



PSA Outdoor Soccer Playing Rules

Youth Outdoor Recreational League

Rules and Guidelines

Changes / Updates to This Version

Section 1.1	Field dimensions & goal sizes
Section 2.4	Ball sizes
Section 3.1	Team sizes
Section 3.3	Team Roster. Added info about team/player suspensions
Section 3.6.1	Substitutions of Kinder – to – 1 st Grade, section removed
Section 3.6	Added in Kick-In
Section 7.1	Duration of the match
Section 12.9.1	Updated info about team / player suspensions
Section 15.1	Added Kick-in section

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All effort was taken to make these PSA Playing Rules ‘gender neutral’ and reflect the importance of females in today’s soccer. However, any reference to the male gender in respect of match officials, players, or team officials is unintentional and applies to both male and female.

LAW 01 - The Field of Play

1.1. Field Dimensions and Goal Size

All goals should be properly anchored to the ground and deemed safe by the match officials before any games will be allowed to be played.

AGE GROUP (Academy)	LENGTH (YDS)	WIDTH (YDS)	GOAL SIZE (FT x FT)
U6	30	20	4 x 6
U7	30	20	4 x 6
U8	30	20	4 x 6
U9	60	40	6.5 x 18.5
U10	80	50	6.5 x 18.5
U11	80	50	6.5 x 18.5
U12	80	50	6.5 x 18.5

AGE GROUP (Rec)	LENGTH (YDS)	WIDTH (YDS)	GOAL SIZE (FT x FT)
Kindergarten	50	30	4 x 6
1st Grade	50	30	5 x 10.5
2nd Grade	50	30	6 x 12
3rd – 4th Grade	80	50	7 x 18
5th – 10th Grade	112	75	8 x 24

1.2. Nets & Corner Flags

- All Nets and Corner Flags will be provided by PSA.
- Nets are secured to the goal standards and are not to be removed for any reason.
- Missing or seriously damaged nets or goals should be reported to PSA, the Senior Official, or the PSA Soccer Director.

1.3. Field Marking

- The fields are marked with distinctive lines that are no bigger than five (5) inches wide and marked according to the dimensions for the appropriate age of players on the fields.
- The field of play must be rectangular and marked with such lines. These lines belong to the areas of which they are boundaries.

1.4. Marked Areas on the Field of Play

The following lines and areas should be marked on all PSA fields

- Goal Area & Penalty Area
- Touchlines, Goal lines & Half line
- Corner Arc, Penalty Arc & Penalty Mark
- Center Circle
- Technical Area
- Spectator Restraint Line

1.5. Technical Area

The Technical Area is a designated seated area for team officials (coaches, managers, and other properly badged team personnel), players and substitutes as described below.

- The Technical Area is located at least one (1) yard back from the touchline and ten (10) yards from either side of the halfway line. The Technical Areas will be down-sized to meet the specifications of the age groups playing and the respective size of the field of play.
- Only properly badged team officials, players and substitutes are allowed into the Technical Area during the match.
- All properly badged team officials and substitutes must remain within the confines of the Technical Area except in special circumstances (e.g. when the coach or other team official enters the field of play – with the referee’s permission – to assess or attend to an injured player).
- All occupants of the Technical Area must behave in a responsible manner and are subject to the same Soccer Laws, PSA Playing Rules and Guidelines as the players on the field of play.
- Each team is allowed to have up to three (3) team officials present in the Technical Area during a match, regardless of how many are listed on the Team Roster.

LAW 02 - The Official Approved Ball

2.1.The Ball

The Home team provides a serviceable game ball. In certain cases (extreme windy conditions, proximity of the field of play to overgrown areas, creeks, roadways, etc.), the referee may request a ball from each team or multiple balls to be on hand to use to keep the game flowing.

The referee shall be responsible for determining whether any ball used in the game meets official standards for size, inflation, and other conditions which may prove dangerous to other players. A game ball may only be changed with a referee's consent and inspection.

2.2.Ball Qualities

The ball must be:

- Spherical
- Made of leather or other suitable material
- Properly inflated
- Free of defects or other dangerous cuts, scrapes, etc.

2.3.Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match, the following actions are taken depending on when the ball becomes defective:

- While the ball is in play
 - The match is stopped.
 - The match is restarted with a Drop Ball with the replacement ball at the place where the original ball became defective. Unless play was stopped inside the goal area, in which case the referee drops the replacement ball on the goal area line parallel to the goal line at the point nearest to where the original ball was located when play was stopped.
- During a stoppage in play.
 - If the ball becomes defective while not in play at a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in, the ball is replaced and play is restarted accordingly.
 - The restart is NOT changed simply due to the defective ball.

- During the taking of a restart
 - If the ball becomes defective during a kick-off, goal kick, corner kick, free kick, penalty kick or throw-in the restart is re-taken.
 - If the ball becomes defective during a penalty kick or during kicks from the penalty mark as it moves forward and before it touches any player or the crossbar or goalposts, the Penalty Kick is retaken.

2.4. Ball Size

The following chart illustrates the ball sizes used for the varying grade levels.

Grade Level (Rec)	Ball Size
Kinder – 1st Grade	3
2rd – 6th Grade	4
7th Grade & Higher	5

Grade Level (Acad / Club Dev)	Ball Size
U6	3
U7	3
U8	3
U9	4
U10	4
U11	5
U12	5

LAW 03 - The Players

3.1.Teams

The game is played between two (2) teams. Team designations of “Home” and “Visitor” are determined per the PSA Soccer schedule.

Age Group (Academy / Club Development)	# Players on Field	Minimum Req to Play
U6	4v4 (NO Goalkeeper)	3
U7	4v4 (NO Goalkeeper)	3
U8	4v4 (NO Goalkeeper)	3
U9	7v7 (one MUST be GK)	4
U10	9v9 (one MUST be GK)	5
U11 / U12	9v9 (one MUST be GK)	5

Age Group (Rec)	# Players on Field	Minimum Req to Play
Kindergarten	5v5 (NO Goalkeeper)	4
1st – 2nd Grade	7v7 (one MUST be GK)	4
3rd-4th Grade	9v9 (one MUST be GK)	5
5th-10th Grade	11v11 (one MUST be GK)	7

No match may start or be allowed to continue if either team does not meet the minimum number of players for a match.

In age groups that provide for it, one of the players must be the Goalkeeper, and shall wear a jersey that distinguishes themselves from all other players on the field.

3.2.Minimum Player Participation Times (50% Rule)

For all Recreational Leagues (Kinder through 10th Grade), there is a minimum amount of time that each player is REQUIRED to play.

1. All players must play at least 50% of each half.
2. Players who show up late, at halftime or have to leave for any reason may be exempt from this requirement at coach’s discretion.

3.3.Team Roster

Each team shall supply the referee with a completed roster listing the names of all properly badged team officials that may be allowed on the Team side of the field during a match. All players and substitutes must be listed with their unique uniform number.

