

2024/2025

Pacific Adult Soccer League Laws of the Game

The Pacific Adult Soccer League was formed in 2004 and is exclusively governed by RG Sports & Entertainment.
(GSL Holdings)



4105 Gordon Drive
Kelowna, BC

League Coordinator: Eric Love
Email: leagues@mnpplace.com

FACILITY RULES

- Spitting is not permitted in any public areas, in dressing rooms, on player benches or on walkways. We ask teams to bring receptacles to use on the bench. If any player or team is identified as leaving spit on any non-ice surface the team will receive a written warning for the first offence, a \$100 fine for the second offence, a \$100 fine and 1 game suspension for a third offence and a \$500 fine or possible expulsion from the league for a fourth offence.
- Teams can enter the facility 30 minutes prior to their game time. Dressing Rooms are available to teams wanting them.
- Teams must leave the dressing room and dressing room area within 30 minutes after the end of their assigned time and in respectable condition. Any teams reported to leave later may face fines and/or suspensions and/or limitations on dressing room privileges. Teams damaging or leaving dressing rooms in disrespectful state (beyond typical usage) can be fined and/or lose their dressing room usage privileges.
- It is expected that teams/players will conduct themselves in a respectful manner. Any reports of disrespect to employees or contractors of GSL will be dealt with by the League Coordinator or/and the Facility Manager.

LEAGUE RULES – ***rules can be amended at any time.*

It is the responsibility of every team rep to ensure that their respective team receive and read the league rules. “I don’t know” is not an excuse not to follow our league rules.

RULE 1 – The Field of Play

Dimensions

The field of play is as shown in the diagram, including the team benches and the penalty box. The boundary lines and the goal lines are defined by a perimeter wall, which is part of the playing area.

Field Markings

All lines belong to the areas of which they are boundaries. The top of the boards is a part of the playing area.

Team Benches

An area off the playing surface must be provided for each team. Substitutes for the team must remain in the team bench area.

The Penalty Area

A penalty area is defined at each end of the field as illustrated:

The Penalty Spot

A penalty spot is marked 24 feet from the goal line and equidistant from each goal post.

The Corner Mark

The corner mark is a 9” circle drawn near the end wall.

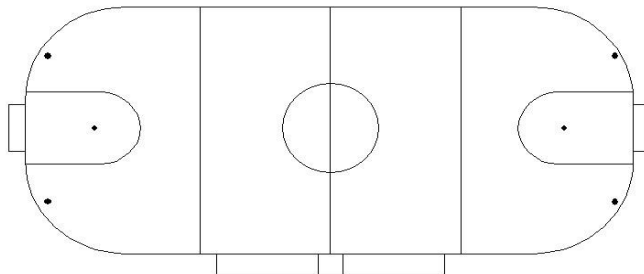


Figure 1: Indoor Field of Play

RULE 2 - The Ball

All divisions will use a size 5 ball for play in games.

Qualities and measurements

The ball is:

- Spherical and of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins).
- Made of suitable material.
- Not more than 450 g (16 oz) in weight and not less than 410 g (14 oz).
- A pressure equal to 0.6 – 1.1 atmosphere (8.5 lbs./sq. in 15.6 lbs./sq. in).

If the ball bursts or becomes defective during the of a match:

- The match is stopped.
- The match is restarted by dropping the replacement ball at the place where the first ball became defective (subject to the special circumstances in Rule 8).

If the ball bursts or becomes defective whilst not in play at a kick-off, goal kick, corner kick, free kick or penalty kick:

- The match is restarted accordingly.

The game ball is to be provided by the home team.

The ball may not be changed during the match without the authority of the referee.

RULE 3 – Players – Coaches

Players

A match is played by two teams, each consisting of not more than six players on the field at a time*, one of whom must be a goalkeeper. (*For Co-ed play, there are not more than 7 players on the field at a time, including the goalkeeper.) A match may not start if either team consists of fewer than **four** players. A match may not continue if a team is reduced to fewer than four players eligible to be on the field.

- A team must dress a minimum for 4 players and 1 goalkeeper for each game. The maximum number of players allowed to dress is 18 players including the goalkeeper.
 - Note: For COED play, a team must have a minimum of 3 females to start play. If a team has only 3 females dressed to play, one may be on the bench resting providing the other 2 are on the field. In this case the team would be playing short one player. The team would then play short one player, a male may not replace the missing female player on the field. The player on the bench must be a participant in the game, not just wearing a kit in order to meet the 3 female minimum quota.
- Any team not ready to play at the end of warm-up (maximum of 8 minutes) with the minimum number of players, including the goalkeeper, will forfeit the game.
- If both teams have not been able to field enough players, the game will be forfeited with neither team receiving a point, and the game will not be rescheduled.
- Officials will not officiate a forfeited game. The non-offending team may use the field for their scheduled game time, but only registered players who have completed waivers may be on the field.

Players may only play for the team that they are assigned/registered to by the league.

Substitution Procedure

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

- The player must first leave the field. A player is considered to have left the field if they are within approximately one yard of the perimeter wall between the ends of their team's bench area, and providing they are not interfering with play.
- Once the player has left the field, the substitute may enter the field from either gate to the team bench.
- A substitution is completed when the 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.

Guaranteed substitution opportunity

Play will be held up for a reasonable length of time to allow teams to substitute:

- After a goal has been scored.
- After a time penalty has been awarded.
- On a serious injury to a player.

