

# National Youth Sports Indoor Soccer Rules

- All Parents and Players must complete a National Youth Sports Registration Form before participating in the first league game.
- A player may only play on one (1) team per division.
- The use of illegal players will result in a team forfeiting the game.

**\*All fees must be paid prior to the start of the season\***

**PLAY AT YOUR OWN RISK**

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## (1) Field of Play

### Markings:

The lines belong to the areas of which they are boundaries. The ball touching any part of a line, either on the ground or breaking the vertical plane of that line is within the area bounded by the line.

### Outside Agents:

Is anything that enters the field without the permission of the referee and plays or misdirects the ball or otherwise interferes with the game.

### Restart:

- (a) If Team has cleared position of the ball, the restart is a Direct Free Kick, from where the ball was at the moment of stoppage.
- (b) If neither team has clear position of the ball, the restart is a Drop Ball, from where the ball was at the moment of stoppage.

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## (2) The Ball

The ball size:

- 3 for U8 and Below
- 4 for U9 to U12
- 5 for U13 and Above

- ❖ National Youth Sports will provide two (2) Game Balls per Game.
- ❖ Teams are responsible for game balls during the game.
- ❖ Teams must go and get the balls after been kicked out of bounds.

If the ball becomes unsafe or flat during play, the referee must stop the game, get a different ball and restart play with:

- If a team has clear position of the ball the restart is a Direct Free Kick, where the ball was at the time it bursts.
- If neither team has clear position of the ball the restart is a drop ball.

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## (3) The Players

- Friends, Family and Spectators in general are NOT allowed on the bench side of the rink! PLAYERS & COACHES ONLY!! If a team refuses to clear their benches, the referees have full authority to penalize the team or terminate the game in extreme cases.

### Team captain, coach, or manager:

- Are responsible for his/her team and fans, but have no special rights or privileges.
- They must act and behave responsibly.

Ejected Players must leave the bench area as soon as possible without causing trouble. If the player's behavior is not accepted he/she must leave the building or premises.

If anybody, other than the players in the field of play, enters the field of play in an event of an altercation on the field the game will be terminated and the result will be determined by management.

### Number of Players:

- U6 and below 4vs4 No Goalies
- U8 and Above 6vs6
- Minimum of 4 players
- Teams must have a designated Goal keeper at all times.

Players are in the jurisdiction of the Referee from the moment they enter the facility until the moment they leave the complex.

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## Guaranteed Substitutions:

- After a goal
- Time Penalty
- Injuries
- Between Periods
- Prior to a Shootout
- Unusual delay (with referee approval)

## Each team may substitute players freely; provided that:

- Players must substitute using their bench doors.
- Neither the player coming into the field and the one exiting the rink can play the ball or gain an unfair advantage while both players are in the field of play
- No substitutes are allowed during the first 3 seconds during a shootout.

## Substitution Penalties:

### A Two (2) minute penalty must be asset for:

- If, while the game is in progress, the referee finds out that any of the above violation took place.
- If, while the game is in progress, the referee finds out that a team is playing an extra player(s) on the field.

### A Four (4) minute player misconduct (Team does NOT play down) must be asset for:

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- A player returns to the field of play with equipment or blood on uniform after been warned by the referee to fix it.

## Restarts:

- If the referee stops play for any of the above substitution violation the restart is a Direct Free Kick next to the penalized team's bench door closer to half field.

## (4) The Players Equipment

**Safety:** Players may not wear anything that can be dangerous to themselves, or someone else in the game.

- ❖ Players must wear team's uniform provided by NYS, consisting of the **same color tops** with numbers.
- ❖ The Goalkeepers wear jersey colors that distinguish them from all other players and the Referees.
- ❖ **Shin guards must be worn at all times**, even on forfeits.
- ❖ **Footwear:** Cleats are not allowed in the indoor field. Flats or turfs will be allowed. Questionable footwear must be approved by the officials or management.

## (5) The Referee

- Each game will have at least one (1) Referee.

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- The decision of the Referee regarding facts (all calls made or not made) related with play and **interpretations of the Rules are final.**

## NYS Management:

Has full authority to any disciplinary sanctions imposed to any team or player.

Has full authority to any decisions made to the outcome of a match.

## Advantage

The referee applies advantage upon seeing a foul or misconduct committed if at that moment the team that was fouled will benefit from not stopping play. Advantage is applied to the team not only to the fouled player. The referee may return and penalized the original foul if the advantage does not develop after a short while (2-3 seconds). Regardless of the advantage the referee can deal with the proper action by assessing penalties if necessary.

