



PSA Indoor Soccer Laws

Youth Indoor Recreational League
Half Field & Full Sized Fields
Rules and Guidelines

Table of Contents

RULE 1 – The Field of Play	- 5 -
1.1. Field Dimensions	- 5 -
1.2. Field Marking	- 5 -
1.3. Penalty Area.....	- 5 -
1.4. Free Kick Mark.....	- 5 -
1.5. Corner Mark and Flag.....	- 6 -
1.6. Goals.....	- 6 -
1.7. Player Benches.....	- 6 -
1.8. Penalty Boxes	- 6 -
1.9. Carpet / Turf.....	- 6 -
1.10. Plexiglas.....	- 6 -
1.11. Game Clock.....	- 6 -
1.12. Horn (Buzzer)	- 6 -
RULE 2 – The Official Approved Ball	- 7 -
2.1. Game Ball	- 7 -
2.2. Ball Change.....	- 7 -
2.3. Defective Ball.....	- 7 -
RULE 3 – The Teams, Players, Coaches and Substitutions	- 7 -
3.1. Teams	- 7 -
3.2. Minimum Player Participation Times (50% Rule)	- 8 -
3.3. Team Roster.....	- 8 -
3.4. Team Substitutes	- 8 -
3.5. Non-Players Allowed in Team Area.....	- 8 -
3.6. Unlimited Substitution	- 8 -
3.7. Timed Substitutions.....	- 9 -
3.8. Goalkeeper Substitution	- 9 -
3.9. Guaranteed Substitutions.....	- 9 -
3.10. Inadvertent Restart.....	- 10 -
3.11. Injured Player.....	- 10 -
3.12. Blood.....	- 10 -

RULE 4 – Players’ Equipment	- 10 -
4.1. Usual Equipment.....	- 10 -
4.2. Footwear	- 11 -
4.3. Shin Guards	- 11 -
4.4. Goalkeeper	- 11 -
4.5. Dangerous Equipment.....	- 11 -
4.6. Infringement.....	- 11 -
RULE 5 – The Powers and Duties of the Referee(s)	- 12 -
5.1. Referees.....	- 12 -
5.2. Powers	- 13 -
5.3. Warn/Penalize/Report/Caution/Eject.....	- 13 -
5.4. Game Report.....	- 13 -
RULE 6 – The Assistant Referee / Other Game Officials.....	- 14 -
6.1. Co-Equal Referees	- 14 -
6.2. Fourth Official / Senior Official	- 14 -
6.3. Scorekeeper / Scorekeeper Duties	- 14 -
RULE 7 – Duration of the Game.....	- 15 -
7.1. Duration of Half.....	- 15 -
7.2. Interval Between Halves.....	- 15 -
7.3. Interval Between Games	- 15 -
7.4. After the game.....	- 15 -
RULE 8 – Start and Restart of Play.....	- 15 -
8.1. Beginning the Game.....	- 15 -
8.2. Start of First and Second Half	- 16 -
8.3. Kickoff After Goal.....	- 16 -
8.4. Encroachment by the Defending Team.....	- 16 -
8.5. Restarts.....	- 16 -
8.5.1. Free Kick.....	- 16 -
8.5.2. Dropped Ball Restart	- 17 -
8.5.3. Goalkeeper Distribution	- 17 -
RULE 9 – Ball In and Out of Play	- 17 -
9.1. Ball in Play	- 17 -
9.2. Ball out of Play	- 17 -

RULE 10 – Method of Scoring.....	- 18 -
10.1. Legal Goal.....	- 18 -
10.2. Scoring	- 18 -
10.3. Outside Interference.....	- 18 -
RULE 11 – Delay of Game Violations.....	- 18 -
11.1. Three-Line Pass.....	- 18 -
11.2. Superstructure Violations	- 18 -
RULE 12 – Fouls and Time Penalties.....	- 19 -
12.1. Fouls.....	- 19 -
12.2. NO Sliding	- 19 -
12.3. Heading of the Ball Allowed (6 th Grade and above)	- 20 -
12.3.1. Denying an Obvious Goal or Goal Scoring Opportunity by Heading	Error!
Bookmark not defined.	
12.4. Unsporting Behavior	- 20 -
12.5. Goalkeeper Violations.....	- 20 -
12.6. Time Penalties.....	- 21 -
12.7. Two (2) Minute Power Play Penalties.....	- 21 -
12.8. Misconduct Penalties	- 22 -
12.8.1. Misconduct by Players	- 22 -
12.8.2. Misconduct by Non-Players	- 22 -
12.8.3. Team Misconduct.....	- 22 -
12.8.4. Ball Played or Thrown Off the Playing Field.....	- 22 -
12.8.5. Misconduct Technical Infractions.....	- 22 -
12.9. Ejections With a Power Play Timed Penalty	- 22 -
12.9.1. Spitting On the Floor.....	- 23 -
12.10. Ejections Without a Power Play Timed Penalty	- 23 -
12.11. Ejected Players	- 23 -
12.12. Goalkeeper Restrictions.....	- 23 -
12.13. Goalkeeper Privileges	- 24 -
12.14. Goalkeeper Penalties	- 25 -
12.15. Ejected Coach.....	- 25 -
12.16. Duration / Expiration of Time Penalties	- 25 -
12.16.1. Two (2) Minute Power Play Timed Penalties	- 25 -

12.16.2. Five (5) Minute non-Power Play Misconduct Penalties.....	- 26 -
RULE 13 – Restarts.....	- 26 -
13.1. Definition	- 26 -
13.2. Definition of Playing Field.....	- 27 -
13.3. Restart Regulations and Restrictions	- 27 -
13.4. Free Kick Restart.....	- 27 -
13.5. Encroachment.....	- 27 -
13.6. Vaulting the wall – At anytime.....	- 28 -
13.7. Drop Ball Restart.....	- 28 -
13.8. Goalkeeper Distribution.....	- 28 -
RULE 14 – Penalty Kick, Shootout, & Sixth (6 th) Team Foul.....	- 29 -
14.1. Penalty Kick	Error! Bookmark not defined.
14.2. Player Positions During Penalty Kick ...	Error! Bookmark not defined.
14.3. Ball in Play	Error! Bookmark not defined.
14.4. Infringements / Sanctions.....	Error! Bookmark not defined.
14.5. Shootout	- 29 -
14.6. Team Foul / Violation Count	- 29 -
14.6.1. Included in the Team Foul Total	- 29 -
14.6.2. Not Included in the Team Foul Total.....	- 29 -
RULE 15 – Restarts – Ball over the Perimeter Wall.....	- 29 -
15.1. Kick-In.....	- 29 -
15.2. Goalkeeper Distribution.....	- 29 -
15.3. Corner Kick.....	- 30 -
APPENDIX.....	- 30 -
16.1. Field Dimensions & Goal Size.....	Error! Bookmark not defined.
16.2. Number of Players.....	- 30 -
16.3. Ball Size.....	- 31 -
16.4. Duration of Game	- 32 -

RULE 1 – The Field of Play

1.1. Field Dimensions

The listed dimensions are for the various arenas / fields.

FACILITY	LENGTH (FEET)	WIDTH (FEET)	GOAL SIZE
Mini-Turf (PSA 1)	50'	30'	5' x 3'
Half Field PSA 1	100'	42'	7' x 4'
Half Field PSA 2 / PSA Murphy / PSA McKinney	90'	45'	7' x 4'
Arena PSA 1	200	85	12' x 8'
Arena PSA 2 / PSA Murphy / PSA McKinney	185	90	12' x 8'

1.2. Field Marking

The field is marked with distinctive white lines that are five (5) inches wide. A Halfway Line divides the length of the field equally. The center of the Field of Play is designated with a nine (9) inch circular mark at the midpoint of the Halfway Line. There is another circle with a 15-foot radius from the center of this mark. All Kickoffs occur at this Center Mark.