In these circumstances, a team cannot be penalized for too many players.

Changing the Goalkeeper

The alternate goalkeeper, or any other player, may change place with the goalkeeper at any guaranteed substitution, provided the referee is notified before the change is made.

Infringements/Sanctions

If a substitute enters the field of play without a player having first left the field, or the player being replaced intentionally interferes with play after the substitute has entered the field:

- Play is stopped.
- The team is penalized by a 3 minute minor-misconduct ('too many players').
- Play is restarted with a free kick to the opposing team at the place the ball was located when play was stopped (subject to the special circumstances in Rule 8).

If a colleague changes places with the goalkeeper without the referee's permission:

- Play continues.
- Both players are cautioned and shown the yellow card when the ball is next out of play. The offending team will then play with one less player for 3 minutes or until the team with a man advantage scores a goal.

Named Players Sent Off Before the Start of the Game

If a player named on the game sheet is sent off before the start of the game, the team will nevertheless start the game with six players. No additions may be made to the team sheet to replace a named player who is sent off, whether before or after the start of the game.

Bench Personnel:

Teams may have a maximum of two coaches on their bench. The coaches must be over the age of 19 and must have completed the online waivers before the game. The coach may convey tactical instructions to the players during the match. He and the other team officials must remain within the confines of the bench area; they must behave in a responsible manner.

RULE 4 – The Players' Equipment

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). Jewelry may not be taped to cover it. Any player participating in play that is wearing any jewelry will be issued

a caution (yellow card) and serve a 3-minute penalty. Exceptions are religious jewelry (must be taped tight to skin) and Medical alert bracelets or necklaces (both must be safely secured to avoid possible injury). String or hair ties may not be worn on the wrist nor rubber bands or any item that does not have a specific, accepted use for the game.

Casts - Modern protective equipment made of soft, lightweight, padded materials are not considered dangerous and are therefore permitted. Hard casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard cast does not reduce the element of danger. Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.

A player may be permitted to wear a brace at the referee's discretion provided it is covered by a neoprene sleeve.

Basic Equipment

The basic compulsory equipment of a player is:

- A jersey. Players may not play unless their shirt/jersey is consistent with the rest of their team. The shirt must be numbered and each jersey must have a different number. In the event both teams have similar colours, the visiting team will change jerseys.
- Shorts. Shorts must end above the knee. A player may wear leggings beneath their shorts but the leggings must be the same color as the shorts.
- Socks
- Turf shoes are recommended and appropriate footwear is required. No steel studded shoes may be worn.
- All medical joint braces, such as a knee brace, must be covered with a neoprene cover or sleeve. The sleeve must a minimum thickness of 1 inch of foam

Shin guards

- Are covered entirely by the socks.
- Are made of a suitable material (rubber, plastic, or similar substances).
- Provide a reasonable degree of protection as determined by the player.

Goalkeepers

- Each goalkeeper wears colours which distinguish him from the other players, the referee and the assistant referee.
- Goalkeepers may wear track pants and/or kneepads.

Infringements/Sanctions

For any infringement of this Rule:

- Play need not be stopped.
- The player at fault is instructed by the referee to correct his equipment.
- The player leaves the field of play when the ball next ceases to be in play unless they have already corrected their equipment.
- A player that has been instructed by the referee to correct equipment and returns to the field without correcting their equipment will be issued a yellow card and the team will play with one less player for 3 minutes or until the opponent scores a goal, whichever occurs first.
- Any player required to leave the field of play to correct their equipment does not re-enter without the referee's permission.

Restart of Play

If play is stopped by the referee to administer a caution:

- The match is restarted by a free kick taken by a player of the opposing side, from the place where the ball was located when the referee stopped the match (subject to the special circumstances in Rule 8).

RULE 5 – The Referee

The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Rules of the Game in connection with the match to which he has been appointed.

Powers and Duties of the Referee:

- Refer to the IFAB Laws of the Game for complete details.

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

The referee may only change a decision on realizing that it is incorrect or, at his discretion, on the advice of the 2nd referee, provided that play has not restarted.

RULE 6 – The 2nd Referee

The second referee will have the same powers and duties as those of the Referee.

RULE 7 – The Duration of the Match

- 1.1. Each game will be allotted 60 minutes of field time. This includes the warm-up.
- 1.2. Officials will set the clock to 8 minutes and start it at the start of the time slot for warmup. As soon as warmup concludes, officials will set and start clock for 50 minutes of gameplay. Officials will commence with the game at the conclusion of the 8 minute warmup. If a team is unable to start play when the clock has run down to 45 minutes, the opposing team shall be declared the winner by forfeit.
- 1.3. Games that are tied at the end of regulation time will remain a tie.
- 1.4. **FOR PLAYOFFS ONLY:** Overtime will be played should a game be tied at the end of regulation. All divisions will play at 4 on 4 for 5 minutes of sudden death overtime. In the COED division, there must always be 2 ladies on the field playing, not including the goalkeeper. If the game is still tied after 5 mins of overtime, then the game will be decided in a shoot out with 3 shooters from each team. If it is still tied after 3 shooters each, then it will continue in sudden death shoot out until one team scores and the other does not. Teams may not repeat shooters until one team has used all players, at which time, both teams may reuse any players.

Provision for stopped time

The clock will not be stopped during the game for any reason.

Penalty Kick

If a penalty kick must be taken or retaken, the duration of the game is extended until the penalty kick is completed.

