



THE YOUTH SOCCER EXPERIENCE !

2024 SUPER LIGA FALL REFEREE PRE-SEASON MEETING

Zoom Meeting



PROTOCOL



All attendees:

Will have their microphones muted

This will help eliminate background noise

Opportunities for questions and comments:

Raise your Hand

Chat or Q&A

Lost connection:

Log back in or wait a few minutes and Zoom will reconnect



Welcome!





POINTS OF EMPHASIS

- Reading and responding to assignments and emails
- Need your support with assignments – very important
- Professionalism at each game
- Being timely on entering detailed game reports



CONTACT INFORMATION

THE SUPER LIGA

Director of Referee Program

Ed Martins

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401-241-1763

RI State Referee Committee

State Youth Referee Admin.

Mark Ferreira

syra@risrc.us

401-316-4820



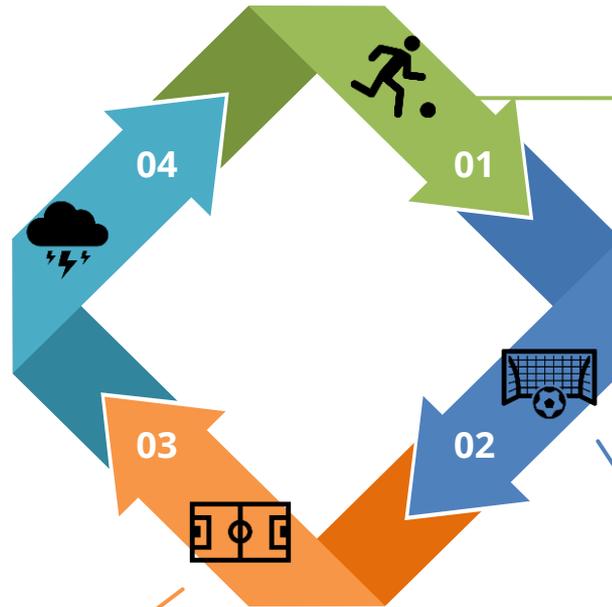
SAFETY FIRST

WEATHER

How to deal with inclement weather conditions

PLAYERS SAFETY

Player safety is utmost importance



FIELD

Make sure the field is safe to play the game

GOALS

Ensure that goals are properly anchored



WORKING TOGETHER

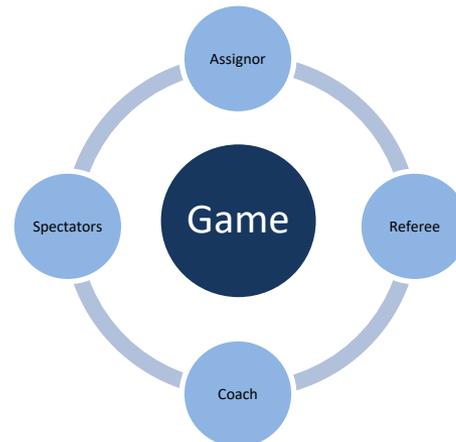


Assignor

- ✓ Certified Refs
- ✓ Assign games
- ✓ Right crew
- ✓ Recruitment

Spectators

- ✓ Positive cheering
- ✓ Encouragement
- ✓ No threats
- ✓ No abusive language



Referee

- ✓ Player's safety
- ✓ Certified
- ✓ Qualified
- ✓ Applies Laws

Coach

- ✓ Game Report
- ✓ Conduct
- ✓ Manage Players
- ✓ Support with unruly spectators



2024 FALL SUPER LIGA



Needs updating

- 4/06/24 Week 1
- 4/13/24 Week 2
- 4/20/24 Week 3
- 4/24/24 Competitive Directors' Zoom Meeting
- 4/27/24 Week 4
- 5/04/24 Week 5
- 5/11/24 Week 6
- 5/12/24 Mother's Day
- 5/18/24 Week 7 (last weekend for 19U games)
- 5/25/24 Memorial Day Weekend No Games
- 5/27/24 19U Semi Finals
- 6/01/23 19U Finals
- 6/1 & 6/2 SRI Festival
- 6/1/24 Week 8 (last weekend for 11U-16U games)
- 6/8 & 6/9 SRI Cup
- 6/08/24 Week 8 (last weekend for 7U-10U games)
- 6/15/24 Father's Day
- 6/22/24 11U-16U Finals



REFEREE AND ASSIGNOR COMMUNICATION

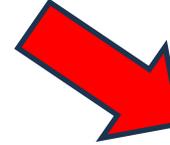
Communication with Assignor / How to get games

- ✓ Get to know your assignor
- ✓ Using Assign By Super Liga (ABSL)
- ✓ Checking open games
- ✓ If you have not received a game by week 2 email your assignor



REFEREE INFORMATION

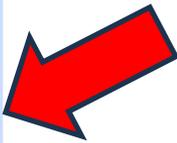
Getting to Assigning website



REFEREES



Where you could find assignor information





GOAL DIFFERENTIAL POLICY

Goal differential policy does not apply to the 7U & 8U age groups

Age Groups: 9U-17U

When leading team has a goal differential of 6+ the opponent can add players:

Example: Team A: 6 – Team B: 0 (Team B adds 1 player)

Example: Team A: 7 – Team B: 0 (Team B adds 1 additional player)

Example: Team A: 8 – Team B: 0 (Team B adds 1 additional player)

Note: Maximum of 3 players can be added in game

If Team B reduces the score by a goal they must remove a player

Note: less than 6 goals teams are playing even players

Referee responsibilities:

Up until the conclusion of the game both coaches can agree to opt out of the Goal Differential Policy.

