

Revised Fall, 2016

**INTER CITY CATHOLIC LEAGUE (ICCL):
SOCCER RULES, CONDUCT, AND REGULATIONS**

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Where the rules and regulations set forth in this document are not clear or do not cover all appropriate circumstances, the Laws of the Game as published by FIFA and modified by the United States Soccer Federation (USSF) apply. Wherever the ICCL and USSF rules differ, ICCL rules will be enforced.

I. The ICCL Soccer League

The League consists of two divisions. The first division is a 7th/8th grade division. The second division is a 5th/6th grade division. The player eligibility rules for each division are set forth in the By-Laws of the Inter City Catholic League (ICCL). A player may not be on two rosters.

II. The Field of Play

The field of play for the 7th/8th grade division will be 110yards length by 65 yards in width. The field of play for the 5th/6th grade division will be 100 yards by 55 yards in width. The goal size for the 7th/8th grade division will be the Standard Size. The goal size for the 5th/6th grade division will be the small size. The soccer ball size for the 7th/8th grade division will be the # 5 ball. The soccer ball size for the 5th/6th grade division will be the # 4 ball. The referee is part of the field of play.

Coaching is permitted only from the technical area, that is, the area three yards from the touchline between the 18-yard line and 10-yards from midfield. Both teams and their coaches must be on the same side, one to the left of midfield and one to the right of midfield and must remain in their respective technical areas. Only two coaches are permitted to be with the team during the game. In addition to two coaches, pastors and principals are allowed in the team area. Dissent from coaches will not be tolerated and will be subjected to immediate ejection.

Spectators must be on the side of the field opposite from their team while the game is in progress. Spectators must stay two yards back from the touchline. No coaches, players or spectators are allowed behind the goal line of either team. Smoking or the use of any tobacco products is prohibited. No alcoholic beverages shall be consumed or allowed near any ICCL game field.

III. Number of Players

The maximum number of players on the field at one time for the 7th/8th grade division shall be 11v11, and for the 5th/6th grade division it shall be 9v9. Roster size limitations can be found in the ICCL By-laws. In the 5th/6th grade division at least seven players are required to be present to play at the start of the game. In the 7th/8th grade division at least nine players are required to start. A team which starts a game with fewer than the

maximum number of players, may have its additional player(s) enter the game during the next stoppage of play.

Substituted players must enter the playing field from the substitution box at midfield. Substitution from the substitution box is allowed at the following times: 1) on goal kicks, 2) when a player from either team is cautioned or sent off (the disqualified player may not be replaced), 3) in the event of an injury or bleeding problem, and 4) on a team's own throw-in and on the opponent's throw-in if the team in possession of the ball is also substituting. Substitution without checking in at the substitution box is allowed 1) at the end of a period and 2) after a goal has been scored.

On all game substitutions, players must enter the field at the midpoint of the field with the permission of the referee. Failure to do so will result in the player(s) being asked to leave the field and a caution to the coaches.

Players who are bleeding or have blood on any part of their uniform will be sent off and not allowed to return until the bleeding has stopped and/or the uniform has been changed. Players who experience any injury to the head or neck deemed by the referee to be serious will be removed from play and may not return without authorization from certified medical personnel.

Goalkeepers are used in both divisions. A field player may change places with the goalkeeper during a stoppage provided that it does not cause a delay in the game and that the referee is notified. A goalkeeper entering the game as a substitute, having been beckoned by a referee and dressed in goalie equipment, is considered to have notified the referee. The goalkeeper may not play that position for more than 50% of the game. In tournament games, the goalkeeper may play the position for the entire game. Coaches are responsible for limiting the goalkeeper playing time during the regular season.

IV. Players' Equipment

The league requires that all players except the goalkeeper must wear ICCL issued team jerseys and socks that are maintained in good order. All players must wear shin guards of an age-appropriate size, covered by socks. The goalkeeper, while in the goal, is to wear a jersey of contrasting color to his/her team and to the opponents' uniforms. At all times it is the referee's sole decision whether a player is properly equipped and/or dressed to participate in a game. The referee may refuse to let a player participate for such reasons as, but not limited to, unsafe shoes, medical casts, padding, or jewelry. Taping over jewelry is not acceptable.

In the event of a color conflict, the home team wears T-shirts or pennies of a matching color in contrast to the visiting team.