RULE 8 – The Start and Restart of Play

At all re-starts, after the Official has signaled that the ball is ready for play, the team in possession has five (5) seconds to play the ball; possession will be given to the other team if the restart is not taken in the allotted time. Any delay of

the game deemed by the referee to be done intentionally to waste time will result in a Yellow Card and a 3-minute power play for the non-offending team.

Preliminaries

The team listed as the home team takes the kick-off to start the match.

Procedure

- All players are in their own half of the field (player kicking off may be in opposing team's half of the field).
- The opponents of the team taking the kick-off are outside the centre circle until the ball is in play.
- The ball is stationary on the center mark.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves in any direction.
- 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.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

- A free kick is awarded to the opposing team to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

If the player takes more than 5 seconds to put the ball into play:

- the other team takes the restart. If, in the opinion of the referee, a team takes more than 5 seconds to put the ball in play in an attempt to waste time, a 3-minute time penalty is issued and the other team takes the restart.

For any other infringement of the kick-off procedure:

- The kick-off is retaken.

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 these rules. Dropped ball restarts are uncontested.

Procedure

- The ball is dropped for the defending team goalkeeper in their penalty area if, when play was stopped:
 - the ball was in the penalty area or
 - the last touch of the ball was in the penalty area
- In all other cases, the referee drops the ball for one player of the team that last touched the ball at the position where it last touched a player, an outside agent or, as outlined in Law 9.1, a match official
- All other players (of both teams) must remain at least 4 m (4.5 yds) from the ball until it is in play

The ball is in play when it touches the ground.

Offences and sanctions

The ball is dropped again if it:

- touches a player before it touches the ground
- leaves the field of play after it touches the ground, without touching a player

If a dropped ball enters the goal without touching at least two players, play is restarted with:

- a goal kick if it enters the opponents' goal
- a corner kick if it enters the team's goal

RULE 9 – The Ball In and Out of Play

The ball is out of play when:

- Play has been stopped by the referee.
- It has wholly crossed the perimeter wall or has touched the side netting above the glass partition.
- It strikes the netting or any structure above or overhanging the playing surface.
- it touches a match official, remains on the field of play and:
 - a team starts a promising attack or
 - the ball goes directly into the goal or
 - the team in possession of the ball changes

In all these cases, play is restarted with a dropped ball.

The ball is in play at all other times, including when:

- It rebounds from the boards and remains in the field of play.
- It touches a player who has technically left the field by being within the restart line and between the gates to the bench, and who is being replaced by a substitute, but who is in no way attempting to play the ball or interfere with play.

RULE 10 - Scoring

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 Rules of Indoor Soccer has been committed previously by the team scoring the goal.

RULE 11 – Three Line Violation

A three line violation occurs:

When the ball touches or is played by a player in his own defensive zone, and the ball crosses both defensive zone lines and the centre line, in the air without touching another player, the referee, the field or the boards.

No Offense - When a team has 1 or 2 fewer players eligible to be on the field than the opposing team, any player may propel the ball over three lines.

Infringements/Sanctions

For a three line violation, the referee awards a free kick to the opposing team to be taken from any place on the first defensive line the ball crossed.

RULE 12 – Fouls and Misconducts

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

- charges
- jumps at
- kicks or attempts to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges

- trips or attempts to trip
- boards an opponent
- slides within 1 metre of an opponent
- ❖ Careless is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed
- ❖ Reckless is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned
- ❖ Using excessive force is when a player exceeds the necessary use of force and/or endangers the safety of an opponent and must be sent off

A direct free kick is awarded if a player commits any of the following offences:

- a handball offence (except for the goalkeeper within their penalty area)
- holds an opponent
- impedes an opponent with contact
- bites or spits at someone
- throws an object at the ball, an opponent or a match official, or makes contact with the ball with a held object

See also offences in Law 3.

PASL rule: In the last sixty (60) seconds of the game a Penalty Kick will be awarded (no timed penalty) and the game clock will be reset to 1 minute if:

- a foul is committed by a defender on their own side of the centre line which denies an attacking opportunity, or
- a cautionable offence or send off offence is committed anywhere on the field. (Delaying the Restart is a cautionable offence).

This can occur more than once in the last minute of the game. If a goal is not scored on the Penalty Kick, the play is then stopped, and the restart resumes with a goal kick. The Official will then reset the clock.

Handling the ball

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit.

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 penalised
- 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

The above offences apply even if the ball touches a player's hand/arm directly from the head or body (including the foot) of another player who is close.

Except for the above offences, it is not an offence if the ball touches a player's hand/arm:

- directly from the player's own head or body (including the foot)
- directly from the head or body (including the foot) of another player who is close
- if the hand/arm is close to the body and does not make the body unnaturally bigger
- when a player falls and the hand/arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body

The goalkeeper has the same restrictions on handling the ball as any other player outside the penalty area. If the goalkeeper handles the ball inside their penalty area when not permitted to do so, an indirect free kick is awarded but there is no disciplinary sanction. However, if the offence is playing the ball a second time (with or without the hand/arm) after a restart before it touches another player, the goalkeeper must be sanctioned if the offence stops a promising attack or denies an opponent or the opposing team a goal or an obvious goal-scoring opportunity.

Fouls and misconduct are penalized as follows:

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

- Tackles an opponent to gain possession of the ball, in a manner deemed unsafe by the referee.
- Holds an opponent.
- Spits at an opponent.
- Handles the ball deliberately (except for the goalkeeper within his own penalty area).