No game will be started unless this roster is obtained by the referee.

Regardless of the number of properly badged team officials listed on the roster, there is a limit of three (3) who are allowed inside the Technical Area during a match.

Any coaches or teams that have a “Disciplinary Non-Playing Form” for players who must sit out for Red Card Ejections or other disciplinary actions must provide the Referee with the proper documentation. The referee will certify the documentation and provide it to the opposition coach as needed.

NOTE: Any player who has been sanctioned with a game suspension does not have to be in attendance at the match. However, that player is not prohibited from staying in the Technical Area as long as they are either NOT in full uniform or is wearing a pinnie to distinguish them from other valid players.

3.4.Team Substitutes

All Players not participating on the field of play are called “Substitutes” who are also under the jurisdiction of the Soccer Laws, or PSA Playing Rules and Guidelines.

Only players, substitutes, and properly badged team officials are allowed in the Technical Area. **All team officials in the Technical Area must wear in plain sight the official PSA Coaches Badge.** No photographers, family members or medical staff is allowed in the Technical Area without a badge.

3.5.Substitution Procedures

To replace a player with a substitute, the following conditions must be observed:

- The referee must be informed before any proposed substitution is made. A team requesting the substitution must notify the referee or assistant referee for the next stoppage in play when they are allowed to substitute.
- The substitute may only enter the field of play at the halfway line and during a stoppage in play. The substitutes must be up and standing at the halfway line, ready to enter the game, at the time of the request for substitution. Any request where the players are NOT standing at the halfway line may be disallowed.
- When the referee acknowledges the request for substitution, the players are then called off the field of play. None of the substitutes may enter the field of play prior to their counterpart leaving the field of play – unless the substitute is specifically beckoned onto the field of play by the Referee.
- If a player who is to be replaced refuses to leave, play continues.

- The substitution is completed when the substitute enters the field of play. From that moment, the substitute becomes a player and the player replaced has become a substitute.
- Substitutes may take any restart provided they first enter the field of play.
- The substitutions are to be accomplished in a timely manner, as a courtesy to the spirit of the game. Violations may be cautioned for Unsporting Behavior – time wasting.
- All substitutes are subject to the authority and jurisdiction of the referee.

3.6. When Substitutions Can Occur

Substitutions may be made at the following stoppages with permission of the referee.

- **Throw-In / Kick-In:** The team that is in possession of the ball at the time of the throw-in or kick-in MUST be the team that initiates the request for the player substitution. As a result of the stoppage in play both teams may then substitute.
- **Goal Kick:** Both teams may substitute at any goal kick.
- **After a goal has been scored:** By either team.
- **Injury:** If a coach or other team personnel is beckoned onto the field of play to attend to an injured player, that player must be substituted off. The opposing team may substitute as well on an equal player basis. If the injury is a result of an offense that results in a yellow card misconduct or red card ejection, the injured player does not have to leave the field of play – provided that the injury is resolved quickly.
- **Half Time:** By either team.
- Or any other time deemed necessary by the referee.

3.7. Changing the Goalkeeper

In those age groups where a Goalkeeper is utilized, any of the players may change places with the goalkeeper provided that

- The referee is informed before the change is made.
- The change is made during a stoppage in the match.

3.8. Players and Substitutes Sent Off

Any player ejected or sent off from a sanctioned PSA soccer game (once the game has officially started) shall NOT be replaced and that team must play “SHORT” for the duration of the match. If the ejection occurs prior to the initial kick off, that player may be replaced and the team does NOT play “SHORT”.

3.9. Injured Player

In the case of an injured player, the coach (or any other team official) is beckoned onto the field of play by the referee to tend to the injured player. That player must be substituted

for and shall not return to the field of play until a normal stoppage and must be approved by the near side assistant referee or fourth official. If medical assistance is required (such as EMT or paramedics), the referee reserves the right to stop the match. If the time delay is greater than the remainder of the game, that game shall stand as of the time of said injury.

3.10. Infringements and Sanctions

If a player changes places with the goalkeeper without the referee's permission:

- The referee allows play to continue
- The referee cautions both of the players and shows them both a Yellow Card when the ball is next out of play.

In the event of any other infringements of this Law:

- The players concerned are cautioned and shown a Yellow Card
- If play is stopped, the match is restarted with an indirect free kick, to be taken by a player of the opposing team from the position of the ball at the time of the stoppage.
- If play had already been stopped, there is no change to the restart.

3.11. Extra Persons on the Field of Play

All persons listed on the team roster (with the exception of players or substitutes) are team officials. Anyone not named on the team list as a player, substitute or team official is an outside agent.

If a team official, substitute, sent off player or outside agent enters the field of play the referee must:

- Only stop play if there is interference with play
- Have the person removed when play stops
- Take appropriate disciplinary action

If play is stopped and the interference was by:

- A team official, substitute, or sent off player, play restarts with a direct free kick or penalty kick
- An outside agent, play restarts with a dropped ball

If a ball is going into the goal and the interference does not prevent a defending player playing the ball, the goal is awarded if the ball enters the goal (even if contact was made with the ball) -- unless the ball enters the opponents' goal.

3.12. Player Outside the Field of Play

If, after leaving the field of play with the referee's permission, a player re-enters without the referee's permission, the referee will:

- Stop play (not immediately if the player does not interfere with play or if 'advantage' can be applied)
- Caution the player for entering the field of play without permission and show them a Yellow Card
- Instruct the player to leave the field of play

If the referee stops play, it must be restarted:

- With an indirect free kick from the position of the ball when play was stopped – OR –
- As described in LAW 12 (Fouls and Misconducts) if the player infringes this Law.

LAW 04 - Players' Equipment

A player must not use equipment or wear anything that is dangerous to themselves or another player.

4.1. Basic & Usual Equipment

The equipment worn by a player during the entire game shall consist of:

- Shirt or Jersey with a permanent and unique number
- Shorts
- Socks
- Shin Guards
- Footwear

4.2. Shirt or Jersey

Each player must wear a shirt or jersey with a permanent and unique number. Magic marker, tape, spray paint used for a number will NOT be acceptable. Any player with this type of number will not be allowed to participate. The decision of the referee is FINAL. These numbers shall be no less than four (4) inches in height.

4.3. Shorts

If undershorts or tights are worn, they should be of the same main color as the shorts. Sweat pants and other long legged sportswear are allowed to be worn over the top of the shorts.

4.4. Socks

If tape or similar material is applied externally, it must be of the same color as the part of the sock it is applied to. The socks must completely cover the shin guards.

4.5. Shin Guards

All players must wear age appropriate Shin Guards during play. Shin Guards are defined as protective equipment that is commercially available and designed specifically to protect the shin area. Under no circumstances may any player enter the field of play without Shin Guards to participate in play.

4.6. Footwear

Footwear must be closed toe and be safe. No metal cleats are allowed. Shoes with a “toe cleat” will NOT be allowed. The cleats must not pose a danger to any player or person on the field of play.