The field is divided into thirds by two (2) Attacker Lines that are equidistant into the Field of Play from each of the two (2) Goal Lines. At the midpoint of each Attacker Line is a nine (9) inch circular mark. The restarts for all Three-Line Pass Violations will occur at these circular marks. The restarts for all Superstructure Violations will occur at the Center Mark.

1.3. Penalty Area

At each end of the Field of Play, two lines are drawn at right angles to the Goal Line. They are nine (9) feet from the outside of each goal standard. These lines extend into the Field of Play a distance of 24 feet. From the midpoint where these lines end there is an Arc of 180° that completes the Penalty Area.

1.4. Free Kick Mark

At the apex of the Arc that makes up the Penalty Area, a nine (9) inch circular mark is located. All Free Kick and Penalty Kick restarts are taken at this Free Kick Mark.

1.5. Corner Mark and Flag

A nine (9) inch circular mark and corresponding Corner Flag are located at each of the four corners. This Corner Mark indicates the location from which Corner Kicks are taken. The flag is mounted on the netting and is a minimum of three (3) feet above the top of the wall.

1.6. Goals

A Goal is placed at the center of each Goal Line within the perimeter wall. The Goals consist of two vertical goal standards 12 feet apart – each equidistant from the corner flags. The crossbar is 6 feet from the floor. This structure is netted on the left side, the right side and the top. The back wall is solid.

1.7. Player Benches

Player benches marked HOME and VISITOR are on either side of the Scorekeeper Area and the two (2) Penalty Boxes. Each bench has two (2) doors for access to the field. Each door has a latch which does not lock. The area above the shorted perimeter wall has netting that spans from six foot to the top of the structure.

1.8. Penalty Boxes

A separate Penalty Box for each team is located on either side of the Scorekeeper Area. Each Penalty Box has a door that opens to the field.

1.9. Carpet / Turf

The turf is glued to the concrete floor. All of the field markings are permanent.

NOTE: Anyone spitting on the carpet or defacing it in any manner will be sent off (red card). If it results in permanent damage, that individual may be barred from the facility permanently.

1.10. Plexiglas

The spectator side, as well as the south end of the field, are encased in a minimum of eight (8) foot tall Plexiglas. Referees will stop play if any of the panels become loose. The restart will be a Drop Ball in accordance with Rule 8.5.2.

1.11. Game Clock

The Game Clock counts down during the time between games as well as the time between halves. There is eight (8) minutes between games and two (2) minutes between halves. At halftime, the Scorekeeper will reset the Game Clock to 22 minutes. When the previous game is completed, the Scorekeeper will reset the Game Clock to 28 minutes.

1.12. Horn (Buzzer)

The Scorekeeper shall sound the Horn one (1) minute prior to the beginning of the game to provide both teams an audible notification that the game is about to begin. The Scorekeeper shall sound the horn with one (1) minute remaining in the half time interval, as well. This will provide an opportunity for both teams to have their full complement of players on the field and ready to play prior to the Referee whistling the resumption of play following the half time.

RULE 2 – The Official Approved Ball

2.1. Game Ball

The ball to be used for games at PSA shall be size appropriate and shall be provided by the facility. All Game balls are property of the PSA facility and are to be returned to the Scorekeeper immediately following all games. No exceptions to this policy.

PLEASE NOTE: The use of individual or team balls is not allowed during game time. PSA stresses that teams are not allowed to bring in extra balls. Teams not following this policy will be reported to the appropriate Soccer Director. PSA is not responsible for lost or stolen soccer balls.

Grade Level	Ball Size
Pre-K	3 or Futsal
Kindergarten	3
1st Grade	3
2nd – 6th Grade	4
7th Grade & Higher	5

2.2. Ball Change

Only the Referee may change the game ball. All game balls must be inspected and approved by the Referee.

2.3. Defective Ball

Any game ball that is damaged during match play will be replaced by the Referee. The restart will be where play was stopped by the Referee, with possession going to the team in possession in the form of a non-competitive dropped ball.

RULE 3 – The Teams, Players, Coaches and Substitutions

3.1. Teams

The game is played between two (2) teams. Team designations of “Home” and “Away” are determined per the PSA schedule. The Away Team kicks off to begin the game.

NOTICE: Please see the Appendix for a matrix of the numbers of players allowed per age group.

In age groups that provide for it, one of the players shall 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 (PreK through High School), there is a minimum amount of time that each player is REQUIRED to play.

1. All players must play 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.

PLEASE NOTE: The Referee(s) and Scorekeeper do not track playing time of the players on each of the teams – that is the responsibility of the coaches. Any issues or complaints of playing times should be directed toward PSA and the individual league coordinators to address.

3.3. Team Roster

PSA furnishes the official roster. This roster is printed out and is based upon the teams’ schedules in MySam. The official roster at the scorer’s table is the official record for which team is deemed to be HOME and which team is deemed to be AWAY.

3.4. Team Substitutes

All Players not participating in the game are called “Substitutes” who are also under the jurisdiction of the PSA Playing Rules.

3.5. Non-Players Allowed in Team Area

- Only players, coaches, managers and trainers are allowed in the Team Area.
- **All team personnel in the Team Area must wear the official PSA Coaches Badge in plain sight at all times.**
- Each team is allowed to have up to three (3) team officials present in the Team Area during a match, regardless of how many are listed on the Team Roster.
- No photographers, family members or medical staff are allowed in the Team Area.

3.6. Unlimited Substitution

Substitutions may be made any time during active play. Substitutions are unlimited. The substituted player must either be off the Field of Play completely within their own bench area or within the touchline within their own bench area **BEFORE** the substitute enters the Field of

Play. Any substitute who enters the Field of Play prior to the player coming off is assessed a two (2) minute Timed Penalty.

If either player (the substitute or the substituted player) touches or plays the ball while both players are on the Field of Play, a two (2) minute Timed Penalty will be issued to the player coming onto the Field of Play.

NOTE: For age groups 4th Grade and below, the **FIRST** violation of this type will result in the Referee stopping play and issuing a Bench Warning for **BOTH** teams. Any subsequent violations shall result in a two (2) minute Timed Penalty. This penalty will be served by the player entering the Field of Play. Warnings are per particular violation, **NOT** all violations.

NOTE: For age groups 5th Grade and above, no Bench Warning will be allotted. The violation will result in an automatic two (2) minute Timed Penalty.

The player entering the Field of Play **MAY NOT** be the first player to touch or play the ball directly upon entering the Field of Play while the ball is in play (AKA a loose ball). Such a violation shall result in a two (2) minute Team Penalty.

3.7. No goalkeepers allowed for PreK through 1st Grade

At PSA, goalkeepers start at 2nd Grade. At PreK through 1st Grade, the goalkeeper is not a position allowed on the field. Those age groups play a format of 5v5 with **NO goalie**. Teams are restricted from playing with a goalkeeper.

3.8. Timed Substitutions

During any of the “Guaranteed Substitution” opportunities, both teams shall be allowed approximately 20 seconds to complete ALL player substitutions. (See Section 3.9 below for this definition).

