



Goulbourn Lanark Soccer League

Grassroots Soccer Laws of the Game

Version 2016

Summary of Amendments – Version 2016

1. Change date references to current year.

Summary of Amendments – Version 2015, May 2015

1. Change date references to current year.
2. Changed all references to a player to be gender inclusive (he/she, hm/her, and his/her).
3. Updated the Law 16 The Goal Kick to reflect the current OSA instructions on opposing players retreating to a predetermined area of the field.

Summary of Amendments – Version 2014, April 2014

1. Change title of document to reflect the new OSA lingo used for the age groups included in the LTPD Recreational Matrix.
2. Correct age divisions that Grassroots encompasses and the requirements for each. This includes the addition of U12.
3. Rename, correct and add U12 to Rules Summary page.

Summary of Amendments – Version 2013.2, June 2013

1. Law 1 – Clarification on field dimensions for U8 field.

Summary of Amendments – Version 2013, May 2013

1. Overall changes to identify the introduction of LTPD recommended changes for U8 playing 5 v 5 on a half mini field.
2. Law 1 – Indicate the field dimensions for U8 to be a half mini field.
3. Law 3 – Indicate smaller team size for U8 (5 v 5) and encourage coaches to play games regardless of number of players. Also indicate unlimited substitutions on any stoppage in play.
4. Law 7 – Identify the durations of the match for each division.
5. Law 10 – Indicate that the score to be written on the Match Report for all mini soccer divisions shall be 0 – 0 as no standings are maintained.
6. Law 15 – The restart of play by a Kick-In is extended to include U10 divisions and Throw-In is restricted to U11 divisions only.

Law 1: The Field of Play

Field markings shall be clearly visible and of uniform width of approximately 5 inches. All lines are part of the area they encompass.

The size of the goals for U11 to U12 shall be 18 feet wide and 6 feet high, U9 to U10 shall be 16 feet wide and 6 feet high and for U8 the size shall be 8 feet wide and 5 feet high. The width of the goals shall be measured from the inside of one goal-post to the inside of the other goal-post, and the height from the ground to the underside of the crossbar.

Whenever possible, goal-nets shall be used.

Both team benches are to be on one side of the field (this provision may be over-ridden by the home Club). All spectators are to be on the opposite side of the field. At no time are spectators to be positioned anywhere along the goal line (corner-flag to corner-flag).

Corner-posts shall stand not less than 5 feet from the ground and shall be placed in each corner of the field of play.

The field dimensions for U8 to U12 shall be:

	U8	U9 to U10	U11 to U12
Field length:	Between 30 to 36 metres	Between 40 to 55 metres	Between 60 to 75 metres
Field width:	Between 25 to 30 metres	Between 30 to 36 metres	Between 42 to 55 metres
Penalty area width:	20 yards (18.3 metres)	25 yards (22.8 metres)	31.48 metres
Penalty area depth:	6 yards (5.5 metres)	10 yards (9.1 metres)	13 metres
Penalty mark:	8 metres	8 metres	9 yards from the goal line
Penalty arc:	6 yard radius (5.5 metres)	6 yard radius (5.5 metres)	9 metre radius
Centre circle:	6 yard radius (5.5 metres)	6 yard radius (5.5 metres)	9 metre radius
Corner arc:	1 yard radius (0.9 metres)	1 yard radius (0.9 metres)	1 yard radius (0.9 metres)
Goal area:	None	None	14.48 x 4 metres

The field dimensions for U8 shall be as above or across a mini field if necessary.

Law 2: The Ball

The ball shall be spherical and shall be constructed of material which is not dangerous to the players.

A size 4 ball shall be used for all U9 to U12 divisions. U8 divisions can use either a size 3 or a light size 4 ball.

Law 3: The Number of Players

For U11 to U12 divisions, the game shall be played by two teams each consisting of 9 players, one of whom shall be the goalkeeper. Both teams must have at least 7 players to start the game, including the goalkeeper.

For U9 to U10 divisions, the game shall be played by two teams each consisting of 7 players, one of whom shall be the goalkeeper. Both teams must have at least 5 players to start the game, including the goalkeeper.

For U8 divisions, the game shall be played by two teams each consisting of 5 players, one of whom shall be the goalkeeper. Both teams must have at least 4 players to start the game, including the goalkeeper.

Coaches are encouraged to continue with the game even if a team has less than 4 players.

Note: If a team begins play with less than 9 in the U11 to U12 divisions, 7 players in U9 to U10 divisions or less than 5 players in U8 divisions, late-arriving players may request to join the match at any stoppage in play.

