

Fouls (type of kick)	Indirect Free Kicks Only	Indirect & Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks	Indirect / Direct Free Kicks
Free Kick clearance	10 ft	8 yd	8 yd	8 yd	10 yd	10 yd	10 yd
Throw-in	1 Re-throw	Normal	Normal	Normal	Normal	Normal	Normal
Penalty Kicks	None	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 10 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)	Yes (mark at 12 yds)
Penalty Area (yds)	None	12x24	14x36	14x36	18 x 44	18 x 44	18 x 44
Goal Area (yards)	3x8	4x8	5x16	5x16	6 x 20	6 x 20	6 x 20
Heading	None	None	None	per Laws/Rules	per Laws/Rules	per Laws/Rules	per Laws/Rules
Build-Out Line	None	Yes	None	None	None	None	None

1.6 – Heading Game Rule

For U11 and below, when a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

This rule shall apply to the age groups of U11 and below. Players who are playing up will play according to the rules of the age group in which they are playing. It is the club's responsibility to understand the effects of this rule on players playing up.

1.7 – No Re-Entry Protocol (for Head Injury)

In accordance with the US Soccer return to play guidelines, any player removed from the field for a suspected head injury will not be allowed to return to the field of play unless cleared by a Healthcare Professional.

1.8 – Healthcare Professional

A healthcare professional is defined as “a licensed healthcare professional such as an athletic trainer certified (ATC), or a physician (MD/DO), with a skill set in emergency care and sports medicine injuries and with knowledge and experience related to concussion evaluation and management.” It will be up to each club to decide whether they will provide a healthcare professional at their matches, and to ensure that this individual has the correct certification to be evaluating players for head trauma. If a club plans to use a healthcare professional to evaluate suspected head injuries during a NorCal match, the healthcare professional must be presented to the referee prior to the start of the match. Referees will not allow the re-entry of players removed from the field of play for suspected head injuries unless they are informed of the presence of, and meet with, a healthcare professional prior to the start of the match.

1.9 - Substitutions

As per FIFA guidelines, unlimited substitutions are allowed in all ages group (except for NPL and see NPL rules of competition). However, teams may substitute only with the referee’s permission. Substitutes must wait on the sideline (off of the field of play) until the field player has left the field of play and/or the referee has indicated the substitute may enter the field of play. *Substitutions by either team are allowed at any stoppage of play with the permission of the referee. Referees will be instructed not to allow substitutions that are deemed “excessive” or of a “time wasting” nature. Please be respectful of the integrity of the game and do not use the free substitution rules as a means to disrupt the match.*