V. Referees

No fewer than two referees are appointed for each game, or one referee and two club personnel in unusual circumstances. The referee enforces the laws of the game and is responsible for the control of the game. His or her decisions regarding facts connected with play are final. The jurisdiction of the officials begins 15 minutes prior to the start of the game and continues through their leaving the field of play and its immediate surroundings.

The referee ensures that any player who is bleeding from an open wound leaves the field of play. The player must not be permitted to return until the bleeding has stopped and only upon receiving approval from certified medical personnel.

VI. Duration of the Game

The game will consist of two equal periods with a specified break between periods. The 7th/8th grade division will play 35-minute periods with a 5-minute break between periods. The 5th/6th grade division will play 30-minute periods with a 5-minute break between periods. Unless the referee deems it to be warranted, there will be no stoppage time during the game. A period can be extended to allow for the taking of a penalty kick.

Games are played rain, shine or snow. Games may be cancelled or abbreviated only at the decision of the referee, and when appropriate in consultation with the ICCL representative. If lightning is seen in the sky, the referee shall immediately remove the players from the field and decide whether the game will be delayed for no more than fifteen minutes or be cancelled.

Regular season games canceled for weather reasons will not be rescheduled. Tournament games cancelled for weather before the conclusion of the first period must be replayed in their entirety. When a game is terminated after one full period has been played, the score at the time of the termination will be the official score. In the case of a cancelled or terminated incomplete tournament game, the coach of the home team must contact the League Director to reschedule the game.

VII. Start of Play

Both teams say a prayer before the game begins. The team that wins the flip of the coin decides which goal it will attack the first half of the game. The other team kicks off. Each team must stay on their own half of the field before the ball is kicked and moves forward. The defending players must be at least ten yards from the ball until it is kicked forward. The attacking team must wait for the referee's whistle to put the ball into play.

A goal can be scored directly from a kickoff. After a period the teams will change ends and the team that won the opening coin toss will take the kickoff.

After a goal the team scored upon will kick off.

VIII. Ball In and Out of Play

The ball is out of play when (a) it has wholly crossed the goal line or touchline, whether on the ground or in the air, or (b) when the game has been stopped by the referee.

IX. Method of Scoring

A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the cross bar, provided that no infringement of the rules has been committed by the team scoring the goal during the play immediately preceding.

X. Off-Sides

A player is in an offside position if he/she is nearer to the opponent's goal line than the ball, unless (a) the player is in his or her own half of the field of play, or (b) there are at least two opponents nearer to their own goal line than he or she is. It is not an offense in itself to be in an offside position.

A player shall be declared offside and penalized for being in an offside position if, at the moment the ball is played by a teammate, the player is in the opinion of the referee (a) interfering with play or with an opponent, or (b) gaining an advantage by being in that position.

A player shall not be declared offside by the referee (a) merely because of being in an offside position, or (b) if receiving the ball directly from a goal kick, a corner kick, a throw in or drop ball. That advantage condition may be applied to offsides.

If a player is declared offside the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponent's goal area, in which case the free kick shall be taken from a point anywhere within the goal area in which the offense occurred.

XI. Fouls and Misconduct

Fouls and Misconduct can be categorized as Penal Fouls or Technical Fouls. The Referee will take into account the circumstances of the play, the recklessness and violence of the act and the deliberateness of the player's action when making his or her decision, which may result in a Yellow or Red Card Offense.

In general, Technical Offenses are called against a player who plays in a dangerous manner, impedes the progress of an opponent, is declared off side, commits unsporting behavior, or prevents the goalkeeper from releasing the ball. The penalty is an indirect free kick. A technical offense can be committed by the goalkeeper by (a) touching the ball twice in succession, (b) touching the ball after kicking it, (c) touching the ball received directly from a teammate's throw-in, (d) touching the ball which was intentionally passed to him or her by a teammate, or (e) wasting time by not releasing the ball within six seconds.

If a player, who is competing in the 5th/6th grade division, deliberately heads the ball in a game, the referee will award an indirect free kick to the opposing team from the spot where the player headed of the ball. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.