A team may have a maximum of 16 names written on the Match Report in U11 to U12 divisions, 12 names written on the Match Report in U9 to U10 divisions and a maximum of 10 names on the Match Report in U8 divisions (including playing-up players). Any players which are playing-up must have their name written on the Match Report, and be clearly identified as “playing-up”.

If the referee stops the match due to possible player injury and a coach/trainer enters the field to tend to the player, the player must be substituted (this applies to all players, including the goalkeeper).

Unlimited substitution is allowed.

Under the control of the referee, substitutions shall be allowed at any stoppages in play.

Players sent-off by the referee must be replaced by a team substitute.

Sent-off players (receiving red card) must not take any further part in the current game.

Law 4: The Players' Equipment

Players shall not wear anything which endangers themselves or other players.

Basic compulsory equipment shall consist of shorts, socks, shin guards, footwear, and a numbered shirt.

Goalkeepers must wear colors which are distinguishable from all outfield players and the referee.

A player who is asked to leave the field of play because of defective or dangerous equipment may not re-enter the field of play until the referee is satisfied that the equipment is corrected.

Law 5: The Referee

The referee appointed to officiate a Grassroots game will have the full authority to enforce the age appropriate rules. Referee decisions regarding facts connected to play are final.

The referee shall:

- Enforce the laws of the game.
- Refrain from penalizing in cases where the offending team may gain an advantage.
- Report in writing to the appropriate authority, any misconduct by players, parents, spectators or other persons which takes place on the field of play or its vicinity at any time during the game.
- Control who may enter or leave the field of play.
- Stop the game immediately if a player appears to be injured, bleeding or concussed.
- Signal to start the game, and to restart it after a stoppage.
- Decide if the field of play and all applicable equipment is suitable.
- Act as timekeeper, and keep a record of the match, submitting a game report to the league after the match is completed.

Law 6: The Assistant Referees

Unless the Club of the home team assigns certified Assistant Referees for a game, each team shall designate an individual to act as a Club Linesman. The Club Linesman will indicate that the ball is out of play. All other decisions, including the possession of the ball for throw-ins or corner kicks, shall be made only by the Referee.

The Club Linesman will run opposite sidelines. The visiting team's Club Linesman will take the sideline opposite the teams.

Club Linesman are impartial, and may not at any time coach from the sideline.

Law 7: The Duration of the Match

The game shall be:

- U8: two equal halves of 20 minutes each.

- U9 and U10: two equal halves of 25 minutes each.
- U11 and U12: two equal halves of 35 minutes each.

The interval between halves of play shall be not less than 5 minutes.

If, for any reason, a game is terminated before full time, the Rules and Regulations of the competition shall apply.

Law 8: The Start and Restart of Play

At the beginning of the game, choice of halves shall be decided by the toss of a coin. The team which wins the toss shall decide which goal to attack in the first half. The other team will perform the kick-off.

At a kick-off, all players shall be in their own half of the field of play. All players opposing the team taking the kick-off shall be not less than 6 yards from the ball until it is kicked. The game shall be started by the referee giving a signal. The ball will be in play when it is kicked and moves forward into the opponent's half of the field.

For any infringement of this rule, the kick-off is retaken.

A player taking the kick-off shall not play or touch the ball a second time until it has been played or touched by another player. For any infringement of this rule:

U8, U9, U10: A direct free kick shall be awarded to the opposing team.

U11, U12: An indirect free kick shall be awarded to the opposing team.

After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored

After the first half of play, the teams shall change halves and the kick-off shall be taken by a player of the team opposing that which started the game.

A goal MAY be scored directly from a kick-off.

Drop Ball:

For any stoppage not mentioned elsewhere in these rules, the referee shall restart the game by dropping the ball at the place where it was when play was stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on the penalty area line at the point nearest to where the ball was when play was stopped. The ball shall be in play as soon as it touches the ground.

If the drop ball leaves the field of play before being touched by any player, the ball shall be dropped again.

Law 9: The Ball IN AND OUT of Play

The ball is OUT of play:

- When the whole of the ball has crossed the goal line, or touch-line, whether on the ground or in the air.
- When the play has been stopped by the referee.

The ball is IN play:

- At all other times, including when it rebounds into play from a goal-post, a cross-bar, or a corner flag post, or referee and remains in the field of play.

Law 10: The Method of Scoring

A goal is scored when the whole of the ball has crossed over the goal line, between the goal-posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except by a goalkeeper from within his own penalty area.

The referee shall be the sole judge as to whether a goal has been scored.

During the course of play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped. The referee shall restart the game by dropping the ball.

At the conclusion of the game the score of 0 – 0 is to be written on the Match Report.

Note: There will be no standings maintained or posted for all Mini Soccer divisions.

In the event of a mismatch between the teams, coaches are expected to take assertive action to not “run up the score”.