A player whose footwear or shin guard is lost accidentally must replace it as soon as possible and no later than when the ball next goes out of play. If before doing so, the player plays the ball and/or scores a goal, the goal is awarded.

4.7. Goalkeeper

The Goalkeeper shall wear colors that would distinguish that positional player from any other player on the field. Anyone replacing the Goalkeeper shall also wear a distinctive color jersey. The Goalkeeper may wear approved protective headgear or gloves.

4.8. Dangerous Equipment

Players are not permitted to wear necklaces, jewelry, chains, and bracelets during the game that is considered by the referee as unsafe or dangerous. Stud earrings may be worn as long as the earlobes are taped / covered. Rings that cannot be removed must be taped to ensure that they do not present a danger to the wearer or any other player. Players wearing any of the prohibited items, once play has begun, shall be removed to their Technical Area immediately and must be re-inspected at a normal stoppage by the Referee before they may re-enter the field.

By PSA Rule, **NO HARD CASTS ARE PERMITTED** – Splints or braces are at the discretion of the Referee(s).

4.9. Blood

The Referee shall send any player to their team’s Technical Area who requires treatment for any sort of bleeding, regardless whether the blood is that player’s or another player’s. Any player who is removed for either having blood on their uniform or is actively bleeding shall not return until being inspected by the Referee. No player shall be allowed to return with fresh blood on any part of their person or uniform.

4.10. Infringement

For any infringement of this Law, play does not need to be stopped:

- Player is instructed to leave the field of play to correct the equipment
- Player must leave when play stops, unless the equipment has been corrected

A player who leaves the field of play to correct or change their equipment must:

- Have the equipment checked by a match official before being allowed to re-enter
- Only re-enter with the referee's permission (which may be given during play)

A player who enters without permission may be cautioned (shown a Yellow Card). If play is stopped to issue the caution:

- An Indirect Free Kick is awarded from the position of the ball when play was stopped.

LAW 05 - The Referee

5.1. Authority of the Referee

Each match is controlled by a referee who has the full authority to enforce the PSA Soccer Laws and Playing Guidelines in connection with the match.

5.2. Decisions of the Referee

Decisions will be made to the best of the referee's ability according to the Laws of the Game and the 'spirit of the game' and will be based on the opinion of the referee who has the discretion to take appropriate action within the framework of the Laws of the Game.

The decisions of the referee regarding facts connected with play, including whether or not a goal is scored and the result of the match, are final. The referee may not change a decision on realizing that it is incorrect or on the advice of another match official if play has restarted or the referee has signaled the end of the first or second half (including extra time) and left the field of play or terminated the match.

If a referee is incapacitated, play may continue under the supervision of the other match officials until the ball is next out of play.

5.3.Powers and Duties of the Referee

- Enforces the Laws of the Game
- Controls the match in cooperation with the other match officials (including assistant referees and, where applicable, with the Fourth Official or other Senior Official)
- Acts as timekeeper and keeps a record of the match and provides the appropriate authorities with a match report, which includes information on any disciplinary action and any other incidents that occurred before, during or after the match.
- Supervises and/or indicates the restart of play.
- Advantage
 - Allows play to continue when an infringement or offense occurs and the non-offending team will benefit from the advantage
 - Penalizes the infringement or offense if the anticipated advantage does not occur at that time or within a few seconds
- Disciplinary Action
 - Punishes the more serious offense, in terms of sanction, restart, physical severity and tactical impact, when more than one offense occurs at the same time
 - Takes disciplinary action against players guilty of cautionable and sending-off offenses. The Referee is not obliged to take this action immediately but must do so when the ball next goes out of play.
 - Has the authority to take disciplinary action from the time the Referee enters the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark). If, before entering the field of play at the start of the match, a player commits a sending-off offense, the referee has the authority to prevent the player taking part in the match.
 - Has the power to show yellow or red cards from the time of entering the field of play at the start of the match until after the match has ended, including during the half-time interval, extra time and kicks from the penalty mark.
 - Takes action against team officials who fail to conduct themselves in a responsible manner and may, at the referee's discretion, expel them from the field of play and its immediate surroundings.
 - Act on the advice of the other match officials (including Asst. Referees, Fourth Official, or Senior Official) of any Rule infringements or any incidents that the referee did not see.

- Injuries
 - Allows play to continue until the ball is out of play if a player is, in the referee's opinion, only slightly injured.
 - Stops play if a player is seriously injured and ensures that the player is removed from the field of play. An injured player may not be treated on the field of play and may only re-enter after play has restarted. If the ball is in play, re-entry must be from the touchline but if the ball is out of play, it may be from any boundary line.
 - Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped and all fresh blood is off the uniform or player.
- Outside Interference
 - Stops, suspends or abandons the match, at the referee's discretion, for any infringements of the Laws of the Game or because of outside interference, if:
 - The Floodlights are inadequate
 - An object thrown by a spectator hits a match official, player, substitute, or team official. the referee may allow the match to continue, or stop, suspend or abandon it depending on the severity of the incident
 - A spectator blows a whistle which interferes with play - play is stopped and restarted with a dropped ball
 - An extra ball, other object or animal enters the field of play during the match, the referee must:
 - Stop play (and restart with a dropped ball) only if it interferes with play. Unless the ball is going into the goal and the interference does not prevent a defending player playing the ball, then the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the ball enters the opponents' goal
 - Allow play to continue if it does not interfere with play and have it removed at the earliest possible opportunity.
 - Allows no unauthorized persons to enter the field of play

LAW 06 - The Other Match Officials

Other match officials (two assistant referees, fourth official, two additional assistant referees and reserve assistant referee) may be appointed to matches. They will assist the referee in controlling the match in accordance with the Laws of the Game but the final decision will always be taken by the referee.

The match officials operate under the direction of the referee. In the event of undue interference or improper conduct, the referee will relieve them of their duties and make a report to the appropriate authorities.

With the exception of the reserve assistant referee, they assist the referee with offenses and infringements when they have a clearer view than the referee and they must submit a report to the appropriate authorities on any serious misconduct or other incident that occurred out of the view of the referee and the other match officials. They must advise the referee and other match officials of any report being made.

The match officials assist the referee with inspecting the field of play, the balls and players' equipment (including if problems have been resolved) and maintaining records of time, goals, misconduct etc.

If the referee is unable to continue with the match, the senior assistant referee or senior additional assistant referee may take over the match. It is also permissible for the Senior Official (or Fourth Official) to take over, as well.

6.1. Assistant Referees

Two (2) assistant referees may be appointed whose duties (which are subject to the decision of the referee) are to indicate:

- When the whole of the ball leaves the field of play and which team is entitled to a Corner Kick, Goal Kick, or Throw-in.
- When a player in an offside position may be penalized.
- When a substitution is requested.
- Whether, at a Penalty Kick, the Goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the goal line. If an Additional Assistant Referees have been appointed, the Assistant Referee takes a position in line with the penalty mark.
- When a game misconduct or any other incident occurs out of the view of the referee.
- When offenses have been committed whenever the assistant referees have a better view than the referee.