Penal Fouls result in a direct free kick for the opposing team. Such offenses can occur when a player (a) kicks or attempts to kick an opponent, (b) trips an opponent, (c) jumps at an opponent, (d) charges an opponent violently or from behind, (e) strikes or attempts to strike an opponent, (f) tackles an opponent before touching the ball, (g) holds an opponent, (h) spits at an opponent or (i) intentionally handles the ball, except that the goalkeeper may handle the ball within the penalty area. If one of these offenses is committed in the penalty area by a defender, it will result in the awarding of a penalty kick to the offensive team.

Note that any Penal Foul can be upgraded to a Yellow or Red Card Offense based upon its severity and the deliberateness of the offending player's action.

Yellow Card Offenses consists of such actions as (a) unsporting behavior (including falsely acting as if a foul has been committed against oneself), (b) dissent by word or action, (c) persistent infringement of the rules, (d) delaying the restart of play, (e) failure to respect the required distance at the restart of play, (f) entering the field without permission, or (g) leaving the field without permission. If a yellow card is given for any of the offenses listed above, the yellow card will carry over to the next game. A yellow card in a subsequent game to the same player will result in that player being ejected from the game; that player, however, may be substituted.

Red Card Offenses are called for (a) serious foul play, (b) violent conduct, (c) spitting at an opponent or any other person, (d) denying a goal or obvious goal scoring opportunity by handling the ball or committing an offense punishable by a free kick or a penalty kick, (e) using offensive, insulting, or abusive language, or (f) receiving a second Yellow Card in the same game.

Any player receiving a Red Card for any reason, with or without an earlier caution, will be ejected from the game and declared ineligible for the next scheduled game. The offending team may not substitute and must play the remainder of the game short. Red Cards carry forward from the regular season into the tournament.

At the end of the game, all coaches and players should shake hands with the opposing team in a sportsmanlike manner. Failure to do so may result in a report to the ICCL.

XII. Free Kick

Free kicks are classified into two categories: **Direct** (from which a goal can be scored directly against the offending side) and **Indirect** (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal). The referee raising an arm above the head signals an Indirect Free Kick. The ball must be played from a stationary position and is in play when it is kicked and moves. The player taking the kick may not touch the ball again until another player has touched it. For all free kicks the offending team must be at least ten yards from the ball until it is kicked, unless it is a quick kick. The team taking the free kick does not have to ask for enforcement of the ten-yard free space rule. Players of the opposing team are expected to observe this rule without prompting unless it is a quick kick. Failure to do so is considered unsporting conduct. The team awarded a free kick does not have to wait for the whistle unless instructed to do so by the referee.

XIII. Penalty Kick

A direct free kick is taken at the penalty mark, which is 12 yards from the center of the goal line for the 7th/8th grade division and 10 yards from the center of the goal line for the 5th/6th grade division. All players, except the player taking the kick and the goalkeeper, must stay outside the penalty area and at least ten yards from the ball and behind the penalty mark. The goalkeeper's position is on the goal line, facing the field, between the goalposts until the ball has been kicked. While in this position, the goalkeeper can move sideways on the goal line, but not forward.

XIV. Throw-In

When the ball has wholly crossed the touchline, it is put into play by a throw-in from the spot where it went out and by a player from the opposite team that last touched it. A goal cannot be scored directly from a throw-in. For a throw-in to be legal, the thrower has both feet on the ground outside the touch line, holds the ball with both hands, delivers the ball from behind and over the head, and delivers the ball into the field of play. Attempting to gain an advantage by taking a throw-in up field from where the ball went out is considered unsporting conduct. If the ball is released but does not enter the field of play, it can be retaken. If the ball enters and then leaves the field of play in the

air or on the ground without being touched by another player, a throw-in is awarded to the other team.

All opponents must stand at least two yards from the point at which the throw-in is taken. After delivering the ball, the thrower may not touch the ball until another player plays it.

XV. Goal Kick

When the ball has wholly crossed the goal line without scoring after last being touched by a player from the attacking team, it is put back into play by a kick from any point in the goal area by the defending team. Opponents must be outside the penalty area at the time of the kick. A goal kick must pass outside of the penalty area (18-yard line) before another player can touch it. If the kick does not leave the penalty area or if another player touches it before leaving the penalty area, the kick is retaken. A goal may be scored directly from a goal kick against the opposing team. Once the ball is placed for taking a goal kick, it cannot be moved to another spot. The player taking a goal kick cannot touch the ball until another player plays it. If the kicker touches the ball before another player touches it, an indirect free kick is awarded to the opposing team.

