



5709 2 St SE #115
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Overview of Key Changes

- **Restarts:** Throw-ins, corner kicks, or goal-kicks depending on when and how the ball went out of play. Same rules as the 11v11 match format and the IFAB Laws of The Game.
- **Retreat Line:** There will be no Retreat Line for U12.
- **Offsides:** Normal offside law as the IFAB Laws of The Game and the 11v11 format. Offside will take place after the halfway line, and will not have a designated offside line on the field
- **Substitutions:** Substitutions can be made any time there is a stoppage in play that allows for a substitution at the referee's discretion.
- **Scores:** The U12/U13 age groups will record scores and standings for their leagues. There will continue to be formal gamesheets for the matches.
- **Playing Time:** CMSA wants to remind all players, coaches, and parents that fair and equitable playing time is essential to a positive soccer experience. Playing time must not be determined by the ability level of the player, or the ability level of their peers/opponents.
- **Match Day Roster Guidelines:** CMSA will accept rosters in accordance with the CMSA Rules and Regulations for the U12 and U13 age groups. CMSA recommends a Match Day roster of 14 players to ensure players have appropriate match time and a positive experience. This is in alignment to Canada Soccer and their game day guidelines.



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Law 1—Field Markings & Equipment

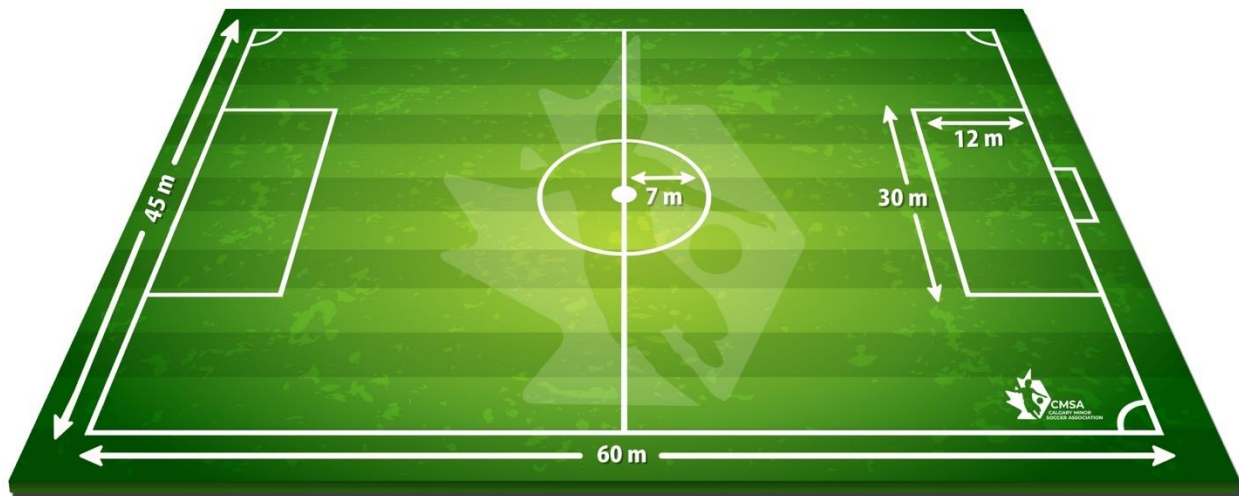
Dimensions

- The field of play shall be rectangular and marked with lines.
- The playing area will be 45 meters wide x 60 meters (minimum) long. The pitch size may vary and it is encouraged to have a pitch size of 45 meters wide x 70 meters long.
- For practical reasons, this may not always be possible, and games could be played, for example across the width of a regular soccer pitch while the internal markings should remain the same.

Field Markings

- Fields should be marked by distinctive lines not more than twelve (12) centimeters in width.
- The field is divided into two halves by the halfway line, which joins the midpoints of the touchlines. A centre mark is marked at the midpoint of the halfway line.
- A circle with a radius of 7 meters may be marked around the center mark; however, this marking is not mandatory.
- An arc with a radius of 1m may be marked at the Corner Area – however this marking is not mandatory.
- **The Penalty Area is defined at each end of the field as follows:**
 - Two lines are drawn at right angles to the goal line, 12 meters and are joined by a 30-meter line drawn parallel with a goal line.
 - The area bounded by these lines and the goal line is the penalty area. On the edge of each penalty area a **penalty mark** is made 12 meters from the midpoint between the goalposts.