A free kick is taken from where the offence occurred (subject to the special circumstances in Rule 8).

Penalty Kick

A penalty kick is awarded if any of the above offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Technical offences

A free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following four offences:

- Plays in a dangerous manner.
- Impedes the progress of an opponent.
- Prevents the goalkeeper from releasing the ball from his hands.
- Commits any other offence not previously mentioned in Rule 12, for which play is stopped to caution or dismiss a player.

A free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- If a player intentionally passes the ball back to his own goalkeeper with his feet from any zone of the playing field and the goalkeeper handles the ball. However, the goalkeeper may play the ball in any other manner so long as he does not handle the ball.
- Touches the ball again with his hands after it has been released from his possession and has not touched an opponent.
- Touches the ball with his hands at any time after having had the ball under control and unchallenged for more than 5 seconds.
- Having taken the ball in his hands, fails to release the ball within 5 seconds.

In all cases, the free kick is taken from where the offence occurred (subject to the special circumstances in Rule 8).

Disciplinary Sanctions

The referee has the authority to take disciplinary action from entering the field of play for the pre-match inspection until leaving the field of play after the match ends (including kicks from the penalty mark).

If, before entering the field of play at the start of the match, a player or team official commits a sending-off offence, the referee has the authority to prevent the player or team official taking part in the match; the referee will report any other misconduct.

A player or team official who commits a cautionable or sending-off offence, either on or off the field of play is disciplined according to the offence.

The yellow card communicates a caution and the red card communicates a sending-off.

Only a player, substitute, substituted player or team official may be shown the red or yellow card.

PLAYERS, SUBSTITUTES AND SUBSTITUTED PLAYERS

Delaying the restart of play to show a card

Once the referee has decided to caution or send off a player, play must not be restarted until the sanction has been administered, unless the non-offending team takes a quick free kick, has a clear goal-scoring opportunity and the referee has not started the disciplinary sanction procedure. The sanction is administered at the next stoppage; if the offence was denying the opposing team an obvious goal-scoring opportunity, the player is cautioned; if the offence interfered with or stopped a promising attack, the player is not cautioned.

Advantage

If the referee plays the advantage for an offence for which a caution/sending-off would have been issued had play been stopped, this caution/sending-off must be issued when the ball is next out of play. However, if the offence was denying the opposing team an obvious goal-scoring opportunity the player is cautioned for unsporting behaviour; if the offence was interfering with or stopping a promising attack, the player is not cautioned.

Advantage should not be applied in situations involving serious foul play, violent conduct or a second cautionable offence unless there is a clear opportunity to score a goal. The referee must send off the player when the ball is next out of play, but if the player plays the ball or challenges/interferes with an opponent, the referee will stop play, send off the player and restart with an indirect free kick, unless the player committed a more serious offence.

If a defender starts holding an attacker outside the penalty area and continues holding inside the penalty area, the referee must award a penalty kick.

Cautionable offences

A player is cautioned if guilty of:

- delaying the restart of play
- dissent by word or action
- entering, re-entering or deliberately leaving the field of play without the referee's permission
- failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick or throw-in
- persistent offences (no specific number or pattern of offences constitutes 'persistent')
- unsporting behaviour
- entering the referee box area without consent from the referee.
- excessively using the 'review' (TV screen) signal
- confronting an opponent or official within "personal distance" (ie going face to face) in order to challenge or verbally disagree with an opponent or official.
- Leaving their feet in an attempt to dispossess the opponent of the ball (slide tackle) and making slight contact with their opponent.

A substitute or substituted player is cautioned if guilty of:

- delaying the restart of play

- dissent by word or action
- entering or re-entering the field of play without the referee's permission
- unsporting behaviour
- entering the referee box
- excessively using the 'review' (TV screen) signal

Where two separate cautionable offences are committed (even in close proximity), they should result in two cautions, for example if a player enters the field of play without the required permission and commits a reckless tackle or stops a promising attack with a foul/handball, etc.

Cautions for unsporting behaviour

There are different circumstances when a player must be cautioned for unsporting behaviour including if a player:

- attempts to deceive the referee, e.g. by feigning injury or pretending to have been fouled (simulation)
- changes places with the goalkeeper during play or without the referee's permission (see Law 3)
- commits in a reckless manner a direct free kick offence
- handles the ball to interfere with or stop a promising attack
- commits any other offence which interferes with or stops a promising attack, except where the referee awards a penalty kick for an offence which was an attempt to play the ball
- denies an opponent an obvious goal-scoring opportunity by an offence which was an attempt to play the ball and the referee awards a penalty kick
- handles the ball in an attempt to score a goal (whether or not the attempt is successful) or in an unsuccessful attempt to prevent a goal
- plays the ball when leaving the field of play after being given permission to leave
- shows a lack of respect for the game
- uses a deliberate trick to pass the ball (including from a free kick) to the goalkeeper with the head, chest, knee etc. to circumvent the Law, whether or not the goalkeeper touches the ball with the hands
- verbally distracts an opponent during play or at a restart

Celebration of a goal

Players can celebrate when a goal is scored, but the celebration must not be excessive; choreographed celebrations are not encouraged and must not cause excessive time-wasting.

Leaving the field of play to celebrate a goal is not a cautionable offence but players should return as soon as possible.