XVI. Corner Kick

When the ball has wholly crossed the goal line without scoring after last being touched by a player from the defending team, it is put back into play by the attacking team by a kick from a one-yard arc in the corner on the side of the field where it went out. Opponents must be at least ten yards away from the ball at the time of the kick. On short length/width fields the referee may enforce a distance of only five yards. A goal may be scored directly from a corner kick. The ball is in play when it has been kicked out of the arc area. The player taking a corner kick cannot touch the ball until another player plays it. If the kicker touches the ball before another player touches it, an indirect free kick is awarded to the opposing team.

XVII. Fan Behavior

Fans are expected to conduct themselves in the spirit of Catholic education and the developmental nature of athletic participation. Cheering and words of positive encouragement contribute much to players' enjoyment of the game and enhance the benefits they receive from playing. Neither dissent toward the officials nor criticism of players or coaches will be tolerated. Fans who choose not to abide by these expectations will be asked by an official to keep their comments to themselves. If the offending behavior continues, depending upon the circumstance and in the opinion of the referee (Law 5), the fan will be told to leave the field complex. At the referee's discretion, play can be suspended until the fan has left the complex.

Fans are not allowed to watch the game from the same side of the field as the teams are seated, from behind the goal lines or from an area within three yards of the ends of the touchlines (to make room for corner kicks). Fans are asked to sit or stand at least two yards from the touchlines. Small children should be under the close supervision of an adult. A child wandering close to or onto the field creates a danger for both the child and the players. At all times fans are asked not to interfere with the playing of the game.

XVIII. Tournament Games

Non-Championship Games: If there is a tie score at the end of a non-championship tournament game, the game moves to a shoot out. Only players on the field at the end of regular play can participate. A coin-toss is conducted, with the winner choosing whether to shoot first or second.

Penalty Kicks will be taken from the penalty mark. Start with a 5v5 rotation (alternating one player from each team on each shot). No player may attempt a second kick until all eligible players have made an attempt unless the teams have an unequal number of players. In the event of unequal number of players, the team with the larger number of players can repeat the rotation when the team with the smaller number of players repeats. The team with the most goals after its five penalty kicks have been taken, is the winner. If the score is still tied at the end of the 5v5 rotation, the shoot out continues 1v1 until one teams scores and the other does not score.

Semi-Final and Championship Games:

If the score is tied at the end of regulation play. A coin-toss is conducted, with the winner choosing which side to defend and the loser getting the first kick-off. Two full overtime periods of 5-minutes each are played. Both periods are played (it is NOT a golden goal overtime), with a change of goal at the end of the first period and with no time-out period. If the score is still tied at the end of the two periods of overtime, a 5v5 shoot out will take place. If the score is still tied the shoot out continues 1v1 until a team scores and the other does not score.

Summary of Differences between the Divisions

	Field	Goal	Players Full	Players Minimum	Periods	Ball
5 th /6 th	100 X 55	Small	9 v 9	7	30	#4
7 th /8 th	110 X 65	Standard	11 v 11	9	35	#5

Supplement to ICCL Soccer Rules and Regulations

In addition to *The Laws of the Game*, USSF publishes *Advice to Referees on the Laws of the Game*. The latter acts as an official interpretation of the laws, along with guidelines and instructions for their proper enforcement. In that spirit, this supplement to the ICCL Rules seeks to help everyone involved in ICCL soccer to understand the game more fully.

Clarification of terms

Technical Area

In the ICCL, very few of the fields have a clearly marked technical area, but the technical area still exists and should be respected. To begin with, it is dangerous for coaches and substitutes to be close to the touchlines for it interferes with play. Additionally, it impedes the ability of the assistant referee (AR1) to see the length of the touchline clearly. Third, encroachment near the midfield line puts the coach unnecessarily close to the opposing team. All necessary coaching can be provided from within the technical area. In the event of injury to a player, referees will assess the situation first, and coaches are reminded to wait until they are beckoned onto the field by the referee before leaving the technical area. If a coach enters the field, the injured player must be substituted.

Persistent Infringement

There are two forms of persistent infringement. (1) If an individual player repeatedly commits fouls or other infringements within the same period of play, that player can be cautioned for persistent infringement. A verbal warning is often given after the second offense, but is not necessary for showing the yellow card for persistent infringement. (2) If different members of the same team commit repeated fouls against a single member of the opposing team, that, too, is considered persistent infringement. Typically the player committing the third offense against the opponent will be shown the yellow card.

