

### FREE-KICK & FREE-KICK RESTARTS

1. The opposing team must **IMMEDIATELY** and automatically be 12 feet (4 yards) from any restart. Any delays or infringements from the defensive team may result in a rest or 2 minute penalty. *The game official may award a re-kick when the opposing team encroaches on the free-kick if he/she feels that the encroachment was either deliberate OR reduces the kicking teams' opportunity to put the ball back into play, REGARDLESS of whether the kicking team chose to play the ball quickly into play.*
2. Free kicks MUST be put back into play within 6 seconds. *The official shall have the discretion to start such a count when he/she feels a team has had adequate time to put the ball back into play. Violation-Indirect free kick for opposing team.*

### FOULS & MISCONDUCTS

1. A team shall be awarded a DIRECT free kick when an opponent intentionally jumps at, pushes, trips, and kicks or illegally charges an opponent and/or intentionally handles the ball (excluding the goalie in their penalty box). Any infringement of these laws committed in the defending teams penalty box shall result in a penalty (except U8).
2. A team shall be awarded an INDIRECT free kick when an opponent obstructs, slide tackles or slides at an opponent, plays in a dangerous manner, illegally substitutes, illegally passes back to goalie, box to box violation, unsportsmanlike conduct, or a player that is playing out of control for the situation. In addition, an opponent shall not "post-up" or set a screen so tight to the opposing goalie that it obstructs, impedes or infringes on the goalie from positioning him/herself for a play for the ball especially in the goal box.  
\*Contact from behind, hand checking, sliding, and checking someone into net (even if it is the result of a legal shoulder charge) will be called very closely and result in an indirect or direct free kick depending on the nature of the foul.  
\*\* Any flagrant or continual infringements of the above laws by player or team may result in a 2 MINUTE rest, penalty and/or ejection against the offending player/team.
3. **DISSENT Verbal or action: Any player or team participating in dissent, verbal or non verbal (i.e., through gestures) to an official, opponent or staff (such as, but not limited to,; questioning calls, and/or objection to call) most likely will lead to Player Rest, Penalty and/or ejection.**
4. **FIGHTING, INSTIGATING, ATTEMPTING TO INSTIGATE A FIGHT and/or TRASH TALKING WILL NOT BE TOLERATED.** Players or teams participating in such violence, **WHETHER STARTING THE ALTERCATION OR NOT, MAY BE REMOVED FROM ANY FURTHER PARTICIPATION.** Failure to move immediately away from an opponent, after a play or stoppage of play in a hostile manner, may be construed as attempting to instigate a fight. Trash talking shall include, but limited to intimidating, unwanted and/or aggressive speech, action or gestures toward an opponent, coach, spectator, official or staff member.
5. **A Coach and/or Player may be ejected before, during, or after a game for behavior inconsistent with our philosophy of sportsmanship & fairplay.**

### PROGRESSION OF PUNISHMENT & PENALTIES

*The following progression is a guideline for an official to use. IT IS NOT A REQUIRED ORDER! The official can at any time decide, due to the nature of the foul or conduct of the player/team, to bypass a lesser punishment for one that is more severe.*

1. **Player rest:** This is used to indicate to a player or team that this kind of play is inappropriate. It allows a player the chance to evaluate their play, calm themselves or the coach a chance to discuss the inappropriate play with the player at fault. The official may assign time duration for the rest.
2. **Minor Penalty:** If issued, shall result in a TWO (2) MINUTE time penalty to be served by the offending player(s). A team shall remain short handed during the remainder of the penalty or until a goal has been scored. The offending player must not return to the field until his full penalty time has been served. More than one penalty can be served at any one time. If an additional penalty is assessed to the team while a previous penalty is being served, the second penalty will not start until the first penalty is completed. The individual with the second penalty will not participate until his/her penalty has been entirely served including sitting out the duration of the first penalty.
3. **Ejection (Red Card) shall be applied** to a player or coach for players who display behavior that are inappropriate such as but not limit to persistence in fouls dissent and/or aggressive behavior (see player/coach suspension). Coach/Player(s) ejected from game must leave the bench area **immediately** before the game will restart. Failure to do so will result in a forfeit of the game! A 2 minute penalty may be assessed to the team of the ejected player(s).

### IMPORTANT! PLAYER/TEAM SUSPENSIONS

1. The Mayor Ralph A. Infante Wellness Center HAS ZERO TOLERANCE FOR FIGHTING, VIOLENT, OR OTHER INAPPROPRIATE BEHAVIOR!
2. **PLAYERS/COACHES & SPECTATORS ARE RESPONSIBLE FOR THEIR ACTION**
3. **COACHES/MANAGERS ARE RESPONSIBLE FOR THE CONDUCT OF PLAYERS/PARENTS/SPECTATORS OR THEIR TEAM.**
4. Players or coaches using profanity, abusive or unacceptable behavior towards officials, employees or management will be suspended from the facility.
5. Sportsmanlike behavior is required at all times ON and OFF the soccer field. The Mayor Ralph A. Infante Wellness Center reserves the right to dismiss any disruptive people from the facility and refuse to allow such person(s) from entering our facility.
6. Players or coaches receiving a red card or ejected before, during or after a game are automatically suspended for at least one league game AND one week of play including any other team that they may be playing with or coaching. These individuals may be suspended for additional games pending a referee report and/or ANY past history of unsportsmanlike behavior at The Mayor Ralph A. Infante Wellness Center.
7. A players/coach who is serving a suspension is not permitted in bench area or to participate or coach ANY TEAM for the duration of the suspension!
8. Any team playing suspended players will forfeit game, and such players shall be suspended for the REMAINDER of the session with out refund.
9. **The Mayor Ralph A. Infante Wellness Center is NOT RESPONSIBLE for ANY REFUNDS for individuals or team having to miss play as the result of suspension(s).**

### NOTE:

**Soccer is a game of skills, technique, physical endurance, competition, sportsmanship, fun and fair play, but nevertheless, it is a contact sport along with other occurrences (see Waiver Form). If for any reason you feel you may get hurt while playing, then it is we recommend that you do not participate.**