The Assistant Referee also helps monitoring the substitution procedure.

The Assistant Referee may enter the field of play to help control 10 yards distance.

6.2. Fourth Official / Senior Official

PSA Senior Official may be part of the Officiating Crew. Any Senior Official has the power and authority to:

- Supervise the substitution procedure.
- Checking a player's or substitute's equipment
- Supervise the re-entry of a player following a signal / approval from the Referee
- Supervise the replacement of balls
- Advise the referees on the field of play on the Rules of the Game or PSA Playing Procedures & Guidelines.
- Notify the Referees on the field of play of any Infringements, Game Misconducts, or any other actions which could result in Game Ejections.
- Informing the referee of Irresponsible Behavior by any technical area occupant
- If needed, directly discipline or eject any Team Official, spectator or Substitute Player (or any other occupant of the Technical Area) for Irresponsible Behavior.
- All decisions are still up to the referee's discretion – other than the direct discipline as noted above.

6.3. Additional Assistant Referee

The Additional Assistant Referee may indicate (if one is appointed to the match):

- When the whole of the ball passes over the goal line, including when a goal is scored
- Which team is entitled to a corner kick or goal kick
- Whether, at Penalty Kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line

6.4. Reserve Assistant Referee

The only duty of the Reserve Assistant Referee is to replace an Assistant Referee who is unable to continue or if an existing Assistant Referee has replaced the Referee.

LAW 07 - Duration of the Match

7.1. Duration of Quarters / Halves

Except where noted below, a match lasts two (2) equal halves. The duration for the varying age groups is as follows:

AGE GROUP (Acad / Club Dev)	QTY	PERIODS	DURATION (mins)	INTERVAL (mins)
U6	3	Period	15	3
U7	3	Period	15	3
U8	3	Period	15	3
U9	2	Half	25	5
U10	2	Half	25	5
U11	2	Half	30	5
U12	2	Half	30	5

AGE GROUP (Rec)	QTY	PERIODS	DURATION (mins)	INTERVAL (mins)
Kinder – 1st Grade	4	Quarter	10	3
2nd Grade	4	Quarter	12	3
3rd – 4th Grade	2	Half	25	5
5th – 6th Grade	2	Half	30	5
7th – 10th Grade	2	Half	35	5

Any agreement to change the duration of the periods of the match must be made prior to the start of play, must be agreed to by both teams/coaches, and must be approved by the referee.

- If two (2) grades are combined, the rules from the highest age group will be applied.
- Players are entitled to an interval at half-time. Any alterations to the half-time interval may be done only with the consent of the referee.

7.2. Extending the Duration of the Half

The referee is the official time keeper for the match. In order to keep the games on schedule for PSA, there are no allowances for time lost added to the half or game.

Only in the case of a Penalty Kick to be taken or retaken can the duration of either half be extended until such Penalty Kick has completed. The ball does not have to be "In Play" in order for either half to be ended. This is up to the referee's discretion.

7.3. After the game

All teams are asked to quickly remove their teams, their game bags, and trash as quickly as possible from the bench areas.

LAW 08 - Start and Restart of Play

8.1. Before the Match

- Team warmups are NOT allowed inside the goal area.
- Both teams shall have their equipment checked prior to the start of the match, at the request of the referee and/or assistant referees or fourth official, where they will inspect the teams for the proper equipment. (See Law 04).
- Both teams must provide a Team Roster to the referee or assistant referee or fourth official (See Section 3.3).
- The referees will check each coach, manager, or other team personnel to ensure that each has a valid PSA Coach Badge.
- The referee will perform a coin toss with captains from each team.
 - The visiting team calls the coin flip.
 - The team winning the coin flip chooses which side to defend.
 - The team losing the coin flip kicks off to start the game.
 - The team winning the coin flip will kick off to start the second half.

8.2. Kick Off

A kick off is a way of starting or restarting play:

- At the start of the match
- After a goal has been scored
- At the start of the 2nd half of the match
- At the start of each period of extra time, when applicable (e.g. during playoffs).

8.2.1. Kick Off Procedures

- All players must be in their own half of the field prior to the ball being put in play.
- All defending players must be at 10 yards away from the ball (or outside the center circle) until the ball is in play.
- The ball is placed on the center mark at the halfway line.
- Players must wait for the referee to signal to begin play.
- The ball is in play when it is kicked and clearly moves. Once touched or played, the ball becomes live and playable by either team. NOTE: THE BALL MAY BE KICKED IN ANY DIRECTION.
- A goal can be scored directly against the opponents from a kick-off.
- Teams switch ends at the beginning of the second half
- After a goal, the team that has been scored upon kicks off.

8.2.2. Infringements and Sanctions

If the player taking the kick off touches the ball again before it has touched another player:

- An Indirect Free Kick is awarded to the opposing team to be taken from the position of the ball where the infringement occurred.
- A Direct Free Kick is awarded if deliberate handling.

In the event of any other infringement of the kick off procedure:

- The kick off is retaken.

8.3. Dropped Ball

A Dropped Ball is a method of restarting play when, while the ball is still in play, the referee is required to stop play temporarily for any reason not mentioned elsewhere in the PSA Soccer Laws and Playing Guidelines. If neither team has clear possession of the ball at a stoppage, the referee restarts play with a Dropped Ball.

8.3.1. Dropped Ball Procedure

The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goal area – in which case the referee drops the ball on the goal area Line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

The ball is in play when it touches the ground.

Any number of players may contest a Dropped Ball (including the goalkeepers). The referee does not decide who may contest a Dropped Ball or its outcome.

8.3.2. Infringements and Sanctions

The ball is dropped again:

- If it is touched by a player before it makes contact with the ground
- If the ball leaves the field of play after it makes contact with the ground, without a player touching it.

If a Dropped Ball enters the goal without touching at least two (2) players, then play is restarted with:

- A Goal Kick if it enters the opponents' goal.
- A Corner Kick if it enters the teams' goal.

LAW 09 - Ball In and Out of Play

9.1. Ball Out of Play

The ball is out of play when:

- It has wholly crossed the goal line or touchline whether on the ground or in the air.
- Play has been stopped by the referee.

9.2. Ball In Play

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

- The ball rebounds from a goalpost, crossbar, or corner flag post and remains in the field of play.
- The ball rebounds from any match official when they are on the field of play.

LAW 10 - Determining the Outcome of a Match

10.1. Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no offense or infringement of the Laws of the Game has been committed by the team scoring the goal.

If the Referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a Dropped Ball.

10.2. Scoring

The team scoring the greater number of goals is the winner. If both teams score no goals or an equal number of goals the match is a draw. All goals shall have equal value.