If this happens, the referee notes this in the game report, signed by both coaches.





SUPER LIGA REGIONAL ASSIGNORS

- **AL RICCI**

South

Chariho, Jamestown, Narragansett, OSNK United, South County, Westerly

- **KATHY SOUZA**

East

Barrington, Bristol, E.P., Middletown, Portsmouth, Seekonk, Tiverton, Warren

- **KATHY SOUZA**

Central

CLCF, Coventry, EG, EWG, Providence Sharks FC, WFF, WW

- **KATHY SOUZA**

North

BGYSA, Central Falls, Cumberland, Lincoln, Mach 1, NECONN, NS, Pawtucket, Smithfield

SUPER LIGA Association/Club Assignors can be found on the **SUPER LIGA** website, www.thesuperliga.com , click on “Referee” ball.



State Referee Committee

JUAN MONTALVAN

State Referee Administrator and Chairman (SRA)

MARK FERREIRA

State Youth Referee Administrator (SYRA)

MARK OLIVER

State Director of Instruction (SDI)

AL RICCI

State Assigning Coordinator (SAC)

FREDDY SILVA

Treasurer

TAHA NASSER

Assistant Mentorship Director

DEVIN MILLER

Academy Director

ERIN POLSELLI

Member At Large

State Referee Committee website: www.risrc.us



General Responsibilities

Referees are independent contractors that work for the league

THE SUPER LIGA

- ✓ Scheduling league games
- ✓ Managing game dates & time
- ✓ League Policies and Procedures
- ✓ Manages ABSL
- ✓ Answers league questions

State Referee Committee

- ✓ Verifying and processing registration records
- ✓ Recruiting and retaining
- ✓ Distributing Referee badges
- ✓ Provide clarification & interpretation of the Laws
- ✓ Referee Abuse



REFEREE GAME EXPECTATIONS

- ✓ Early arrival
- ✓ Introduce yourself to both team coaches

- ✓ Three teams need to work together
 - Referee, home and visiting team
 - Three teams should be in different colors

- ✓ Professional appearance
- ✓ **Checking coaches and player passes**
- ✓ Consistent interpretation of laws
- ✓ Know the modified rules & policies
- ✓ Pre-game with Assistant Referees





SPORTSMANSHIP CARD

Sportsmanship card must be read to all players, coaches and spectators prior to the start of each game on the spectators' side of the field



The **SUPER LIGA** Sportsmanship Card

The Super Liga's philosophy is to provide a fun filled and safe environment to create the "Youth Soccer Experience".

We encourage coaches, players, referees, and spectators to respect each other and the game by creating a positive and enthusiastic environment. Poor sportsmanship will not be tolerated.

It is the referee's discretion to terminate the game if any threatening statements are made or for anyone entering the field of play without permission.

Let's make this a true Youth Soccer Experience for all.

PLAY FAIR !! PLAY WELL !!



SUPER LIGA RULES & HANDBOOKS

- Referees are required to understand all Super Liga rules and policies
- Download or print from www.thesuperliga.com located on the referee section

THE RHODE ISLAND YOUTH SUPER LIGA, LLC



The Youth Soccer Experience

**RULES AND POLICIES
FOR
COACHES AND REFEREES**

www.thesuperliga.com



GAME DAY INFORMATION

Referee	HOME	GAME DAY RESPONSIBILITIES	AWAY
	✓	Game Report	
	✓	Game Day Roster (2 copies)	✓
	✓	½ of Referee Fees	✓
	✓	Player /Coaches Passes	✓
✓	✓	Goal & Field Condition	
✓		Return Passes	





GAME DAY ROSTER

- 2 game day rosters from each team.
- Jersey Numbers must be on the game day roster.
- “Club Pass” Players must be written on the game day roster by the coach, prior to the start of the game.



2021 - 2022 Soccer Rhode Island Roster

Warwick Fire Fighters SC

WFFSC-G16U-BYRD



Association: RI
Season:
Division:
Team Number: 174699

Age: U16
Gender: Female
Level: Competitive
Color:

Role	Name	Reg#	Phone	Email/UserID
Coach	Byrd, Doyle	258775	4015230026	doylebyrd@gmail.com
Coach	Mota, Antonio	1491895		tonymota99@gmail.com
Coach	Cambio, Courtney	867234	4017145454	courtneycambio@gmail.com

Name	Jersey	Reg#	State	DOB	m/f	Status	Assignment/Approved Date
1 Adams, Madison		112793	RI	04/2007	F	P	02/22/22 / 02/23/22
2 Bianco, Oriana		1128525	RI	10/2008	F	P	02/22/22 / 02/23/22
3 Cambio, Isabella		67510	RI	01/2007	F	P	02/22/22 / 02/23/22
4 Ficher, Ava		5591030	RI	12/2007	F	P	02/22/22 / 02/23/22
5 Guyon, Lily	3	1206458	RI	04/2006	F	P	03/07/22 / 03/08/22
6 Hogan, Sloan		178069	RI	02/2007	F	P	02/22/22 / 02/23/22
7 lang, Haley		744481	RI	02/2007	F	S	02/22/22 / 02/23/22
8 ledly, lorelai		181036	RI	06/2007	F	P	02/22/22 / 02/23/22
9 Marrocco, Ava		946998	RI	01/2007	F	P	02/22/22 / 02/23/22
10 Monteiro-Lopes, Bianca		92984	RI	05/2007	F	P	02/22/22 / 02/23/22
11 Moore, JadyN		209934	RI	10/2007	F	P	02/22/22 / 02/23/22
12 Mota, Katrina		1146529	RI	01/2006	F	P	02/22/22 / 02/23/22
13 Mota, Gabriela		197914	RI	05/2008	F	P	02/22/22 / 02/23/22
14 Pereira, Alanna		184863	RI	04/2007	F	P	02/22/22 / 02/23/22
15 Quezada, Kiara		1013255	RI	09/2008	F	P	02/22/22 / 02/23/22
16 Rattigan, Emma		124364	RI	06/2009	F	S	03/07/22 / 03/08/22
17 Tzalam, Michelle		751958	RI	04/2007	F	P	02/22/22 / 02/23/22
18 Vega, Shinyu		991386	RI	11/2007	F	P	02/22/22 / 02/23/22

