



Local Rules & Regulations

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1 GENERAL INFORMATION

This document defines the rules and regulations governing the operation of the Westminster Soccer Association Recreational league. It is the goal of these rules and regulations to provide clear guidance regarding preparations for, equipment for, and execution of the matches in the WSA recreational leagues from u5 thorough u14. These rules and regulations are set out to serve three primary functions:

1. Clearly define the rules that govern WSA matches.
2. Ensure that the safety of the players is a key consideration (field conditions, equipment required, equipment not allowed, behavioral expectations).
3. Clearly define the good sportsmanship behavioral expectations of the coaches, players, and spectators. All coaches, players, and parents are required to abide by these rules.

1.1 WESTMINSTER AREA RECREATIONAL COUNCIL (WARC)

WSA is a member of the Westminster Area Recreational Council. In addition to any/all rules/regulations set forth in this document. WSA and its members will follow any/all rules set forth by WARC. Detailed information regarding WARC can be found on their website:

<http://www.westminsterarearec.com/Forms.html>

1.1.1 PARTICIPANT BEHAVIOR EXPECTATIONS

The rules outlined in this document regarding coach/player/parent/spectator behavioral expectations are an expansion of the Carroll County policy "[Coaches and Spectators Standards](#)". As part of the WSA registration process every parent/guardian affirms that they understand and will comply with these standards and that they understand the potential repercussions for failing to do so. Outside teams and organizations participating under WSA rules will also be subject to County standards.

1.1.2 SEVERE WEATHER POLICY

The following excerpt is taken from the March 9, 2010 memorandum from the Carroll County Department of Recreation and Parks regarding severe weather situations that may affect WSA operations:

- **SAFETY: THUNDER & LIGHTNING**

"Effectively immediately, once lightning is observed or thunder is heard during outdoor recreation council activities, all athletic fields must be cleared for a period of 20 minutes. If lightning is observed (or thunder heard) again, the 20 minute period of cleared fields starts over."

- **SAFETY: WIND**

"When a high wind warning is issued by the National Weather Service (NWS), outdoor activities shall not operate within close proximity of trees, power lines and other potential hazards. The NWS defines a high wind warning as sustained wind speeds of 40 mph or greater lasting for 1 hour or longer or 58 mph or greater for any duration of time."

- **SAFETY: HEAT**

"Approximately 30 minutes prior to the start of the activity, temperature and heat index reading should be taken at the site or from www.weather.com or a comparable source. The following are recommended guidelines for coaches, program leaders and volunteers to follow with regards to Department sponsored youth activities:

- Heat Index 80-89: Use caution; monitor athletes carefully for necessary action.
- Heat Index 90-104: Use extreme caution; remove helmets and other equipment if not involved in contact.



- Heat Index 105-129: Alter uniforms by removing items where feasible; practice time should be shortened with low intensity & limited conditioning.
- Heat Index 130 & above: NO PRACTICE OR GAMES. ACTIVITIES SHOULD BE RESCHEDULED FOR EARLY/LATE IN DAY OR AN ALTERNATIVE DATE WHEN HEAT INDEX IS LOWER.

Some discretion is granted to the volunteers in making this decision as programs may be occurring at sites with abundant shade, water & frequent breezes.

In all cases, once the heat index rises above 105, programs should allow for frequent cooling breaks, reduced activity levels, appropriate uniform modifications, and mandatory water breaks every 30 minutes (10 minutes in duration) and ice down towels to be available to players for cooling.”

1.1.3 WARC: PET POLICY

There is a WARC: NO PETS ALLOWED policy that WSA falls under and abides by. This policy set forth by WARC indicates that there are no pets allowed at any WARC sponsored events. As WSA operates under the WARC umbrella, all WSA practices, matches, meetings, etc are WARC sponsored events. The scope of coverage of an event is defined by the permitted access that WSA applies for and receives for our operations. For instance in the fall, WSA applies for and gets permits from CCR&P through WARC the Friendship Valley Elementary School fields as well as the Kate Wagner fields every weeknight evening as well as Saturdays and some Sundays. Therefore WSA participants are not allowed to bring pets to either the FVE fields or the Kate Wagner fields. Anyone participating in a WSA event (practice, match, meeting, etc) whether they are a coach, referee, parent, spectator, or player and regardless of whether they are a WSA team or a visiting team is required to abide by this no pet policy.

1.2 WSA ADVISORY BOARD

Although every attempt is made to cover as many rules, guidelines, and requirements as possible in this document to govern the operations of WSA; there may be situations that arise that are not clearly handled in rules and regulations. There may also be situations where the rules as written need to be adjusted for an unanticipated situation. Finally, there may be instances where additional or more strict sanctions may be required that are not covered in this document. In any of these cases WSA will form an Advisory Board to address the particular situation, to hear from the people involved (coach, player, parent, referee) and to render a decision and/or action required for that particular situation. This is the highest decision making body within WSA and the decisions rendered are in effect immediately. In the event that any of the parties involved still feels that the resolution is substantially flawed, a meeting with the Westminster Area Recreational Council may be requested. The attendees would include WARC representation, WSA Advisory Board representation and the dissenting party.

A WSA Advisory Board is not a constant entity within the WSA organization but is formed as needed and will consist of three WSA representatives including:

1. At least one WSA Board Officer: President, Vice President, Treasurer, or Secretary
2. Referee Representation: Preferably the Referee Coordinator unless that person is directly involved in such a way as to present a conflict of interest. If the referee coordinator cannot participate on the advisory board, the most senior referee will be requested to participate. In the event that no suitable referee representation is identified, a WSA board member may be substituted.
3. An Age Group Coordinator: Preferably the coordinator of the age group that is bringing the concern to the board. In the case where there is a clear conflict of interest, another age group coordinator can be substituted.

While an advisory board meeting does not need to be a 'formal' meeting at a formal place, meetings should be planned and not called in haste at the instant an issue is brought to light. This is especially true in the



event that the issue is contentious or associated with a current or recently (<1day) completed match. There is no set time requirement.

Meeting needs to have notes taken and submitted to the Secretary of WSA.

1.3 CONCERNS/ISSUES

During the course of normal operations of an organization the size of WSA, there are occasional issues that arise. These can include:

- Unacceptable behavior as defined in the WARC Standards or as defined within this document
- Disagreements regarding officiating of a match
- Concerns over player time
- Concerns over player eligibility

In the event that a coach, parent, player, referee, or spectator has a concern or issue with a match, the rules, or another coach, player, parent, referee, or spectator, the following is the process for having that concern heard.

Historically, many issues/concerns raised center around disagreements with call(s) or perceived lack of call(s) during a match. There can be many reasons for this; however, it is the very firm WSA policy that the **referees are in charge of the match** and that while the match is going on; their judgment is final. A coach, and ONLY a coach may request clarification from a referee on a call or non-call at an appropriate time, but that request for clarification should under no circumstances elevate to the point of being a challenge to the referees' decisions. **WSA leadership unconditionally supports the referee during a match and will not intervene or overturn a referee decision during a match.**

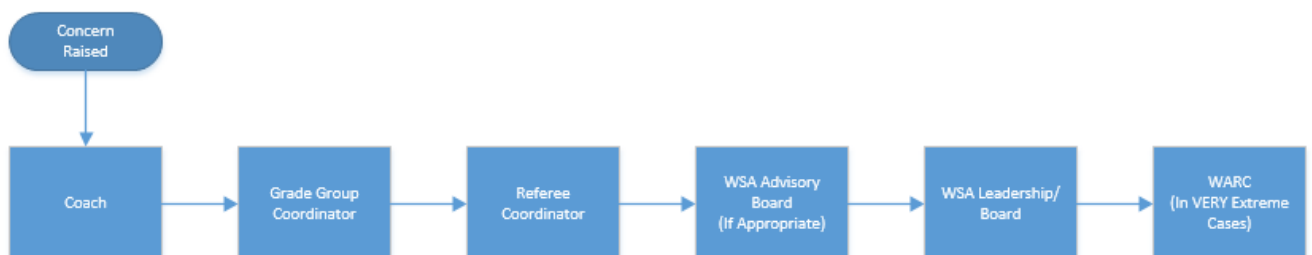
In concerns regarding referees, WSA request that coaches/players/spectators remember that in the younger age groups especially, our referees are learning as well and that in many/most instances the referees are themselves children.

1.3.1 COOLING PERIOD

Sporting matches are exciting events and as such elevate emotions of the participants and spectators. It is WSA policy not to engage in discussions regarding issues in a match either during or immediately after the match. WSA requires a cooling off period of not less than 24 hours transpire prior to pursuit of a resolution to any non-safety related issues. In the event that a player/parent/guardian/coach/referee determines that there is an issue so severe as to be threatening to the safety of the participants, a player/parent may extract themselves and/or their player from the match; a coach may remove their entire team from the match; or a referee may stop the match entirely. Still, the cooling off period is required before the issues begin to be addressed.