LAW 11 - Offside

11.1. Age Groups Affected

The Offside offense will only be utilized with teams that are in the 3rd Grade or older age divisions. This LAW 11 does not apply to the younger age groups (Kindergarten through 2nd Grade).

11.2. Offside Position

It is not an offense in itself for a player to be in an offside position. A player is in an offside position if:

- Any part of the head, body, or feet is in the opponents' half of the field (excluding the halfway line) and
- Any part of the head, body, or feet is nearer to the opponents' goal line than **BOTH** the ball and the second-last opponent.

The hands and arms of all players, including the goalkeepers, are not considered.

A player is NOT in an offside position if level or even with:

- The second-last opponent.
- The last two opponents.

11.3. Offside Offense

A player in an offside position is only penalized if – at the moment the ball is touched or played by one of his team, that player is (in the opinion of the referee) involved in active play by:

- Interfering with play by playing or touching the ball
- Interfering with an opponent by:
 - Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponents' line of vision **or**
 - Challenging an opponent for the ball **or**
 - Clearly attempting to play a ball which is close to them **or**
 - Making an obvious action which clearly impacts on the ability of an opponent to play the ball.
- Gaining an advantage by playing the ball or interfering with an opponent when it has:
 - Rebounded or been deflected off the goalpost, crossbar, or an opponent
 - Been deliberately saved by any opponent

A player in an offside position receiving the ball from an opponent who deliberately plays the ball (except from a deliberate save by any opponent) is NOT considered to have gained an advantage.

A 'save' is when a player stops a ball which is going into or very close to the goal with any part of the body except the hands (unless the goalkeeper within the penalty area).

11.4. No Offense

There is NO offside offense if a player receives the ball directly from:

- A Goal Kick
- A Throw-in
- A Corner Kick

11.5. Infringement and Sanctions

If an offside offense occurs, the referee awards an Indirect Free Kick where the offense occurred (i.e. where the player becomes involved in active play), including if it is in the player's own half of the field of play.

LAW 12 - Fouls and Misconducts

Direct and Indirect Free Kicks and Penalty Kicks can only be awarded for offenses and infringements committed when the ball is in play.

12.1. Kindergarten - 2nd Grade Teams Specific Rules

For those teams in the Kindergarten through 2nd Grade age divisions, the following rules will apply concerning fouls.

1. All fouls and infringements will result in an Indirect Free Kick.
2. All Free Kick restarts must touch two persons (which includes the kicker) before the ball can be scored as a legal goal.

12.2. Direct Free Kick

A Direct Free Kick is awarded to the opposing team if a player commits any of the following offenses against an opponent in a manner considered to be careless, reckless, or using excessive force:

- Kicks or attempts to kick
- Trips or attempts to trip
- Jumps at
- Charges
- Strikes or attempts to strike (including head-butt)
- Pushes
- Tackles or challenges

If an offense involves contact it is penalized by a Direct Free Kick or Penalty Kick.

- Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed.
- Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned.
- Using excessive force is when a player exceeds the necessary use of force and endangers the safety of an opponent and must be sent off.

A Direct Free Kick is also awarded to the opposing team if a player commits any of the following offenses:

- Holds an opponent.
- Impedes an opponent with contact.
- Spits at an opponent.
- Handles the ball deliberately – except by the Goalkeeper within his team’s penalty area.

12.2.1. Handling the Ball

Handling the ball involves a deliberate act of a player making contact with the ball with the hand or arm.

The following must be considered:

- The movement of the hand towards the ball (not the ball towards the hand)
- The distance between the opponent and the ball (i.e. unexpected ball)
- The position of the hand does not necessarily mean that there is an infringement
- Touching the ball with an object held in the hand (shoe, shin guard, etc.) is an infringement
- Hitting the ball with a thrown object (shoe, shin guard, etc.) is an infringement

The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. Inside their penalty area, the goalkeeper cannot be guilty of a handling offense incurring a Direct Free Kick but can be guilty of handling offenses that incur an Indirect Free Kick.

12.3. Indirect Free Kick

An Indirect Free Kick is also awarded to the opposing team if – in the opinion of the referee – a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent without any contact being made
- Prevents the Goalkeeper from releasing the ball from their hands, or kicks or attempts to kick the ball when the goalkeeper is in the process of releasing it
- Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or send off a player.

An Indirect Free Kick is awarded to the opposing team if a Goalkeeper, inside their own penalty area, commits any of the following offenses.

- Controls the ball with their hands for more than six (6) seconds before releasing it from their possession.

- Touches the ball with their hands after
 - Releasing it and before it has touched another player.
 - It has been deliberately kicked to the goalkeeper by a team-mate.
 - Receiving it directly from a Throw In taken by a team-mate.

A goalkeeper is considered to be in control of the ball when:

- The ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms except if the ball rebounds accidentally from the goalkeeper or the goalkeeper has made a save
- Holding the ball in the outstretched open hand
- Bouncing it on the ground or throwing it in the air

A goalkeeper cannot be challenged by an opponent when in control of the ball with the hands.

12.3.1. Playing in a dangerous manner

Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury to someone (including the player them self) and includes preventing a nearby opponent from playing the ball for fear of injury.

A scissors or bicycle kick is permissible provided that it is not dangerous to an opponent.

12.3.2. Impeding the progress of an opponent without contact

Impeding the progress of an opponent means moving into the opponent's path to obstruct, block, slow down or force a change of direction when the ball is not within playing distance of either player.

All players have a right to their position on the field of play. Being in the way of an opponent is not the same as moving into the way of an opponent.

A player may shield the ball by taking a position between an opponent and the ball if the ball is within playing distance and the opponent is not held off with the arms or body. If the ball is within playing distance, the player may be fairly charged by an opponent.

12.4. Disciplinary Action

The referee has the authority to take disciplinary action from the time of entering the field of play for the pre-match inspections until leaving the field of play after the match ends (including kicks from the penalty mark).

If, before entering the field of play at the start of the match, a player commits a sending-off offense, the referee has the authority to prevent the player from taking part in the match. The referee will report any other misconduct.

A player who commits a cautionable or sending-off offense, either on or off the field of play, against an opponent, a team-mate, a match official, or any other person, is disciplined according to the offense.

The yellow card communicates a caution and the red card communicates a sending-off. Only a player or a substitute may be shown the red or yellow card.

12.4.1. Delaying the restart of play to show a card

Once the referee has decided to caution or send off a player, play must not be restarted until the sanction has been administered.

12.4.2. Advantage

If the referee plays advantage for an offense for which a caution / send-off would have been issued had play been stopped, this caution / send-off must be issued when the ball is next out of play – except when the denial of an obvious goal-scoring opportunity results in a goal, the player is cautioned for Unsporting Behavior.

If a defender starts holding an attacker outside of the penalty area and continues holding inside the penalty area, the referee must award a Penalty Kick.