John Smith
2



GAME REPORT

- 1 provided by home team
- Important Areas that need to be completed by the home team coach
 - Game Number
 - Date
 - Age Group
 - Home Team
 - Visiting Team

Rhode Island Youth Super Liga, llc
THE SUPER LIGA

GAME REPORT

Game #	Date	Age / Division	Time

HOME	VISITOR
Uniform Color	Uniform Color
Final Score	Final Score
Goal Scorers <small>(Uniform Number and Time)</small>	Goal Scorers <small>(Uniform Number and Time)</small>

OFFICIALS

REF

AR1

AR2

Home Coach

Visitor Coach

Check off the following.....

HOME Team Game Day Roster

VISITOR Team Game Day Roster

HOME Team Passes

VISITOR Team Passes

CAUTIONS - (Yellow Cards)

Team (Color)	Player's #	Reason

EJECTIONS - (Red Cards)

Team (Color)	Player's #	Reason

FIELD CONDITIONS

CORNER FLAGS	Good	Short	None
GOAL POSTS	Good	Fair	Poor
NETS	Good	Fair	Poor
LINES	Good	Fair	Poor
FIELD	Good	Fair	Poor
COACHES' BOX	Good	Fair	Poor

(Please Circle the appropriate condition)

Super Liga Team Sportsmanship Award

HOME	VISITOR
<input style="width: 100%; height: 30px;" type="text"/>	<input style="width: 100%; height: 30px;" type="text"/>

Please rate each team on a scale of 0 (worst) - 5 (best)

Super Liga Spectator Evaluation Score

HOME	VISITOR
<input style="width: 100%; height: 30px;" type="text"/>	<input style="width: 100%; height: 30px;" type="text"/>

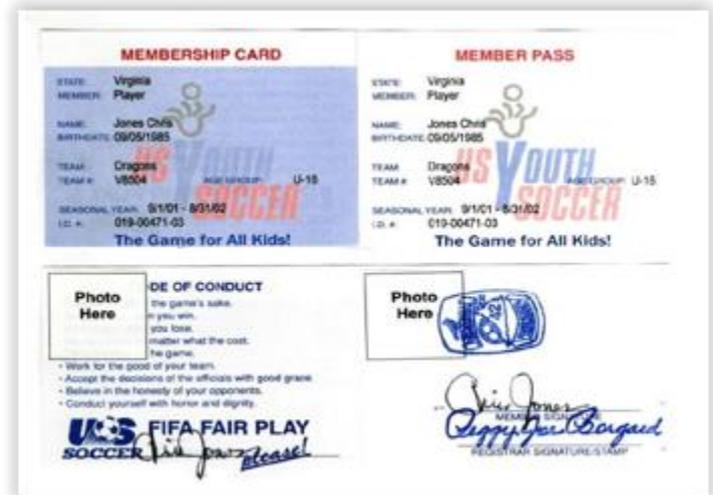
Please rate each team's spectators on a scale of 0 (worst) - 3 (best)

REFEREE COMMENTS / FEEDBACK

MUST BE ENTERED in ABSL on GAME DAY (CENTER REFEREE)

PLAYER AND COACHES PASSES

- Every Player and Coach must have a current USYS Pass
- The passes can be a printed, laminated or virtual on any mobile device



NO PASS = NO PLAY and/or NO COACH





REFEREE GAME ASSIGNMENTS

7U – 12U games > Local Association/Club Assignor

13U – 17U games > **SUPER LIGA** Regional Assignors

All **SUPER LIGA** games will be assigned on-line using the **ASSIGN BY SUPER LIGA** system

- Referees will receive an e-mail and text message informing them of game assignments
- Each referee must go onto the Assign By Super Liga system to accept or decline games

SUPER LIGA Association/Club Assignors can be found on the Super Liga website, www.thesuperliga.com , click on “Referee” ball



LOGIN INFORMATION FOR ABSL



Will be Emailed – September 1st

Assignments will start shortly after September 1st

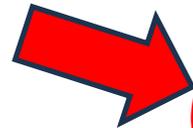


REFEREE GAME ASSIGNMENTS

Fall 2024



THE YOUTH SOCCER EXPERIENCE !



ASSIGN BY SUPER LIGA



hummel

Oliveira
ASSOCIATES, LTD
Certified Public Accountant • Business Consultant



FLASH NEWS

2024 Fall Super Liga Coaches and Referees Pre-Tournament Zoom Meetings

Registration Zoom links for the COACHES Pre-tournament meetings can be found on the COACHES page.

Registration Zoom links for the REFEREES Pre-tournament meetings can be found on the REFEREE page.