3.9. Goalkeeper Substitution

NOTE: Goalkeeper Substitutions shall be done by notifying the Referee before the substitution is made and will be made during the next Guaranteed Substitution (See Section 3.9 below). Any Goalkeeper change requires there be a stoppage in play. Any Goalkeeper shall wear a jersey that distinguishes themselves from all of the other players. The Coach must also inform the nearest Referee of the change in Goalkeepers.

Failure to follow the rule for a Goalkeeper Substitution will result in a five (5) minute Timed Penalty for players involved.

3.10. Guaranteed Substitutions

During Guaranteed Substitution occurrences, the teams shall be allowed about 20 seconds to complete all player substitutions. The restart of play will be delayed to allow the completion of the substitution(s) for the following occurrences:

- After a Goal has been scored.
- After a Time Penalty (Blue, Yellow or Red card) has been assessed.
- Goalkeeper distribution (for the team wanting to substitute goalkeepers or remove a teammate from the penalty box after a Yellow card has expired).
- For an injury (with a clock stoppage).
- At any unusual stoppage acknowledged by the Referee.
- Any other Referee Managed Restart.

NOTE: Side netting restarts and non-carded fouls/violations on the playing field are NOT guaranteed Substitutions.

3.11. Inadvertent Restart

If play is inadvertently restarted with the incorrect number of players after a Guaranteed Substitution, the Referee (or Scorekeeper) shall stop play and correct the number of players. Play shall be restarted with the appropriate number of players. No Timed Penalty shall be assessed.

3.12. Injured Player

In the case of an injured player, the facility Game Clock may be stopped. **It is NOT a requirement for the Game Clock to stop. That decision whether to stop the Game Clock or keep it running is made exclusively by the Referee(s) or the Senior Official (if there is one present at the match).**

The Coach (or their designee) 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 Referee. If medical assistance is required (such as EMT or paramedics), the Game Clock will be stopped. If the time delay is greater than the remainder of the game, that game shall stand as of the time of said injury. PSA officials will make the decision on how the game will be recorded.

If the decision is made to stop the Game Clock, the actual time will be paused the moment the Coach (or their designee) steps onto the Field of Play. The Game Clock will then resume normally once the injured player and the Coach (or their designee) has left the Field of Play.

3.13. Blood

The Referee shall send any player to their Team Bench 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 blood on any part of their person or uniform.

If the player attempts to return to the Field of Play without getting the permission from the referee or supervisor will be assessed a five (5) minute Timed Penalty (Yellow card).

RULE 4 – Players' Equipment

4.1. Usual Equipment

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

- Shirt with a permanent and unique number – Magic marker and spray paint are acceptable. Tape is NOT 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.
- Shorts
- Socks
- Shin Guards – Completely covered by the appropriate size socks.
- Indoor soccer footwear – No outdoor soccer cleats, baseball shoes or football shoes are allowed. NO TOE CLEATS ARE ALLOWED ON THE TURF.

The coach certifies that the team is in complete compliance with this rule.

4.2. Footwear

Players must wear shoes. A player's footwear must conform to the following standards: Flat Soled shoes or other footwear designed for an artificial surface must be worn. No footwear with fewer than 30 molded mini-studs shall be permitted.

The coach certifies that the team is in complete compliance with this rule.

4.3. 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 leave the bench area without Shin Guards to participate in play.

The coach certifies that the team is in complete compliance with this rule.

4.4. 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.

The coach certifies that the team is in complete compliance with this rule.

4.5. Dangerous Equipment

Players are not permitted to wear necklaces, jewelry, chains and bracelets during the game. Rings or earrings 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 Team Bench area immediately and must be re-inspected at a normal stoppage by the Referee before they may re-enter the field.

Religious and medical items are allowed – as long as they are safe.

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

The coach certifies that the team is in complete compliance with this rule.

4.6. Infringement

For any infringement of Rule 4:

- The player(s) in violation shall be removed off of the Field of Play to the Team Bench to adjust the equipment or the portion of the uniform which was found to be in violation.
- The player(s) will each be assessed a two (2) minute Power Play Game Misconduct (Blue card).
- The Player(s) shall not return without first reporting to a Referee, who shall re-inspect said violation(s) and be satisfied that the necessary repairs and or adjustment have been completed.
- The Player(s) shall re-enter ONLY at a Guaranteed Substitution.
- Should a player(s) re-enter without satisfying these requirements, that Player(s) shall be assessed a five (5) minute non-Power Play Game Misconduct (Yellow card) and shall serve the complete time of that assessment. The player shall be replaced and the team will still play at full strength.

RULE 5 – The Powers and Duties of the Referee(s)

- Enforces the Rules of the Game.
- Stops play if a player has committed a foul.
- Stops play if there is a serious injury.
- Keeps the Official Time of the Game.
- Requires any bleeding player to leave the Field of Play.
- Prevents anyone from coming onto the Field of Play unless beckoned by the Referee.
- Act on the advice of the Senior Official or Scorekeeper of any Rule infringements which may (or may not) result in a Timed Penalty or Game Ejection.
- Provides the Official Report of the Game.
- Ensures the field, the ball and the players' equipment are safe and legal.
- Suspends or Abandons the game if necessary.

5.1. Referees

Two (2) Referees shall officiate each game except where PSA Rules mandate that number to be one (1) Referee. There shall be assigned one (1) Scorekeeper for each game involving

two (2) Referees, as well. Games requiring only one (1) Referee shall have no official Scorekeeper. The Scorekeeper retains no authority over the game, other than to document various occurrences per the Referee(s).

The authority of the Referees shall commence when they enter the facility and continue until they leave the facility. When referenced anywhere in these Rules, the word "Referee" shall refer to both Referees on the Field of Play and for the purposes herein the male gender shall refer to both male and female.

5.2. Powers

Referees' decisions on points of fact connected with play shall be FINAL. The Referees' power to assess penalties and maintain control of the game extends to violations of these Rules committed during play, during stoppages and as players or other team personnel proceed to and from the Field of Play.

5.3. Warn/Penalize/Report/Caution/Eject

From the time the Referee enters the facility, he has the authority to penalize or report any team player or bench personnel (as required by these Rules) for Fouls, Time Penalties or warnings including all BLUE, YELLOW and RED Card offenses, regardless whether the ball is "in play." Should a player(s) simultaneously commit two (2) or more violations, the Referee shall penalize the most serious violation.

- A.) Apply Advantage.** The Referee may allow play to continue when the team against which an offense has been committed will benefit from such an advantage. The Referee may penalize the original offense if the anticipated advantage does not ensue at that time.
- B.) Exercise Discretionary Power.** The Referee has discretionary power to stop the game for any violation and to suspend or terminate the game because of the elements, interference by spectators or any other cause which he deems necessary. Terminated games require a written report by all Officials within forty-eight (48) hours.
- C.) Prohibit Entry onto the Field.** The Referee ensures that no unauthorized persons enter the Field of Play. Bench personnel may enter the field only at normal and/or scheduled times during the extent of the game.
- D.) Halt Play Due to Injury.** The Referee may stop the game, if a player has been injured. Whether the clock is stopped or not is dependent solely on the discretion of the Referees.
- E.) Non-Player Discipline.** The Referee may Penalize or Eject, as set forth under Rule 12, any coach or non-playing team personnel who enters the Field of Play without Referee permission.
- F.) Restart Signal.** The Referee signals the restart of the game after all stoppages. A whistle is required for Corner Kicks, Kickoffs, Three Line & Superstructure Violations and restarts from the Free Kick Mark.
- G.) Ball Approval.** The Referee decides whether or not the ball meets the specifications as outlined in Rule 2.