12.5. Cautionable Offenses (Yellow Cards)

A player is cautioned and shown a Yellow Card if guilty of:

- Unsporting Behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game. There is no specific number or pattern of infringements that constitutes “persistent”.
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in.
- Entering, re-entering or deliberately leaving the field of play without the referee’s permission

A substitute is cautioned if guilty of:

- Unsporting behavior
- Dissent by word or action
- Delaying the restart of play
- Entering or re-entering the field of play without the referee’s permission

12.5.1. Celebration of a Goal

Players can celebrate when a goal is scored, but the celebration must not be excessive. Choreographed celebrations are not encouraged and must not cause excessive time-wasting.

Leaving the field of play to celebrate a goal is not a cautionable offense. But, players should return as soon as possible.

A player must be cautioned for the following:

- Climbing onto a perimeter fence
- Gesturing in a provocative, derisory or inflammatory way
- Covering the head or face with a mask or other similar item
- Removing the shirt or covering the head with the shirt

12.5.2. Delaying the restart of play

Referees must caution players who delay the restart of play by:

- Appearing to take a Throw-In but suddenly leaving it to a team-mate to take
- Delaying leaving the field of play when being substituted
- Excessively delaying a restart
- Kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play
- Taking a Free Kick from the wrong position to force a retake

12.6. Sending Off Offenses (Red Cards)

A player or substitute is shown a red card and sent off if they commit any of the following offenses:

- Serious foul play
- Violent conduct
- Spitting at any opponent or any other person
- Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball. This does not apply to the Goalkeeper within their penalty area.
- Denying an obvious goal-scoring opportunity to an opponent moving towards the opponent's goal by an offense punishable by a Free Kick.
- Using offensive, insulting, or abusive language and/or gestures
- Receiving a second caution in the same match.

A player, substitute, or team personnel who has been sent off must leave the vicinity of the field of play and the Technical Area. Those players who are underage with no parent or

guardian present may stay in the Technical Area provided that player wears a pennie or other shirt not to be confused with the other active, valid players.

A player SENT OFF must sit out the team's next League game and the coach must provide documentation to the PSA Soccer Director that the suspension was served.

12.6.1. Denying a goal or an obvious goal scoring opportunity

Where a player denies the opposing team a goal or an obvious goal scoring opportunity by a deliberate handling offense, the player is sent off wherever the offense occurs.

Where a player commits an offense against an opponent within their own penalty area which denies an opponent an obvious goal scoring opportunity and the referee awards a Penalty Kick, the offending player is cautioned, except for the following:

- The offense is holding, pulling or pushing – or –
- The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball – or –
- The offense is one which is punishable by a red card wherever it occurs on the field of play (i.e. Serious Foul Play, Violent Conduct, etc.)

In all of the above circumstances, the player is sent off.

In determining a denial of a goal scoring opportunity, the following must be considered

- Distance between the offense and the goal
- General direction of the play
- Likelihood of keeping or gaining control of the ball
- Location and number of defenders

12.7. Restart of Play after Fouls and Misconduct

- If the ball is out of play, play is restarted according to the previous decision
- If the ball is in play and a player commits an offense inside the field of play against:
 - An opponent – Indirect or Direct Free Kick, or Penalty Kick
 - A team-mate, substitute, team official or match official – Direct Free Kick or Penalty Kick
 - Any other person – Dropped Ball
- If the ball is in play and a player commits an offense outside the field of play
 - If the player is already off the field of play, play is restarted with a Dropped Ball
 - If the player leaves the field of play to commit the offense, play is restarted with an Indirect Free Kick from the position of the ball when play was stopped.

- If a player leaves the field of play as part of play and commits an offense against another player, play is restarted with a Free Kick taken on the boundary line nearest to where the offense occurred. For Direct Free Kick offenses, a Penalty Kick is awarded if this is within the offender's penalty area
- If a player standing on or off the field of play throws an object at an opponent on the field of play, play is restarted with a Direct Free Kick or Penalty Kick from the position where the object struck or would have struck the opponent
- Play is restarted with an Indirect Free Kick if a:
 - Player standing inside the field of play throws an object at any person outside the field of play
 - Substitute throws an object at an opponent standing inside the field of play

12.8. No Heading Rule

No player is allowed to deliberately head the ball in order to play the ball.

12.8.1. Age Groups Affected

All age groups 5th grade and younger are affected by the new 'No Heading Rule'. The only exception is for those teams in a combined 5th/6th grade division.

12.8.2. Infringements and Sanctions

If a player intentionally plays the ball by using the head:

- Kindergarten – 2nd Grade Teams
 - Play is stopped
 - The opponents are awarded an ***Indirect Free Kick***.
- 3rd – 5th Grade Teams
 - Play is stopped
 - The opponents are awarded a ***Direct Free Kick*** at the spot where the heading offence occurred.
 - If the heading offense occurs inside the defenders' own Penalty Area, a Penalty Kick is awarded.

12.8.3. Denial of a goal or goal scoring opportunity by heading

- Kindergarten – 2nd Grade Teams
 - This provision does not apply.
 - Restart will ALWAYS be an Indirect Free Kick
 - By definition, NO Penalty Kick may be awarded
 - No misconduct (Yellow or Red card) will be issued to the offending player.
- 3rd – 5th Grade Teams
 - The heading offense must be a CLEAR, OBVIOUS, and DELIBERATE action that denied a goal or goal scoring opportunity. The player must have clear intent to deny the goal.
 - The heading offense must occur INSIDE the defending players' own penalty area. Any heading offense outside the penalty area shall not be deemed as a Denial of Goal or Obvious Goal Scoring Opportunity.
 - The offending player is issued a Yellow Card.

12.9. Disciplinary Committee

The PSA Soccer Disciplinary Committee exists to review conduct of players, parents, coaches, officials, and spectators. Any action deemed by the committee to be inappropriate in a youth sports setting will result in a hearing with the offender.

12.9.1. Player Disciplinary Non-Playing Form

Any player who has received a Red Card ejection in a sanctioned PSA match must serve a suspension for the next match. The coach or team will be provided a Disciplinary Non-Playing Form by PSA for those players who must sit out for these Red Card ejections or other disciplinary actions.

The coach or team must provide the Referee with this proper documentation prior to the start of the match to ensure that the suspended players do not participate in the match. The Referee will certify the documentation and provide it to the opposition coach as needed.

NOTE: Any player who has been sanctioned with a game suspension does not have to be in attendance at the match. However, that player is not prohibited from staying in the Technical Area as long as they are either NOT in full uniform or is wearing a pinnie to distinguish them from other valid players.

12.10. Ejected Coach

A coach, assistant coach, or other properly badged team personnel in the Technical Area who has been ejected shall relinquish their PSA Coaches Badge to the referee before leaving the facility. If there is no other coach or parent with a PSA Coaches Badge present to take

over for the Ejected Coach, the game is over. This incident shall be written up on a separate PSA Game Report Form, and sent to the Director of the PSA Soccer Program. An Ejected Coach who refuses to leave the facility within a reasonable amount of time shall cause that game to be abandoned by the referee. Ejected coaches are suspended for a minimum of one game and must meet with PSA Soccer Board prior to coaching again.

