



TRICKY RULES!

CLARIFICATION ON SLIDE TACKLING

There are two situations referees see a lot on the field. The defender slides and hits the attacker and the defender slides and the attacker trips over the defender. The first is a foul and the second is not. **THE BALL HAS NOTHING TO DO WITH IT!** Players often start shouting "I got all ball!" but the referee assesses what would have happened if the ball had suddenly vanished. If the defender would still have hit the player, it is a foul.

CLARIFICATION ON OFF-SIDE RULE (STARTS in 3rd Grade)

While the rule is simple, there is a lot of misunderstanding. For this foul to be called, three things must occur:

- A player must be in the offside position at the time of the pass AND
- A team mate must make a pass, AND
- The offside player must either get an advantage or interfere with play.

To be in the off-side position, the player must be in his attacking half of the field, ahead of the ball and with only one opponent between him/her and the goal line. An opponent that is even with the player's upper torso is considered to be between him/her and the goal. It's not where the player is when he/she gets the ball. It's where he was when the ball was passed by a team mate.

His team mate must have passed the ball. If a defender or goalkeeper tries to stop the pass or shot but the ball goes to the off-side attacker, **OFFSIDE** is still called!. A deflection doesn't negate the offside play

The off-side player doesn't have to get the ball, he/she could turn and make a run toward the ball, or interfere / distract a defender.

Commonly seen situations of off-side are 1.) a pass to a player 'Cherry Picking' by the Goal Keeper. 2.) A save by a goal keeper or bounce off a defender that goes to an offside player, 3.) a slow rolling ball where the player runs back onside to get the ball.

CLARIFICATION ON KICKS AFTER FOULS (Starts in 3rd Grade)

After a foul involving unwarranted physical contact or deliberate handling of the ball (See Below). The offended team is awarded a 'Direct Free Kick'. On all other fouls, the opponents are awarded an Indirect Free Kick. A goal can be scored directly from a DFK. For an IFK, the ball must touch another player (doesn't matter which team) before going into the goal.

CLARIFICATION ON 'HAND BALL'

There is no foul called 'hand ball'. A soccer myth is that if the ball touches the hand it is a foul. The foul is 'Handling the Ball' and is called when the player deliberately plays the ball with any part of his shoulder or arm, or puts her arm in an unusual position and contacts the ball (i.e. arms out to the side, as in basketball). If a player is scratching their head and the ball hits there arm drops to their foot and they score a goal, it's a goal. If, on the other hand the scratching player see the ball and slightly moves his elbow to contact the ball, it's a foul.

CLARIFICATION ON HIGH KICK'

There is no foul called high kick. The foul is 'Dangerous Play'. If a player is close enough to another player (it can be his own team mate!) and kicks high enough that the other player is contacted or flinches away, the foul is called. The same call is made if a player tries to head a ball coming off of someone's foot, only this time the person putting their head in danger is guilty.

CLARIFICATION ON 'PLAYING THE BALL ON THE GROUND'

This is another 'Dangerous Play' situation. If there are players around and they could be kicked or are jumping out of the way of flailing feet the call is made.

WHAT SIZE BALL? HOW LONG ARE GAMES? ETC.

| Grade/Age Group Click for full rules | Number of Players | Duration | Ball | Substitutions | Notes |
|---|--------------------------|----------|------|------------------|---------------------------|
| Kindergarten | 3 vs. 3 (no goal keeper) | 4 x 8 | #3 | On any dead ball | No Slide Tackling |
| 1st Grade | 4 vs. 4 | 4 x 10 | #3 | On any dead ball | No Slide Tackling |
| 2nd Grade | 6 vs. 6 | 2 x 20 | #3 | On any dead ball | No Slide Tackling |
| 3rd Grade / U9 | 8 vs. 8 | 2 x 25 | #4 | See Below! | CSYSA + No Slide Tackling |
| 4th Grade / U10 | 8 vs. 8 | 2 x 25 | #4 | See Below! | CSYSA Rules |
| U11 / U12 | 11 vs. 11 | 2 x 30 | #4 | See Below! | " |
| U13 / U14 | 11 vs. 11 | 2 x 35 | #5 | See Below! | " |
| U15 / U16 | 11 vs. 11 | 2 x 40 | #5 | See Below! | " |
| U17 / U19 | 11 vs. 11 | 2 x 45 | #5 | See Below! | " |

SUBSTITUTION RULES

There is confusion on substitution rules because every league tends to go about it differently. For your reference please use the following guidelines in NOVA games.

Kindergarten - 2nd grade: Unlimited substitutions permitted anytime play is stopped!

3rd Grade and older teams:

- Unlimited substitutions both teams on a goal kick
- Unlimited substitutions both teams on a kick-off (before halves, after a goal)
- Unlimited substitutions both teams on an injury (play only need be stopped!)
- Only the team with a throw-in may substitute
- When a player is yellow carded, the coach may substitute that player.