Playing Format

- **7U-8U 4v4 No GK**
Max Roster 8 players
- **9U-10U 7v7 with GK / Buildout Line**
Max Roster 14 players
- **11U-12U 9v9**
Max Roster 16 Players
- **13U-17U 11v11**
Player pool of 22 players, 18 players per game



2024 Fall SUPER LIGA

Referee Fees

AGE	Referee	AR	Fee/Team	Single Referee	Fee/Team
8U	\$ 22.00	-	\$ 11.00	-	-
9-10U	\$ 30.00	\$ 18.00	\$ 33.00	\$ 40.00	\$ 20.00
11-12U	\$ 36.00	\$ 22.00	\$ 40.00	\$ 48.00	\$ 24.00
13-14U	\$ 44.00	\$ 26.00	\$ 48.00	\$ 50.00	\$ 25.00
15-16U	\$ 50.00	\$ 30.00	\$ 55.00	\$ 60.00	\$ 30.00
17-19U	\$ 60.00	\$ 34.00	\$ 64.00	\$ 70.00	\$ 35.00





HEAD TRAUMA POLICY



Referee stops game due to player(s) head trauma

Player must be removed from the game and not allowed to return

Referee must indicate incident on game report





HEADING POLICY

All players 10 years old and younger, shall not engage in heading in practice/training or in games. (11U > 7U)



**RECOGNIZE TO
RECOVER**



HEADING POLICY

When a player deliberately heads the ball in a game....

An indirect free kick (IFK) will be awarded to the opposing team from the spot of the offense

If a player does not deliberately head the ball, then play should continue.

If the deliberate header occurs within the goal area, the indirect free kick will be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred



GAME CANCELLATIONS



- Super Liga and/or the Referee are the ONLY ones who can cancel a game.
- If games are postponed due to weather an announcement will be made typically 2½ hours before game time.



GAME CANCELLATIONS



www.thesuperliga.com

ABSL



LIGHTNING POLICY



- Coaches and Referees need to communicate prior to start of game when weather is suspect
- If lightning is observed by any referee or coach the referee will stop the game immediately
- Referee must wait 20 Minutes between observing lightning before the game can resume

Maximum 40-minute delay before terminating game



REFEREE PAYMENT PROCESS

	Collect Game Fee	Team No Show	Volunteer In Uniform	Volunteer No Uniform	Submit Forfeiture Form	Weather Conditions	Disciplinary
GAME PLAYED	Yes	—	Pay Volunteer As AR/Referee	Return Referee Fees	—	—	—
GAME NOT PLAYED	No	Check in Team	—	—	Yes	—	—
GAME TERMINATED	—	—	—	—	—	1st half = ½ fee 2nd half = full fee	full fee & Note on Game Report