LAW 13 – Free Kicks

13.1. Types of Free Kicks

Direct and Indirect Free Kicks are awarded to the opposing team of a player guilty of an offense or infringement.

13.1.1. Indirect free kick signal

The referee indicates an Indirect Free Kick by raising the arm above the head. This signal is maintained until the kick has been taken and the ball touches another player or goes out of play.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal.

13.1.2. Ball enters the goal

- If a Direct Free Kick is kicked directly into the opponents' goal, a goal is awarded
- If an Indirect Free Kick is kicked directly into the opponents' goal, a goal kick is awarded
- If a Direct or Indirect Free Kick is kicked directly into the team's own goal, a corner kick is awarded

13.2. Free Kick Procedures

All free kicks are taken from the place where the infringement occurred, except:

- Indirect free kicks to the attacking team for an offense inside the opponents' goal area are taken from the nearest point on the goal area line which runs parallel to the goal line
- Free kicks to the defending team in their goal area may be taken from anywhere in that area
- Free kicks for offenses involving a player entering, re-entering or leaving the field of play without permission are taken from the position of the ball when play was stopped. However, if a player leaves the field of play as part of play and commits an offense against another player, play is restarted with a free kick taken on the boundary line nearest to where the offense occurred. For direct free kick offenses a penalty kick is awarded if this is within the offender's penalty area

13.2.1. The Ball

- Must be stationary and the kicker must not touch the ball again until it has touched another player
- Is in play when it is kicked and clearly moves except for a free kick to the defending team in their penalty area where the ball is in play when it is kicked directly out of the penalty area

13.2.2. The Opponents

Until the ball is in play all opponents must remain:

- At least ten (10) yards from the ball, unless they are on their own goal line between the goalposts
- Outside the penalty area for free kicks inside the opponents' penalty area

13.3. Other Allowed Behaviors on a Free Kick

- A free kick can be taken by lifting the ball with a foot or both feet simultaneously.
- Feinting to take a free kick to confuse opponents is permitted as part of soccer.
- If a player, while correctly taking a free kick, intentionally kicks the ball at an opponent in order to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

13.4. Infringements and Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance, the kick is retaken unless Advantage can be applied. But if a player takes a free kick quickly and an opponent who is less than ten (10) yards from the ball intercepts it, the referee allows play to continue. However, an opponent who deliberately prevents a free kick being taken quickly must be cautioned for delaying the restart of play.

If, when a free kick is taken quickly by the defending team from inside its own penalty area, any opponents are inside the penalty area because they did not have time to leave; the referee allows play to continue.

If, when a free kick is taken by the defending team inside its penalty area, the ball is not kicked directly out of the penalty area the kick is retaken.

If, after the ball is in play, the kicker touches the ball again before it has touched another player an indirect free kick is awarded, if the kicker deliberately handles the ball:

- A Direct Free Kick is awarded
- A Penalty Kick is awarded if the infringement occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an Indirect Free Kick is awarded

LAW 14 - Penalty Kick

A penalty kick is awarded if a player commits a direct free kick offense inside their penalty area or off the field as part of play as outlined in Laws 12 and 13.

A goal may be scored directly from a penalty kick.

14.1. Kindergarten through 2nd Grade Age Specific Rules

Since all fouls and infringements for Kindergarten through 2nd Grade teams result in an Indirect Free Kick, then (by definition) NO PENALTY KICKS may be awarded. This is true even if the fouls or infringements occur inside the Penalty Area.

14.2. Procedure

The ball must be stationary on the penalty mark.

The player taking the kick must be properly identified.

The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts until the ball has been kicked.

All the other players must be:

- At least ten (10) yards from the penalty mark
- Behind the penalty mark
- Inside the field of play
- Outside the penalty area

After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken.

The player taking the penalty kick must kick the ball forward. Backheeling is permitted provided the ball moves forward.

The ball is in play when it is kicked and clearly moves.

The kicker must not play the ball again until it has touched another player.

The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any infringement of the Laws.

Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time.

14.3. Infringements / Sanctions

If the referee gives the signal for the Penalty Kick to be taken and, before the ball is in play, one of the following situations occurs. The Referee still allows the Penalty Kick to proceed. The action taken depends upon the result.

Infringement	Action When Ball Enters Goal	Action When Ball NOT Enters Goal
Encroachment by Attacking Player	Re-Kick Penalty Kick	IFK to Defending Team
Encroachment by Defending Player	Goal	Re-Kick Penalty Kick
Both Teams	Re-Kick Penalty Kick unless more serious offense	Re-Kick Penalty Kick unless more serious offense
Goalkeeper	Goal	Re-Kick Penalty Kick (Caution for GK)
Ball Kicked Backwards	IFK to Defending Team	IFK to Defending Team
Illegal Feinting	IFK to Defending Team (Caution kicker)	IFK to Defending Team (Caution kicker)
Wrong Kicker	IFK to Defending Team (Caution wrong kicker)	IFK to Defending Team (Caution wrong kicker)

If, after the penalty kick has been taken:

- The kicker touches the ball again before it has touched another player
 - An indirect free kick (or direct free kick for deliberate hand ball) is awarded
- The ball is touched by an outside agent as it moves forward:
 - The kick is retaken
- The ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts and is then touched by an outside agent:
 - The referee stops play
 - Play is restarted with a dropped ball at the position where it touched the outside agent

LAW 15 – The Throw In & The Kick In

A Throw-in or Kick-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the whole of the touchline, either on the ground or in the air.

A goal cannot be scored directly from a throw-in or a kick-in:

- If the ball enters the opponents' goal – a goal kick is awarded
- If the ball enters the thrower's goal – a corner kick is awarded

15.1. Kick-In Procedure (Kindergarten - 2nd Grade)

In some of the younger age groups, a Kick-in will be utilized in place of the Throw-In.

- Player must face the field of play
- The ball must be situated on or behind the touchline closest to where the ball left the field of play.
- The ball must be stationary
- The kicker may not touch the ball again until another player has touched the ball.

The procedures for these Kindergarten through 2nd Grade age divisions will vary slightly from the other older divisions. In those cases where a player does not deliver the ball correctly for a kick-in, the referee will do the following

- Stop play and instruct the kicker on how to correctly deliver a kick in
- The same team will retake the kick in at the same spot where the last one was attempted.
- If the very next attempt results in another incorrect kick-in, the referee will allow play to continue. The point is to get the ball into play and not practice a Kick in.
- This is done for every kick-in awarded. Even if the exact same player attempts to take a throw-in.
- This procedure does not apply to a Two Touch violation by the kicker. The kick in must be retaken each time it occurs.