1.3.2 REPORTING THE CONCERN/ISSUE

It is requested that the issue/concern be described in writing with as much detail as possible. The standard flow of that information would be as follows:



The issue will be raised to the highest level required for resolution/decision. It may be that the concern is with the coach and the concerned party may be uncomfortable raising the issue directly at which time



raising the concern to the grade group coordinator would be the next step. The goal is to resolve the issue at the earliest possible level of the organization.

1.3.3 INVESTIGATING THE CONCERN/ISSUE

Once the initial report of the issue is received, additional information will be gathered from other sources. These may include opposing coaches, other parents/spectators, referee, and players; however, typically WSA will not request information directly from the players in the younger age groups. There may be requests for additional clarification from the initial party. There may be a meeting called to allow a dialog and discussion amongst the people involved with the intention of getting all of the information and positions out there and heard by all.

1.3.4 PRESENTING THE INFORMATION

After all of the information is gathered, it will be discussed at the appropriate level. Again the goal is to resolve the issue at the earliest level possible. In most instances the WSA leadership is at least informed of the issue and may be involved directly in the disposition/resolution for more significant issues.

1.3.5 DECISION/RESULTS

Once a decision has been reached, the concerned parties will be communicated with regarding the decision and any actions that WSA is taking to correct the situation, ensure that the issue does not arise again, and/or enforce sanctions if required.

1.3.6 SCOPE OF DECISION

The scope and impact of the decision and implementation of the decision will be consistent with the level of the issue raised. For instance, in the event that a concern is raised regarding a coach, the decision and implementation of any associated actions may be applied to the coach/team only or may be more broadly applied to the larger organization. The determination of scope impact is at the sole discretion of the WSA leadership.



2 DIMENSIONS (WSA STANDARDS)

The field of play must be rectangular. The length of the touch line must be greater than the length of the goal line.

2.1 WSA FIELD DIMENSIONS

Use a transit to set corners or measure right angles using the 3-4-5 method (use multiples: ex. 30-40-50). Mark all distances on end lines, then run string end to end and measure out proper distance from end line to set boxes (or measure in from sidelines to corner of box).

	u14 L x W	u12 L x W	u10 L x W	u8 L x W	u7 L x W	u5/u6 L x W
Field size: (1)	110 x 65 (330' x 195') 383'4" diag	80 x 50 (240' x 150') 283' diag	70 x 40 (210' x 120') 241'10" diag	50 x 30 (150' x 90') 175' diag	40 x 25 (120' x 75') 141'6" diag	25 x 20 (75' x 60') 96' diag
Midfield Line	165 ft.	120 ft.	105 ft.	75 ft.	60 ft.	37.5 ft.
Penalty Box:	44 x 18 (132' x 54')	34 x 15 (102' x 45')	24 x 12 (72' x 36')	18 x 8 (54' x 24')	15 x 6 (45' x 18')	N/A
Goal Box:	20 x 6 (60' x 18')	16 x 6 (48' x 18')	12 x 4 (36' x 12')	N/A See (2) below	N/A	N/A
Center circle: (radius) (3)	10 (30')	8 (24')	6 (18')	4 (12')	N/A	N/A
Corner arc:	1 (3')	1 (3')	1 (3')	1 (3')	N/A	N/A
Penalty Mark:	12 (36')	12 (36')	10 (30')	N/A	N/A	N/A
Penalty arc: (radius) (4)	10 (30')	6 (18')	5 (15')	N/A	N/A	N/A
Goal Width: Goal Height:	24 ft. 8 ft.	21 ft. 7 ft.	18 ft. 6.5 ft.	12 ft. 6.5 ft.	10 ft. 5 ft.	10 ft. 5 ft.
Build-out lines	N/A	N/A	70.5 ft See(6) below	49.5 ft. See(6) below	N/A	N/A
Coaches Boxes	5 ft.	5 ft.	5 ft.	5 ft.	5 ft.	5 ft.
# of Players:	11	8 (7+GK)	8 (7+GK)	7 (6+GK)	5 (4+GK)	3 v 3
Ball size:	5	4	4	3	3	3

Table 1: Field Dimensions



2.2 WSA FIELD DIMENSION NOTES

2.2.1 (1) DIMENSION ADJUSTMENTS

Field dimensions shown are suggested and can be adjusted based on space.

2.2.2 (2) U-8 GOAL BOX:

Hash marks for goal kicks are used in place of a goal box to avoid confusion with the penalty box. Place hash marks approx. 3 yards from end line and 2 yards wide of goal.

2.2.3 (3) CENTER CIRCLE (RADIUS):

This distance is measured from the midpoint of the midfield line (it is not the diameter of the center circle). Place hash line at midpoint for kickoffs.

2.2.4 (4) PENALTY ARC (RADIUS):

This distance is measured from the penalty mark, not from the top of the penalty box. The arc is drawn outside the penalty area.

2.2.5 (5) SET BACK LINES (COACH'S BOX):

Set back lines are placed approx. 5 feet from the sidelines and end at the top of the penalty boxes. Use orange paint.

2.2.6 (6) U8/U10 BUILDOUT LINES

- a) Half-way between penalty area line and midfield line
- b) MUST be a color other than white
- c) Measured from the goalline

2.3 FIELD MARKINGS

2.3.1 GENERAL MARKING RULES

- 1) Not all of the field markings are used in all age groups. Table 1 indicates which field markings are applicable to which age group.
- 2) The field of play is marked with lines. These lines belong to the areas of which they are boundaries.
- 3) The two longer boundary lines are called touch lines. The two shorter lines are called goal lines.
- 4) All lines are not more than 12 cm (5 inches) wide.
- 5) The field of play is divided into two halves by a midfield line.
- 6) Field Marking locations for the following areas are governed by the dimensions in Table 1 and the diagram in section 2.4.
 - a) Goal Box
 - b) Penalty Box
 - c) Penalty Mark
 - d) Penalty Arc
 - e) Center Circle

2.3.2 FLAG POSTS

- 1) A flag post, not less than 1.5 m (5 ft) high, with a non-pointed top and a flag is placed at each corner.
- 2) Flag posts may also be placed at each end of the halfway line, not less than 1 m (1 yd) outside the touch line.



2.3.3 CORNER ARC

- 1) A quarter circle with a radius of 1 m (1 yd) from each corner flag post is drawn inside the field of play.

2.3.4 GOALS

- 1) Goals must be placed on the center of each goal line.
- 2) They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar.
- 3) The size of the goal is defined in Table 1.
- 4) Both goalposts and the crossbar have the same width and depth, which do not exceed 12 cm (5 ins). The goal lines are the same width as that of the goalposts and the crossbar. Nets may be attached to the goals and the ground behind the goal, provided that they are properly supported and do not interfere with the goalkeeper.
- 5) The goalposts and crossbars must be white.

SAFETY

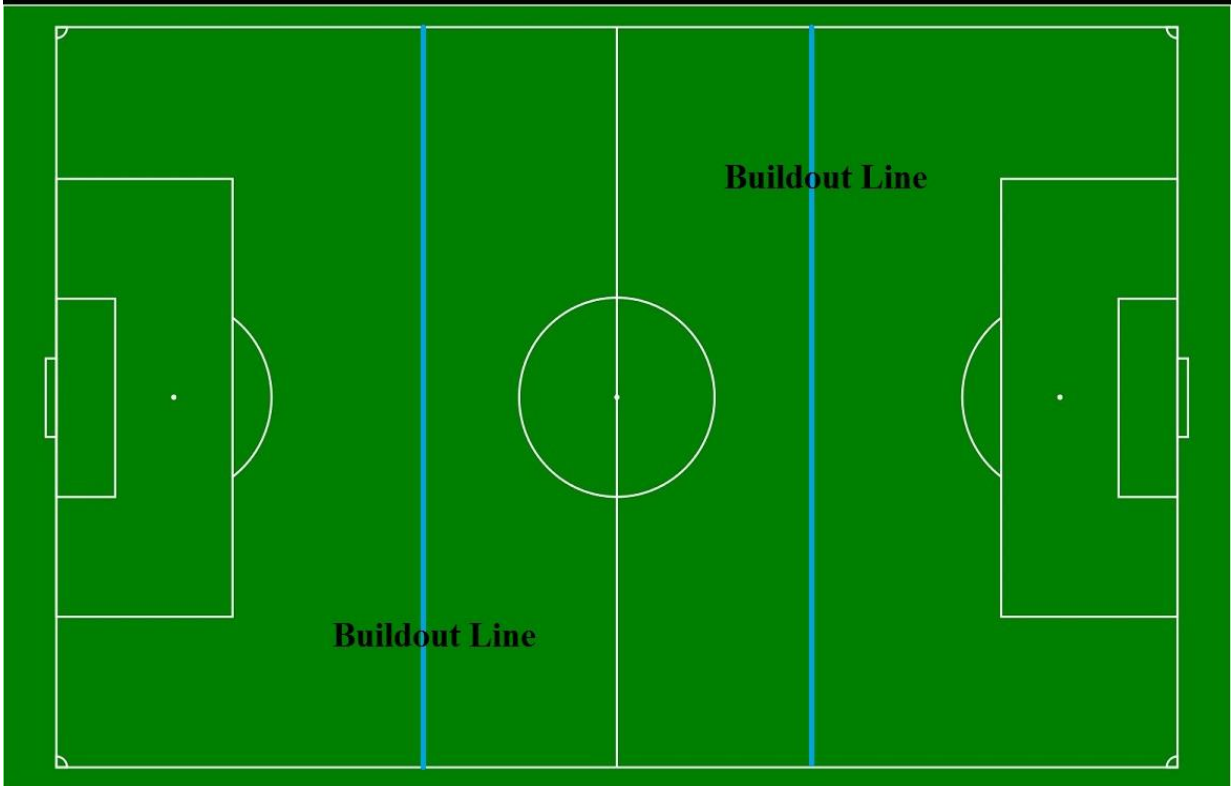
Goals must be anchored securely to the ground prior to that start of any match. The referee will inspect the goals for anchoring and will not allow the match to begin unless and until the goals are securely anchored.