Law 11: Off-Side

All U8, U9 and U10 competitions will NOT use Offside.

Offside is in effect in U11 and U12 competitions.

Offside Position

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- He/she is in the opponent’s half of the pitch, and
- Is nearer to his/her opponent’s goal line than both the ball and the second last opponent.

Offside Offence

A player is only penalized if He/she is in an offside position at the moment the ball touches or is played by another member of his/her team and, in the opinion of the referee, is involved in active play by:

- Interfering with play, or
- Interfering with an opponent, or
- Gaining an advantage by being in that offside position.

No Offence

There is no offside offence if a player receives the ball directly from:

- A goal kick, or
- A corner kick, or
- A throw-in.

Infringements/Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team, to be taken from the place where the infringement occurred.

Law 12: Fouls and Misconduct

A player shall be penalized if, in the opinion of the referee, the player intentionally commits any of the following ten offences while the ball is in play, shall be penalized by the awarding of a *direct* free kick to the opposing team, unless the player commits the offence within his/her own penalty area, in which case a penalty-kick shall be awarded.

1. Kicks or attempts to kick an opponent,
2. Trips or attempts to trip an opponent,
3. Jumps at an opponent,
4. Charges an opponent,
5. Strikes or attempts to strike an opponent,
6. Pushes an opponent,
7. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball,
8. Holds an opponent,
9. Spits at an opponent,
10. Handles the ball deliberately (except by a goalkeeper within his/her own penalty area).

Technical offences by the goalkeeper

A free kick is awarded to the opposing team if goalkeeper, inside his/her own penalty area, commits any of the following four offences while the ball is in play.

1. Takes more than six seconds while controlling the ball with his/her hands, before releasing it from his/her possession,
2. Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player,
3. Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate,
4. Touches the ball with his/her hands after he/she has received it directly from a throw-in or kick-in taken by a team-mate.

The kick shall be taken from that part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.

Play is restarted with:

U8, U9, U10: A direct free kick.

U11, U12: An indirect free kick.

Technical offences committed by any player

A free kick is awarded to the opposing team if a player, in the opinion of the referee:

1. Plays in a dangerous manner,
2. Impedes the progress of an opponent,
3. Prevents the goalkeeper from releasing the ball from his/her hands,
4. Commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

Play is restarted with:

U8, U9, U10: A direct free kick.

U11, U12: An indirect free kick.

Should a player commit the technical offence within his/her own penalty area, the kick shall be taken from that part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.

Cautionable Offences

A player is cautioned and shown the yellow card if he/she commits any of the following seven offences:

1. Is guilty of unsporting behaviour,
2. Shows dissent by word or action,
3. Persistently infringes the Laws of the Game,
4. Delays the restart of play,
5. Fails to respect the required distance when play is restarted with a corner kick or free kick,
6. Enters or re-enters the field of play without the referee's permission,
7. Deliberately leaves the field of play without the referee's permission.

Sending-Off Offences

A player is sent-off and shown the red card if he/she commits any of the following seven offences:

1. Is guilty of serious foul play,
2. Is guilty of violent conduct,
3. Spits at an opponent or any other person,
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his/her own penalty area),

5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick (Note: this does not apply for technical offences punishable by a free kick),
6. Uses offensive, insulting or abusive language and/or gestures,
7. Receives a second caution in the same match.

Law 13: Free kick

For any infringement of these laws when the ball is in play, the referee may award a free kick to the non-offending team. The free kick shall be taken from the place where the infringement occurred, unless the free kick is awarded to the attacking team within its opponents' penalty area. In this case, the kick shall be taken from that part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.

At the taking of a free kick, the ball shall be stationary and all opponents shall be not less than 6 yards from the ball until it has been kicked. The ball shall be in play when it is kicked and moves.

A player taking a free kick within his/her own penalty area shall kick the ball into play beyond the penalty area. The ball shall be in play when it has been kicked and moves and has passed outside the penalty area directly into the field of play. All opponents shall be outside the penalty area and not less than 6 yards from the ball until it has been kicked. For any infringement of this rule, the free kick shall be retaken.

A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player. For any infringement of this rule:

U8, U9, U10: A direct free kick shall be awarded to the opposing team.

U11, U12: An indirect free kick shall be awarded to the opposing team.

A goal MAY be scored directly from a direct free kick.

A goal MAY NOT be scored directly from an indirect free kick.

Law 14: The Penalty-kick

The penalty-kick is taken from the penalty-mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area, within the field of play, behind the ball, and not less than 6 yards from the ball until it has been kicked.

The goalkeeper shall remain on his own goal line, facing the kicker, and between the goal-posts, until the ball has been kicked.

The player taking the penalty-kick must kick the ball forward. The ball is in play when the ball is kicked and moves forward. The player shall not play or touch the ball a second time until it has been played or touched by another player.