COMMUNICATION

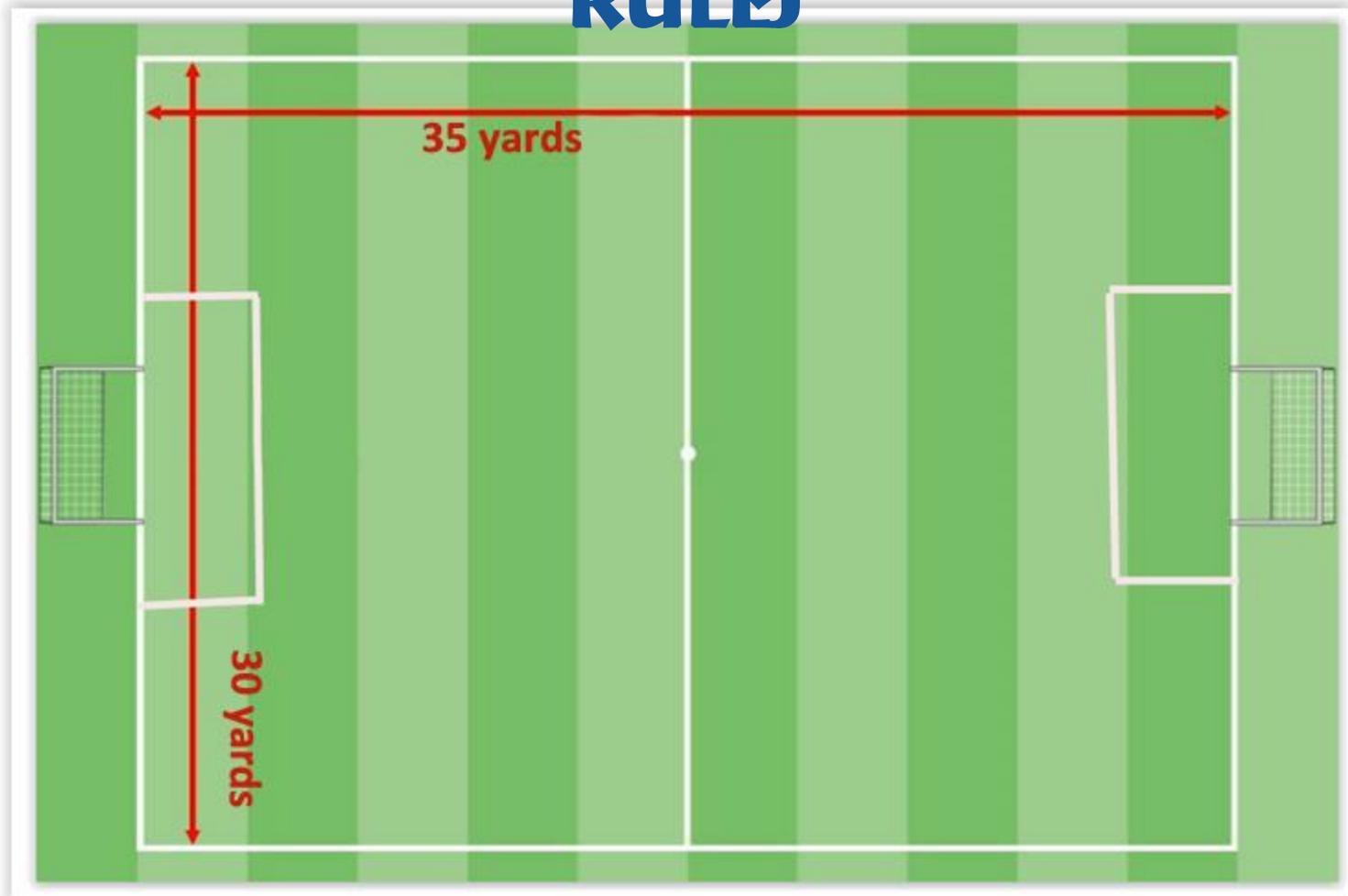


- Email
- Super Liga Website
- Protocol > Assignor/Coordinator





7U/8U PLAYING FORMAT AND RULES





7U/8U 4 V 4

LAW 1 - THE FIELD

Field	Size (Yards)	Markings	Size (Yards)
Length	35	Center Circle	5
Width	30	Penalty Box Width	11
Goal	4 X 9	Goal Box depth	5

LAW 2 - THE BALL

Ball Size	3
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LAW 3 - THE PLAYERS

Players	Number
Field	4 Max (no goal keeper)
Field	3 Min

➤ Substitutions are made “ on the fly”



7U/8U 4 V 4 FORMAT

LAW 5 - THE REFEREE

- One Referee per game: Referee Fee = \$22 (\$11/team)

LAW 6 - ASSISTANT REFEREE

- None required

LAW 7 - DURATION OF THE MATCH

- 4 Quarters – 12 minutes each

LAW 8 - THE START AND RESTART OF PLAY

- Restart after a goal: From the center circle.

LAW 10 - THE METHOD OF SCORING

- Conform to FIFA rules



7U/8U 4 V 4 FORMAT

LAW 11 - OFFSIDES

- There will be no offsides in the 8U age group

LAW 12 – FOULS & MISCONDUCTS

- Conform with FIFA with the following modifications...
- All fouls will be INDIRECT FREE KICKS
- opponent 5 yards away
- Fouls inside the goal box will result in ball being placed 5 yards outside the goal box (this allows opponent to establish a wall)
- The referee shall explain all infractions to the offending players