A player must be cautioned, even if the goal is disallowed, for:

- climbing onto a perimeter fence and/or approaching the spectators in a manner which causes safety and/or security issues
- gesturing or acting in a provocative, derisory or inflammatory way
- covering the head or face with a mask or other similar item
- removing the shirt or covering the head with the shirt

Delaying the restart of play

Referees must caution players who delay the restart of play by:

- appearing to take restart but suddenly leaving it to a team-mate to take
- taking more than 5 seconds to restart
- kicking or carrying the ball away, or provoking a confrontation by deliberately touching the ball after the referee has stopped play
- taking a free kick from the wrong position to force a retake

Sending-off offences

A player, substitute or substituted player who commits any of the following offences is sent off:

- denying the opposing team a goal or an obvious goal-scoring opportunity by a handball offence (except a goalkeeper within their penalty area)

- denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick (unless as outlined below)
- serious foul play
- biting or spitting at someone
- spitting on the field
- violent conduct
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match
- slide tackle of an opponent and making excessive contact or any contact on a slide tackle from behind.

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

Denying a goal or an obvious goal-scoring opportunity

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a handball offence, the player is sent off wherever the offence occurs.

Where a player commits an offence against an opponent within their own penalty area which denies an opponent an obvious goal-scoring opportunity and the referee awards a penalty kick, the offender is cautioned if the offence was an attempt to play the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball etc.) the offending player must be sent off.

A player, sent-off player, substitute or substituted player who enters the field of play without the required referee's permission and interferes with play or an opponent and denies the opposing team a goal or an obvious goal-scoring opportunity is guilty of a sending-off offence.

The following must be considered:

- distance between the offence and the goal
- general direction of the play
- likelihood of keeping or gaining control of the ball
- location and number of defenders

Serious foul play

A tackle or challenge that endangers the safety of an opponent or uses excessive force or brutality must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force or endangers the safety of an opponent is guilty of serious foul play.

Violent conduct

Violent conduct is when a player uses or attempts to use excessive force or brutality against an opponent when not challenging for the ball, or against a team-mate, team official, match official, spectator or any other person, regardless of whether contact is made.

In addition, a player who, when not challenging for the ball, deliberately strikes an opponent or any other person on the head or face with the hand or arm, is guilty of violent conduct unless the force used was negligible.

TEAM OFFICIALS

Where an offence is committed and the offender cannot be identified, the senior team coach present on the team bench area will receive the sanction.

Warning

The following offences should usually result in a warning; repeated or blatant offences should result in a caution or sending-off:

- entering the field of play without permission from the referee

- failing to cooperate with a match official e.g. ignoring an instruction/request from a referee
- minor/low-level disagreement (by word or action) with a decision
- occasionally leaving the confines of the technical area without committing another offence

Caution

Caution offences include (but are not limited to):

- delaying the restart of play by their team
- dissent by word or action including:
 - throwing/kicking drinks bottles or other objects
 - gestures which show a clear lack of respect for the match official(s) e.g. sarcastic clapping
- entering the referee area without permission
- excessively/persistently gesturing for a red or yellow card
- excessively showing the TV signal for a VAR 'review'
- gesturing or acting in a provocative or inflammatory manner
- persistent unacceptable behaviour (including repeated warning offences)
- showing a lack of respect for the game

Sending-off

Sending-off offences include (but are not limited to):

- delaying the restart of play by the opposing team e.g. holding onto the ball, kicking the ball away, obstructing the movement of a player
- deliberately leaving the players' bench area to:
 - show dissent towards, or remonstrate with, a match official
 - act in a provocative or inflammatory manner
- entering the opposing bench area in an aggressive or confrontational manner
- deliberately throwing/kicking an object onto the field of play
- entering the field of play to:
 - confront a match official (including at full-time)
 - interfere with play, an opposing player or a match official
- physical or aggressive behaviour (including spitting or biting) towards an opposing player, substitute, team official, match official, spectator or any other person (e.g. ball boy/girl, security or competition official etc.)
- receiving a second caution in the same match
- using offensive, insulting or abusive language and/or gestures
- violent conduct

Offences where an object (or the ball) is thrown

In all cases, the referee takes the appropriate disciplinary action:

- reckless – caution the offender for unsporting behaviour
- using excessive force – send off the offender for violent conduct

For Co-ed play, all bench penalties will require the team to play short by a male player.

Management of Time Penalties Types of time penalty:

1. A Minor Misconduct Time Penalty, which is 3 minutes in duration, is assessed for any offence that, in the referee's opinion, warrants greater punishment than a free kick or penalty kick. The penalized player serves the penalty time.
2. A Caution/Time Penalty, comprising a minor time penalty (3 minutes) and a yellow card caution, is assessed for any cautionable offence. The penalized player serves the penalty time.
3. A Major Time Penalty, which is 5 minutes in duration and is assessed for any sending-off offence except a second caution. A colleague of the dismissed player must serve the 5-minute major time penalty.

Timing of time penalties:

The clock will not be stopped when the ball is out of play.

Relief of the balance of a minor time penalty:

If a team has fewer players on the playing surface than the opponents, because one or more players are serving a minor time penalty, and that team is scored upon by an opponent, then:

- If the earliest unexpired minor time penalty is the last or only time penalty being served by a player, that player shall return to the field.
- If the earliest unexpired minor time penalty is the first of consecutive time penalties, the balance of the earliest unexpired minor time penalty shall be relieved, and next time penalty shall begin.

Only one unexpired minor time penalty will be relieved if the opponents score a goal.