2.3.5 FIELD MAINTENANCE

The field(s) will be maintained at regular intervals throughout the season. The age group coordinators will provide a maintenance schedule to the coaches before the start of a season. If in the opinion of the referee a field is unplayable due to the faintness of lines, regular play will not begin until the field has been freshly lined. At that point the group coordinator will have the power to impose a standings penalty on the team whose coach or representative did not touch up the field during the previous week.



2.4 FIELD DIAGRAM



3 EQUIPMENT

Proper equipment that is of match quality is required for the safe and successful execution of the match. The referee will inspect the ball and the players prior to match start to ensure that the equipment used is in good order and that no disallowed equipment, clothing, accessories (jewelry etc) are present.

3.1 MATCH BALL

The referee will supply the match ball free from defects and suitable for match play of the appropriate size for the age group as defined below. A match may not be played without a suitable ball.

3.1.1 MATCH BALL SIZE

Match ball size per age group is as defined below:

Age Group	Ball Size
u5/u6	Size 3
u7/u8	Size 3
u10	Size 4
u12	Size 4
u14	Size 5

Table 2: Match Ball Size

3.1.2 HANDLING OF A DEFECTIVE BALL

If the match ball bursts or becomes otherwise compromised during live play the match will be immediately stopped. The ball is replaced and the match restarted with a drop ball at the place where play was stopped. If the defective ball is identified whilst not in play at a corner kick, goal kick, kick off, penalty kick, or throw in the ball will be replaced prior to continuing the match.

3.2 PLAYER EQUIPMENT

In order to participate in a match, each player is required to have a basic set of equipment. All equipment must be functional and in good order for a player to participate. The referee will inspect players prior to the start of the match to ensure conformance to the equipment rules. In the event that a player is late and misses the inspection, it is the coach's responsibility to perform the equipment check to ensure compliance with the rules. Coaches are responsible for ensuring that players are abiding by the equipment rules defined here. Failure to ensure proper equipment may be a coach cautionable offense.

3.2.1 JERSEY OR SHIRT

Every player will wear a team jersey or shirt in order to participate in the match. All player's jerseys will remain tucked in at all times while in the match (with the exception of the goalie). In the event that a player lost or forgot their jersey, a substitute jersey of sufficiently similar color, as defined by the referee, may be substituted.

In the event that two teams have team jersey colors so similar as to cause confusion or difficulty for the referees to accurately distinguish between them, the 'home' team will wear pinnies supplied by the referee over top of their team jerseys.

3.2.2 SHORTS/PANTS

Players may wear shorts and/or sports pants (sweatpants, etc) appropriate for the match.

3.2.3 SHIN GUARDS

Players must have appropriately sized shin guards in order to participate in a match.



3.2.4 SOCKS/STOCKINGS

Players must wear stockings that can cover the shin guards. Stockings may be worn under the shin guards as well if desired and if long enough the stocking may be worn under the shin guard and then folded back down over the shin guard but the stocking must cover at least the TOP 75% of the shin guards.

3.2.5 FOOTWEAR

Soccer cleats are highly recommended for u8 and above age groups. In the event that soccer cleats are not worn, 'tennis shoes' or other general purpose footwear may be worn as long as it does not violate any of the disallowed equipment rules below.

3.2.6 SAFETY: ADDITIONAL ALLOWED 'EQUIPMENT'

There are always special cases associated with additional 'equipment' that a player may require in a match. Although not an exhaustive list, this section handles some of the more commonly encountered items. It is ultimately at the discretion of the referee to determine the safety of any such equipment and to decide to allow, or not, a player to participate in the match.

- **SAFETY: GLASSES**

Glasses are permitted on the field provided that they include some mechanism to secure them in place, i.e. Sports Eyeglasses Band, or goggles, etc. The intent is to ensure that the glasses are restricted and that they are not likely to fly off during the course of play.

- **SAFETY: KNEE/ANKLE/ELBOW BRACE**

Generally the neoprene support braces are allowed. Ace bandages are also allowed provided the securing mechanism is covered by sports tape to ensure that the bandage does not come undone during the course of play. Braces containing metal supports will need to be evaluated on a case by case basis and any player requiring such a brace is encouraged to get a ruling from the Referee Coordinator and or a WSA Advisory Board prior to any match. WSA will provide a signed written approval form (see forms section) that the player/coach can produce at each match indicating league approval.

- **SAFETY: CAST**

It is possible for a player to participate in a match with a cast. Typically this would be limited to a cast on the lower arm only that does not extend past the elbow. In order to participate, the player must have a note from the doctor indicating that they are medically released to participate. The cast must be sufficiently wrapped with soft, impact absorbing material such as bubble wrap so as to greatly reduce the potential for inadvertent injury to the player themselves or any other player. The determination of safety and sufficiency of the wrapping is at the discretion of the referee. This again may be a situation where a determination by a WSA Advisory Board might be appropriate.

- **SAFETY: JEWELRY**

The vast majority of jewelry is NOT allowed during a WSA match. There are two notable exceptions that have been encountered in the past:

1. New Earring Studs: In the case where a player has 'new' ear piercing with a stud earring, the earring (front and back) MUST be covered by sports tape or a band-aid and it is strongly suggested that there be some padding on the back to prevent the stud from stabbing the player if they were to get hit by the ball in the ear.
2. Medical Alert Bracelets: These are allowed, but must be contained if worn. WSA recommends a wrist sweatband be placed over the bracelet during the match and checked regularly to ensure that it stays in place.



3.2.7 SAFETY: DISALLOWED EQUIPMENT/CLOTHING/ETC.

Various 'equipment', clothing, jewelry, etc is not allowed during a match. The list below is meant to serve as examples and not a complete list. It is the responsibility of the referee at the match to make the determination of the safety of equipment, clothing, jewelry, etc prior to the match start. The referee's call at the match is the final call. Questions/concerns may be raised to the coach, WSA Advisory Board, etc.

- **SAFETY: DISALLOWED CLEATS**

Any cleats with a toe cleat (a cleat at the front of the shoe) are NOT allowed in WSA practices or matches. These are typical of baseball cleats. No player will be allowed to participate in a match with a toe cleat. Metal cleats of any kind are also not allowed. Referees will check the cleats prior to the start of every match. In the younger age groups (u5-u8), the coaches are required to inspect their player's cleats in order to ensure that the proper footwear is worn.

- **SAFETY: DISALLOWED JEWELRY**

With the exception of the two items listed above ([Safety: Jewelry](#)), generally speaking, "NO JEWELRY" is allowable during a WSA match. Referees will inspect and remind players prior to a match. If a player arrives late to a match, it is the coach's responsibility to inspect for jewelry. If a referee sees a player on the field with jewelry, the referee may issue a YELLOW CARD to the coach and have the player immediately removed to remove the jewelry. This action is designed to ensure that a non-safe condition is addressed as quickly as possible.

- **SAFETY: DISALLOWED CLOTHING**

Generally, all clothing that allows the player freedom of movement and is appropriate for the weather conditions is acceptable. One notable exception is hats with anything dangling from them (straps, pompoms, etc). These are not allowed because they have the potential to get tangled up with the player wearing them or another player or be inadvertently yanked.

- **SAFETY: DISALLOWED GLASSES**

Nonprescription sun glasses are not allowed.



4 AUTHORITY OF THE REFEREE

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he/she has been appointed. WSA will primarily use referees (u10 and up) who have completed a USSF Grade 8 entry level referee course. Alternately, a referee may be allowed to officiate without a Grade 8 badge, provided they receive permission from the WSA President and Referee Coordinator.

4.1 REFEREES

WSA recreational leagues not only provides players a place to learn the sport and improve their skill but also a place where referees gain experience and improve their skills. There are levels of referees used at the varying levels of play within WSA.