## Stopping Play

The referee has the power to stop the match for any infringement of the Laws, apply advantage or decide the infringements are trifling or

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doubtful. However, he/she has the power to stop the game for other reasons like misconduct, to warn players, to issue penalties, to deal with injured players, and to terminate or abandon the match.

## Changing Decisions

The referee can change his/her decision in the case that the ball has not been restarted.

## Inadvertent Whistle

If referee mistakenly blows the whistle, the proper restart is a drop ball if neither team has position of the ball, and a direct free kick to the team had had position of the ball. The location of the restart would be where the ball was at the time he/she blew the whistle.

### ➤ Behavior of Coaches & Team Officials

Coaches may provide tactical advice to their players, including positive remarks and encouragement. The referee should take action against coaches for irresponsible behavior or actions that bring the game into a dispute. A coach or team official may be warned by showing the Yellow card (No penalty assess) & Ejected by showing the Red card (No penalty assess).

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- ❖ The Referee Provides official report of the Game and any other misconduct or ejection reports.

## (6) Duration of the Game

A regulation game consists of two (2) twenty four (24) minute halves, with a minimum of a minute half time.

Games will start at scheduled time; teams have a five (5) minute running clock grace period to meet the minimum requirements.

The time is extended for the taking of a shootout or penalty kick.

The Clock does not stop, Except:

- In the case of an unusual delay, determined by Referee
- Injury (injured player must come off the field)
- On the last minute of the match when the game is in one (1) point only on regulation time.

Other wise the Game Clock counts down continuously through each Half and Overtime Period.

## (7) Method of Scoring

- A Goal is scored when the whole ball completely crosses the goal line.
- A Goal may be scored directly from any Free Kick or Restart including Kick-Off.
- The team that scores more points in the game wins.

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- If the teams have an equal amount of points at the end of Regulation, the game stays a tie.

## (8) Start and Restarts of the Game

### Restarts & Free kick Basic Requirements:

- a) Ball must be stationary.
- b) Opponents must be within 15' feet of the ball in all directions.
- c) The ball must be within 3' feet from where the ball was at the moment of the infraction or stoppage. Other than directed.
- d) Players have 5 seconds to put the ball in play, after referee's signal
- e) The Player that restarted the game can not touch the ball again until it has been touched by another player. (Double touch).
- f) The restarts that by ruler must be restarted at the RED DOTS need the referee's approval to put the ball in play and it can be verbal (play!!, start your count, etc.) or by using his/her whistle.

Teams switch sides on the field prior the start of the game, with the intention that, in the second half they play on the side of their own bench.

**Kick-Off: Start of game, after each half & over time period, and goals.**

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- I. Is taken from the Center Mark
- II. Each team must be on their own half of the field.
- III. Players from the defensive side cannot be inside the center circle.

Home team takes it on the 1<sup>st</sup> half and subsequently the guest team takes in on the 2<sup>nd</sup> half.

## **Infraction**

Retake, If Restarts & Free Kick Basic Requirements (a, b, f) and (I, II, III) are violated.

A direct free kick is awarded to the opposing team if (d & e) are violated.

**Kick-In: When the ball is played over the perimeter wall along touchline. Can be played in any direction.**

- Restarts & Free Kick Basic Requirements applied (a, b, c, d, and e)

## **Infraction**

Re-due

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If (a, b, &c) of the above Restarts & Free Kick Basic Requirements are violated.

## Turn-over

- If (d &e) of the above Restarts & Free Kick Basic Requirements are violated.
- If the ball touches a player or person on the bench area, who is inadvertently extending into the playing field, or if the ball exits or misdirects through an open bench door.

**Corner Kick: When the ball having last touched by a defender and hits the net over the perimeter wall in-between the corner marks.**

The Ball shall be placed on the Corner mark, nearest to where the ball went out, and it must be kicked from there.

(f) On the above Restarts & Free Kick Basic Requirements must be applied.

## **Infractions**

### Re-due

If (a &b) of the above Restarts & Free Kick Basic Requirements are violated.

### Turn-over

If (d & e) of the above Restarts & Free Kick Basic Requirements are violated.

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**Goal-Keeper Distribution:** After an attacking player has last touched the ball before hitting the net above the perimeter wall and in-between the corner marks.