No relief for a major time penalty:

If a team is reduced to a lesser number of players on the playing surface than its opponent, and only major time penalties are currently being served, and an opponent scores upon that team, the remaining major penalty time is not voided. The affected team continues to play shorthanded.

Minor time penalty assessed when a penalty kick is awarded:

If a player concedes a penalty kick, and is also assessed a minor time penalty, and a goal is scored direct from the penalty kick, that player shall be relieved from serving the penalty.

No relief where teams are of equal playing strength:

In situations where both teams have the same number of players on the field and a goal is scored, no penalty time is nullified, regardless of whether the team conceding the goal has more unexpired time penalties than the other.

Co-incident minor time penalties:

In situations involving an equal number of minor time penalties arising from the same incident or at the same stoppage in the game, the players involved will go to the penalty box to serve the penalties. The teams shall play with the same number of players on the field as there was when the coincidental time penalties were called. The offending players shall be released from the penalty box at the first opportunity after the penalty time expires that play is held up, and with the referee's permission.

Coincidental minor penalties are not relieved by a goal being scored, even if the team is playing shorthanded and the coincidental penalty is the only minor time penalty being served.

Co-incident major time penalties:

In situations involving coincidental and/or simultaneous major penalties because of players from each team being sent off, an equal number of penalties (e.g. 1 or 2 from each team) shall cancel one another. If, however, one team incurs more major penalties than the other team, each remaining 5-minute penalty must be assessed and served.

Limit on time penalties assessed to a player at a single stoppage in play:

When a player is assessed a series of minor time penalties in succession arising from a single incident or during the same stoppage in play, the time served by the team or player shall not exceed one double minor time penalty (2 three minute penalties). When a player is assessed a series of minor and major time penalties in succession arising from a single incident or during the same stoppage in play, and no time penalty is assessed to an opponent, the time served by the team or player shall not exceed one major time penalty.

When a player is assessed a series of minor and major time penalties arising from a single incident or at the same stoppage in play, and an opponent is also assessed one or more minor penalties, the player dismissed may be assessed both minor and major penalties, to a maximum of 5 minutes (a major penalty) more than the opponent. No additional time penalties will be assessed against a player who commits further misconduct after having been assessed a major time penalty. Rather, the referee shall record and report the misconduct in writing to the appropriate league.

Multiple major and minor time penalties in the last 5 minutes of a match:

In the situation where a player is assessed both a major time penalty, and one or more minor time penalties, and there are fewer than 5 minutes remaining in the match, 2 players from that team will go to the penalty box, one to serve the

major penalty, and the other to serve the minor penalty(s). Two players will go to the box, even if neither can begin to serve a time penalty because of other time penalties currently being served.

If only one player can begin serving a time penalty, because one other player from the penalized team is currently serving a time penalty, the major penalty will be served first.

Time penalties assessed to a player already serving a time penalty:

When a player is serving one or more minor time penalties, and after play has restarted commits another offence warranting additional penalty time, that penalty time shall be in addition to the penalty time already assessed and shall commence after all penalty time to the penalized player has expired.

However, if the additional penalty is a major penalty and there are fewer than 5 minutes remaining, or if the additional penalty is one or more minor penalties, then a colleague of the player will go to the penalty box to serve the additional penalty.

Third (or subsequent) penalized player from the same team:

The penalty time of the third player shall not commence until all penalty time assessed to one of the other penalized players has elapsed. He must, however, be replaced by a substitute since four players must be on the playing field at all times.

If the non-offending team scores, having more players on the field, the earliest minor time penalty being served (if any) is relieved. If that completes all penalty time assessed to that player, he may return to the team bench.

The penalty time assessed to the third player may then commence.

If all the penalty time assessed against one penalized player expires, because the non-offending team does not score, the penalty time assessed to the third player may commence. However, the player whose time penalty has expired may not be released from the penalty bench until play has been stopped in accordance with the Rules. He may then go directly to the bench.

Time penalties assessed to a goalkeeper:

A colleague of the goalkeeper will serve any minor time penalties assessed against a goalkeeper.

Delayed calling of time penalties:

Where an offence warrants a time penalty, but the referee wishes to apply the advantage clause, the referee will acknowledge the offence and signal by holding his arm in the air, until one of the following occurs:

- The offending team gains possession of the ball. The referee will stop play, penalize the offending player, and restart by a free kick where the original offence took place-subject to the special circumstances in Rule 8
- The non-offending team scores a goal. The offence is recorded, but no penalty time is served as long as the offending team does not have two players currently serving major time penalties. Play is restarted with a kick off.
- Either team commits any other offence. The referee will stop play, penalize the original offender and any other player, if appropriate, and restart play according to the nature of the offence.
- The ball goes out of play. The referee will penalize the original offender and any other player, if appropriate, and restart play accordingly for the stoppage.

Referees are advised to use discretion in the calling of delayed time penalties, to include only situations where obvious advantages or goal scoring opportunities present themselves.

If during the delayed penalty the original offender is guilty of a further offence that warrants a time penalty, that time penalty will be assessed in addition to the time penalty for the original offence.

Applicable decisions of the International F.A. Board

Decision 1

A penalty kick is awarded if, while the ball is in play, the goalkeeper, inside his own penalty area, strikes or attempts to strike an opponent by throwing the ball at him.

Decision 2

A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offense committed.

Decision 3

The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.