4.1.1 ACADEMY REFEREES

The WSA Academy (u5 through u8) matches are officiated by the coaches of the teams. Significant efforts should be made by the coaches to provide instruction as the match progresses. These coaches may be on the field in support of both coaching the players in the match as well as officiating the match. Each team may have up to two coaches/referees on the field in order to ensure the match runs smoothly. The coaches are required to conduct the same equipment check pre-match as the referees in the older age groups. It is recommended that each team 'draft' a parent from their side to serve as the 'line judge' and be responsible for calling out of bounds on their side and identifying which team gets the ball. Note: when a ball crossed the side line, the team that last touched the ball loses possession.

4.1.2 U10 REFEREES

A minimum of one WSA referee is required for the match to start and the desire is to have two referees officiating every match. If there are two referees, one will be designated as the Head Referee. In the event that only one WSA referee, that referee is the Head Referee and two spectator volunteers may be asked to serve as line judges to support the Head Referee. The line judge responsibility is to determine when a ball has gone out of bounds and which team last touched the ball prior to it going out of bounds and therefore which team takes possession. The line judge will have no responsibility in calling fouls. Appropriate behavior is expected from the volunteers in this situation.

The u10 league utilizes the youngest WSA referees (first year referees). Every attempt is made to have two WSA referees and to have a less experience referee paired with a more experienced referee although this is not always possible and is not required.

4.1.3 U12 REFEREES

A minimum of two WSA referees are expected for the match to start. In some circumstances this may not be possible and in that case the referee may request two spectator volunteers to serve as line judges to support the referee. The line judge responsibility is to determine when a ball has gone out of bounds and which team last touched the ball prior to it going out of bounds and therefore which team takes possession. The line judge will have no responsibility in calling fouls. Appropriate behavior is expected from the volunteers in this situation. One of the referees is designated at the Head Referee. The u12 league may also have a less experienced referee (<2 years); however, it is required that one of the two referees have a higher level of experience (target 2 years+).

4.1.4 U15 REFEREES

A minimum of two WSA referees are required for the match to start. Both of these referees are required to have significant experience (>2 years).



4.2 REFEREE POWERS AND DUTIES

4.2.1 GENERAL RESPONSIBILITIES

The Head Referee is completely in charge of the match. WSA UNCONDITIONALLY BACKS THE RULINGS OF A REFEREE DURING A MATCH.

The Head Referee:

1. Enforces the Laws of the Game.
2. Controls the match in cooperation with the referee.
3. Ensures that the field is safe for match play.
4. Ensures that the ball used complies with the information in Section 3.1.
5. Ensures that the Players' equipment complies with the information in Section 3.2.
6. Keeps official match time.
7. May stop, suspend, or terminate any match, at their discretion, for any infringement of the Rules and Regulations.
8. May stop, suspend, or terminate any match, at their discretion, for outside interference of any kind.
9. Response to an injury during play:
 - a. Stops the match, if in their opinion, a player is seriously injured and ensures that the player is removed from the field of play. An injured player may only return to the field after the match has restarted.
 - b. May allow play to continue after a player injury until the ball is out of play if the player is, in the opinion of the referee, only slightly injured and if the player is not in danger of further injury due to the continued play.
 - c. Ensures that any player bleeding from a wound leaves the field of play. That player will only be allowed back into the match after receiving a signal from the referee who must be satisfied that the bleeding has been stopped and the wound sufficiently treated.
10. Handling offenses:
 - a. Have the power to show yellow or red cards from arriving at the field prior to the start of a match until after the match has ended; including halftime, overtime, and during tournament penalty kicks.
 - b. Will allow play to continue following an offense when the team against which the offense has been committed is deemed, in the opinion of the referee, to have the advantage and will benefit from continued play. The referee will penalize for the offense once the advantage is lost. In the event that the advantage results in a score, the penalty may be forgiven.
 - c. Will punish the more serious offense when a player commits multiple offenses in the same play.
 - d. Will take disciplinary action against players guilty of cautionable and 'sending-off' offenses. The referee is not obligated to take these actions immediately but must do so when the ball next goes out of play.
 - e. Takes action against team officials who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the field of play and its immediate surroundings.
 - f. Takes action against spectators who fail to conduct themselves in a responsible manner and may, at their discretion, expel them from the field of play and its immediate surroundings.
11. Will act on the advice of assistant referee(s) regarding incidents that the Head Referee did not themselves witness.
12. Ensures that no unauthorized persons enter the field of play
13. Restarts the match after it has been stopped.

PLEASE NOTE: the referee has no power to change a decision once they have blown the whistle for halftime or for the end of the match.



4.2.2 CARDING OFFENSES

Certain offenses may be severe enough to warrant a yellow or red card to be issued by the referee. In the event that ANY card is issued, the referee must submit a written report within 24 hours to the referee coordinator. The referee coordinator will distribute that report to the WSA board. The WSA board may evaluate the offense and may at its discretion modify the standard sanction. Multiple offenses by the same individual can, in the worst case, result in suspension from or expulsion from the league.

YELLOW CARD (CAUTIONABLE OFFENSES)

A yellow card is the issuance of a warning or caution to a player, coach, or spectator. The referee may issue the yellow card at any time during the match. WSA leadership will back the decision of the referee on the field unconditionally. Any player shown a yellow card must leave the field immediately. The cautioned player's team will play 1 man down until the next legal substitution opportunity. At that point either the cautioned player may return or a new player will be allowed onto the field. In the event that a coach, player, or spectator wishes to discuss the events surrounding the caution, the individual(s) are required to abide by the process set out in section [1.3 Concerns and Issues](#).

4.2.2.1.1 FIFA DEFINED CAUTIONABLE OFFENSES (WITH WSA MODIFICATIONS)

FIFA defines cautionable offenses (WSA modifications shown in **Red**) as:

A player, **coach, or spectator** is cautioned and shown the yellow card if he/she commits any of the following seven offenses:

- Unsporting behavior
- Dissent by word or action
- Denying the opposing team a goal or an obvious goalscoring opportunity in which the defender or goalkeeper make an attempt to play the ball.
- Penalty kick offenses by either the shot-taker, the offences teammate, or the goalkeeper **after given a warning for the first offense.**
- Persistent infringement of the Laws of the Game
- Delaying the restart of play, must be quite severe for WSA to issue a card for this offense
- Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in. Multiple offenses by the same player must be committed and the card will be shown only if the referee in their judgment believes the player to be blatantly disregarding the instructions of the referee.
- Entering or re-entering the field of play without the referee's permission. Multiple offenses by the same team must be committed and the card will be shown only if the referee in their judgment believes the coach to be blatantly disregarding the instructions of the referee.
- Deliberately leaving the field of play without the referee's permission. It would be very rare for a player/coach to receive a card for simply leaving the field. More likely there would be infractions of one of the first 3 items in this list coincident with leaving the field that would result in a card.

4.2.2.1.2 WSA ADDITIONAL CAUTIONABLE OFFENSES

WSA has additional yellow cardable offenses defined in order to enforce the rules outlined and maintain a safe environment. The determination that the severity of the offense has risen to the level of a yellow card is at the discretion of the referee.

A player may be cautioned and shown the yellow card if he/she commits any of the following offenses:

- Slide Tackling
- Intentional dangerous play

A coach may be cautioned and shown the yellow card if he/she commits any of the following offences:

- Fielded player with any disallowed equipment/clothing/etc. (In this case, the coach will receive the card; however, the player will be sent off the field to attend to the disallowed articles)
- Failure to maintain control of their bench/spectators

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

- Continued interaction with and/or shouting at a referee



RED CARD (SENDING-OFF OFFENSES)

A red card is the issuance of a sending-off or ejection to a player, coach, or spectator. The referee may issue the red card at any time during the match. WSA leadership will back the decision of the referee on the field unconditionally. In the event that a coach, player, or spectator wishes to discuss the events surrounding the caution, the individual(s) are required to abide by the process set out in section [1.3 Concerns and Issues](#). **Any player, coach, or spectator must immediately leave the field area and may not return for the remainder to the match AS WELL AS THE NEXT MATCH.**

4.2.2.1.3 FIFA DEFINED SENDING-OFF OFFENSES (WITH WSA MODIFICATIONS)

FIFA defines sending-off offenses (WSA modifications shown in **RED**) as:

A player, **coach, or spectator** is sent off if he/she commits any of the following seven offenses:

- Serious or attempted serious foul play (INCLUDES tackles or challenges that endanger the safety of an opponent.)
- Violent or attempted violent conduct
- Any deliberate contact to the head or face of an opponent when not playing the ball unless the contact is minimal. NO provision is to be made for accidental contact.
- spitting at an opponent or any other person
- denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying the opposing team a goal or obvious goalscoring opportunity by pulling or pushing, making no attempt to play the ball, or the foul is a red card offense anywhere else on the field.
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

A player, **coach, or spectator** who has been sent off must leave the vicinity of the field of play and the technical area.

4.2.2.1.4 WSA ADDITIONAL SENDING-OFF OFFENSES

WSA has additional red cardable offenses defined in order to enforce the rules outlined and maintain a safe environment. The determination that the severity of the offense has risen to the level of a red card is at the discretion of the referee.