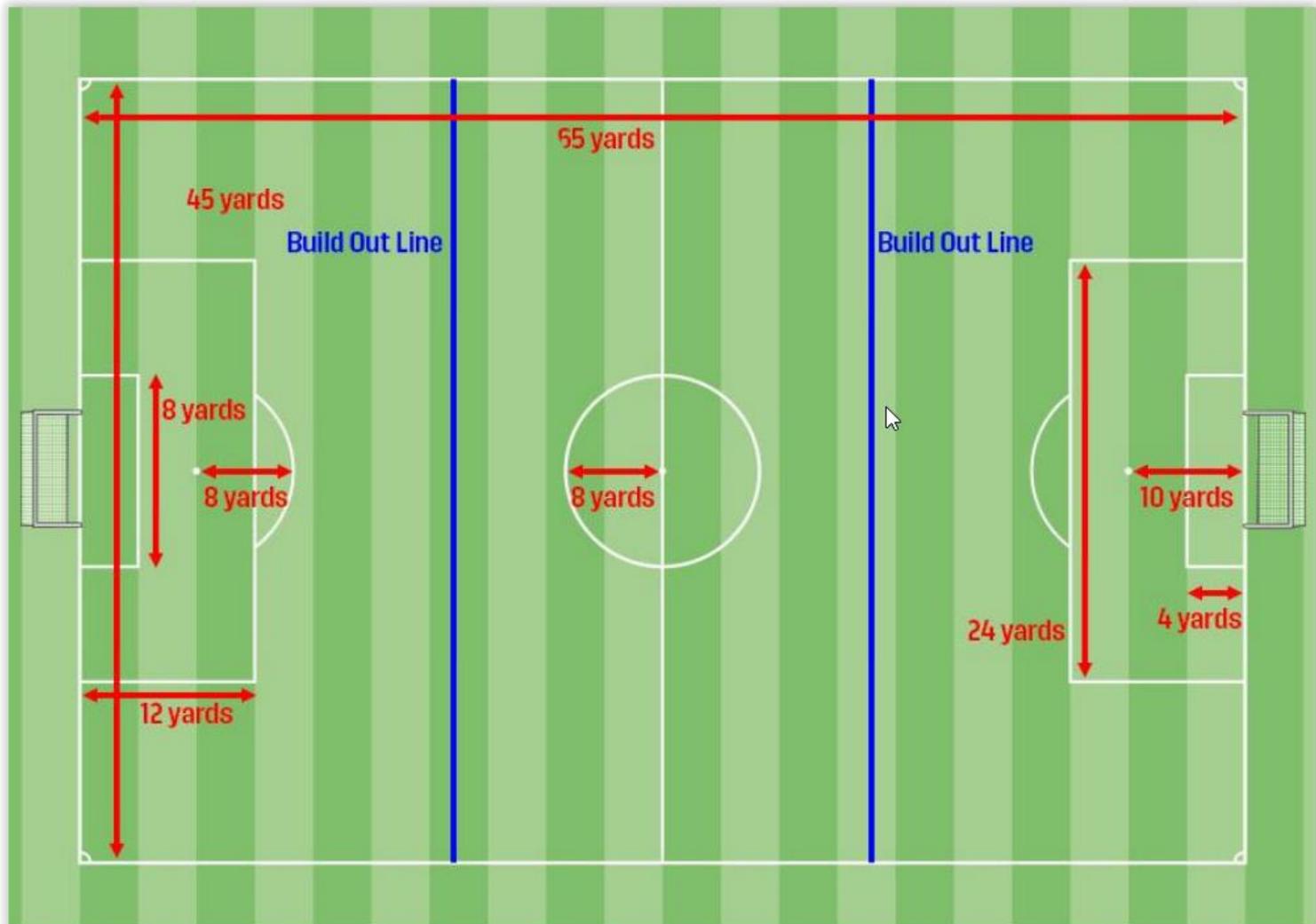
LAW 13 – FREE KICKS

- All FREE KICKS will be INDIRECT
- opponent must be 5 yards away from the ball





9U-10U PLAYING FORMAT AND RULES





9U-10U PLAYING FORMAT AND RULES

BUILD OUT LINES

- The opposing team must also move behind the build out line during a goal kick until the ball is put into play
- Punts and drop kicks are not allowed by the goalkeeper
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred



9U-10U PLAYING FORMAT AND RULES

BUILD OUT LINES

- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and the goal line.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner.



9U-10U PLAYING FORMAT AND RULES

LAW 1 - THE FIELD

Field	Size (Yards)
Length	60
Width	40
Goal	6 X 18

LAW 2 - THE BALL

Ball Size	4
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LAW 3 - THE PLAYERS

Players	Number
Field	7 Max (includes goalkeeper)
Field	5 Min



11U-12U PLAYING FORMAT AND RULES

LAW 1 - THE FIELD

Field	Size (Yards)
Length	75
Width	50
Goal	7 X 21

LAW 2 - THE BALL

Ball Size	4
-----------	---

LAW 3 - THE PLAYERS

Players	Number
Field	9 Max (includes goalkeeper)
Field	6 Min



REFEREEING IS A

Being a referee **job** with responsibilities

- As a referee, you are being paid and providing a professional service to the teams and the Super Liga League.
- You are expected to provide that service in a competent manner.

Laws Of The Game: Know the Laws of the Game and league modified rules. You should know all the rules of the game better than anyone else at the field.

Be Prepared: Have at least the minimum equipment; a whistle, a watch, red and yellow cards, referee's uniform, and something to write with and on.

Time Management: Allow yourself enough time to check the field, check in teams and communicate with your referee team.

Respect: Be friendly, with both teams. Don't be partial to one team as it can give the impression of favoritism.

Remain Calm: When you caution or eject, do not lose your temper,. Do not deliberately embarrass the player. Be polite but firm.

Pay Attention: You are there to watch all aspects of the field and game. Ignore criticism and adverse comments from the sidelines, unless they are threatening and/or not appropriate.

Teamwork: Referees control the entire game while the coaches are responsible for the behaviors of their spectators and players. If you have an unruly spectator, ask the coaches to address it. DO NOT address spectators directly.



KEY TAKEAWAYS

- Reading and responding to assignments and emails
- Need your support with assignments – very important
- Professionalism at each game
- Being timely on entering detailed game reports



REFLECTIONS – WHAT'S NEXT

- Contact your assignor
- Review your Assign By Super Liga (ABSL) information
- Review the Super Liga Rules and Policies
- Make sure you have all the required referee gear
- How to get more games



Wishing all of you a Safe and Enjoyable 2024 Fall Super Liga Season





RI Referee State Referee Committee



Committee Members



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State Referee Administrator	Juan Montalvan	sra@risrc.us
State Youth Referee Administrator	Mark Ferreira	syra@risrc.us
State Director of Instruction	Mark Oliver	sdi@risrc.us
State Assigning Coordinator	Al Ricci	sac@risrc.us
Treasurer	Freddy Silva	treasurer@risrc.us
Mentorship Director	Taha Nasser	mentorship@risrc.us
Assistant Mentorship Director	Rory Neuner	assistant-mentor@risrc.us
Academy Director	Devin Miller	academy-director@risrc.us
Member At Large	Erin Polselli	member-at-large@risrc.us



Your Duties as a Referee and Assistant Referee



Know the
Laws of the
Game and
Rules of
Competition



Be Prepared
For Every
Game



Be
Professional
in
Appearance
and Behavior



Know the Laws of the Game

- Download the IFAB App – WWW.THEIFAB.COM
 - Available on Apple and Android Devices
- Save the Rules of Competition onto your phone or print out a copy to carry with you.
 - Always know:
 1. How long the halves are.
 2. When a substitution can be made.
 3. How many players should be on the field.
 4. Unique characteristics of the game (headers, breakout lines, punting, etc)



Watch as much soccer as you can!



Know the Laws of the Game



Take time to attend the Webinars and Continuous learning opportunities provided by the SRC and others

- March 20th Webinar – Link on the RISRC.US Calendar and on Facebook. Topic is centered around questions about the Laws of the Game
- March 30th AGM – In Person Opportunity to receive instruction and meet Ian McKay and members of the referee community (2 Sessions 9-12 & 1-4)
- April 20th US Soccer's C.E.L.L Series – Link will be posted by US Soccer a few weeks prior to the event



Follow us on Facebook & Instagram
@OfficialRISRC



Be Prepared for Every Game

- Bring what you need to every game including extra whistles, pens/pencils, clothing, shoes, food, change, WATCH, etc.
- Stay fit and healthy. Know your limits. Some people can do 4 or 5 games in a day and do them well. Some cannot. Know what you can do realistically. Fitness is critical to success.
- Think about how you will respond to possible events. What will you do if a coach starts to shout about your calls? What about if parents become a problem? What are the actual words you may use to talk to a coach or player?

