the chest, thigh or foot.

**Red card:** Serious misconduct, violent play, offensive language or intentionally denying a goal. Immediate ejection from the game. The team may not replace this player, and will play shorthanded for the remainder of the game.

**Slide tackle:** An attempt by a defender to take the ball away from the dribbler by sliding on the ground feet-first into the ball.

**Tackle:** A move to take the ball away from an opponent's feet.

**Throw-in:** The only time a field player may use their hands. Used to bring the ball back in play after it has crossed out of bounds on the sidelines. Two hands must be used and the ball must be thrown from behind the player's head. Both feet must be on the ground and behind the sideline.

**Tripping:** If a player uses any part of his/her body to trip an opposing player, a direct kick is awarded.

**Volley:** A kick made while the ball is in the air, before it touches the ground. Can be for a clearance or to shoot on goal.

**Wall:** Players stand as a line or wall to protect their goal against a free kick.

**Yellow card** (caution): Shown to a player by the referee for dangerous or unsportsmanlike behavior. If a player is shown two yellow cards in one game, it is an automatic ejection from the game.

## ***RULES OF THE GAME***

Each season FIFA publishes an extensive 'Laws of the Game' guide which describes the rules of soccer. Some of these laws may be modified for youth soccer at various ages. NOTE: Most of these rules are not enforced in the Recreational Youth Program.

### **Law 1: The Field of Play**

There are very few fixed dimensions for soccer fields, even at the highest level. FIFA only stipulates that for professional 11-versus-11 competition, the length must be between 100 yards and 130 yards and the width between 50 and 100 yards.

### **Law 2: The Soccer Ball**

The circumference of a soccer ball must not be more than 28 inches (70 centimeters) and not less than 27 in (68 cm). The size 5 ball, used by ages 12 and above, is spherical and made of leather or some other suitable material. It must not weigh more than 16 ounces (450 grams) and not less than 14 oz (410 g) at the start of a match. The ball must be of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1,000 g/cm<sup>2</sup>) at sea level (8.5 lbs/sq in – 15.6 lbs/sq in).

### **Law 3: The Number of Players**

A match is played by two teams, with each allowed no more than 11 players on the field at any one time, one of whom is a goalkeeper. A match may not start if either team has fewer than seven players. Substitutions may be made during a stoppage in play resulting in a throw-in or goal kick, and after a goal is scored. New players may not enter the field until signaled by the referee.

### **Law 4: The Players' Equipment**

The FIFA 'Laws of the Game' state that players are not allowed to use equipment or wear anything that is dangerous to himself or any other player (including any kind of jewelry). A player's basic equipment consists of a jersey or shirt with sleeves, shorts, socks, shin pads and footwear. The two teams must wear colors that distinguish themselves from the opponent, referee and assistant referees.

### **Law 5: The Referee**

The referee has the full authority to enforce the laws of the game and his decision is final. He controls the match in cooperation with the assistant referees, and where applicable, the fourth official. The referee ensures that the ball and players' equipment meets the requirements, acts as timekeeper and stops play for infringement of the laws among several other duties.

### **Law 6: Other Match Officials**

In 11v11 play, there are two assistant referees whose job it is to call offsides and throw-ins, and help the referee make decisions. Carrying a flag to signal their observations, assistant referees, or linesmen as they are commonly known, must monitor the sidelines and goal lines and flag if the ball goes out of play, signaling which team the goal kick or throw-in should be awarded to.

### **Law 7: The Duration of the Match**

Matches consist of two 45 minute halves, unless the two teams and referee agree otherwise before the start of play. The half-time interval must not exceed 15 minutes, and can only be altered upon consent of the referee. A referee may play added time because of substitutions, assessment of injuries, removal of injured players from the field of play, time wasting and any other cause. An abandoned match is replayed unless the competition rules state otherwise.

### **Law 8: The Start and Restart of Play**

Kick-off is the way of starting or restarting play:

- To begin a match
- If a goal has been scored
- To begin the second half
- To begin a period of extra-time.

### **Law 9: The Ball in and out of Play**

The ball is out of play when:

- It has wholly crossed the goal line or touchline
- Play has been stopped by the referee.

The ball is in play at all other times, including when:

- It rebounds off a goalpost, crossbar or corner flag and stays on the field.
- When it hits a referee or assistant referee when they are on the field.

### **Law 10: Determining the Outcome of a Match**

Goal Scored:

A goal is scored when the whole of the ball crosses the whole of the goalline between the posts and crossbar, provided there is no infringement such as offside, a foul or handball. The team that scores the most goals wins the match. If the number of goals scored between the two sides is equal at the end of a match, it is a draw.

When competition rules require that there must be a winner, the outcome will be decided by either:

- Away goals rule
- Extra-time
- Penalty kicks

**Law 11: Offside**

The law states that if a player is in an offside position when the ball is played to him or touched by a teammate, he may not become actively involved in the play. A player is in an offside position if he is closer to the goal line than both the ball and the second-to-last defender, but only if he is in the opposition half of the field.

**Law 12: Fouls and Misconduct**

Direct or indirect free kicks and penalty kicks are awarded for offenses or infringements committed when a ball is play.

**Law 13: Free Kicks**

Direct and indirect free kicks are awarded to the opposing team of a player guilty of an offense or infringement. The ball must be stationary when the kick is taken. The kicker must not touch the ball again until it has touched another player.

**Law 14: The Penalty Kick**

Penalty kicks are awarded if a player commits a direct free kick offense or infringement inside the penalty area. Once the referee signals for a penalty kick to be taken, it must be taken. The player taking the kick must move the ball forward, and may not play the ball again until it has touched another player. The other players must stay outside the penalty arc until the ball is played.

**Law 15: Throw-Ins**

When the ball goes out of play over the touchline, a throw-in is awarded to opponents of the player who last touched the ball before it went out of bounds. The player taking the throw must have part of each foot on or outside the touchline, and the ball must be thrown with both hands from behind and overhead at point where the ball left the field of play.

**Law 16: Goal Kicks**

A goal kick is awarded when the ball passes over the goal line, having last touched a player of attacking team, but a goal was not scored. Ball must be stationary and is kicked from any point within the goal area by a player of the defending team. The ball is in play when it leaves the penalty area. Opponents must be outside the penalty area until the ball is in play.

**Law 17: Corner Kicks**

A corner kick is awarded when the ball passes over the goal line, having last touched a player of the defending team, but a goal was not scored. Ball must be stationary at the corner area closest to the point the ball went out of bounds. The ball is in play when it is kicked but it does not have to leave the corner area.