A player may be shown the red card and sent off if he/she commits any of the following offenses:

- No additional offenses are defined at this time

A coach may be shown the red card and sent off if he/she commits any of the following offences:

- Failure to comply with player equal time requirements as determined by the WSA board. This card may be issued by the WSA board following a match confirming failure to comply. If the card is issued in this manner, they would be banned from the next TWO matches.
- A spectator from their team entering the field of play during a match will result in a red card for the coach as well as the spectator.

A spectator may be shown the red card and sent off if he/she commits any of the following offences:

- Entering the field of play during the match
- Engage in an argument with the referee during or immediately following a match. In the event that the offense occurs following a match, the spectator will be banned from the next two matches.
- Failure to comply with a previous red card restriction. In this case, an additional card may be issued and the concern raised to the WSA board for review and possible submission of report to Westminster Area Rec Council.

5 PLAYER ELIGIBILITY

WSA provides an environment for all players to learn, compete, and grow their soccer skills. WSA does not discriminate on the basis of gender, age, race, religion, or capability.



5.1 PLAYER AGE

United States Soccer Federation changed the age cutoff in 2016 from the age as of July 31st of the fall season, to the age as of Dec 31st of that fall season. Basically the age group therefore is now based on the age you are in the calendar year of the fall season. A player may 'play up' if the parent feels that it is safe for their player to do so and requests it. It is NOT allowable for a player to 'play down' in age group.

5.2 MULTIPLY ROSTERED PLAYERS

In general, multiply rostered players are NOT allowed. It may be possible for an exception to this rule to be granted, but in order to do so, the request must be made IN WRITING (email or letter) to the grade group coordinator. This request must outline the details of the request and the specifics around the other team/league that the player would be playing as well as a reason for wanting to play in two leagues. The coordinator will refer the request to the WSA board and the board will review and render a decision. Any such request **MUST be received prior to the first match** of the season. Any player found to be double rostered after the season begins will no longer be allowed to participate in WSA league play for the remainder of the season.

A player participating in the WSA recreational league may not be rostered on ANY travel team in ANY league.

5.3 MEDICAL ELIGIBILITY

In the event that a player has a medical condition that may restrict or limit their eligibility to play; WSA may require a note from a physician indicating eligibility to play and outlining any restrictions on play time, etc. If a WSA coach, coordinator, referee, or official has concerns regarding a player's medical eligibility or the safety of the player not brought up by the player's parent; these concerns must be brought to the grade group coordinator and then to the board for evaluation. The board likely will request a physician's note stating eligibility.



6 TEAM FORMATION

WSA makes every effort to create fair and equally matched teams.

6.1 THE ACADEMY (U5-U8)

The Academy teams are formed by the age group coordinators. The Academy is single age groups. The coordinators will work to ensure that each team has an equal number of boys and girls.

6.1.1 COACHES

Each team will have at least one coach and one assistant coach assigned. Coaches/Assistant coaches may request to work together. Parents are encouraged to participate and provide additional coaching help during both practices and matches. In the Academy and in particular with the younger groups (u5-u7) additional coaching help is required on match days since multiple matches occur simultaneously.

6.1.2 REQUESTS

Since no score or standings are kept in the Academy, WSA is able to honor coach, carpool, and friend requests. Practice night restrictions are also honored if at all possible. These requests may be made in the comments field during the registration process.

6.2 IN-HOUSE (U10 THROUGH U15)

In House teams are formed through a draft process. This is to try to achieve the best balance possible of our teams. Coaches/Assistant Coaches participate in the draft process and are provided with the following information ahead of the draft event:

- Player Name
- Player Age
- Number Years' Experience
- Shirt/Short Size
- Comments (Sibling, coach child, practice night restrictions, etc)

The draft is conducted in the following manner:

- Random draft order/team number is drawn by each coach
- Practice evenings are chosen in order of draft number – there may be some negotiations of practice times if there is flexibility to ensure everyone is accommodated to the maximum extent.
- The player draft begins and the following process applies:
 - Draft runs through all oldest boys, then oldest girls, then younger boys, then younger girls. For instance in u10: 9 year old boys are drafted until gone, then 9 year old girls, then 8 year old boys, then 8 year old girls. This is to ensure that each team gets roughly an equal number of all groups.
 - There are OBLIGATORY PICKS: The coach and assistant coach(es) must select their player at the earliest possible round. (A u10 coach with an 8 year old boy, he must pick that boy as his FIRST 8 year old boy pick) Selection of a SIBLING creates an obligatory pick for the other sibling.
 - Since the practice nights were selected before the player draft, coaches know not to pick a player with a restriction on their night.
 - The actual draft starts with the coach in draft order #1 and proceeds in a serpentine fashion (1,2,3,4,5,.....,5,4,3,2,1,1,2,3,4,)

6.2.1 COACHES

Each team will have at least one coach and one assistant coach assigned. A maximum of two assistant coaches may be assigned to a team at draft time. Once the team is formed any parents that wish to participate and that the coach wishes to have participate may do so.



6.2.2 REQUESTS

The In House league keeps score and maintains standings. In order to eliminate the appearance (and historical issues) of 'team building' the ONLY requests that will be honored are:

- Coach requesting Assistant (or two)
- Siblings
- Practice night restriction (limited to 2 night exclusion)

The following requests are routinely made but are not allowed, honored, or considered:

- Request to play with a friend
- Request a specific coach
- Carpool requests

7 THE MATCH

This section governs the match play and the expectations of the participants at the match to include players, coaches, and spectators.

7.1 THE PLAYERS

7.1.1 NUMBER OF FIELDED PLAYERS

The following table defines the number of fielded players by age group

Age Group	Fielded Players		Goalie		TOTAL	
u5	3	+	0	=	3	
u6	3	+	0	=	3	
u7	4	+	1	=	5	Academy
u8	6	+	1	=	7	
u10	7	+	1	=	8	
u12	7	+	1	=	8	In-House
u14	10	+	1	=	11	

Table 3: Number of Fielded Players

If an in-house team does not have enough players (or enough girls) for a full team, they may play down by as many as two fielded players. If at any point during the match a team falls below the minimum number to play, the match will be abandoned and rescheduled at a later date.

- FIELDING GIRLS (IN-HOUSE)

Each team is required to have a minimum of two girls on the field at all times during a match. In the event that a team has absences that make this impossible, that team may elect to play down a player (or two) instead of fielding a girl player. For instance in the event that a team has only two girls show up for a match, the coach may elect to field both for a period of time, then remove one and play down a player etc. There may be circumstances where allowances may be made regarding fielded girls, but these are to be discussed and decided prior to the match.

7.1.2 PLAYER TIME

WSA believes all players are enrolled so that they can PLAY. WSA recreational leagues provide a place for all players to PLAY. Every effort should be made by the coaches to provide **EQUAL** play time for all players in



each match. This rule applies in BOTH directions: a player should not be getting substantially LESS time than other players nor should a player be getting substantially MORE time than other players. Coaches are expected to have a planned player rotation that provides for this. It is understood that unexpected absences for matches, delays in opportunities for substitutions due to there not being a play stoppage may present challenges for achieving this equality in a given match. Injuries or identified medical limitations (see [Medical Eligibility](#)) may impact a specific player's time and is an exception to this rule. Player capability, stamina, or expertise are NOT exceptions to this rule.

In the event that a player time inequality concern is brought to the attention of the age group coordinator WSA will send a representative (board member, age group coordinator, referee coordinator) to the next possible match to assess player time. If a significant discrepancy is found in this match WSA will provide the data to the coach and request that they improve player equality. WSA may monitor additional matches to ensure compliance. Multiple violations of this rule may result in additional sanctions against the coach/team.

COMMENTS: This is an area WSA takes very seriously. It is also one of the fastest complaints that WSA receives from a parent who feels that their player is not getting fair playing time. Every team has players who may be 'more talented or capable' and others who are not as capable or as interested – they all get the same playing time. A team that does not follow this rule and fields 'better' players over other players is cheating when compared to teams fielding all players equally.

7.2 THE SPECTATORS

Spectators are required to behave in accordance with the [Youth Sports Standards for Coaches and Spectators](#). Spectators are not to interact directly with the referees. If a spectator has a concern, they may bring the concern to the coach.

Spectators will sit on the same side of the field as their team. Spectators are asked to maintain a distance of at least 6 feet from the sidelines. No spectator is allowed to be along either goal line or behind either goal. Unsatisfactory behavior by a spectator may result in a card-able offense for both the spectator AND the coach.

7.3 THE COACHES

7.3.1 COACH RESPONSIBILITIES

The coach is responsible for their behavior as well as the behavior of the team and the spectators on their sideline.

- REFEREE INTERACTION

The head coach is the only person on the field who may interact with the referee. Interactions are to be respectful. A coach may ask for clarification on a call. If the coach disagrees with a call, they may raise that concern to the age group coordinator, referee coordinator, and/or WSA board in accordance with the process outlined [Concerns/Issues](#).

- PLAYER INSPECTION

It is ultimately the coach's responsibility to ensure that the players on their team not have any disallowed equipment, clothing, or jewelry as defined in [Safety: Disallowed Equipment/Clothing/Etc](#). In the event that a player takes the field with any disallowed item, the coach may be yellow carded.