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Be Professional in Appearance and Behavior

- Wear your COMPLETE uniform – Check out <https://teams.capellisport.com/REFRORU>
- Be on time
- Be confident in your decisions. If the ball went out of bounds, point every time.
- Use your voice, your whistle, and your body language to let people know what is happening. Remember your mechanics
- Always speak respectfully about the game, players, coaches, fans, etc. You never know who is watching and listening.



Smile and Enjoy Yourself!





PLEASE SUPPORT OUR SPONSORS





APPENDIX



WHAT IS ALLOWED BY REFEREE?

When does the coaches' behavior become irresponsible?

- There is a continuum of reaction



Physical
Reaction
“Argh!”



Emotional
Reaction
“C’mon, Ref!”



Thoughtful
Reaction
“Are you blind!?”

When and how should the referee take action?

- Ask, Tell, Dismiss (potential to terminate the match)



LAWS OF THE GAME



OFFSIDE



LAW 11 - OFFSIDE

Position vs Activity

Offside position alone is not an infringement

Offside position and activity is an infringement



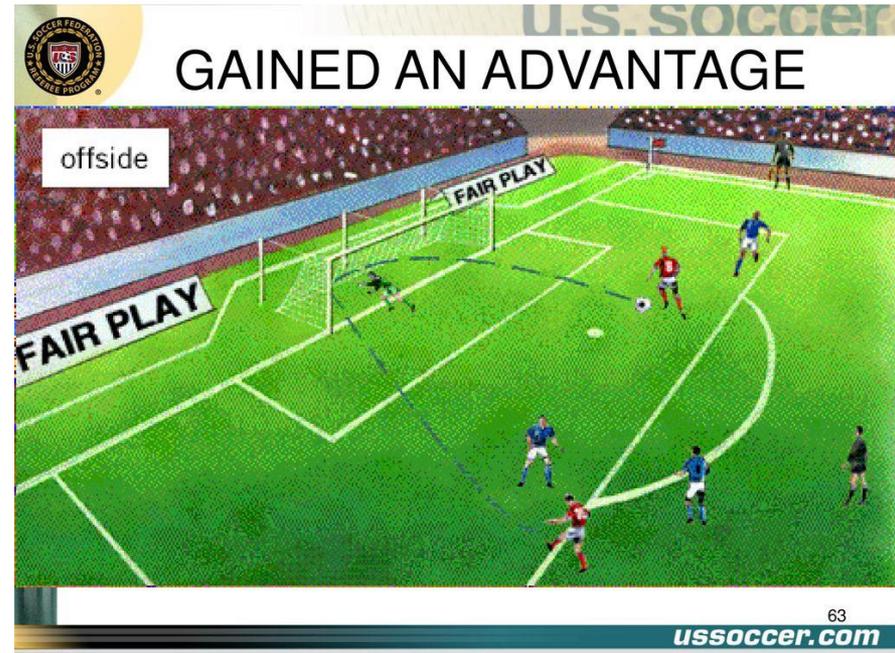
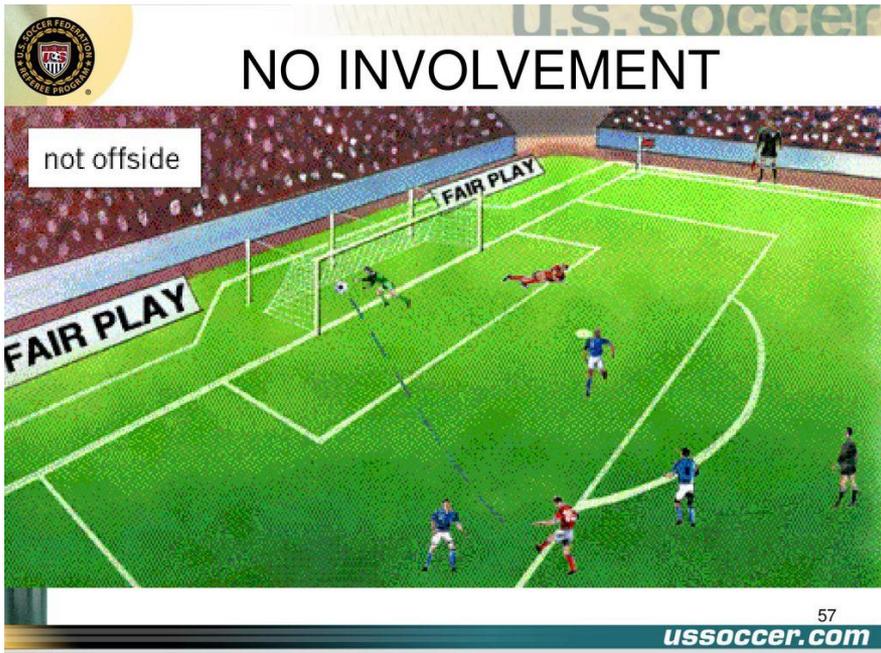