5.4. Game Report

The completed team roster at the scorer's table is the official Game Report. This should be signed by each of the referees. It includes not only both teams' rosters, but also the results of the game and any disciplinary actions taken against anyone.

RULE 6 – The Assistant Referee / Other Game Officials

6.1. Co-Equal Referees

Two (2) Referees shall officiate each game unless where PSA rules mandate there to be only one (1) Referee. Each Referee may exercise the full duties and powers listed in Rule 5.

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:

- 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.
- Discipline or Eject any Coach, Assistant Coach, Team Manager or Substitute Player (or anyone else allowed in the Team Bench area) for Unsporting Behavior.
- Assist the Scorekeeper with managing the door of the Penalty Box for expiration of Timed Penalties.

6.3. Scorekeeper / Scorekeeper Duties

The duties of the Scorekeeper shall be (but not limited) to act as the official scorer and Scorekeeper of the game. The Scorekeeper shall assist the Referee(s) with an accounting of the players by means of a team's official signed roster and shall document the score as well as any Time Penalties, Misconducts or Ejections on said teams' roster.

PSA also utilizes the Scorekeeper to act as the Penalty Box Attendant. Under the direction of the Referee, the Scorekeeper shall document the time in as well as the time out for each timed Penalty. The Scorekeeper shall also indicate when a team has accumulated their sixth (6th) team foul.

The sixth (6th) team foul / violation accumulation is utilized for 5th Grade and older. Any individual players who are issued timed cards (BLUE – 2 minute, YELLOW – 5 minute Game Misconduct or RED – game ejections) do not count as "Team Fouls" and should not be tallied toward the team foul accumulation.

For 3rd and 4th Grade, the team foul / violation accumulation is nine (9) fouls.

RULE 7 – Duration of the Game

7.1. Duration of Half

The duration of regulation games shall be two (2) 20-minute halves (except for PreK, which shall be two (2) 18-minute halves).

7.2. Interval Between Halves

There is a timed two (2) minute interval between halves. NOTE: PSA utilizes a Running Clock. If your team is NOT on the field ready to play, the time will continue to run with or without your team.

7.3. Interval Between Games

The facility clock is reset to 28 minutes immediately at the end of the previous game. PSA uses a running clock and the next game will start when the clock runs down to 20 minutes.

7.4. 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.

RULE 8 – Start and Restart of Play

8.1. Beginning the Game

A Kickoff from the Center Mark starts play at the beginning of each half and after every goal. The Visiting team always kicks off to start the game. The Home Team shall occupy the Player Bench marked “HOME” and the Visiting Team shall occupy the Player Bench marked “VISITOR”. Each team’s defensive end will be designated by its own Player Bench.

Team designations are controlled by the PSA schedule. The schedule can be found either on the PSA web site (www.psaplano.org) or by checking the schedule posted at the front desk of the facility.

Once the previous game personnel have cleared the Player Bench area, the teams may take their appropriate Player Bench. As soon as the previous game has completed, the Game Clock will be reset to 23 minutes. NOTE: There shall be NO warm-up allowed on the Field of Play. There is no time for this. Warm up elsewhere.

The Scorekeeper has the approved team rosters.

Immediately prior to the Kickoff, all players remain in their respective defensive halves and all defending players are outside of the Center Circle. Once the Referee whistles for the Kickoff to begin, a player of the team having the Kickoff has five (5) seconds to play the ball in any direction. The same player may not again play the ball until it touches another player – Two-Touch rule applies on the Kickoff. All players must be on their own half off the field except player taking the kickoff.

A goal can be scored directly from a Kickoff.

8.2. Start of First and Second Half

The Visiting Team always takes the opening Kickoff to start the game. The Home Team will then take the opening Kickoff of the Second Half.

8.3. Kickoff After Goal

Except at the end of a Half, play restarts after each goal with a Kickoff by the opposing team.

8.4. Encroachment by the Defending Team

The Referee's whistle does not start the game. Only when the attacking team touches or plays the ball is the actual start of the game. If a Defending player does not give up the required five (5) yards on the Kickoff, encroachment has occurred. The offending player may be issued a five (5) minute Yellow Card Game Misconduct. This is a non-Power Play Timed Penalty. So, the penalized team may add an additional player to bring the team to full strength. The offending player will be required to serve the entirety of the five (5) minute Timed Penalty. The player may reenter the Field of Play only after the time has been served and there is a Guaranteed Substitution.

NOTE: The player must enter the Field of Play before returning to the Team Bench area.

8.5. Restarts

A Restart is the manner of resuming play after a goal or other stoppage in play. Restarts take place by a Kickoff, Free Kick, Goalkeeper Distribution or Dropped Ball, as set forth elsewhere in these Rules. The team which is NOT responsible for the stoppage takes the Restart. Except for a Dropped Ball, the same player who takes a Restart may not again make contact with the ball until touched by another player.

8.5.1. Free Kick

If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "Free Kick" restart.

- The Referee may allow a Free Kick to be taken from a point within a three (3) foot radius of the point of the infraction. Unless, in the Referee's opinion, a team gains an unfair advantage. In which case, the kick shall be retaken.
- Before a Free Kick is taken, the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.
- A Goal may be scored directly against either team from any restart.

- In such cases where a Free Kick is taken from the opponent's Free Kick Spot, Shootout Spot, Corner Spot or otherwise controlled by the Referee, the Referee signals the restart with a whistle.
- Except for a Dropped Ball, if the kicker (after taking the Free Kick) plays the ball a second time before another player has touched it, Two-Touch has occurred. A player of the opposing team shall now take a Free Kick. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.
- During the taking of a Free Kick, all opposing players must be AT LEAST five (5) yards (15 feet) from the ball until it is in play.
- Failure to put the ball in play within five (5) seconds will result in the restart being "turned-over" to the opponent.

8.5.2. Dropped Ball Restart

FIFA changed the dropped ball rule in 2019-20 that all dropped balls are non-competitive, meaning the ball is dropped to the team who had the last possession. A Dropped Ball occurrence inside the Penalty Arc will be given to the goalkeeper to be put back into play. The ball is "in play" once the ball contacts the ground untouched.

8.5.3. Goalkeeper Distribution

Play restarts with a Goalkeeper Distribution after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags or for any infraction committed by the attacking team in the Penalty Arc. The distribution shall be taken from any point within the Penalty Area, by the Goalkeeper. The ball is considered in play, once the ball travels outside the Penalty Area. The following provisions also apply:

- A.)** The Goalkeeper has five (5) seconds to distribute the ball once the Goalkeeper controls the ball and the Referee signals the Restart.
- B.)** Opposing players shall remain outside the Penalty Area until the ball leaves the Penalty Area. Any opponent infringing this may be assessed a Misconduct – Technical Infraction resulting in a five (5) minute Timed Penalty against the offending player(s).

RULE 9 – Ball In and Out of Play

9.1. Ball in Play

The ball is in play at all times from the start of the game to the finish, including the following:

- A.)** If the ball rebounds from a goalpost, a crossbar, corner flag post or perimeter wall into the field.
- B.)** If the ball rebounds off a Referee when they are on the Field of Play and it does not cause a change of possession.
- C.)** In the event of a supposed infringement of the Rules until a decision has been made by the Referee.