- Example field markings are below:



Goals

- The goal should be 1.83 meters high (6 feet) x 5.49 meters wide (18 feet).
- Nets may be attached to the goals and the ground behind the goal, ensuring they are properly supported and do not interfere with the goalkeeper.
- Goals must be anchored securely to the ground. Portable goals may only be used if they meet this requirement.

Law 2: The Ball

- Size 4 balls will be used for the U12 age group. Size 5 balls will be used for the U13 age group. The ball shall be spherical and constructed of material which is not dangerous to the players. The ball may not be replaced without the referee's permission.
- If the ball becomes defective, it should be replaced, and play will restart with a dropped ball from where the ball was located when it became defective.



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Law 3: Number of Players

The game shall be played by two teams, each consisting of nine (9) players, one of whom shall be a goalkeeper. Teams must dress a minimum of six (6) players and a maximum of 20.

Substitution Procedure

- To replace a player with a substitute, the following must be observed:
 - the referee must be informed before any substitution is made
 - the player being substituted receives the referee's permission to leave the field of play, unless already off the field
 - the player being replaced is not obliged to leave at the halfway line
- The substitute only enters:
 - during a stoppage in play
 - at the halfway line
 - after the player being replaced has left
 - after receiving a signal from the referee

Extra persons on the field of play

The coach and other officials named on the game sheet (except for players or substitutes) are team officials. Anyone not named on the game sheet as a player, substitute or team official is an outside agent.

- If a team official, substitute, substituted or sent off player or outside agent enters the field of play the referee must:
 - only stop play if there is interference with play
 - have the person removed when play stops
 - take appropriate disciplinary action

If play is stopped and the interference was by:

- a team official, substitute, substituted or sent off player, play restarts with a direct free kick or penalty kick
- an outside agent, play restarts with a dropped ball. If a ball is going into the goal and the interference does not prevent a defending player playing the ball, the goal is awarded if the ball enters the goal (even if contact was made with the ball) unless the ball enters the opponents' goal.



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Goal scored with an extra person on the field of play

If, after a goal is scored, the referee realizes, before play restarts, an extra person was on the field of play when the goal was scored:

- the referee must disallow the goal if the extra person was:
 - a player, substitute, substituted player, sent-off player or team official of the team that scored the goal
 - an outside agent who interfered with play unless a goal results as outlined above in 'extra persons on the field of play'

Play is restarted with a goal kick, corner kick or dropped ball. The referee must allow the goal if the extra person was:

- a player, substitute, substituted player, sent off player or team official of the team that conceded the goal
- an outside agent who did not interfere with play

In all cases, the referee must have the extra person removed from the field of play.

If, after a goal is scored and play has restarted, the referee realizes an extra person was on the field of play when the goal was scored, the goal cannot be disallowed. If the extra person is still on the field the referee must:

- stop play
- have the extra person removed
- restart with a dropped ball or free kick as appropriate

The referee must report the incident to the appropriate authorities.



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Law 4: Player's Equipment

- Equipment shall consist of shirt, shorts, socks, shin-guards and footwear.
- All jerseys must have sleeves. A player who removes his/her jersey to celebrate a goal will receive a caution for unsporting behaviour.
- All players MUST wear shin guards of suitable material. The shin guards should be covered completely by socks.
- Running shoes or multi-stud soccer shoes may be worn.
- Goalkeepers must wear colours that are distinguishable from those of other players and those of the referee. Goalkeepers may wear gloves and tracksuit-type pants.

Additional Guidance on Jewelry and Non-Compulsory Equipment

- No item of jewelry of any sort will be allowed on the field of play, even if it is 'taped'. I.E. covered.
- Game officials must set an example by removing all personal jewellery before entering the field of play (watches are allowed for game officials).
- **Earrings:** no earrings of any kind are acceptable. The practice of taping is no longer acceptable.
- **Facial Rings:** any kind of jewellery around the eyes, nose or any other part of the face must be removed.
- **Bracelets:** all bracelets (including metal, rope, fabric, etc.) must be removed.
- **Medic Alert Bracelets:** may be worn but must be covered or padded to be safe for all players.
- **Necklaces:** all necklaces must be removed.
- **Body Piercing;** any body piercing not visible to the referee is not of concern. Should the piercing become visible the referee will ensure it is removed.
- **Watches:** players are not allowed to wear any kind of watch.
- **Beaded Hair:** if a player is wearing hair beads the hair must be tied in a bun or covered by a hair net. Loose beaded hair is not permitted.
- **Rings:** must be removed.
- **Hats:** no hats are allowed on the field of play. Goalkeepers may request to wear a soft-brimmed hat as an eyeshade. The referee must ensure that it is not dangerous.
- **Bandanas:** no bandanas are allowed.
- **Sweatbands:** no sweatbands are allowed.
- **Head Protectors:** only those permitted by FIFA are allowed.