- SIDELINE CONTROL

The coach is responsible for maintaining control of the spectators on their sideline. In the event that a coach is having difficulty with a spectator or parent, the coach should bring that concern to the attention of the



coordinator. WSA may send a representative to a match to observe the behavior and may remind the spectator of the rules and behavior expectations. Unacceptable behavior on the sideline may result in a card being issued to the spectator(s) and possibly to the coach.

- **TEAM MANAGEMENT**

Although last in this list, by far the most important responsibility of the coach is to the team and players. The coach is required to have a roster list at every match and must be able to produce that list upon request of the referee. The coach is responsible for player substitutions during the match in support of the equal play time rule. The coach is responsible for setting a positive tone of competition and good sportsmanship and generally providing a good example to the players and spectators.

Any interference by a substitute player, parent, or coach that results in a stoppage of play will result in a direct free kick or penalty kick to the opposition depending on where on the field of play the ball was when play stopped.

7.4 MATCH TIME

7.4.1 ACADEMY

The match length varies by age group as shown below. A parent will maintain the game time. In the academy the match clock is a running clock.

Age Group	Time	Time Between Periods	Comment
u5	8 Minute Halves	3-5 Minutes	Match day for u5-u7 consists of two matches of the length defined.
u6	8 Minute Halves	3-5 Minutes	
u7	9 Minute Halves	3-5 Minutes	
u8	12 Minute Quarters	3-5 Minutes	

Table 4: Academy Match Length

7.4.2 IN HOUSE

The match length varies by age group as shown below. The head referee will maintain the official match time. The referee will allow for additional time for time lost due to:

- Substitutions
- Injuries
- Delay of Game
- Penalty Kick Time
- Time Outs (see 7.4.3)

The amount of allowance time is at the sole discretion of the referee.

Age Group	Time	Time Between Periods
u10	25 Minute Halves	5-10 Minutes
u12	30 Minute Halves	5-10 Minutes
u15	30 Minute Halves	5-10 Minutes

Table 5: In-House Match Length



7.4.3 TIME-OUTS

Time-outs are NOT permitted by any coach during an In-House match. Time-outs will only be issued by a referee for water breaks during excessive temperatures. Referees may issue a time-out whenever they deem necessary.79648

7.4.4 END OF REGULATION TIME

Tie matches are allowed in the Academy as are In House matches during the regular season.

7.4.5 OVERTIME (U15 ONLY) REGULAR SEASON

In the event that a u15 match ends with a tie score after regulation play the following overtime process will execute.

- **EXTRA PERIODS – GOLDEN GOAL**

Up to two extra periods of up to 5 minutes each are played. First goal ends the match.

- Coin Flip, same team as the beginning of the game makes the call. 2 minute break before the first overtime period starts.
- If no one scores after five minutes; switch sides and immediately start the 2nd overtime period. Teams may sub during the changeover. There is not a 2nd Halftime, the second overtime period begins immediately upon the teams switching sides.
- All substitution rules are in effect

If the match is still tied after the two 5 minutes periods, then the match is ended and the tie score recorded.

7.4.6 OVERTIME (U10, U12, U15) - PLAYOFFS

In the event that a match ends with a tie score during a playoff match, there is an overtime process that is carried out as defined below.

EXTRA PERIODS – GOLDEN GOAL

Up to two extra periods of up to 5 minutes each are played. First goal ends the match.

- Coin Flip, same team as the beginning of the game makes the call. 2 minute break before the first overtime period starts.
- If no one scores after five minutes; switch sides and immediately start the 2nd overtime period. Teams may sub during the changeover. There is not a 2nd Halftime, the second overtime period begins immediately upon the teams switching sides.
- All substitution rules are in effect
- u10 ONLY – ONE timeout can be used, if it wasn't used during the 2nd Half of regular play.

SHOOTOUT – FIRST ROUND

In the event that the two additional periods are played without a score, the match will enter shootout mode.

- Coin Flip happens immediately upon conclusion of the overtime. Team that wins toss gets the choice of shooting 1st or 2nd. The referees will choose which end of the field the shootout occurs.
- The first 5 shooters from each side MUST come from players on the field at the end of the 2nd overtime. This can include the goalie. (Note: A coach may switch goalies between the end of overtime and the start of the shootout rounds. The goalie that starts the shootout may not be replaced until the end of the first round, unless there is an injury.)
- At least 1 shooter in each round must be a female.



- The coaches will inform the referees prior to the start of the shootout the order in which players will take their turns. The shooters/goalies will be separated from their teams. Shooters will wait on the field, while goalies will wait their turn near the goal. All coaches and those players not participating in the shootout will remain on the sidelines, respecting the Orange coaching box. Once a player has taken their turn, they go back to their sideline.
- Both sides will alternate shots until 1 team has an insurmountable lead or the 5 shots have been taken by each team.
- SHOOTOUT – GOAL/MISS COMBINATION

If the game is still tied at the end of the 1st shootout, we will have a sudden death shootout.

- The coaches will choose 5 new players.
- A goalie change may be made between the first and second round of shootouts.
- No goalie substitution may be made during the second round unless there an injury.
- At least 1 must be a female.
- No player may take a 2nd turn until all players have had at least 1 shot.
- The coaches will inform the referees prior to the start of each additional round of the order in which players may take their turn.
- The game ends on the 1st Make/Miss combination.

7.5 THE PLAY

7.5.1 SUBSTITUTIONS

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

- Referee is informed before any proposed substitution is made.
- A substitute only enters the field of play after the player being replaced has left and after receiving a signal from The Referee.
- A substitute only enters during a stoppage in the match, except corner kicks and free kicks.
- A substitution is completed when a substitute enters the field of play.
- All substitutes are subject to the authority and jurisdiction of The Referee, whether called upon to play or not.
- Multiple substitutions may be made simultaneously.
- Substitutes can take any restart provided they first legally enter the field of play
- If in the judgment of the referee a team has either substituted illegally or in such a manner to deliberately slow, or stall the game a free kick will be awarded to the other team.
- Unlimited substitutions are allowed in support of the rule to provide equal play time to all players.

7.5.2 PRELIMINARIES

- A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match **or if they want to kick-off.**
- The team that begins on defense will kick-off to start the second half of the match.
- In the second half of the match, the teams change ends and attack the opposite goals.

7.5.3 KICK OFF

The Kick-off is a way of starting or restarting play under the following circumstances:

- at the start of the match;
- after a goal has been scored;
- at the start of the second half of the match;
- At the start of each period of extra time, where applicable.
- A goal may be scored directly from the kick-off.
- Team that wins the toss takes the kick-off to start the second half of the match.
- All players are in their own half of the field.



- The opponents of the team taking the kick-off are outside the center circle until the ball is in play. (In the Academy, the minimum distance will be 6 feet from the ball)
- The ball is stationary on the center mark.
- The Referee gives a signal.
- The ball is in play when it is kicked.
- The kicker does not touch the ball a second time until it has touched another player.
- After a team scores a goal, the kick-off is taken by the other team.

7.5.4 DROPPED BALL

A dropped ball is a way of restarting the match after a temporary stoppage that becomes necessary, while the ball is in play, for any reason not mentioned elsewhere in the Laws of the Game. The referee drops the ball at the place where it was located when play was stopped, unless play was stopped inside the goalbox in which case the ball is dropped on the goalbox line at the point nearest to where the ball was when play stopped.

The ball will be dropped to a member of the team in possession when the match was halted. All other players (of both teams) must be at least 5 yards away from that player when the ball is dropped. This is no longer a contested action.

Additionally, if a ball TOUCHES the referee (or other match official) AND goes into the goal, changes possession, or allows the defense to start an offensive attack; the match will be halted and then restarted with a drop ball.

7.5.5 BALL IN/OUT OF PLAY DEFINITION

A ball is 'out of play' when it has WHOLLY crossed the goal line or touch line whether on the ground or in the air. The ball is also considered 'out of play' upon stoppage of play by the referee.

Other than the above, the ball is considered 'in play' including if it rebounds from the goalpost, crossbar, corner flag and remains in the field of play or if it rebounds from either the referee or assistant referee when they are on the field of play.

7.5.6 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 infringement of the Laws of the Game has been committed previously by the team scoring.

7.5.7 U8/U10 BUILD OUT LINE MODIFICATIONS

Beginning with the 2019 season, WSA will be implementing US Soccer development guidelines for U8 and U10 in-house matches. The most visible change will be the build-out line. Here is how the line will impact our matches:

- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build-out line until the ball is put into play (restart is an indirect free kick for the opposing team if there is an infraction).
- Once the opposing team is behind the build-out line, the goalkeeper can pass, throw, or roll the ball into play. Punts and drop kicks are not allowed. WSA goalies will be warned once and given a second chance to release the ball before an infraction is called. The restart is an indirect free kick taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred.