9.2. Ball out of Play

The ball is out of play for the following:

- A.) When the ball has wholly crossed the perimeter wall.
- B.) When the ball has made contact with any part of the building superstructure above the Field of Play or any of its implements below the netting. Such contact will result in a Free Kick from the Center Mark.
- C.) If the ball rebounds off a Referee when they are on the Field of Play and it does cause a change of possession.
- D.) When the game has been stopped by the Referee.
- E.) In situations not covered above, a Dropped Ball shall occur. In accordance with Rule 8.5.2.

The restart is taken from a point within a three (3) foot (or 1 yard) radius of the point of the wall and a three (3) foot (or 1 yard) distance from the wall, **NOT ONE (1) FOOT.**

RULE 10 – Method of Scoring

10.1. Legal Goal

Except otherwise provided by the Rules, a Goal is scored when the whole of the ball has passed over the whole of the Goal Line – between the goal posts and under the crossbar – provided that the ball was not thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side (except in the case of a Goalkeeper within their own Penalty Area when legally propelling the ball).

10.2. Scoring

All goals shall have equal value. The team scoring the greater number of goals shall be declared the winner.

10.3. Outside Interference

A goal cannot, in any case, be allowed if the ball has been touched or prevented by some outside agent from passing over the Goal Line. If this happens in the normal course of play, the game shall be restarted with a Dropped Ball in accordance with Rule 8.5.2 where the infraction occurred.

RULE 11 – Delay of Game Violations

11.1. Three-Line Pass

If a player, including the goalkeeper, plays the ball over three lines (the two (2) Attacker Lines and the Halfway Line) in the air towards his opponents goal without the ball touching another player, the perimeter wall or the Referee; a Free Kick shall be awarded to the oppo-

ment at the Shootout Mark of the first Attacker Line the ball crossed. This Restart requires a whistle to legally put the ball in play.

11.2. Superstructure Violations

If the ball makes contact with any part of the building superstructure above the Field of Play or any of the implements protruding below the ceiling, a Free Kick shall be awarded to be taken at the Center Mark. This Restart requires a whistle to legally put the ball in play.

RULE 12 – Fouls and Time Penalties

12.1. Fouls

A Foul is assessed to a player who commits any of the following offenses in a manner that the Referee considers careless, reckless or involving excessive force:

- A.)** Kicking or attempting to kick an opponent.
- B.)** Tripping an opponent.
- C.)** Jumping at an opponent.
- D.)** Charging an opponent from behind unless the latter is shielding the ball in a legal manner.
- E.)** Striking or elbowing an opponent.
- F.)** Pushing an opponent.

Regardless of degree, a Foul occurs if a player:

- G.)** Holds an opponent.
- H.)** Handles the ball – except by the Goalkeeper within his team’s Penalty Area.
- I.)** Intentionally playing the ball with the head – also known as ‘Heading the Ball’ – at 5th Grade and below.
- J.)** Plays in a dangerous manner.
- K.)** Impedes the progress of an opponent. When not playing the ball, a player is intentionally obstructing an opponent, i.e. running between the opponent and the ball or interposing the body so as to form an obstacle to an opponent.
- L.)** Prevents the Goalkeeper from releasing the ball from their hands.
- M.)** Charging fairly at an improper time – when the ball is NOT within playing distance.
- N.)** Charging the Goalkeeper except when the Goalkeeper is outside the Penalty Area.
- O.)** Boarding, i.e. propelling an opponent into the perimeter wall. A two (2) minute Power Play time penalty MUST be assessed for Boarding. This restart requires a whistle to legally put the ball back in play.

Should a player simultaneously commit multiple Fouls, the Referee penalizes the more serious one.

12.2. NO Sliding. Period

Sliding is not permitted during any level of play. This includes (but is not limited to) the following:

- No slide tackles.
- No sliding to play the ball.
- No sliding on the turf to celebrate a goal (or goof off).

Any and all subsequent offenses shall merit a two (2) minute Power Play time penalty to be assessed against all players for committing this offense.

Bench Warning (For 4th Grade and below)

In 4th Grade and below, the first such sliding infraction shall cause the Referee to stop play and issue a Bench Warning to both Team Benches. This Bench Warning stipulates that the next occurrence of a sliding infraction will result in a two (2) minute Timed Penalty regardless of which team commits the infraction. Play is resumed with a Free Kick for the opponent. This restart requires a whistle to legally put the ball in play. Warnings are per particular violation, NOT all violations. Warnings are administered to each bench individually.

12.3. Heading of the Ball NOT Allowed at 5th Grade and below

At age groups 5th Grade and below, intentionally playing the ball with the head is not allowed. Any infractions of this rule shall result in a Free Kick to the opponents of the player who committed the Heading Foul at the spot of the infraction. The Free Kick Restart will follow the guidelines listed in Rule 13.4.

For 6th Grade and above, intentionally playing the ball with the head is allowed.

12.4. Unsporting Behavior

The Referee stops play for Unsporting Behavior, resulting in a Free Kick and possible Timed Penalty for the following offenses:

- A.)** Illegal Substitution – See Rule 3.4.
- B.)** Equipment Violation – Re-entering play without an ordered uniform adjustment.
- C.)** Leverage – Using the body of a teammate or any part of the Field of Play to gain an advantage.
- D.)** Encroachment – Entering the protected area of an opposing player taking a Free Kick.
- E.)** Trickery – Passing the ball to a Goalkeeper by trickery.
- F.)** Dissent – Committing any of the following offenses, whether before, during or after the game:
 - i. Referee Abuse – Words or actions directed by any player or team personnel at an official in dissent.
 - ii. Breach of Penalty Box Decorum – Delay in entering the Penalty Box or premature (or unpermitted) exit from the Penalty Box.

G.) Other – Any behavior which, in the Referee’s discretion, does not warrant another category of penalty (e.g. taunting, foul language, etc).

12.5. Goalkeeper Violations

For the following violations by a Goalkeeper, the opposing team receives a Free Kick:

- A.) Illegal Procedure Handling** – The goalkeeper is NOT allowed to receive the ball from outside the Penalty Arc, bring it inside the Penalty Arc and then use their hands.
- B.) Goalkeeper Distribution Violation** – After a Goalkeeper Distribution, the goalkeeper is not allowed to touch the ball again until another player (from either team) has touched the ball first. The ball is not legally in play until it leaves the Penalty Arc.
- C.) Pass Back** – The goalkeeper is not allowed to handle the ball after a teammate has directly kicked the ball to them. The goalkeeper may handle any ball which a teammate passes to them by chest or knee and without “trickery” (the use of a wall or foot to flick the ball to the chest or knee before making the pass). A player may NOT deliberately use the wall to make such a pass to the goalkeeper and the goalkeeper would be allowed to handle the ball. Incidental contact with the wall on a pass back to the goalkeeper is deliberate use of the wall.
- D.) Five (5) Second Limit** – The Goalkeeper controls the ball with their hands inside their own Penalty Area for over five (5) seconds.

12.6. Time Penalties

The Referee may award a Timed Penalty against any player or bench personnel who acts in an unsportsmanlike manner, at any time.

Time penalties shall be classified and noted as follows:

- 2-Minute Power Play Penalties (BLUE CARD).
- 5-Minute Misconduct: Non-Power Play (YELLOW CARD).
- Send Offs / Ejections: Possible Power Play (RED CARD).

12.7. Two (2) Minute Power Play Penalties

A two (2) minute Power Play Timed Penalty may be assessed against players for committing any of the offenses as outlined in Rule 12.1 (a. – n.) while the ball is in or out of play. A Timed Penalty MUST be assessed for incidents of Boarding, Elbowing, Spitting, Striking or any other offenses deemed severe, blatantly tactical or blatant in nature. Nine or Six fouls / violations on a team also results in Timed Penalty (see Rule 14.6).