If necessary, the time of play shall be extended to allow a penalty-kick to be taken.

For any infringement of this rule:

- **By a member of the defending team**, the kick shall be retaken if a goal has not been scored. If a goal is scored the goal is allowed, and the restart will be a kick-off.
- **By a member of the attacking team**, if a goal is scored it shall be disallowed and a free kick awarded to the defending team, to be taken from the place where the infringement occurred. If a goal is not scored play is allowed to continue.
- **By a member of both teams**, the kick shall be retaken whether a goal has been scored or not.

If, after the kick has been taken, the ball or the goalkeeper is interfered with by an outside agent, the kick shall be retaken.

Law 15: The Kick-In [U8,U9 and U10]

When the whole of the ball has crossed the touch-line, either on the ground or in the air, play will be restarted with a kick-in by a member of the team opposing that of the player who last played or touched it.

The ball is placed on the touch-line at the point where it left the field of play. The player taking the kick-in shall face the field of play and kick the ball. The ball will be in play immediately after it enters the field of play when it is kicked and moves.

If the player taking the kick-in plays or touches the ball a second time before it has been played or touched by another player, a direct free-kick shall be awarded to the opposing team.

At the taking of a kick-in all opponents must be at least 6 yards from the ball.

A goal may NOT be scored directly from a kick-in.

Law 15: The Throw-In [U11 and U12]

A throw-in is awarded:

- When the whole of the ball passes over the touch line, either on the ground or in the air,
- From the point where it crossed the touch line,
- To the opponents of the player who last touched the ball.

At the moment of delivering the ball, the thrower:

- Faces the field of play,
- Has part of each foot either on the touch line or on the ground behind the touch line,
- Uses both hands,
- Delivers the ball from behind and over the head.

All opponents must stand no less than 2 yards from the point at which the throw-in is taken. For an infringement of this law the throw-in shall be performed by a player of the opposing team.

The ball is in play immediately as it enters the field of play. If the ball does not enter the field of play it is re-thrown by the same team.

After the ball is in play, if the thrower plays or touches the ball a second time before it has been played or touched by another player: an indirect free kick shall be awarded to the opposing team.

A goal MAY NOT be scored directly from a throw-in.

Law 16: The Goal Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, and a goal is not scored, having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball shall be kicked into play from any point within the penalty area.

U8, U9, U10, U11, and U12: When a Goal Kick is awarded, all members of the non-kicking team shall retreat to the predetermined area of the field. They may move forward to the attacking half of the field after the ball is in play.

The predetermined area of the field are as follows:

- U8 (5 v 5) – Half way line.
- U9 and U10 (7 v 7): - 1/3rds line.
- U11 and U12: - 1/3rds line.

The kicking team may perform a quick restart – they do not need to wait until the non-kicking team has retreated before putting the ball in play.

The ball shall be in play when it has been kicked and travels from the penalty area directly into the field of play.

If the player taking the goal kick plays or touches the ball a second time after it is in play but before it has been played or touched by another player:

U8, U9, U10: A direct free kick shall be awarded to the opposing team.

U11, U12: An indirect free kick shall be awarded to the opposing team.

A goal MAY be scored directly from a goal kick.

Law 17: The Corner Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, and a goal is not scored, having last been played or touched by a member of the defending team, a corner-kick shall be awarded to the attacking team.

The corner-kick shall be taken from within the corner-arc nearest to where the ball crossed the goal line. All opponents shall be not less than 6 yards from the ball until it has been kicked. The ball is in play when it is kicked and moves.

If the player taking the corner kick plays or touches the ball a second time after it is in play but before it has been played or touched by another player:

U8, U9, U10: A direct free kick shall be awarded to the opposing team.

U11, U12: An indirect free kick shall be awarded to the opposing team.

A goal MAY be scored directly from a corner-kick.

Law 18: The Team Bench Area

1. Teams will occupy the same side of the pitch, each team restricting itself to one half. Under no circumstances may one team be coached from both sides of the pitch.
2. All spectators will sit on the opposite side of the pitch. Where one side of the pitch is unusable, the teams and spectators shall share the one side of the pitch [see also Law 1].
3. When required for reasons of match control, the referee may define a Technical Area as per the FIFA Laws of the Game, and implement strict usage of this area including requiring all team personnel (e.g. coaches, substitutes) to remain within this area at all times.

Law 19: The Coach

1. It is the responsibility of the coach to ensure that spectators and substitute players do not interfere with the match. Spectators are not permitted along the goal line.
2. Coaches must supervise and participate in the post-match handshake.
3. In the event of a mis-match between the teams, coaches are expected to take assertive action to prevent running up the score.