LAW 11 - OFFSIDE

Position vs Activity

Offside position alone is not an infringement

Offside position and activity is an infringement



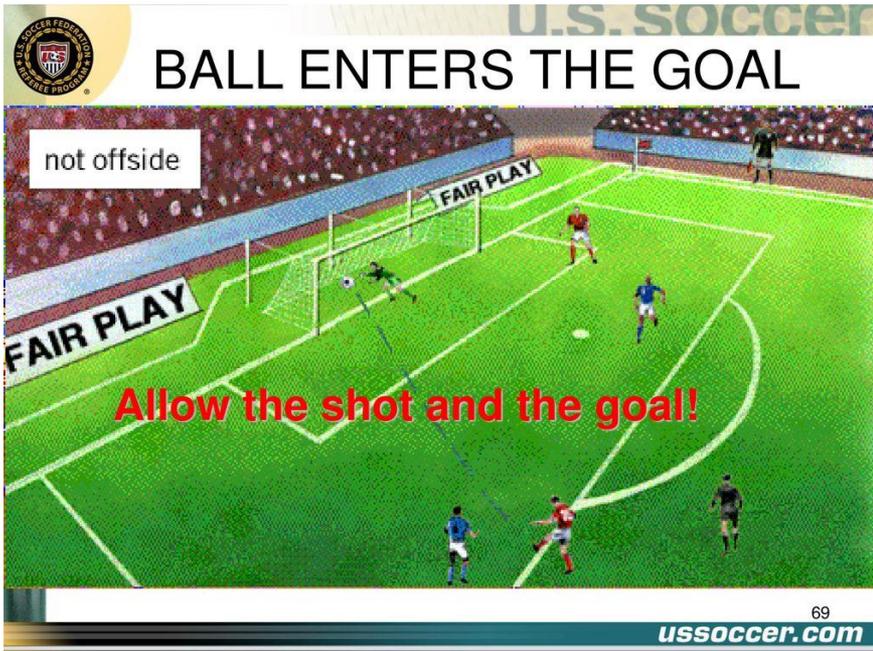


LAW 11 - OFFSIDE

Position vs Activity

Offside position alone is not an infringement

Offside position and activity is an infringement





LAW 11 - OFFSIDE

Position vs Activity

Offside position alone is not an infringement

Offside position and activity is an infringement





LAW 16- GOAL KICK

SOCCER
FUN FACTS



RESTART

- Ball is placed in the goal area
- Any defensive player may take kick
- Whole ball must leave the penalty area, into the field, on the first touch
- Attacker entering the PA cannot play or challenge for the ball until it is touched by another player
- If ball touched prior to leaving the penalty area
 - Retake the goal kick

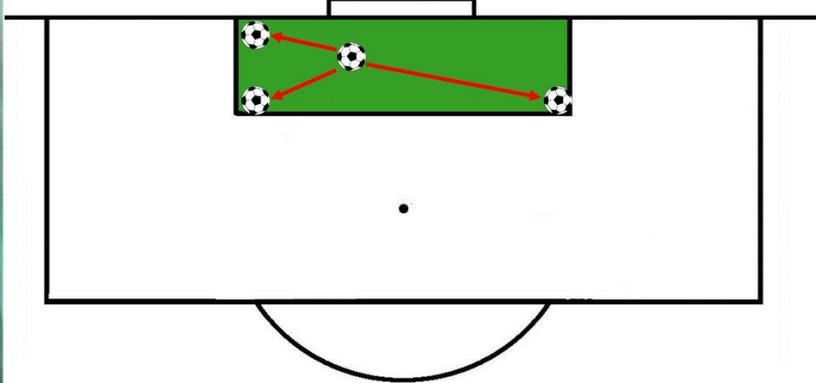


LAW 16 - GOAL KICK

SOCCER
FUN FACTS



WHERE



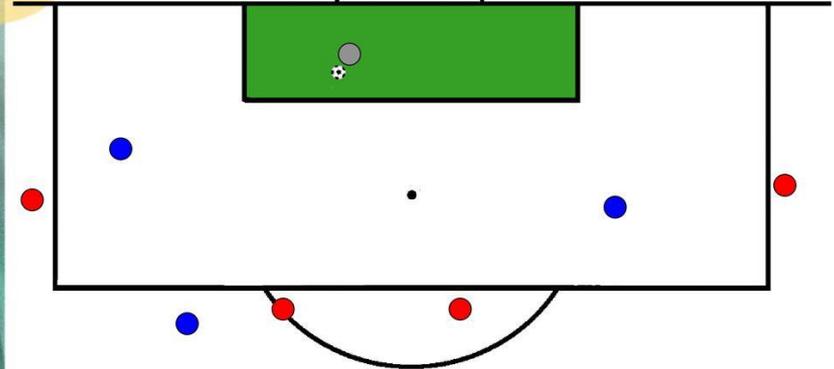
A goal kick is taken from **anywhere** in the goal area.

5

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POSITIONING ON A GOAL KICK



All attackers must be and remain **outside** of penalty area until ball has cleared the penalty area.

8

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LAW 12 – FOULS & MISCONDUCTS

MAJOR (PENAL) FOULS

Law 12 says:

A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be *careless, reckless* or using *excessive force*:



DEFINITIONS:

Careless:

Player shows lack of attention or consideration toward opponent when challenging for the ball.



DEFINITIONS:

Reckless:

When a player acts with disregard to the danger to, or consequences for, an opponent



DEFINITIONS:

Excessive Force:

When a player exceeds the necessary use of force and endangers the safety of an opponent



MAJOR (PENAL) FOULS

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Strikes or attempts to strike an opponent
5. Charges dangerously an opponent



MAJOR (PENAL) FOULS

6. Pushes an opponent
7. Tackles or challenges an opponent to gain possession of the ball, making contact with the opponent before touching the ball





KICK-OFF

The team that wins the coin toss can now chose to take the kick-off OR choose a goal to attack

If that team chooses possession of the ball, the other team may choose which goal to attack