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- **Spectacles:** are allowed if they are sports spectacles and / or regular glasses and are safe for the players themselves and for other players.
- **Pro Wrap:** Single strand of Pro Wrap is permitted with no metal hair clips or bobby pins.
- **Orthopedic Supports:** FIFA Circular 863 states that most commercially manufactured supports are safe to use. These items pose less of a hazard than players accidentally banging heads, for instance.

The major concern is not the 'hardness' of the equipment alone, rather it should be whether any part of it could cut or wound another player. Any support must be safe for all players, and adequately padded if necessary.

- **Casts:** Players wearing a hard cast are NOT permitted to play, even if it is padded.

Players wearing a soft cast may be permitted to play if the cast does not present a danger to him/herself or any other player. The soft cast must not contain any hard material. The referee will make the final decision as to the acceptability of any soft cast.

Law 5: Referees

As per the IFAB Laws of the Game.

Law 6: Assistant Referees

There are no Assistant Referees in CMSA 9v9 matches.

Law 7: Duration of the Game

The game shall be divided into two equal halves. For U12, each half shall be **35** minutes in length. For U13, each half shall be 40 minutes in length. The length of halftime will be 5 minutes.



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Law 8: Start & Restart of Play

Kick off

A kick-off starts both halves of a match, and restarts play after a goal has been scored.

- the team that wins the toss of a coin decides which goal it will attack in the first half
- their opponents takes the kick-off
- the team that wins the toss takes the kick-off to start the second half
- for the second half, the teams change ends and attack the opposite goals
- after a team scores a goal, the kick-off is taken by their opponents

For every kick-off:

- all players except for the player taking the kick must be in their own half of the field of play
- the opponents of the team taking the kick-off must be at least 7 meters from the ball until it is in play
- the ball must be stationary on the centre mark
- the referee gives a signal
- the ball is in play when it is kicked and clearly moves in any direction
- a goal may be scored directly against the opponents from the kick-off

Dropped Ball

For any stoppage not mentioned in these Laws, the referee shall restart the game by dropping the ball at the place where it was when play stopped, unless play was stopped in the penalty area. In this case, the ball shall be dropped on that part of the penalty area line which runs parallel to the goal line, at the point nearest to where the ball was when play stopped. The ball is in play when it touches the ground.

A goal may not be scored directly from a dropped ball.

Law 9: Ball In and Out of Play

The ball is out of play:

- When the whole of the ball has crossed the goal-line or touch line, whether on the ground or in the air.



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- When the game has been stopped by the referee. The ball is in play at all other times.

Law 10: Method of Scoring

- 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 offence or infringement of the Laws of the Game has been committed by the team scoring the goal.
- If a referee signals a goal before the ball has passed wholly over the goal line, play is restarted with a dropped ball.

Law 11: Offside

As per the IFAB Laws of The Game.

Law 12: Fouls and Misconduct

Fouls and misconduct are penalized as per the IFAB Laws of the Game:

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
- Impedes with contact

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

- Handles the ball deliberately (except for the goalkeeper within their own penalty area)



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- Holds an opponent
- Impedes an opponent with contact
- Spits at an opponent

A direct free kick is taken from the place where the offence occurred.

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

An indirect free kick is awarded to the opposing team if a goalkeeper commits any of the following offenses:

- controls the ball with the hands for more than six seconds before releasing it
- touches the ball with the hands after:
 - releasing it and before it has touched another player
 - it has been deliberately kicked to the goalkeeper by a team-mate
 - receiving it directly from a throw-in taken by a team-mate

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

- Plays in a dangerous manner
- Impedes the progress of an opponent (without any contact being made)
- Prevents the goalkeeper from releasing the ball from the hands
- Puts the ball in play through a direct, indirect, goal or corner kick, and kicks the ball again before it has been touched by another player
- Commits any other infringement not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

An indirect free kick is taken from the place where the offence occurred

Disciplinary Sanctions

The yellow card is used to communicate that a player or substitute has been cautioned.