Dissent

The situation for both coaches and referees is similar: a certain amount of authority is needed to carry out their responsibilities without being undermined. Certainly that authority can be overused, but it is not inherently wrong for coaches and referees to exercise that authority and to make judgments to the best of their abilities. As stated in ICCL regulations and emphasized in FIFA laws, the decisions of the referee are final. That does not mean that they are flawless, but it is important for everyone on the field and sidelines to keep in mind that it is the referee's job, and only the referee's job, to call the game. The prohibitions against dissent are intended to allow the referee to do that job in the spirit of the game and to maintain the proper educational tone to the game.

All of the following behaviors are considered dissent, and do not necessarily have to be directed at the referee if the words or actions can be seen or heard widely.

- Complaining about a call or non-call.
- Inferring or stating that a call or non-call was incorrect.

- Inferring or stating that the official did not see a foul occur. (“What game are you watching, ref?”)
- Inferring or stating that the official is incompetent or lacks qualifications to officiate. (“That was the worst bit of officiating I have ever seen.”)
- Questioning or challenging the appropriateness of a call or non-call. (“That was all ball.”)
- Inferring or stating that the official is not carrying out his or her responsibilities. (“It’s about time you made a call” or “That’s the first right call you’ve made.”)
- Asking why a call was not made in such a way as to imply that a mistake was made. (“How could that not be offside?”)
- Inferring or stating that the official is being partial. (“Call it both ways, ref.”)
- Showing disrespect toward the official. (“That wasn’t really a goal, ladies. The referee just blew the call.”)

Referee training includes extensive discussion of the need to take into account normal reactions to events on the field before determining whether any of the above behaviors warrant disciplinary action. Referees are taught to follow the Ask-Tell-Show approach. There is no precise formula for how to communicate the message, but the general guidelines are as follows. At the first instance of dissent, players and coaches will be asked to keep their comments to themselves. At the second occurrence, they will be told to stop. A third instance will be subject to a caution or sending off. If, however, dissent is particularly serious or disrespectful, the offending coach or player may be cautioned or disqualified without having been spoken to by the referee first. Please note that it is not considered dissent for a coach or player to ask what call was made.

Advantage

The referee allows play to continue if calling a foul takes away an advantage from the team against which the foul was committed. Although *Advice to Referees* specifies that advantage is not defined solely in terms of scoring a goal, at the ICCL level of play most conditions short of a direct goal scoring opportunity will not warrant the advantage call. That is, play will be stopped to call the foul unless the fouled player’s team has a clear chance at scoring a goal within a few seconds of the foul. Advantage is not an absolute right, but must be balanced with overall game control in the case, for example, of severe fouls or the possibility of player retaliation.

Ball passed directly to the goalkeeper by a teammate

The act of a teammate passing the ball to the goalkeeper must be observably deliberate to negate the keeper’s right to touch the ball with his or her hands. The deliberateness is typically indicated when a teammate looks at the keeper while kicking it in that direction. It should also be noted that a goalkeeper may dribble the ball from outside the penalty area to inside the penalty area and pick it up, provided it was last touched by an opponent.

Free Kicks, Goal Kicks and Corner Kicks

When a free kick is awarded, it is safe to assume that it is a direct kick unless the signal for an indirect kick is shown (arm raised over the referee's head until the ball is touched by another player). Players in the 5th/6th Grade division may be unfamiliar with the distinction between direct and indirect kicks, particularly at the beginning of the season; goalkeepers, however, should be made aware of the distinction because of the way it affects their play.

A goal kick is indicated by the referee pointing to the goal area. A corner kick is indicated by the referee pointing to the corner of the field from which the kick should be taken. Verbal indications may be given but are not necessary.

Observations on calls and no-calls in the game of soccer

In addition to the advantage call, two other situations can result in a non-call even when a foul occurs and is observed by the official. The laws are intended to provide as little interference with play as possible. In that spirit stopping play for trifling or doubtful infractions is considered inconsistent with the intention of the laws. A trifling infraction is one that has no significant impact on play, as determined by the skill level of the players. A doubtful offense is one for which the officials cannot specify which player did what action that may have resulted in what appeared to be a foul. Trifling infractions may be called if it is determined that they increase the chances of frustration on either team or if they contribute to a pattern of persistent infringement.