15.2. Throw-In Procedure

At the moment of delivering the ball, the thrower must:

- Face the field of play.
- Has part of each foot either on or behind the touchline & on the ground.
- Throw the ball with both hands from behind and over the head from the point where it left the field of play

Other considerations include:

- All opponents must stand no less than two (2) yards from the point at which the Throw-in is taken.
- The ball is in play when it enters the field of play. If the ball touches the ground before entering, the throw-in is retaken by the same team from the same position. If the throw-in is not taken correctly, it is retaken by the opposing team.
- If a player, while correctly taking a throw-in, intentionally throws the ball at an opponent in order to play the ball again but not in a careless, reckless manner or using excessive force, the referee allows play to continue.
- The thrower may not touch the ball again until another player has touched the ball.

15.3. Infringements and Sanctions

If, after the ball is in play, the thrower touches the ball again before it has touched another player an indirect free kick is awarded. If the thrower deliberately handles the ball:

- A direct free kick is awarded
- A penalty kick is awarded if the infringement occurred inside the thrower's penalty area unless the ball was handled by the defending team's goalkeeper in which case an indirect free kick is awarded

An opponent who unfairly distracts or impedes the thrower (including moving closer than 2 yards to the place where the throw-in is to be taken) is cautioned for unsporting behavior and if the throw-in has been taken an indirect free kick is awarded.

For any other infringement of this Law the throw-in is taken by a player of the opposing team.

LAW 16 - The Goal Kick

A Goal Kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having been last touched by a player on the attacking team, and a legal goal is not scored (see LAW 10)

A goal may be scored directly from a Goal Kick, but only against the opposing team. If the ball directly enters the kicker's goal a corner kick is awarded to the opponents if the ball left the penalty area.

16.1. Goal Kick Procedures

- The 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 remain outside the penalty area until the ball is in play.
- The kicker must not play the ball again until it has touched another player.

16.2. Infringements and Sanctions

If the ball does not leave the penalty area or is touched by a player before it leaves the penalty area the kick is retaken.

If, after the ball is in play, the kicker touches the ball again before it has touched another player an indirect free kick is awarded. If the kicker deliberately handles the ball:

- A direct free kick is awarded
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded

If an opponent who is in the penalty area when the goal kick is taken touches or challenges for the ball before it has touched another player, the goal kick is retaken.

If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off depending on the offense.

For any other infringement of this Law the kick is retaken

LAW 17 - The Corner Kick

A Corner Kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having been last touched by a player on the defending team, and a legal goal is not scored.

A goal may be scored directly from a corner kick, but only against the opposing team. If the ball directly enters the kicker's goal a corner kick is awarded to the opponents.

17.1. Corner Kick Procedures

- The ball must be placed in the corner area
- The ball must be stationary and is kicked by a player of the attacking team
- The ball is in play when it is kicked and clearly moves; it does not need to leave the corner area
- The corner flag post must not be moved
- Opponents must remain at least 10 yards from the corner arc until the ball is in play.
- The kicker must not play the ball again until it has touched another player.

17.2. Infringements and Sanctions

If, after the ball is in play, the kicker touches the ball again before it has touched another player an indirect free kick is awarded. If the kicker deliberately handles the ball:

- A direct free kick is awarded
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area unless the kicker was the goalkeeper in which case an indirect free kick is awarded

If a player, while correctly taking a corner kick, intentionally kicks the ball at an opponent in order to play the ball again but not in a careless or reckless manner or using excessive force, the referee allows play to continue.

For any other infringement of this Law the kick is retaken.

TOURNAMENT / PLAYOFF RULES

18.1. Single Elimination Tournament

An end of the season tournament is included in the PSA Outdoor Soccer season for the 3rd Grade through 10th Grade age division. These Playoff matches for these age divisions are defined as the following:

- Single Elimination Tournament format
- Each team guaranteed at least 1 match as part of the playoffs.
- Any team without at least (1) one properly badged team official will automatically forfeit the game.

18.2. Seeding

Teams will be seeded for the post-season tournament according to their win/loss record from the regular season. The PSA Soccer Board reserves the right to award multiple brackets in designated leagues to ensure a competitive Playoff and to allow more teams the opportunity to advance in a Playoff system. This format is at the discretion of the PSA Soccer Board.

There will be NO Playoff matches to determine Playoff positions. When teams are tied in the standings, the following Step-by-Step Tie-Breaking process will be used (in order of priority):

- Head-to-Head wins
- NASL Scoring System
 - 6 Points for a win
 - 3 Points for a tie / draw
 - 0 Points for a loss
 - 1 Point per goal scored in a match (3 pts max)
 - 1 Point for a shutout or not allowing opponent to score.
 - A forfeit game will be scored as a 3-0 for this Tie-Breaking process
- Total number of goals given up
- Coin Toss

18.3. Special Tournament Rules

All of the previous rules as included in these PSA Playing Rules are still in effect. However, since there must be a winner for each Playoff match, the following rules are to be included to determine a winner in the case of a draw or tie score at the end of regulation

18.3.1. Overtime Periods

Playoff games tied at the end of regulation will play (2) two overtime periods of (5) five minutes each in duration. These overtime periods will be played in their entirety regardless of the score. There is no golden goal. The team scoring the most goals is declared the winner at the end of both overtime periods.

- As with the start of each match, a coin toss will determine which team kicks off to start the Overtime Periods.
- Refer to Section 8.1 for this coin flip procedure.

18.3.2. Kicks From the Mark

Should a playoff game be tied at end of both overtime periods, then “Kicks from the Mark” shall determine the winner:

- The Referee chooses which goal will be used for Kicks from the Mark.
- The winner of a coin toss determines which team kicks first
- Only players on the field at the end of the second Overtime Period may participate in Kicks from the Mark. Players who are temporarily off the field (i.e. due to injury or adjusting equipment) may still be allowed to participate.
- If any players are sent off during the match, which includes prior to the end of the match, during the Overtime Periods, and during the Kicks From the Mark, then the team with the greater number of players must reduce their number to match the lesser number. Only these players will be allowed to participate in the Kicks from the Mark.
- Each team is responsible for selecting from the eligible players the order in which they will take the kicks. The referee is not informed of the order.
- A goalkeeper who is unable to continue before or during the kicks may be replaced by a substitute, or a player excluded to equalize the number of players, but takes no further part and may not take a kick.
- The first (5) five players for each team will compete first
- Each team will alternate in taking the Kicks from the Mark starting with the team that won the coin flip.
- The team that has the most goals after the first (5) five players have taken Kicks from the Mark will be declared the winner. There may be cases where fewer than (5) five players may participate if a clear winner is apparent.

- If the (2) two teams are still tied after the first (5) five players have participated, then “Sudden Death” will be implemented for Kicks from the Mark.
 - Each team will participate “Head to Head” with (1) one player from each team
 - Kicks from the Mark will continue until one team makes their goal and the other team does not.
 - Each team must use ALL players before a player can kick for a second time. This includes the Goal Keepers for each team.