



Major Fouls (Direct Free Kick)

Minor Fouls (Indirect Free Kick)

Kicking or trying to kick an opponent	Dangerous play (i.e. high kick near another player's head, playing the ball while on the ground, trying to play a ball held by the goalkeeper with no contact)
Tripping or trying to kick an opponent	Intentionally wasting time when taking a throw-in, goal kick, corner kick, or free kick (rule of thumb is 6+ seconds, give multiple warnings first)
Jumping at an opponent	Touching the ball a second time after the ball is in play following a throw-in, goal kick, corner kick, or free kick
Charging an opponent	Below apply to U8 and Older Only
Holding an opponent	The goalkeeper touches the ball with their hand after release or after a deliberate kick or throw from a teammate
Striking or trying to strike an opponent	An opposing player prevents the goalkeeper from releasing the ball from his/her hands
Pushing an opponent	The goalkeeper takes an excessive amount of time to release the ball (rule of thumb is 6+ seconds, give multiple warnings first)
Offenses above are categorized as "careless" (simple foul), "reckless" (yellow-card offense, caution), or using "excessive force" (red-card offense, send-off)	
Tackle an opponent to gain possession, making contact with the opponent first	
Handling the ball deliberately (includes goalkeeper outside of the penalty area)	
Spitting at an opponent (red-card offense, send-off)	

No cards issued to players by volunteer officials; explain offenses, immediately sub player off

Caution – Yellow Card

Send Off – Red Card

Unsporting behavior (i.e. taunting)	Serious foul play (i.e. excessive tackle from behind)
Dissent by word or action (arguing with referee)	Violent conduct (i.e. punching, slapping any player)
Persistent infringement (5+ Major fouls)	Spits at opponent or any other person
Intentionally delays restart of play	Denies a goal or obvious goal scoring opportunity w/DFK foul
Fails to retreat required distance (5 yards) on free kicks or corner kicks	Denies an obvious goal scoring opportunity by an offense punishable by free kick or penalty kick
Enters or re-enters without referee's permission	Offensive, insulting, or abusive language or gesture
	Second caution