Decisions of PASL:

- If a goalkeeper is dismissed, any other player from that team not currently serving a time penalty can replace him. The goalkeeper must be replaced before play can be restarted. The referee may award a further time penalty against the bench if the team delays replacing a dismissed goalkeeper.
- Any simulating action anywhere on the field, which is intended to deceive the referee, must be sanctioned as unsporting behaviour.

Kicking a player from behind:

An attempted tackle from behind, which is careless, reckless or using excessive force, with little or no attempt to play the ball will result in the offending player being sent off for serious foul play.

Time wasting

For the purpose of assessing a bench minor, the following are some of the activities considered to be time wasting:

- Failure to have a team list ready prior to kick-off.
- Excessive or slow substitutions.
- Excessive delays in nominating a player to serve a bench penalty.
- Excessive delay in providing a replacement ball when a ball has gone over the boards.

RULE 13 – Free Kicks

Types of Free Kicks

All free kicks are direct.

- If a free kick is kicked directly into the opponents' goal, a goal is awarded.
- If a free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team. For all free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

For all free kicks, the referee will give the signal for the taking of the kick. The kicker shall have five (5) seconds to put the ball into play, and the referee shall indicate visually (gesture) and verbally the five (5) second count.

Procedure

Free kick to the defending team inside their own penalty area:

- All opponents are at least five yards from the ball.
 - If, when a free kick is taken, an attacking team player is less than 1 m (1 yd) from a 'wall' formed by three or more defending team players, the free kick is retaken unless it is to the advantage of the team taking the free kick to allow play to continue.
- All opponents remain outside the penalty area until the ball is in play.
- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked directly beyond the penalty area.
- The free kick may be taken from anywhere inside the penalty area.

Free kick elsewhere:

- All opponents are at least five yards from the ball, or not closer than the nearest goalpost if the free kick is within five yards from the nearest goalpost, until the ball is in play.
- The referee gives a signal.

- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves.
- The free kick is taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

Infringements/Sanctions

If, when a free kick is taken by the defending team from inside its own penalty area, the ball is not kicked directly into play:

- The kick is retaken.

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

If the player takes more than 5 seconds to put the ball into play:

- They are assessed a two minute minor misconduct for Delaying the Restart. The same team retakes the kickoff.

RULE 14 – The Penalty Kick

A penalty kick is awarded against a team that commits one of the eleven penal offenses, inside its own penalty area and while the ball is in play.

Additional time is allowed for a penalty kick to be taken at the end of regulation time.

Position of the Ball, the Kicker and the Goalkeeper

- The ball is placed on the penalty mark.
- The player taking the penalty kick is properly identified.
- The defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts, until the ball is kicked. The goalkeeper must not behave in a way that unfairly distracts the kicker, e.g. delay the taking of the kick or touch the goalposts, crossbar or goal net.

Position of the other players

- 5 yards away from the penalty mark.
- Outside the penalty area and behind the penalty mark.

After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken. The player taking the penalty kick must kick the ball forward; backheeling is permitted provided the ball moves forward. When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, in line with, or behind, the goal line.

The ball is in play when it is kicked and clearly moves.

The kicker must not play the ball again until it has touched another player.

The penalty kick is completed when the ball stops moving, goes out of play or the referee stops play for any offence.

Additional time is allowed for a penalty kick to be taken and completed at the end of each half of the match or extra time. When additional time is allowed, the penalty kick is completed when, after the kick has been taken, the ball stops moving, goes out of play, is played by any player (including the kicker) other than the defending goalkeeper, or the referee stops play for an offence by the kicker or the kicker's team. If a defending team player (including the goalkeeper) commits an offence and the penalty is missed/saved, the penalty is retaken.

Infringements/Sanctions

Once the referee has signalled for a penalty kick to be taken, the kick must be taken; if it is not taken, the referee may take disciplinary action before signalling again for the kick to be taken.

If, before the ball is in play, one of the following occurs:

- a team-mate of the player taking the penalty kick is penalised for encroachment only if:
 - the encroachment clearly impacted on the goalkeeper; or
 - the encroaching player plays the ball or challenges an opponent for the ball and then scores, attempts to score or creates a goal-scoring opportunity
- a team-mate of the goalkeeper is penalised for encroachment only if:
 - the encroachment clearly impacted on the kicker; or
 - the encroaching player plays the ball or challenges an opponent for the ball and this prevents the opponents from scoring, attempting to score or creating a goal-scoring opportunity
- the player taking the penalty kick or a team-mate offends:
 - if the ball enters the goal, the kick is retaken
 - if the ball does not enter the goal, the referee stops play and restarts with an indirect free kick except for the following when play will be stopped and restarted with an indirect free kick, regardless of whether or not a goal is scored:
 - a penalty kick is kicked backwards
 - a team-mate 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 (feinting in the run-up is permitted); the referee cautions the kicker
- the goalkeeper offends:
 - if the ball enters the goal, a goal is awarded
 - if the ball misses the goal or rebounds from the crossbar or goalpost(s), the kick is only retaken if the goalkeeper's offence clearly impacted on the kicker
 - if the ball is prevented from entering the goal by the goalkeeper, the kick is retaken

If the goalkeeper's offence results in the kick being retaken, the goalkeeper is warned for the first offence in the game and cautioned for any subsequent offence(s) in the game

- a team-mate of the goalkeeper offends:
- if the ball enters the goal, a goal is awarded
 - if the ball does not enter the goal, the kick is retaken
- a player of both teams offends, the kick is retaken unless a player commits a more serious offence (e.g. 'illegal' feinting)
- both the goalkeeper and the kicker commit an offence at the same time, the kicker is cautioned and play restarts with an indirect free kick to the defending team

RULE 15 – Ball Out of Play: Ceiling or Side

Side:

When the ball has wholly crossed the side perimeter wall or has touched the side netting, other than for a goal kick or corner kick, play shall be restarted with a kick-in. The kick-in shall be:

- Taken by an opponent of the team that touched or played the ball last.
- Taken one yard from the point closest to where the ball left the field of play.