- i. The goal-keeper must throw or roll the ball from anywhere inside the penalty arc to restart. (Except U12 players or younger can punt, drop-kick, throw or roll the ball out)
- ii. The ball is in play until when it leaves the Penalty Arc.
- iii. No one on either team may touch the ball until the ball is in play
- iv. A Goal can be scored directly from a goal-keeper distribution and any other restart.

## Infractions

Free kick to the opposing team from the Free kick mark at the top of the Penalty arc.

- Illegal restart (i[only])
- Failure of the above Restarts & Free Kick Basic Requirements (d)

## Double touch Infractions

- If the Goal-Keeper double touches the ball or uses his/her feet or other part of his/her body before the ball leaving the penalty arc; the restart is a re-due.
- If the Goal-Keeper double touches the ball or uses his/her feet or other part of his/her body after the ball leaves the penalty

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arc; the restart is a Direct Free Kick to the opposing team where the goal keeper touched the ball the second time.

**Superstructure Violation:** The ball hits any part of the building superstructure above the field of play.

**Restart:** From the nearest Shootout Mark from where the ball was kicked from.

**Drop Ball:** If neither team has clear possession of the ball at a stoppage not covered by the laws of the game.

A drop ball can NOT be played by anyone until it hits the ground. There are no requirements that any players or any certain number of players have to participate. A dropped ball may NOT be taken inside the Penalty Arc. Instead, the ball is dropped at the Free Kick Mark on top of the Penalty Arc.

## Special Restarts

**In the case of an Offensive infraction with the defensive team's Penalty Arc.**

**Restart:** A Direct Free Kick anywhere with in the Penalty Arc.

**In the case of a Defensive infraction within their own Penalty Arc.**

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**Restart:** A Direct Free Kick on top of the Penalty Arc for the attacking team.

## Delayed Penalty

**Restart:**

- If the defending team obtains possession of the ball during play, the restart is where the original offence occurred.
- If the ball goes out of bounds, the restart is accordingly to the laws of the game.

## (8b) Free Kicks

Direct Free Kicks are awarded for fouls, misconducts, a combination of the two, or certain other offenses (such as “double touch” or 5-second rule violation)

(Indoor soccer does not utilize Indirect Free Kicks)

**Required Distance For Opponents:**

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All opponents must be 15 feet or 5 yards away from the ball in all directions.

The kicking team has the right to put the ball in play as quickly as possible, unless the kicking team requests help in dealing with the opponents' encroachment.

**The failure to not respect the require distance after an initial verbal warning; will result in a Yellow Card (4 minute misconduct, Team does NOT play down) Also, if an opponent, while not at the required distance and makes an effort to intercept the ball, the player(s) will be penalized.**

However, if the attacking team chooses to take a free kick when an opponent is closer than the minimum distance may NOT thereafter claim of an infringement. Incases similar to this example, for instance the defender is retiring and does not make an effort to play the ball and the ball is kicked at him/her. In this case there is no infraction, because the attacking team put themselves in danger to lost the ball by not waiting for opponent to be at the required distance.

## 5-Second Rule

Players have 5 seconds to put the ball in play

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The 5 seconds start counting down as soon as the player puts the ball down and the referee approves the restart and signals to start play.

During some instances the referee may start the count over or stop the count. Ex: injury, encroachment, equipment violation, etc.

## **(9) Cards & Penalties**

### **Blue Card- (2 Minute Power Play Penalty)**

Team Must Play Down for 2 minutes or until opposing team scores.

### **Yellow Card- (4 Minute Misconduct Penalty)**

Team DOES NOT play down, the player sits out four (4) minutes.

### **Red Card- (5 Minute Penalty)**

The player can not participate on the match anymore and consequently there could be disciplinary sanctions. Fees,

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bonds, suspensions or a combination. In addition, if a player or coach gets a red card, he/she can NOT play or keep coaching the same day with another team or on another league.

## **Straight Red Card**

Team plays down for the entire 5 minutes.

**If the red card is shown due to multiple penalties**, through out the match, the player is out of the game, but the team must serve the penalty according to the card shown prior the red card.

**If a player receives two Blue cards, two Yellow cards, or one of each within the course of a game, the player shall be ejected.**

Any player that receives a card must serve his/her entire penalties, with the exception of the Goalkeeper.

Goalkeepers do not serve their own penalties (The team chooses which player will serve the goalkeepers penalty) with the exception of a Red card.