Play will be stopped and the offending player shall be issued a two (2) minute Timed Penalty (Blue Card). Said penalties shall be administered by the showing of a Blue Card by the Referee and shall be two (2) minutes in length.

Bench Warning (For 4th Grade and below)

In 4th Grade and below, the first such sliding infraction shall cause the Referee to stop play and issue a Bench Warning to both Team Benches. This Bench Warning stipulates that the next occurrence of a sliding infraction will result in a two (2) minute Timed Penalty regardless of which team commits the infraction. Play is resumed with a Free Kick for the opponent.

This restart requires a whistle to legally put the ball in play. Warnings are per particular violation, NOT all violations. Warnings are per particular violation, NOT all violations.

12.8. Misconduct Penalties

12.8.1. Misconduct by Players

A five (5) minute Misconduct Penalty shall be assessed against players who show disapproval (by word or by action) of any decision of the Referees (or other game official) or acts in a severe unsportsmanlike manner. These Time Penalties shall be administered by the showing of a Yellow card and shall be AT LEAST five (5) minutes in length. This is NOT a Power Play opportunity. The opponent team does not play short-handed.

Misconduct Penalties are cumulative. The second Misconduct Penalty received by a single player in a game will result in a send-off for that player for Misconduct after a Caution.

12.8.2. Misconduct by Non-Players

A Misconduct involving non-playing personnel shall be considered administrative in nature and shall be forwarded to PSA as a separate Game Report.

12.8.3. Team Misconduct

A Team Misconduct is any physical or verbal abuse of the Referees or other players where the offender is not identifiable. A Team Misconduct shall be issued to the Coach of the offending team. NOTE: FIFA rule changes in 2019-20 now allow referees to show cards DIRECTLY to a Coach. That incident shall be written up on a separate Game Report Form and sent to the Director of the Soccer Program.

12.8.4. Ball Played or Thrown Off the Playing Field:

During a stoppage of play immediately following a goal being scored, should a player intentionally kick, throw or otherwise delay the restart of the game, such player shall be assessed a five (5) minute non-Power Play Game Misconduct Timed Penalty.

12.8.5. Misconduct Technical Infractions

A five (5) minute non-Power Play Timed Penalty may be assessed for the following offenses:

- A.)** Player leaving the Penalty Box prior to the expiration of the Timed Penalty.
- B.)** Player guilty of gesticulation (i.e. jumping up and down and yelling to distract the kicker) on a Free Kick.
- C.)** Player violating procedures for a Penalty Kick after a team warning.
- D.)** Player commits delay of game violation.
- E.)** Encroachment.
- F.)** Any other Unsporting Behavior violation.
- G.)** Vaulting the wall of the Team Bench area to either enter or leave the Field of Play. If this violation occurs after the game is over, a **RED CARD** is given, instead.

12.9. Ejections With a Power Play Timed Penalty

A player or non-player shall be ejected and the offending team given a two (2) minute Power Play Penalty (the team plays short) for the following offenses. The player chosen to serve the Penalty Time is allowed to return to the Field of Play and is not booked for serving said Time Penalty. Ejections are awarded for incidents of:

- A.)** Violent Conduct or Serious Foul Play.
- B.)** Foul or Abusive Language.
- C.)** Head Butting.
- D.)** Third player into an altercation.
- E.)** First player off the bench joining an altercation.
- F.)** Leaving the penalty box to join in an altercation.
- G.)** Spitting on an opponent, game official or anyone else.
- H.)** Spitting anywhere on the playing surface.
- I.)** Denial of an Obvious Goal-Scoring Opportunity by foul.
- J.)** Denial of an Obvious Goal-Scoring Opportunity by handling.
- K.)** Multiple Cards in the same game (two yellow cards, three blue cards or one yellow card and two blue cards).

12.9.1. Spitting On the Floor

Any player spitting on the playing surface shall be ejected from the game and the coach shall appoint a field player to serve the assessed two (2) minute Ejection Timed Penalty.

12.10. Ejections Without a Power Play Timed Penalty

Any player who accumulation three (3) Timed Penalties or two (2) Misconduct Timed Penalties shall be ejected. No additional two-minute power play time penalty accompanies such an ejection. However, another player will need to serve the timed penalty that led to the Red Card. (i.e. the 3rd blue card offense).

12.11. Ejected Players

Any ejected player is required to leave the playing facility area. Those players who are underage with no parent or guardian present may stay in the Team Area provided that player wears a pennie or other shirt not to be confused with the other active, valid players.

12.12. Goalkeeper Restrictions

Listed below are special restrictions associated with the Goalkeeper. The first two (A & B) are infractions that shall cause the Referee to stop play and award a Free Kick to the opposing team at the Free Kick Spot (Top of the Penalty Arc).

- A.)** Ball played to Goalkeepers Hands from a Teammate – A goalkeeper is not permitted to play the ball with his hands in the event that the ball has been deliberately kicked to him by a teammate. Playing off the wall does NOT negate a passback to the goalkeeper. If in the opinion of the Referee the goalkeeper has used trickery to circumvent the rule,

the goalkeeper shall be issued a five (5) minute Misconduct non-Power Play Timed Penalty, for this attempt to avoid the Rule.

- B.) Illegal Procedure Handling** – A Goalkeeper who receives the ball outside of the Penalty Area SHALL handle the ball inside the Penalty Area.
- C.) Goalkeepers serve their own Penalty Time.** The team has 20 seconds to replace the offending goalkeeper. Any delay may result in a two (2) minute Timed Penalty given to the offending team.
- D.) Player positions** – Opposing players remain outside the Penalty Area until the ball leaves the Penalty Area. Encroachment shall result in a five (5) Minute non-Power Play Penalty issued to the offending player.
- E.) Goalkeeper Distribution Infraction** – A goalkeeper taking a distribution may not play the ball again with their hands until after the ball has left the Penalty Area and has been touched by another player. Otherwise, the opposing team shall be awarded a Free Kick where the violation occurred.
- F.) Punting** – For age groups 5th Grade and older, a Goalkeeper may **NOT** punt the ball out of the Penalty Area at any time. Any infringement will result in a Free Kick from the Free Kick Mark at the top of the Penalty Area.

For those age groups 4th Grade and younger, punting IS allowed AT ANY TIME – including a Goalkeeper Distribution restart.

12.13. Goalkeeper Privileges

- A.) Obstructing Goalkeeper** – If a player intentionally obstructs the opposing goalkeeper in an attempt to prevent him from putting the ball into play, the Referee shall award a Goalkeeper Distribution. The obstructing player may be cautioned for Unsporting Behavior and be issued a five (5) minute non-Power Play Misconduct. This restart requires a whistle to legally put the ball in play.
- B.) Charging Goalkeeper** – In cases of body contact in the Penalty Area between an attacking player and the opposing goalkeeper **NOT IN POSSESSION OF THE BALL**, the Referee shall stop the game if, in the Referee’s opinion, the action of the attacking player was intentional and award a Goalkeeper Distribution. The player guilty of charging may be cautioned for Unsporting Behavior and be issued a five (5) minute non-Power Play Misconduct. This restart requires a whistle to legally put the ball in play.
- C.) Endangering the Goalkeeper** – A player who intentionally commits a foul against the goalkeeper which (in the opinion of the Referee) falls short of Serious Foul Play (Ejection) but nevertheless endangers the goalkeeper beyond what is considered to be normal hazard of play is guilty of Unsporting Behavior. The offending player is given a five (5) minute non-Power Play Misconduct. This restart requires a whistle to legally put the ball in play.
- D.) Goalkeeper Possession** – Players are NOT allowed to further challenge for the ball once the Goalkeeper is in control of the ball with their hands and has maintained possession of the ball. This includes (but is not limited to):
 - i. When the ball is between the hands.