Ceiling:

When the ball strikes the netting or any structure above or overhanging the playing surface play shall be stopped and restarted by a free kick. The free kick shall be:

- Taken by an opponent of the team that touched or played the ball last.
- Taken from any spot on the defensive line closest to where the ball hit the ceiling. The procedures of Rule 13 will apply.

Kick-in procedure

- The referee gives a signal.
- The ball is put into play no more than 5 seconds after the referee gives a signal.
- The ball is in play when it is kicked and moves.

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kick was taken outside the penalty area, and the ball was then touched with the hands by a player other than the goalkeeper inside his own penalty area, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

If the player takes more than 5 seconds to put the ball into play:

- They may be assessed a three minute minor misconduct for Delaying the Restart. The kick-in is retaken.

RULE 16 – The Goal Kick

A goal may be scored directly from a goal kick, but only against the opposing team and providing the ball does not travel across all 3 lines in the air.

A goal kick is awarded when:

- The whole of the ball, having last touched a player of the attacking team, passes over the perimeter boards or touches the netting above the glass between the corner marks, and a goal is not scored in accordance with Rule 10.

Procedure

- A player of the defending team kicks the ball from any point within the penalty area.
- Opponents remain outside the penalty area until the ball is in play.
- The ball is put into play no more than 5 seconds after the referee begins 5 second countdown.
- The ball is in play when it is kicked and clearly moves.
- The kicker may not play the ball a second time until it has touched another player.

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

If the player takes more than 5 seconds to put the ball into play:

- The opposing team is awarded a free kick from the top of the Penalty area. If in the Referee's opinion, the restart is not taken within 5 seconds in an attempt to delay the game, the player is assessed a caution (yellow card) and three minute penalty for Delaying the Restart.

RULE 17 – The Corner Kick

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

A corner kick is awarded when:

- The whole of the ball, having last touched a player of the defending team, passes over the perimeter boards or touches the netting above the glass between the corner marks, and a goal is not scored in accordance with Rule 10.

Procedure

- The ball is placed at the nearest corner mark.
- Opponents remain at least five yards from the ball until it is in play (this is the edge of the white boards beside the goal).
- The ball is put into play within 5 seconds of the Referee beginning his count.
- A player of the attacking team kicks the ball.
- The ball is in play when it is kicked and moves.
- The kicker does not play the ball a second time until it has touched another player.

Infringements/Sanctions

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

- If the kicker touches the ball with his hands inside his penalty area, and is not his team's goalkeeper, a penalty kick is awarded.
- Otherwise, a free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred (subject to the special circumstances in Rule 8).

If the player takes more than 5 seconds to put the ball into play:

- If in the opinion of the Referee the player is not putting the ball in play within 5 seconds in an attempt to delay the game, a caution (yellow card) will be issued and the player will serve a 3 minute penalty. The opposing team takes the restart.

For any other infringement:

- The kick is retaken.

PASL IN GAME BYLAWS

- When along the boards, a player is permitted to put one arm/hand on the boards for support; however, the ball must be kept moving. The player cannot use the supporting arm/hand to shield the ball and cannot back into or push off the boards into an opponent.
- If a game is delayed due to injury and cannot be finished, it will be considered finished if 50% of the game (30 min) has been completed. If not, the game will be rescheduled by the League. The referee will record the time left in the game for confirmation.
- Should a player be cut at any time during game play, they must immediately leave the field of play. To resume participating in the game, they must be properly bandaged. At no time can a player who is bleeding participate in the game.

Definitions

Definition of Slide Tackle:

A slide tackle/challenge is defined as a deliberate attempt to win the ball by leaving one's feet and sliding or making contact with the ground with one leg or both legs extended 1) in an attempt to dispossess their opponent of the ball, or 2) in an attempt to kick the ball when they do not have possession of the ball (possession in the opinion of the

referee), within one yard of an opponent. It does not matter when the slide occurs, the determining factor is whether the offending player is within a meter of his/her opponent at any time during or at completion of the slide.

- If the knee slides or makes contact with the ground in order to make a challenge it is a slide tackle
- If the knee makes contact with the ground as a result of making the challenge (i.e. loss of balance and therefore accidental) then it is not considered a slide.

An attacking player may not slide to kick a ball within the Penalty Area at any time. The play will be restarted with a Free Kick to the defending team.

Players may slide to play the ball with the following exceptions:

- An opponent is within playing distance of the ball (Direct Free Kick).
- Contact is made with an opponent (Direct free kick and Caution).
- Contact is made with an opponent in a reckless manner, using excessive force and/or from behind (Direct free kick and a Dismissal).

Definition of Boarding:

Any deliberate contact by a player that forces an opponent to hit the perimeter wall, that in the opinion of the referee is reckless or using excessive force, will result in the offending player being sent off for boarding. A careless act that results in an opponent being hit into the boards is a foul and restarted with a free kick to the non offending team.