## **Exceptions:**

Under the following circumstances, Time Penalties either expire prior to their completed countdown, or have the beginning of their countdowns delayed.

**Power-play Penalties:** Is when a team plays down for two (2) minutes since the team player received a blue card. If both teams receive the same amount of blue cards during the same stoppage both teams must play

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down for the entire penalty. If a team is in an advantage due to the opposing team having a two minute penalty and the team has not been penalized by the blue card scores a goal the penalty expires (team may bring a player in and is back to full strength) but the player that received the blue card must not play until the two (2) minutes are over.

**Misconduct Penalties:** Only the player serves his/her penalty and the team does not play down.

**Multiple Penalties:** If two teammates are serving Time Penalties when another teammate is penalized, his Time Penalty does not begin to count down until at least one of the teammates' Time Penalties has expired and his Time Penalty is next to begin.

**Simultaneous Ejections:** When two simultaneous **Red Cards** carrying the same Time Penalties are assessed to opposing players; their Time Penalties are not served.

**Team Penalty:** Does not count toward the personal limit of two penalties.

**End of Game:** All Time Penalties carry over between periods and expire at the end of a game.

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**Delayed Penalty:** In instances where the Referee would issue a Blue Card or a Yellow Card, but because of the Advantage Rule, he/she does not stop play, he/she acknowledges the offense by holding the Card above his/her head.

## (9b) Cards and Penalties

### Blue Card Offences

B1. - Substitution violations (Team Penalty)

B2. - Commit any of the following offences in a Reckless, Severe, Blatantly, Tactical manner. With the ball in or out of play!

- Kicking or attempt to kick/tripping or attempt to trip/pushing or attempt to push/ illegal charging/ jumping at/ elbows/ holding/ boarding/ playing in a dangerous manner/ obstructing.

B3. - Charging to the goalkeeper while inside the penalty arc.

B4. - Deliberately handling the Ball

- Preventing an opponent from getting the ball.
- Handles the ball to interfere with an attacking play.
- Handles the Ball in an attempt to score a goal

B5. - Denying a goal scoring opportunity

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B6.- Any foul committed by a Goalkeeper on a shootout with the exception of serious foul of play and violent conduct, that would require ejection.

B7. - Slide Tackles

B8. - Interferes with or prevents the goalkeeper from releasing the ball from the hands into play, after initial verbal warning.

B9. - Persistently infringes the Laws of the game.

B10. - Bench dissent “Unidentified Player” Only! (Team Penalty)

## Yellow Card Offences

Y1. - Failed to adjust illegal equipment, after previous warning to fix it.

Y2. - Dissent: The refusal to conform or accept the referee’s decisions

(a)By word

(b)By action

Y3. - Delay of the Game

Y4. - Failure to respect the required distance, after initial verbal warning

Y5. - Interfering with shootouts and penalty kick procedures.

Y6. - Excessive celebration

Y7. - Use of Trickery by word or action

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Y8. - Simulation of Fouls & Injuries

Y9. - Commits an act that shows a lack of respect for the game, officials, opponents or teammates. Examples: Aggressive attitudes, inflammatory behavior, frustration, or taunting.

Y10. - Refuses to leave the field, after been instructed by the referee.

Y11. - Spitting, Chewing gum, and nose cleaning on the field of play.

## Red Card Offences

R1. - Violent Conduct

R2.- Serious foul of play (Using violence, excessive force, or a complete disregard of his/her actions for the following offences: Kicking or attempt to kick/ tripping or attempt to trip/ Pushing or attempt to push/ Illegal Charging/ Jumping at/ Elbows/ Holding/ Boarding/ Playing in a dangerous manner/ Obstructing/ Slide Tackle).

R3. - Use of foul, offensive, insulting, or abusive language or gestures.

R4. - Spitting at an opponent, official, or teammate.

R5. - Extreme unsporting behavior.

R6. - Players that leave the Bench area and step on the field of play while an altercation or fight is going on in the rink.

R7. - Fighting

R8. - Accumulation of his/her second (2<sup>nd</sup>) Penalty in the game.

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Ejected Players must leave the bench area as soon as possible without causing trouble. If the player's behavior is not accepted he/she must leave the building or premises.

## (10) Fouls & Misconducts

A FOUL is an unfair or unsafe action committed by a player against an opponent or opposing team.