- ii. When the ball is between the hand and any surface (either the ground or their own body) or by touching it with any part of the hands or arms.
- iii. When holding the ball in an outstretched open hand.
- iv. When bouncing it on the ground or throwing it in the air.
- v. When sitting on the ball.

12.14. Goalkeeper Penalties

All Time Penalties assessed to a goalkeeper shall be served by the offending goalkeeper.

12.15. Ejected Coach

A Coach who has been ejected shall deliver their PSA Coaches Badge to the Scorekeeper or 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 building within a reasonable amount of time shall cause that game to be abandoned by the Referee(s).

12.16. Duration / Expiration of Time Penalties

12.16.1. Two (2) Minute Power Play Timed Penalties

Two (2) minute Timed Power Play Penalties issued to players shall be subject to the following conditions in regards to duration and expiration of Penalty Time.

- A.) Power Play Goal** – If a team is reduced to a lesser number of players on the Field of Play than its opponents due to Time Penalties and such team is scored upon by its opponent, then the player having the least amount of unexpired Power Play time remaining may return to the game.
- B.) Equal Number of Penalties** – In situations where an equal number of players from each team are serving Time Penalties and a goal is scored, NO PLAYER shall be released and NO PENALTY TIME voided, as it is not a Power Play goal.
- C.) Multiple Penalties (Team)** – There must always be a minimum number of players on the Field of Play for each team. Each player that receives a Timed Penalty must go to the Penalty Box. If the number of field players fall below the required minimum, that player may be replaced by a substitute. If there is no substitute remaining, the game is over.
 - i. The Penalty Time for the third (3rd) player in the Penalty Box will not commence until that of the first (1st) player has elapsed.
 - ii. The first (1st) player may not return to the Field of Play until a Guaranteed Substitution after the expiration of his Penalty Time or the opposing team scores a Goal.
 - iii. Should both the first (1st) and second (2nd) Penalty Times elapse while all three players are still in the Penalty Box, then the first (1st) penalized player may re-join play.

- iv. Likewise, in the case where the third (3rd) player's Penalty Time elapses, the second (2nd) player may rejoin play.
- v. In the final case, the third (3rd) player may exit the Penalty Box at the first Guaranteed Substitution after the expiration of his Penalty Time.

D.) Multiple Penalties (Player) – For multiple Time Penalties assessed against a player in a single instance, the guilty player shall serve the entire accumulated time. That player may be replaced by a substitute after the Power Play Penalty Time has elapsed.

E.) Penalty Box Exit – Once a player enters the Penalty Box, the player shall remain there for the duration of the Penalty Time.

- i. Should a player leave the Penalty Box prior to the expiration of Penalty Time to participate in play, a five (5) Minute Game Misconduct is given to the player.
- ii. Should a player leave the Penalty Box prior to the expiration of Penalty Time to participate in dissent or an altercation, this shall be considered Violent Conduct and the player shall be ejected.

12.16.2. Five (5) Minute non-Power Play Misconduct Penalties

Five (5) minute non-Power Play Misconduct Penalties issued to players shall be subject to the following conditions in regards to duration and expiration of Penalty Time.

- A.)** The player must serve the entire five (5) minute Penalty Time.
- B.)** The player may not return to the Field of Play until a Guaranteed Substitution after the expiration of his Penalty Time.
- C.)** The player must step onto the Field of Play whether or not they are going to participate in play or enter the Team Bench area.

RULE 13 – Restarts

13.1. Definition

A “Restart” is a manner of resuming play after a stoppage other than a kickoff. For a stoppage of play while the ball was in play on the playing field, the following are possible:

FREE KICK	(Rule 8.4.1)
SHOOTOUT (not used in youth play)	(Rule 14.5)
SUPERSTRUCTURE VIOLATION	(Rule 11.2)
THREE-LINE PASS	(Rule 11.1)
DROP BALL	(Rule 8.4.2)

For a stoppage in play because the ball left the Field of Play, the following are possible:

KICK-IN	(Rule 15.1)
CORNER KICK	(Rule 15.3)
GOALKEEPER DISTRIBUTION	(Rule 13.8)

13.2. Definition of Playing Field

For purposes of determining restarts, the playing field includes the Players Bench and Designated Team Area.

13.3. Restart Regulations and Restrictions

If a team commits an infraction causing a stoppage of play, the opposing team is awarded a "Free Kick" restart. The Referee may allow a Free Kick to be taken from a point within a three (3) foot (or 1 yard) radius of the point of the infraction unless, in his opinion, a team gains an unfair advantage in which cases the kick shall be retaken. Before a Free Kick is taken, the ball must be stationary and the kicker shall have five (5) seconds within which to play the ball after being spotted and signaled to play by the Referee.

- A.)** A Goal may be scored directly against either team from any restart.
- B.)** In those cases where a Free Kick is taken from the opponent's Free Kick Spot (Top of Penalty Arc), Attacker Spot, Corner Spot or otherwise controlled by the Referee, the Referee signals the restart with a whistle.
- C.)** Except for a Drop Ball, if the kicker (after taking the Free Kick) plays the ball a second time before another player has touched it, a player of the opposing team shall take a Free Kick. This is known as two-touch. Playing the ball twice includes playing the ball on the rebound off the perimeter wall before being touched by another player.
- D.)** During the taking of a Free Kick, all opposing players must be AT LEAST five (5) yards (15 feet) from the ball until it is in play.
- E.)** Failure to put the ball in play within five (5) seconds will result in the restart being "turned-over" to the opponent.

13.4. Free Kick Restart

When play has been stopped for a foul listed in Rule 12 or for an infraction listed elsewhere in the Rules, play shall be restarted with a "free" kick taken by a player of the opposing team or goalkeeper distribution as listed below.

- A.)** The restart for any infraction committed by the attacking team in the defensive Penalty Area will be a Goalkeeper Distribution.
- B.)** Any Free Kick awarded to the attacking team for a foul or an infraction which occurred in its opponents' penalty area shall be taken at the Free Kick Mark.
- C.)** If play is stopped for an infraction which occurred in the Team Bench area or Penalty Box, the game shall be restarted with a Free Kick taken by a player of the opposing team from the place where the ball was when play was stopped.

13.5. Encroachment

- A.)** If a player of the opposing team encroaches into the Penalty Area or within five (5) yards (15 feet) of the ball before a Free Kick is taken and a member of the team taking the kick requests compliance with Rule 13.1, the Referee shall delay the taking of the kick until the player complies. If upon the request of the Referee that player(s) does

not comply by immediately retiring the proper distance, he shall be considered guilty of encroachment. This restart also requires a whistle.

- B.)** If a defending player within five (5) yards (15 feet) intentionally interferes with the taking of a Free Kick, he shall be considered guilty of encroachment. For the first violation, the Referee shall issue a Team Warning for encroachment to BOTH Team Bench areas. ALL subsequent violations after being appropriately warned for encroachment, this shall be deemed a Misconduct-Technical infraction resulting in five (5) minute penalty assessed against the offending player(s).