- After the ball is put into play by the goalkeeper, the opposing team can cross the build-out line and play resumes as normal.
- The opposing team must also move behind the build-out line during a goal kick until the ball is put into play.
- Ideally the goalkeeper will wait to put the ball into play once all opponents retreat behind the build-out line. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
- Coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build-out line prior to the ball being put into play.
- Coaches are responsible for addressing these types of issues with their players.
- Referees can give out yellow cards for intentional delay of game if deemed appropriate.
- Referees should be flexible when enforcing the six second goalie possession rule. Counting the time of possession should only begin when all opponents have moved behind the build-out line.
- The opposing team must also move behind the build-out line during defensive direct or indirect kicks taken from inside the penalty area.

7.5.8 INDIRECT FREE KICK

REASONS FOR INDIRECT FREE KICK

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

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

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

- Plays in a dangerous manner.
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands.
- Commits any other offense for which play is stopped to caution or dismiss a player.
- In u10 and u12 a player deliberately heads the ball.

EXECUTION OF INDIRECT FREE KICK

The kick is taken from where the infringement occurred, unless the offense was committed within the goal area of the team awarded the kick, in which case the kick may be taken from anywhere within the goal area.

An indirect free kick within the opposing team's goal area is taken from the goal area line, parallel to the goal line, nearest to where the infringement occurred (i.e. at least 6 yards from the goal line).



The ball must be stationary prior to being kicked. Opponents must remain 10 yards (9.15m) from the ball (and also outside of the penalty area if the kick is taken from within the kicking team's penalty area) until the ball is in play. The exception to this is that opponents may be within 10 yards of the ball provided they are standing on their goal line between the goal posts. **When there is a defensive 'wall' of at least 3 players, all attacking team players must be at least 1 yard from the 'wall'. Encroachment is penalized with an indirect free kick.**

The ball becomes in play when it has been kicked and moves.

A goal may not be scored directly from an indirect free kick, rather it must be touched by a second player before a goal can be scored. If the ball goes in goal directly from an indirect free kick, a goal kick is awarded to the defending team. As with all restarts of play, if the ball goes directly into the kicker's own goal from an indirect free kick a corner kick is awarded to the opposing team.

INFRINGEMENTS FOR INDIRECT FREE KICK

The kick is retaken if:

- An opponent is closer to the ball than the required distance.
- The free kick is taken by the defending team from inside its own penalty area, the ball does not travel directly out of the penalty area.
- The free kick is taken by the defending team from inside its own penalty area, an opposing player crosses into the penalty area prior to the ball travelling out of the penalty area.

For a free kick taken by other than the goalkeeper:

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team the kick is to be taken from the place where the infringement occurred. A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.

Free kick taken by the goalkeeper:

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred

7.5.9 DIRECT FREE KICK

REASONS FOR DIRECT FREE KICK

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

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.



- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

EXECUTION OF DIRECT FREE KICK

The kick is taken from where the infringement occurred, unless the offense was committed within the goal area of the team awarded the kick, in which case the kick may be taken from anywhere within the goal area.

An indirect free kick within the opposing team's goal area is taken from the goal area line, parallel to the goal line, nearest to where the infringement occurred (i.e. at least 6 yards from the goal line).

The ball must be stationary prior to being kicked. Opponents must remain 10 yards (9.15m) from the ball (and also outside of the penalty area if the kick is taken from within the kicking team's penalty area) until the ball is in play. The exception to this is that opponents may be within 10 yards of the ball provided they are standing on their goal line between the goal posts. **When there is a defensive 'wall' of at least 3 players, all attacking team players must be at least 1 yard from the 'wall'. Encroachment is penalized with an indirect free kick.**

The ball becomes in play when it has been kicked and moves.

A goal may be scored directly from a direct free kick, but only against the opposing side (i.e. an own goal may not be scored). If the ball directly lands in the kicking team's own goal, a corner kick is awarded to the opposing team. A player may be penalized for an offside offense committed from a direct free kick; with the exception of receiving the ball directly from a goal kick or corner kick.

INFRINGEMENTS FOR DIRECT FREE KICK

The kick is retaken if:

- An opponent is closer to the ball than the required distance.
- The free kick is taken by the defending team from inside its own penalty area, the ball does not travel directly out of the penalty area.
- The free kick is taken by the defending team from inside its own penalty area, an opposing player crosses into the penalty area prior to the ball travelling out of the penalty area.

For a free kick taken by other than the goalkeeper:

If, after the ball is in play, the kicker touches the ball again (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team the kick is to be taken from the place where the infringement occurred. A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.



Free kick taken by the goalkeeper:

If, after the ball is in play, the goalkeeper touches the ball again (except with his hands), before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred. An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.

U10 Modification

- When the defending team is awarded a free kick (direct or indirect) in the penalty area, the attacking players shall retreat to the build-out line until the ball is put in play by leaving the penalty area.

7.5.10 PENALTY KICK

REASONS FOR PENALTY KICK

A penalty kick is awarded to the opposing team if a player commits any of the following ten offenses while inside their own penalty area regardless of the position of the ball provided it is in play.

Any of the following six offenses in a manner considered by The Referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Jumps at an opponent.
- Charges an opponent.
- Strikes or attempts to strike an opponent.
- Pushes an opponent.

Or if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

EXECUTION OF PENALTY KICK

Additional time is allowed for penalty kicks at the end of each half.

7.5.10.1.1 POSITION OF THE BALL/PLAYERS

The ball is placed on the penalty mark.

The player taking the penalty kick is properly identified.



The defending goalkeeper must have at least part of one foot on, or in line with, the goal line when a penalty kick is taken. They cannot stand behind the goalline.

Players other than the kicker and goalkeeper are located:

- inside the field of play;
- outside the penalty area;
- behind the penalty mark;
- At least 9.15 m (10 yds) from the penalty mark or at the appropriate distance based on WSA field size.

7.5.10.1.2 PROCESS

The referee will signal for the penalty kick once all of the players have taken up positions in accordance with the above rules. The referee also decides when the penalty kick has been completed.

Once the signal is given by the referee the player taking the penalty kick kicks the ball forward. The player may NOT play the ball a second time until it has touched another player. The ball is in play as soon as it has been touched and moves forward. The defending goalie may not move from the goal line until the ball is touched by the kicker.

INFRINGEMENTS FOR PENALTY KICK

If The Referee gives the signal for a penalty kick to be taken and, before the ball is in play, one of the following situations occurs:

The player taking the penalty kick infringes the Laws of the Game:

- The Referee allows the kick to proceed.
- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.

The referee stops play and will restart with an indirect free kick for the following regardless of whether or not a goal is scored when:

- A penalty kick is kicked backwards.
- A teammate of the identified kicker takes the kick; the referee cautions the player who took the kick.
- Feinting to kick the ball once the kicker has completed the run-up; the referee cautions the kicker.

If the goalkeeper infringes the Laws of the Game:

- The Referee allows the kick to proceed.
- If the ball enters the goal, a goal is awarded.
- If the ball does not enter the goal the kick is retaken; **the goalkeeper is warned for the first offense and then cautioned for any subsequent offense(s).**

If a team-mate of the player taking the kick enters the penalty area or moves in front of or within 9.15 m (10 yds) of the penalty mark:

- The Referee allows the kick to proceed.
- If the ball enters the goal, the kick is retaken.
- If the ball does not enter the goal, the kick is not retaken.
- If the ball rebounds from the goalkeeper, the crossbar or the goalpost and is touched by this player, The Referee stops play and restarts the match with an indirect free kick to the defending team.

If a team-mate of the goalkeeper enters the penalty area or moves in front of or within 9.15 m (10 yds) of the penalty mark:

- The Referee allows the kick to proceed.
- If the ball enters the goal, a goal is awarded.
- If the ball does not enter the goal, the kick is retaken.



If a player of both the defending team and the attacking team infringe the Laws of the Game, the kick is retaken, unless an attacking player has committed a cautionable offense.

If, after the penalty kick has been taken, the kicker touches the ball a second time (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If the kicker deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

If the ball is touched by an outside agent as it moves forward the kick is retaken.

If 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 and play is restarted with a dropped ball at the place where it touched the outside agent.

7.5.11 THROW IN

A goal cannot be scored directly from a throw in without having touched another player. There are no throw ins for u5-u7.

REASON FOR A THROW IN

A throw in is awarded when the whole of the ball crosses either touch line on the ground or in the air. The throw in is awarded to the opponents of the player who last touched the ball in play.

EXECUTION OF A THROW IN

The throw in is taken from the point where the ball crossed the touch line. The player taking the throw in faces the field, has part of EACH FOOT either ON the touch line or on the ground outside the touch line at the moment the ball is released. The player must use both hands and throw the ball from behind and over their head. That player may not touch the ball again until another player has touched the ball. The ball is in play immediately upon entering the field of play. **All players must be at least 2.5 yards away from the spot of the throw-in before it is taken, even if the thrower is standing off the line.**

In the event that the above rules for a proper throw in are violated, the play is stopped and the ball changes possession and a new throw in from the new possession team is performed. In the u10 age group a team will be given a second chance upon an illegal throw in during the first two games. If two consecutive illegal throw ins are performed, loss of possession results. The first two matches will be used to instruct players on the proper throw in technique. In the u8 age group, multiple throw in chances are allowed throughout the season in order to instruct on proper technique.