The other situation which may result in a non-call is offsetting fouls of equal and usually low severity. For example, when two players are charging each other illegally with approximately equal force, play will likely be continued unless the charges are of a violent nature.

An ICCL Fan's Guide to the Laws of Soccer

With the increasing popularity of soccer in the United States, many fans have become familiar with the rules (referred to as “laws” by most soccer federations) which govern its play. Other fans may be very new to the game, but even long-time fans at least occasionally wonder why certain behaviors are considered fouls and others are not, why there are so many kinds of restarts, why sometimes one team can send in substitutes but the other team cannot, and so on. In order to help fans both understand and appreciate the game, the ICCL in conjunction with the referee crews offer this brief introduction to the laws.

Offsides

This aspect of the game can be confusing to say the least. To begin with, offside is only slightly related to the place on the field at which it occurs. The line demarcating the offside position is determined by either the second to last defender or the ball. If an attacker is farther downfield than whichever of those markers is closer to the goal line, that attacker is in the offside position. The player would not be called for offsides, however, until the ball is played to him or her by a teammate (“involved in active play”). It is extremely difficult to make the offsides call unless one is in just the right position on the field, which is why assistant referees (or referees in a two-person system) are constantly moving up and down the sidelines. Although there are a few more nuances to the law, the last thing for most fans to keep in mind is that a person cannot be offsides on a throw-in, goal kick, corner kick, or on their own defensive half of the field.

Dangerous Play

In higher levels of play, more stringent conditions must be met for dangerous play to be called. In the ICCL, only two conditions need be present:

- The play is dangerous to someone (including the player committing the action)
- It is committed with another player nearby

High kicks are the most common form of dangerous play, but it can also be dangerous to try to kick the ball while on the ground, to try to head the ball below the waist, or to turn one's back into the play. The skill level of the players has a great deal of bearing on the judgment of dangerousness.

In keeping with current trends in youth sports, the threat of concussion is taken very seriously. In the 5th/6th grade division, deliberately heading the ball is considered dangerous play.

Handling

The rule of thumb for determining deliberate handling is whether “the hand plays the ball” (is handling) or “the ball plays the hand” (not handling). There are many, in fact, most, instances when the ball comes in contact with a player's hand or arm which do not warrant the whistle. If the player could have avoided touching the ball, his or her arm was not in a normal playing position, or the player gains an advantage from the way

the hand or arm reacted to the contact, along with motions that are clearly deliberate (like catching the ball or picking it up from the ground), then handling will be called.

Observations on calls and no-calls in the game of soccer

Most of the time when no call is made, regardless of how the situation appeared from the sidelines, it is because there was no foul. Soccer is a contact sport, and under completely legal circumstances, players fall, fly, and tumble, though the laws are intended to minimize injury. Sometimes, however, a foul is committed but no call is made:

- Advantage. The referee allows play to continue if calling a foul takes away an advantage from the team against which the foul was committed. Usually, but not always, advantage would only be signaled if there is an immediate goal-scoring opportunity.
- Trifling Infractions. When the committing of a foul has no significant impact on play, for example when a player is elbowed but does not lose control of the ball or appear hurt, it is within the spirit of the laws not to blow the whistle.
- Offsetting Fouls. Unlike most other sports, the simultaneous occurrence of fouls by players from opposing teams is not a cause for calling either foul, as long as the fouls are of equal and low severity. For example, when two players are charging each other illegally with approximately equal force, play will likely be continued unless the charges are of a violent nature.
 - Note that, as a fan/parent, it is human nature for a person to see only the foul against one's own child or teammate, and not see that both players are fouling each other. The referee has to judge whether the conditions are offsetting.

Throw-ins

For a throw-in to be legal, the thrower

- has both feet on the ground outside the touch line
- holds the ball with both hands
- delivers the ball from behind and over the head
- delivers the ball into the field of play

Substitutions

Both teams may substitute on goal kicks, after goals, and between periods. A team can substitute on their own throw-in and on the other team's throw-in if the other team is also substituting. Neither team may substitute on a corner kick (although high school rules allow it). Both teams may also substitute when a player is replaced for an injury or is cautioned.