13.6. Vaulting the Wall – At ANY TIME

If a player or team personnel vaults the wall (in ANY way) at any time during or before the game that player(s) shall be adjudged a Game Misconduct and shall serve a five (5) minute non-Power Play Penalty.

If a player or team personnel vaults the wall after the game is over, a RED CARD is issued to said player and will be noted in the Game Report filed by the Referee to the PSA Soccer Director.

13.7. Drop Ball Restart

If neither team has clear possession of the ball at a stoppage, the Referee restarts play with a Drop Ball where the ball was when play was stopped. A Drop Ball originating while the ball is in the Penalty Area takes place at the Free Kick Spot. Once the ball contacts the floor the ball is “in play.”

13.8. Goalkeeper Distribution

Play restarts with a goalkeeper distribution by hand after an attacking player has last touched the ball before crossing the perimeter wall between the corner flags or for any infraction committed by the attacking team in the Penalty Arc. The distribution shall be taken from any point within the Penalty Area, by the Goalkeeper. The ball is considered in play, once the ball travels outside the Penalty Area.

The following provisions also apply:

- A.)** Player Positions – Opposing players remain outside the Penalty Area until the ball leaves the Penalty Area. Encroachment and or infringement shall result in a Misconduct-Technical Infraction resulting in five (5) minute penalty assessed against the offending player(s).
- B.)** Goalkeeper Infraction – A goalkeeper taking a distribution may not play the ball again after it has left the Penalty Area until it is touched by another player. Otherwise, the opposing team shall be awarded a Free Kick where the violation occurred.

RULE 14 – Shootout and Team Foul / Violation Count

14.1. Shootout

The Shootout is NOT USED for regular-season games.

14.2. Team Foul / Violation Count

For Third (3rd) Grade and older age divisions, the fouls for each team are tracked. A Blue Card is given to a team once they have accumulated 9 fouls in a game for 3rd-4th Grades. A Blue Card is given to a team once they have accumulated 6 fouls in a game for 5th Grade and above. The coach or team captain will chose the player to serve the two (2) minute Timed Penalty and the team will play short. Any individual serving the Timed Penalty for the team is not booked for the team infraction.

The foul count **DOES NOT** reset at halftime. Any ‘Team Fouls’ committed in the first half shall carry over into the second half (or overtime for playoff games). The tally will reset back to zero (0) only after the foul / violation has been reached and a Team Blue Card has been issued.

14.2.1. Included in the Team Foul / Violation Total

- Fouls (kicking, tripping, jumping at, charging, striking, elbowing, pushing, PIADM, Handling, Impeding, Preventing GK from releasing ball).
- Two touch, illegal procedure handling by GK, pass back to GK, etc.

14.2.2. Not Included in the Team Foul / Violation Total

- Ball out of play, loss of possession (5 second rule).
- Goalkeeper taking longer than 5 seconds to release ball.
- Superstructure / Three-line pass violations.
- Heading violations for 5th Grade and below.
- Any foul where a Blue/Yellow/Red Card is issued.

RULE 15 – Restarts – Ball over the Perimeter Wall

15.1. Kick-In

When the ball is played over the perimeter wall along the Touchline, a Kick-In shall be awarded from the point it crossed the perimeter wall to the opponent of the team who last touched the ball before it went out of play. If the ball touches a player or other team personnel on the bench, who are inadvertently extending into the playing field or if the ball exits the field through an open door of a Team Bench, the Kick-In shall be awarded to the opposing team. The restart is taken from a point within a three (3) foot (or 1 yard) radius of the point of the wall and a three (3) foot (or 1 yard) distance from the wall, **NOT ONE (1) FOOT**.

15.2. Goalkeeper Distribution

When the ball crosses the perimeter wall between the corner flags and is last touched by an attacking player, play restarts with a Goalkeeper Distribution in accordance with Rule 13.6.

15.3. Corner Kick

When the ball crosses the perimeter wall between the corner flags and is last touched by a defensive player (excluding when a legal goal has been scored), a Corner Kick is awarded to the attacking team. A goal may be scored directly from a Corner Kick.

- A.) Placement – The whole of the ball shall be placed on the Corner Spot at the nearest Corner Flag Post and it shall be kicked from that position.
- B.) Whistle – The blowing of the whistle by the Referee shall take place PRIOR to the taking of a Corner Kick.

APPENDIX

16.1. Number of Players

Age Group (REC League)	Roster Set On	# Players on Field	Min Req to Play	Game Locations			
3 Yr Old	10	5v5 (w/o GK)	3	–	PSA 2	PSA Murphy	PSA McKinney
4 & 5 Yr Old	10	5v5 (w/o GK)	3	–	PSA 2	PSA Murphy	PSA McKinney
Kinder – 1st Gr.	10	5v5 (w/o GK)	3	PSA 1	PSA 2	PSA Murphy	PSA McKinney
2nd Grade	13	8 Field Players plus a GK (9)	5	PSA 1	PSA 2	PSA Murphy	PSA McKinney
3rd Grade	13	8 Field Players plus a GK (9)	5	PSA 1	PSA 2	PSA Murphy	PSA McKinney
4th Grade	13	7 Field Players plus a GK (8)	5	PSA 1	PSA 2	PSA Murphy	PSA McKinney
5th – 6th Grade	13	7 Field Players plus a GK (8)	4	PSA 1	PSA 2	PSA Murphy	PSA McKinney
7th Gr. & Above	13	6 Field Players plus a GK (7)	3	PSA 1	PSA 2	PSA Murphy	PSA McKinney
Adults	NA	5 Field Players plus a GK (6)	3	–	PSA 2	–	PSA McKinney

Age Group (Academy/Club)	Roster Set On	# Players on Field	Min Req to Play	Game Locations			
U6 & U7 (Kinder & 1st)	10	4v4 (NO GK & half field)	2	-	PSA 2	PSA Murphy	PSA McKinney
U8 (2nd)	10	4v4 (NO GK & half field)	2	-	PSA 2	PSA Murphy	PSA McKinney
U9 & U10 (3rd & 4th)	13	6 Field Players plus a GK (7)	4	PSA 1	PSA 2	PSA Murphy	PSA McKinney
U11 & U12 (5th & 6th)	13	6 Field Players plus a GK (7)	4	PSA 1	PSA 2	PSA Murphy	PSA McKinney
U13 & above (7th & above)	13	6 Field Players plus a GK (7)	4	PSA 1	PSA 2	PSA Murphy	PSA McKinney

Ball Size

Age Group	Ball Size
Pre-Kinder	3 or Futsal
Kindergarten – 1st Grade	3 or Futsal
2nd – 6th Grade	4
7th – 12th Grade	5
Adults	5

16.2. Duration of Game

3 Minutes between games & 2 Minutes between halves.

Age Group	Halves	Minutes
Pre K (3) – Pre K (4/5)	2	18
Kindergarten – 12th Grade	2	20
Adults	2	20

16.3. Field Dimensions & Goal Size

Location	Field	Length	Width	Goal Size
PSA 1	Mini Turf	50'	30'	5' x 3'
PSA 1	Half Field	100'	42'	7' x 4'
PSA 1 – Temp Arena	Full Field	180'	65'	12' X 8'
PSA 2 / PSA Murphy / PSA McKinney	Mini Turf	50'	30'	5' x 3'
PSA 2 / PSA Murphy / PSA McKinney	Half Field	90'	45'	7' X 4'
PSA 2 / PSA Murphy / PSA McKinney	Full Field	180'	90'	12' X 8'