Fouls are considered:

**Careless:** indicates that the player has not procedure with caution in making a play.

**Reckless:** means that the player has made unnatural movements designed to intimidate an opponent or to gain an unfair advantage.

**Severe:** a foul that is bad or dangerous in nature.

**Blatantly:** a foul committed in an obstructive and conspicuous way, often intentionally.

**Tactical:** a foul designed to interfere or impede with an opposing teams' attack.

**Violent:** a foul using physical force to injure somebody or damage something.

**Excessive Force:** a foul that has exceeded the use of force needed to make a fair play for and places the opponent in a considerable danger of bodily harm.

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An action can not be punished if it is Accidental or Inadvertent.

A foul occurs if a player:

**Playing on the ground:** When touching or attempting to play the ball while hand(s) knee(s), butt, back, or any other part of the player's body other than his/her feet is touching the ground.

**Slide tackle:** When touching or attempting to play the ball while hand(s), knee(s), butt, back, or any other part of the player's body other than his/her feet is touching the ground.

**Striking or attempt to strike:** Can be performed by direct contact using hands, ELBOWS, head, knees, or by throwing an object.

**Charging an opponent:** The act of charging an opponent can be performed without being called a foul. Although the fair charge is commonly defined as "shoulder to shoulder", The law requires that the charge be directed towards the area of the shoulder and NOT towards the opponents back. Charging an opponent away from the ball (the ball NOT within playing distance) has infringed the laws of the game.

**Boarding:** Charging an opponent in a legal or illegal way into the retaining wall.

This next action turns into fouls if the Referee decides they occurred, according to the skill level and age of the players.

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**Holding an opponent:** Includes the act of stretching the arms out to prevent an opponent from moving past or around.

**Impeding or Obstructing the progress of an opponent:** moving on the field so as to interfere with, or block the path of an opponent. It includes, from directly crossing in front of the opponent or running between the opponent and the ball from an obstacle with the aim of delaying progress. The offence requires that the ball not be within playing distance and that none or minimal physical contact occurs. If physical contact occurs depending on the circumstances, it can be called a charging foul or fair play.

**Playing in a Dangerous Manner:** Must be dangerous to someone including the player committing the action, with an opponent close by, and dangerous in nature the opponent will cease active play for the ball or disadvantage him/her to attempt playing the ball. Committing a dangerous act while an opponent nearby is not, by itself, an offense. The act becomes an offence only when an opponent is adversely and unfairly affected. In judging a dangerous play the referee must take into consideration the players' age and skill level. **Bicycle kicks and diving headers are allowed meanwhile they do not become dangerous to the players.**

**Deliberate Handling:** The offense known as "Hand ball" involves deliberate contact with the ball by a player's hand or arm

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(including fingertips, upper arm, or outer shoulder). Deliberate contact means that the player could have avoided the touch but chose not to, that the player's arms were not in a normal playing position at the time, or that the player deliberately continued an initially accidental contact for the purpose of gaining an unfair advantage. Moving hands instinctively or in a protective manner to protect the body when suddenly faced with fast approaching ball does not constitute deliberate contact unless there is subsequent action to direct the ball once contact is made. The fact that a player may benefit from the ball contacting the hand or arm does not transform the otherwise accidental even into an infringement. A player infringes the law regarding the ball even if direct contact is avoided by holding something in the hand (clothing, shin-guard, etc.) The rule of thumb for Handling is that it is handling if the player plays the ball, but not if the ball plays the player.

**Spitting:** In case of spitting at an opponent or referee, the action is considered a Red Card offence. In case of spitting or nose cleaning with the clear intention to not harm an opponent or referee, the action is considered a Yellow Card, because the turf is not a natural surface and it can get dirty or damaged.

## **Misconducts:**

**Dissent by Word or Action:** The refusal to conform or accept the referee's decisions, words, or actions.

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## **Delay of the Game:**

- Kicks or throws the ball away or holds the ball to prevent a restart.
- Unnecessarily moving the ball after already been properly placed on the ground
- Provokes a confrontation by deliberately touching the ball after the referee has stopped play.
- Fails to respect the require distance (rule8(b)).

**Excessively celebrating:** Engages on a celebration which involves provocative, derisory or inflammatory actions.

**Persistent Infringement:** Occurs when a player repeatedly commits fouls or infringements, or participates in a pattern of fouls directed against the same opponent. (Blue Card offence- 2 minute power play penalty).