The red card is used to communicate that a player, coach, or substitute has been sent off. Any player receiving a red card may not play for the remainder of the game. The offending player may be substituted by another eligible player; both teams continue to play 9v9.



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The offending coach will be asked to leave the field immediately and take no further part in the match.

A player, coach, substitute or substituted player may be shown the red or yellow card. The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle.

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 offence committed.

A player is cautioned if guilty of:

- unsporting behaviour
- dissent by word or action
- persistent offences (no specific number or pattern of offences constitutes 'persistent').
- delaying the restart of play
- failing to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- entering, re-entering or deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if guilty of:

- unsporting behaviour
- dissent by word or action
- delaying the restart of play
- entering or re-entering the field of play without the referee's permission.

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 deliberately handling the ball (except a goalkeeper within their penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the opponents' goal by an offence punishable by a free kick (unless as outlined below)
- serious foul play



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- biting or spitting at someone
- violent conduct
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

Denying a goal or obvious goalscoring opportunity

Where a player denies the opposing team a goal or an obvious goal-scoring opportunity by a deliberate 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 offending player is cautioned unless:

- The offence is holding, pulling or pushing - or
- The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball – or
- The offence is one which is punishable by a red card wherever it occurs on the field of play (e.g. serious foul play, violent conduct etc.) In all the above circumstances the player is sent off.

The following must be considered in the case of Denying an Obvious Goalscoring Opportunity:

- 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

A player, coach, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area, providing that they are supervised by an adult for any minor while adhering to the Rule of 2.



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Law 13: Free Kick

Direct and indirect free kicks are awarded to the opposing team of a player guilty of an offence. Free kicks are taken from where the offence occurred, with the following exceptions:

- indirect free kicks to the attacking team for an offence inside the opponents' penalty area are taken from the nearest point on the penalty area line which runs parallel to the goal line

The ball must be stationary and is in play when it is kicked and clearly moves, except for a free kick to the defending team in their penalty area where the ball is in play when it is kicked directly out of the penalty area.

Until the ball is in play, all opponents must remain:

- 5 meters from the ball
- Outside the Retreat Line **until the ball has been touched by a teammate of the player taking the free kick** for all free kicks inside the opponent's penalty area.

Indirect free kick signal

The referee indicates an indirect free kick by raising the arm above the head; this signal is maintained until the kick has been taken and the ball touches another player or goes out of play.

An indirect free kick must be retaken if the referee fails to signal that the kick is indirect and the ball is kicked directly into the goal.

- if a direct free kick is kicked directly into the opponent's goal, a goal is awarded
- if an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded
- if a direct or indirect free kick is kicked directly into the team's own goal, a corner kick is awarded



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Law 14: Penalty Kick

A penalty kick shall be taken from the penalty mark. All players, except for the defending goalkeeper and the player taking the kick, shall be outside the penalty area but within the field of play, and not less than 5 meters from the ball (and behind the ball) until it has been kicked. The goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked. The player taking the penalty kick must not touch the ball a second time until it has been played or touched by another player. Play shall be extended at half-time, or at full-time to allow a penalty kick to be taken. If time is extended, play shall end when the kick is complete. For offences and sanctions at penalty kicks, please refer to the FIFA Laws of the Game.

Law 15: Throw in

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air.

Players taking a throw-in shall stand facing the field of play and have part of both feet on the ground, on or behind the touchline. The thrower shall use both hands to throw the ball from behind and over their head. The ball shall be in play immediately after it enters the field of play.

Players taking a throw-in must not touch the ball a second time before it has been played or touched by another player.

The normal throw-in rule will apply. If not properly taken, one re-throw will be given. If still not properly taken, the game will be restarted by a throw-in from the opposing team.

Law 16: Goal Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goalposts having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball can be kicked into play from any point in the penalty area. The ball is in play when it is kicked directly out of the penalty area.

The player taking the goal kick must not play or touch the ball a second time before it has been played or touched by another player. A goal may be scored direct from a goal kick, but only against the opposing team.



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Law 17: Corner Kick

When the whole of the ball has crossed the goal line, either on the ground or in the air, excluding that portion between the goal posts, having last been played or touched by a member of the defending team, a corner kick shall be awarded to the attacking team.

The corner kick shall be taken within the corner area nearest to where the ball crossed the goal line. All opponents shall be not less than 5 meters from the ball until it has been kicked.

The player taking the corner-kick must not play or touch the ball a second time before it has been played or touched by another player.

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