INFRINGEMENTS FOR A THROW IN

Throw-in taken by a player other than the goalkeeper:

- If, after the ball is in play, the thrower touches the ball a second time (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- A penalty kick is awarded if the infringement occurred inside the thrower's penalty area.



Throw-in taken by the goalkeeper:

- If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands), before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. * (see page 1)
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player an indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.

If an opponent unfairly distracts or impedes the thrower he/she is cautioned for unsporting behavior and shown the yellow card. If the throw has already been taken, an indirect free kick will be awarded.

7.5.12 GOAL KICK

A goal can be scored directly from a goal kick, but only against the opposing team.

REASONS FOR GOAL KICK

A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.

EXECUTION OF A GOAL KICK

The ball is kicked from any point within the goal area by a player of the defending team. The ball must be stationary before the kick is taken. Opponents remain outside the penalty area until the ball is in play. The kicker does not play the ball a second time until it has touched another player. The ball is in play when it is kicked.

INFRINGEMENTS FOR A GOAL KICK

If the ball directly enters the kicker's goal a corner kick is awarded to the opponents.

Goal kick taken by a player other than the goalkeeper:

- If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.

Goal kick taken by the goalkeeper:

- If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.
- An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.



For any other infringement of this Law: The kick is retaken.

U10 Modification

- Attacking players shall retreat to the build-out line until the ball is put in play by leaving the penalty area.

7.5.13 CORNER KICK

A goal can 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.

REASONS FOR CORNER KICK

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

EXECUTION OF A CORNER KICK

The ball is placed inside the corner area at the nearest corner flag post. The corner flag post is not moved. Opponents remain at least 9.15 m (10 yds) from the ball until it is in play. The ball must be stationary before it is kicked by a player of the attacking team. The ball is in play when it is kicked and moves. The kicker may not play the ball a second time until it has touched another player

INFRINGEMENTS FOR A CORNER KICK

If Corner kick taken by a player other than the goalkeeper:

- If, after the ball is in play, the kicker touches the ball a second time (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- A penalty kick is awarded if the infringement occurred inside the kicker's penalty area.

If the Corner kick is taken by the goalkeeper:

- If, after the ball is in play, the goalkeeper touches the ball a second time (except with his hands) before it has touched another player an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player a direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.
- An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred.

For any other infringement the kick is retaken.



7.5.14 OFFSIDE POSITION

There is no offside in the Academy.

Off-sides will be an applicable call after the second match in the u10 age group. The first two matches will be used to instruct players on the off-sides rule. In the event that a goal is scored in these first two matches in u10 as a result of a player in an off-sides position, the goal will NOT be counted. In this case, the game will be halted, the offense explained to player and coach, and play is restarted with a drop ball at the location of the offense.

It is NOT an offense in itself for a player to be in an offside position. The player in an offside position is only penalized if, at the moment the ball touches or is played by a member of their team, the player is, in the opinion of the referee, involved in actual play by interfering with play, interfering with an opponent, or gaining an advantage by being in that position, including if the ball has rebounded or been deflected off the goalpost, crossbar or an opponent or has been deliberately saved by any opponent.

A player is in an offside position if any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second to last opponent. The hands and arms of all players, including the goalkeepers, are not considered.

A player is NOT in an offside position if they are in their own half of play or if they are level with the second to last or last two opponents.

As a result of an offside call by the referee, an indirect free kick will be taken from where the offense occurred, including if it is in the player's own half of the field of play. (NOTE: This will happen only when a player who is offside in the opposition half of the field returns to their own side and becomes involved in play.)

U10 Build-Out Line modification:

- The build-out line will be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the midfield line and the build-out line.
- Players can be penalized for an offside offense between the build-out line and the opposing goal line.
- Offside will now be called starting in Week 1. There is no longer a 2 week learning period.



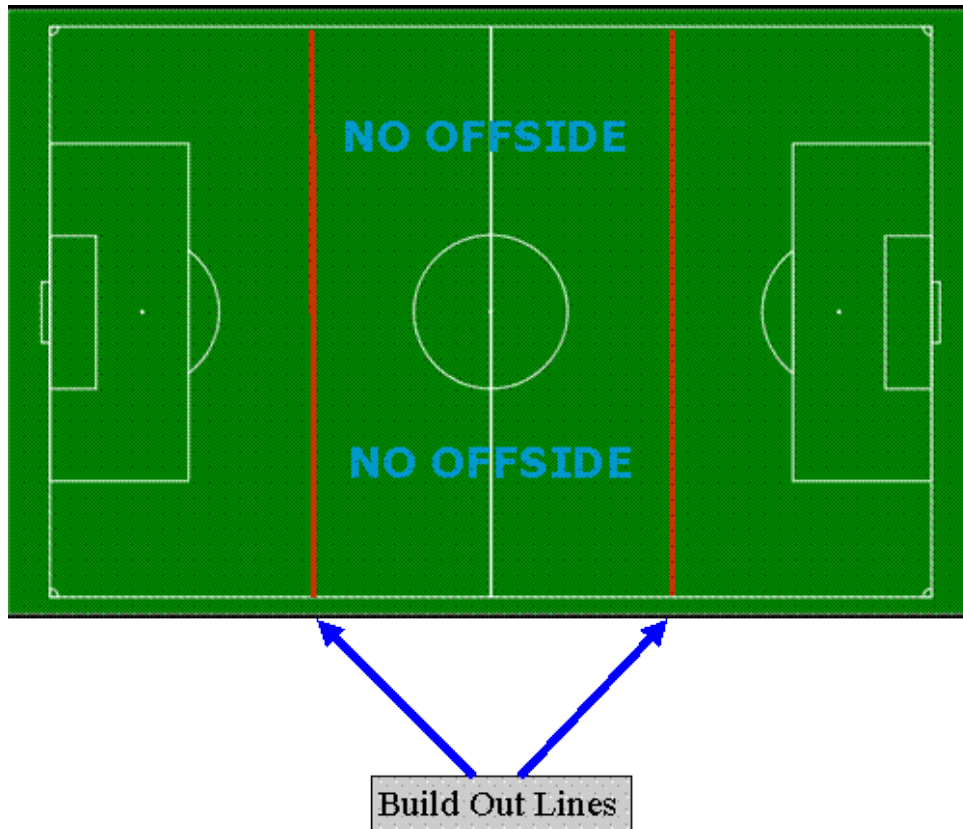


Table 6: U10 Offside Zones

7.5.15 HANDBALL

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized
- scores in the opponents' goal:
 - directly from their hand/arm, even if accidental, including by the goalkeeper
 - immediately after the ball has touched their hand/arm, even if accidental

7.5.16 2016 WSA HEADER POLICY

- This revised heading policy is to be enforced for all WSA games in the U5, U6, U7, U8, U10, & U12 age groups.
- It is not the Referee's responsibility to know the age of each individual player. It is the Referee's responsibility to enforce this based on the age group they are officiating.



- Whenever the ball strikes a player's head, the Referee **MUST** immediately stop play.
- An important point to remember is that this policy is a USSF rule modification and **NOT an amendment to the Laws of the Game**. When the ball strikes a player's head, the game is **NOT** being stopped because of a foul but to ensure player safety. Once play is stopped, the Referee must make certain that there is no possibility of injury to the player before resuming play.
- If the Referee deems that contact was a deliberate header, an Indirect Free Kick will be awarded to the opponent at the spot of the offense, unless the offense occurred within the Goal Area. If it occurred within the Goal Area, the Referee should restart play at the same location that they would for any Indirect Free Kick foul.
- If the contact was not deliberate, the Referee should restart play with a **dropped ball** at the location of the ball when play was stopped, unless the location was within the goal area. If the location was inside the Goal Area, the Referee should restart play at the same location that they would for any dropped ball under Law 8. Per the 2019 changes to the drop ball law, possession will not change.
- WSA policy will be that no team shall gain an advantage from an inadvertent header. For example, if a goalkeeper while making a save accidentally allows the ball to hit their head and immediately picks up the ball to put it back in play, the ball was not deliberately played by the goalkeeper's head. In this circumstance, although the Referee is required to stop play, it is perfectly acceptable to drop the ball in a way that the goalkeeper can immediately pick it up and put it back in play. Not every drop ball must be contested by both teams. It will be the referee's decision as to whether a drop ball will be contested.

7.5.17 OTHER

Any game situation not covered specifically in the WSA rules will be handled according to the 2019-20 FIFA Laws of the Game. Any administrative situation not covered specifically in the WSA rules will be handled by the League President.

A. CARROLL COUNTY RECREATION AND PARKS "CODE OF CONDUCT"

Please click on the link to the Carroll County Recreation and Parks "Code of Conduct" to review expectations for all participants of WSA.

<https://www.carrollcountymd.gov/media/1732/code-conduct.pdf>