**Simulating:** Fakes or exaggerates the severity of a foul or injury.

**Leverage:** Using the body of a teammate or any part of the field to gain an unfair advantage.

**Disrespect of the game:** Commits an act that shows a lack of respect for the game, officials, opponents, or teammates.  
Examples: Aggressive attitude, inflammatory behavior, or taunting.

**Chewing gum & Smoking:** Chewing gum in the field of play is prohibited. Smoking at NYS is prohibited inside the complex.

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## Goalkeeper Privileges:

- ❖ **Obstructing Goalkeeper:**
  - Players are NOT allowed to prevent the goalkeeper from releasing the ball
  - Players are allowed to stand in front of the goalkeeper during the game but they are NOT allowed to follow the goalkeeper's movements and prevent making a play on the ball.
- ❖ **Charging the Goalkeeper:** Players are not allowed to charge the Goalkeeper inside its penalty arc.
- ❖ Any time penalties assessed to the goalkeeper (other than would warrant ejection) may be served by another player on his team.
- ❖ Bouncing the ball while the goalkeeper has full position of the ball is allowed.

## Goalkeeper Restrictions:

- ❖ Goalkeepers must throw the ball for Goalkeeper restarts, but they can drop kick (Punt outdoor rink only) while they receive the ball from live play.
- ❖ Goalkeepers have 5-Seconds to put the ball back in play. (The ball must exit the penalty arc, or the goalkeeper pass the ball away from his position) The 5-Second starts when the goalkeeper has full control of the ball with either feet or hands.
- ❖ **Handling the ball a second time** before the ball has been played by another player.

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- ❖ **Pass Back:** Handling the ball directly after it has been deliberately kicked to the goalkeeper by a teammate. The goalkeepers may pick up the ball if it's passed by his teammates if they use any other part of their bodies except their feet, or if it's a deflection.
- ❖ The goalkeeper is not allowed to bring the ball back from outside the penalty arc and use his/her hands to play the ball inside the penalty arc.

**Fouls & Violations that DO NOT count toward the four (4) accumulative fouls.**

- Five (5) second rule violation
- Double touch
- Handling the ball a second time
- Chewing gum, nose cleaning, spitting on the field (non-violent) and Smoking
- Illegal restarts
- When a Blue Card is issued
- When a Yellow Card is issued
- When a Straight Red Card is issued
- When an infraction happens when the ball is NOT in play.

**Unsporting Behavior:** refers to a particular player or teams who have acted inappropriately and/or unprofessionally in the context of the game.

**Serious Foul or play:** When a player uses violence or excessive force when challenging an opponent. Also, if a tackle to the ball endangers the safety of an opponent.

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**Violent Conduct:** When a player is guilty of aggression towards an opponent or another person. The aggression can occur either on or off the field of play.

## Shootout & Penalty Kicks

A shootout is awarded for the following circumstances:

- A team commits 4 fouls per half. (fouls start over each half and overtime periods, and after every 4 fouls)
  - A Foul with in the penalty arc for with the player that committed the foul receives a time penalty.
  - A Foul that Denies a Goal Scoring opportunity.
- ❖ **Denying a Goal or Obvious Goal Scoring Opportunity must meet the following:**
- **Number of Defenders:** No more than one (1) defender between the foul and the goal, not counting the player that committed the foul.
  - **Distance to the Goal:** The closer the foul is to the goal, the more likely it's a DGOSO. The foul must be committed on the attacking side of the field in order to be a shootout offence.
  - **Distance to the Ball:** The attacker must be within playing distance to the ball at the time the foul was committed.
  - **Direction of play:** The attacker must have been moving towards the goal at the time foul was committed.

**Shootout:** For a Shootout:

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- Any player may take the Shootout
- All players serving Time Penalties are seated in their appropriate Penalty Area. All players of the attacking team stand behind the Halfway Line and outside the Center Circle. Players of the defending team stand behind the Halfway and inside of the Center Circle
- The ball is placed at the Restart Mark nearer the attacking Goal
- The Goalkeeper has at least one foot on his Goal Line and may not move off of it after the Referee whistles the Shootout to begin
- Once the Referee whistles the Shootout to begin, the ball is “in play” and the player taking the Shootout plays the ball

**Penalty Kick:** A Penalty Kick proceeds the same as a Shootout except:

- The ball is placed at the Free-Kick Mark
- The Goalkeeper has at least one foot on his Goal Line until the ball is in play
- The player taking the Penalty Kick may not touch the ball until after touching another player.

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